



**Y**  **RK LGBT**  
*Don't Hate Your Heart!* **FORUM.ORG.UK**

**A HANDY GUIDE TO COMMONLY  
USED LGBTQ+ TERMINOLOGY**



# ABOUT THIS BOOKLET

York LGBT Forum is a registered charity started in 2006. We know it can be confusing to hear all these 'new' letters and words, so we have produced this booklet to help explain some of the more commonly used LGBTQ+ terms.



This will hopefully help when you meet other people who have different genders and sexualities, or may even help if you are questioning or exploring your own.

The most important thing to remember is that everybody's gender and sexuality is valid and should be respected. It is often difficult to be 'different', but a little kindness and consideration can go a long way!



# SEX/GENDER/SEXUALITY

These words all refer to different things, but how?

**SEX** refers to a person's genitalia. Sex is usually categorised as male, female or intersex and is assigned at birth. This may or may not match a person's gender identity in later years.

## **GENDER**

how you identify internally. Sometimes this does not match a person's sex. Gender identities include male, female, non-binary and others, and may change frequently or over time.

## **SEXUALITY**

refers to who a person is attracted to. Various sexualities are mentioned in this booklet, but many more sexual identities exist. Again, these may change over time.





# ALLY

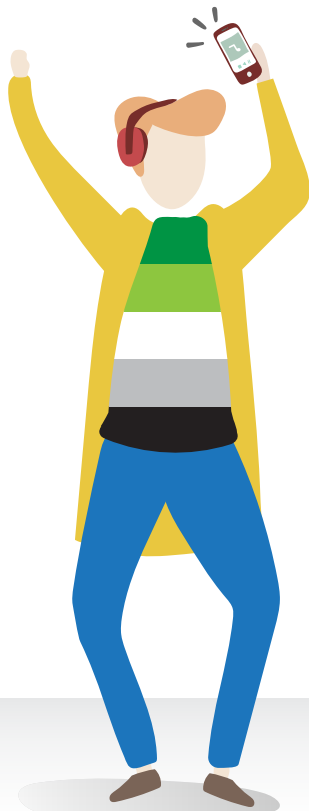
*noun*

someone who is not LGBTQ+ but who **supports the LGBTQ+ community.**





# AROMANTIC/ARO



*noun*

a person who feels **little or no romantic attraction** to others. Aromantic people may still have sexual relationships.

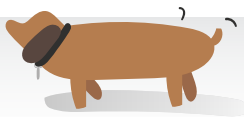


# ASEXUAL / ACE



*noun*

a person who feels little or **no sexual attraction to others**. Asexual people may still have romantic and long-term relationships.






# BISEXUAL



*noun*

sexual attraction to more than one gender (not necessarily just male and female).

Bisexuality is **not a phase**, nor is it **being greedy** or **undecided**. It is a sexuality in its own right.

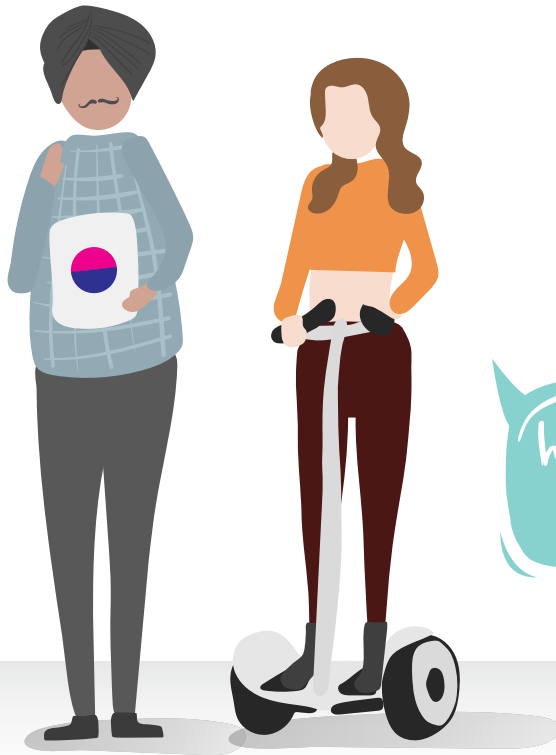


DON'T BE AFRAID  
TO SHOW YOUR  
TRUE  
COLOURS!



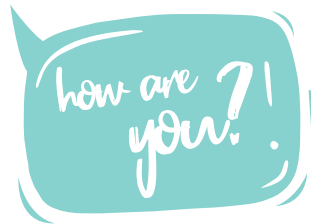


# CISGENDER / CIS



*noun*

identifying as the **same gender** you were assigned at birth ie male or female.





# GAY/HOMOSEXUAL



*noun*

sexual preference for **people of the same gender**.

Gay is usually used for males and lesbian for females.





# GENDERFLUID



*noun*

someone whose **gender identity changes** (this could be daily or less often).

These gender identities are always valid and should be respected.

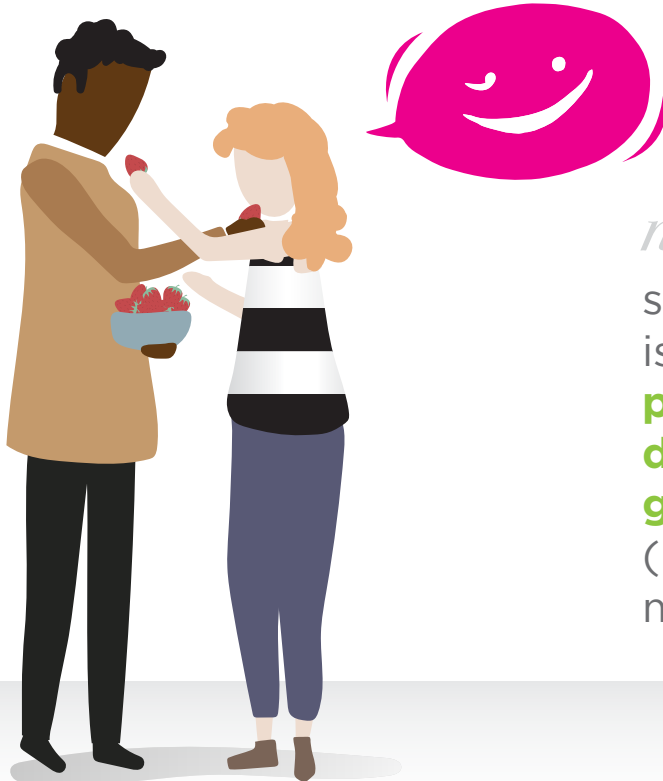
There is no need to have one fixed gender identity.

LOVE IS LOVE





# HETEROSEXUAL



*noun*

someone who is attracted to **people of a different gender** (usually male/female)



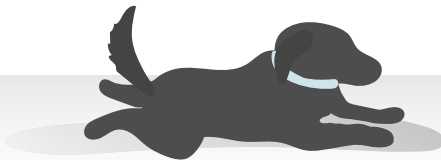
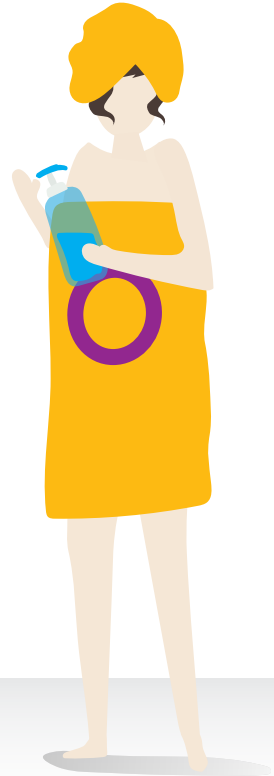
# INTERSEX



*noun*

a person who is born with a variation in sex characteristics and chromosomes which **does not fit the typical categories of male or female.**

Babies are often assigned a gender at birth, which they may or may not continue to identify with as they grow up.





# LESBIAN



*noun*

a female who is  
**attracted to  
other females.**

# BE YOUR AUTHENTIC SELF







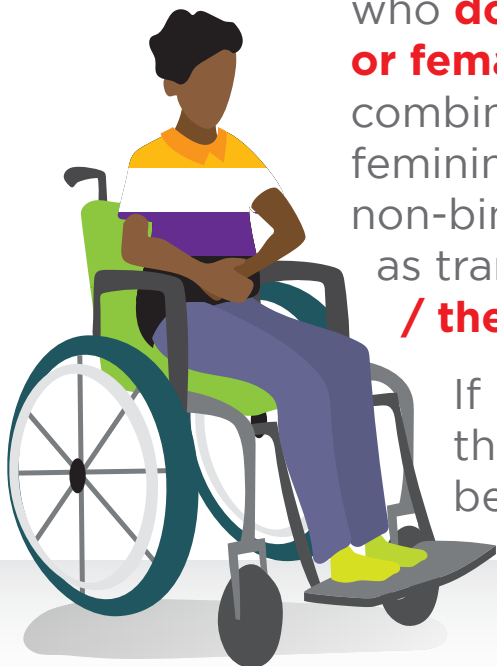
# NON-BINARY / NB



*noun*

also known as ‘enbies’. Someone who **does not identify as male or female**, who may express a combination of masculine and feminine traits, or not. Some non-binary people also identify as transgender, and prefer **they / them / their pronouns**.

If in doubt, just ask how the person would prefer be addressed!





# PANSEXUAL / PAN



*noun*

attraction to **people of any gender**. This is similar to bisexual, but some people prefer the term pansexual as they feel that bisexual sounds more 'binary' - ie attraction to just male or female.



BE PROUD TO BE YOU





# PRONOUNS

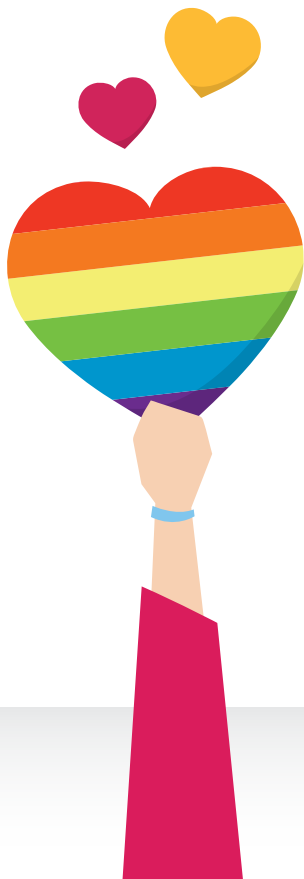
## *noun*

the words we use to describe other people. These are usually gendered (**she/her/hers/he/him/his**). People who identify outside the male/female gender norms often use **they/them/theirs** pronouns. Other pronouns exist, although these are less common. It is important to respect people's preferred pronouns and use these both when the person is there, and when they are not.





# QUEER



*noun*

someone who identifies outside the norms of gender and sexuality. Queer is an **umbrella term for all of these genders and sexualities**. In the past, queer was used as an insult and some LGBTQ+ people still do not like the term, but others have **reclaimed the word** and strongly identify as queer. As ever, it is important to know how a person feels about the word before using it.



# TRANSGENDER



## *noun*

Someone whose true gender is different from the one they were assigned at birth. This may include **female to male, male to female, non-binary genders, intersex and others**. Transgender is often shortened to trans\*. Transgender people may have surgery to ‘correct’ their gender, some may use makeup or garments to change their appearance, others may not try to ‘fit’ into society’s gender norms. As ever, a person’s preferred gender pronouns should be used at all times.



We hope this booklet has helped to explain some of the more commonly used LGBTQ+ terms.



*There are many more words in existence and these are evolving all the time.*

Some people may identify as more than one of the terms described in this booklet, or their identity may change over time.

It is ok to explore your own gender and sexual identity, and many groups and resources are there to support you in your journey.

# FIND OUT MORE

For more information about  
York LGBT Forum please  
visit our website at  
[www.yorklgbtforum.org.uk](http://www.yorklgbtforum.org.uk)



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