



## **PRONOUNS:**

- Female – She/her/her/herself
- Male – He/him/himself/his
- Queer/Questioning/Non-binary – They, their, them. Less common: co, ey, hir, hirs, sie and zie.

## **LGBTIQA+ TERMINOLOGY:**

- Gender – The biological body that a person is born in.
- Agender – A person who defines themselves as not having a gender.
- Binary genders – The term given in society for the two options putting people into the gender category of either male or female.
- Androgyne – A person whose gender identity can be a blend of both or neither of binary genders.
- Asexual – A person who may still sexual experience attraction but this doesn't need to be realised in any sexual manner or has no sexual feelings or desires.
- Bigender – A person who identifies as both male and female or moves between the two or identifies as both at the same time.
- Bisexual – A person who is sexually attracted not to exclusively one gender and to both men and women.
- Gender Identity – The gender to which a person identifies as i.e. a person identifying as a female which in some cases be different to their gender. A person who assumes the characteristics of other sex and lives as such.
- Gender Dysphoria – The distress felt by people whose emotional and psychological identity is different to their gender i.e. a person born as a male whose gender identity is female.
- Affirmed Gender – The gender in which a person declares publicly that they are i.e. A person declares that they are now a female. They have changed their name on their legal documents is an example of affirming one's gender.
- Cisgender – A person whose gender identity matches the body they were born in.
- Gay – A man who is sexually attracted to other men.
- Gender-Fluid – A person whose gender changes over time which could be on a daily, weekly, monthly or bi-monthly, or yearly basis. A gender fluid person may identify as a female one day and a male the next.
- Hormone Replacement Therapy or cross-hormone therapy as is often referred to is – Medication in form of sex hormones and other hormonal medications are given to a person to more closely match them to their secondary sexual characteristics with their gender identity.

- Intersex – A person who is born with reproductive or sexual anatomy that doesn't not fit either male or female bodies such as variation in either their chromosomes, gonads, sex hormones or genitals.
- Lesbian – A woman who is sexually attracted to other women.
- LGBTQIA+ - Lesbian, Gay, Bisexual, Transgender, Queer or Questioning, Intersex, Asexual with the + standing for all other sexualities, sexes and genders not mentioned including those who are non-binary or gender fluid.
- Multigender – A person who identifies has having multiple gender identities at the same time or flowing between them at different times.
- Non-binary also know as genderqueer – A person who neither identifiers as either male or female or maybe a combination of both in the way they express themselves. The may or may not also consider themselves to be transgender as well.
- Pansexual – A person who is sexually or romantically attracted to people regardless of their gender or gender identity.
- Poly – The practice of having several romantic relationship with different people where everyone is aware of this and
- Queer – A person who is not heterosexual or cisgender or doesn't feel as though they should be labelled with as a certain gender and sexual orientation.
- Questioning – A person who is not sure of their gender identity or exploring either their gender identity or sexual orientation or both.
- Secondary sexual characteristics – These are simply the features that appear in people during puberty such as facial hair and Adam's apple.
- Sexual orientation – The romantic and/or physical and sexual attraction to someone of the same or opposite gender or both genders.
- Transgender – A person whose gender identity is different to their gender and lives as their affirmed gender. A person may not be on person on hormone replacement therapy or have had any medical surgery to be transgender.
- Transitioning – This is the process of changing from one gender to the other to match the person's gender identity.
- Female to Male (FTM) – A person transitioning from female to male.
- Male to Female (MTF) – A person transitioning from male to female.
- Trans Man – A man whose gender at birth was female and may undergo medical treatment to align their gender identity with their affirmed gender.
- Trans Female – A female whose gender at birth was male and may undergo medical treatment to align with gender identity with their affirmed gender.
- Trigender – A person who identifies as having three genders at the same time or flowing through them at different times.

**POLY (POLYAMORY) TERMS AND RELATED TERMS:**

- Poly (Polyamory) – The practice of a person having several romantic relationships with different people where all parties involved are aware of this and consent to this.
- Compersion – Feeling of experiencing joy as another person is experiencing joy.
- Ethical Non-Mongamy – An umbrella term for polyamory where all people in poly relationships do it with each other's consent and knowledge as opposed to being unethical and not telling all other people involved i.e. cheating on someone or others involved.
- Fluid-bonding – This relates to sex where partners choose not to have any form of protection i.e. condoms when having sex.
- Hierarchical relationships – Relationships where some are more important than others i.e. wife is more important than husband.
- Non-Hierarchical relationships – Relationships where all are equal in importance.
- New relationship energy (NRE) – Relates to the energy that those feel emotionally and sexually along with the excitement when in new relationship compared to a more settled relationship.
- Open relationship – This generally means a relationship between people where all those involved consent to each other having sex with other people outside their relationship. This is different to poly in the sense that those who are poly generally form relationships with others as is not just a sexual encounter.
- Primary and secondary relationships – Often used to describe the type of the commitment, involvement, priority or relationship/relationship status. Primary relationship often indicate more higher level relationship/commitment than secondary which may only be a casual relationship.
- Quad – Four people involved in a poly relationship
- Triad – Three people involved in a poly relationship
- Unicorn – A person who has sexual encounters with a couple but may not necessarily romantically involved with the couple.