

Core Gender Identity Terms

- **Transgender (Trans):** A person whose gender identity differs from the sex they were assigned at birth.
- **Cisgender (Cis):** A person whose gender identity aligns with the sex they were assigned at birth.
- **Nonbinary:** A gender identity that doesn't fit within the traditional categories of male or female.
- **Genderqueer:** A broad term for gender identities that are not strictly male or female; often overlaps with nonbinary.
- **Genderfluid:** A person whose gender identity shifts or changes over time.
- **Agender:** A person who identifies as having no gender.
- **Bigender:** A person who identifies as two genders, either simultaneously or switching between them.
- **Two-Spirit:** A term used by some Indigenous North American cultures for a person embodying both masculine and feminine spirits.

Transition-Related Terms

- **Transition:** The process a person undergoes to live as their authentic gender, which may include social, legal, and/or medical steps.
- **Social Transition:** Changes in social aspects like name, pronouns, clothing, and appearance.
- **Medical Transition:** Medical steps some trans people take, such as hormone therapy or surgeries, to align their body with their gender identity.
- **Gender-Affirming Care:** Healthcare that supports and affirms a person's gender identity, such as hormone therapy, surgeries, and mental health services.
- **Deadname:** A transgender person's birth name that they no longer use. It's respectful to avoid using this name once a person has changed it.
- **Binding:** Wearing compression garments to flatten the chest.
- **Tucking:** A technique used to flatten or conceal genitalia.

Pronoun and Language Terms

- **Pronouns:** Words used to refer to people in place of their names (e.g., he/him, she/her, they/them, neopronouns like ze/zir).
- **Misgendering:** Referring to someone with incorrect pronouns or gendered language.

- **Neopronouns:** New or uncommon pronouns beyond she/he/they (e.g., ze/zir, xe/xem) used by some nonbinary individuals.

Broader Gender and Sexuality Terms

- **Gender Identity:** A person's internal sense of their own gender.
- **Gender Expression:** How a person outwardly expresses their gender through clothing, behavior, hairstyle, etc.
- **Assigned Sex at Birth (ASAB):** The classification of a person as male, female, or intersex at birth based on physical anatomy.
- **Intersex:** A person born with physical sex characteristics that don't fit typical definitions of male or female.
- **Gender Dysphoria:** Psychological distress that some transgender people feel due to a mismatch between their gender identity and assigned sex.
- **Gender Euphoria:** Joy or comfort felt when one's gender identity is affirmed.
- **Queer:** A reclaimed umbrella term for people who don't identify as heterosexual or cisgender. (Note: Some may not be comfortable with this term due to its history.)

Inclusion and Allyship Terms

- **Ally:** A person who actively supports and advocates for marginalized groups they're not a part of.
- **Inclusive Language:** Language that respects and acknowledges all gender identities and avoids assumptions.
- **Outing:** Revealing someone's transgender or LGBTQ+ identity without their consent.