

## Frequently used terms & meanings under the “T” umbrella in LGBTQ+

This is not a comprehensive list of every term in existence but a basic guide to some of the most commonly used/heard in conversation pertaining to the topic of gender, assigned birth sex transition (also referred to sometimes as gender transition), identity, gender identity and sexuality.

**LGBTQ+** - Lesbian, Gay, Bisexual, Transgender, Queer/Questioning; the + symbol references the many other variances of gender/identity within this community-some examples of these are listed below

**The following terms typically refer to individuals under the “T” umbrella:**

**TRANS or Transgender** - gender identity being different from the sex assigned at birth; does not imply any specific sexual orientation

**FTM** - female to male transgender

**MTF** - male to female transgender

**Non Binary** - not exclusively male or female identified, can identify as both or neither, identifies outside the gender binary of male and female

**Genderfluid** - similar to non binary, but often indicates regular/continual shifting of/within various gender identity(ies)

**Genderqueer** - similar to non binary, but often also includes a fluidity of sexual orientation

**SOFFA** - significant other, family, friend or ally of someone who is LGBTQ+ identified

**CIS or Cisgender** - gender identity aligning with the sex assigned at birth

**Transsexual** - indicates physically/medically desiring to and/or transitioning from one sex to another; this term is most often replaced/used interchangeably with “transgender” to avoid personal medical information being exchanged in conversation when it is not desired to do so.

**Gender non conforming** - behavior does not conform to traditional expectations of expressed gender

**Androgynous** - having appearance characteristics of both binary sexes

**Queer** - an umbrella term for genders and sexualities that are not cisgender or heterosexual; initially used as a derogatory term and/or meaning strange/peculiar, in the late 1980's LGBTQ+ activists took back this term and began to use it deliberately and positively to disassociate the negativity attached to it by using it as a form of gender/sexuality identification

**Questioning** - represents those that are questioning their gender or sexual identity

**The following terms typically refer to the process of assigned birth sex transitioning:**

**Transition** - the process of physically/medically transitioning from one's sex assigned at birth to the other binary sex; also referred to sometimes as gender transition (ing)

**T** - testosterone, biochemical male hormone

**E** - estrogen, biochemical female hormone

**HRT** - hormone replacement therapy, utilized by trans identified individuals to physically/medically transition from one binary sex to another or to make their physical appearance more aligned with their internal gender identity

**SRS** - sexual reassignment surgery, can be one or more of various surgeries performed to complete an individual's desired level of gender transition; many medical/governing entities define this differently from one another

**Prosthetic** - any assistive device typically worn under clothing that functions as a portion of the human anatomy; can be worn for body functionality or to assist in treating gender dysphoria

**Stealth** - the act of NOT living out as any member of the LGBTQ+ community; typically refers to trans individuals but can refer to others as well

**Passing** - the act of one's gender expression being perceived correctly as the gender they desire to express or that they have transitioned to without the knowledge of their trans identity being shared

**Other key gender/identity/transition related terms/phrases:**

**Gender Expression** - how an individual presents their gender identity to the world via behavior, clothing, mannerisms etc.

**Gender Identity** - the internal personal sense of one's gender; this can align with sex assigned at birth or differ from it

**Gender Dysphoria** - feeling of significant mental distress caused by mental conflict between one's gender identity and one's sex assigned at birth

**AMAB** - assigned male at birth

**AFAB** - assigned female at birth

**Transphobia** - the dislike or prejudice against any/all individuals under the "T" umbrella

**Trans Affirmative** - being aware of, respectful of and supportive of all individuals (and their needs) that are under the "T" umbrella

**Preferred Pronouns** - the pronouns of choice any individual would prefer to be used when addressing them; pronouns that the individual being referenced feels accurately reflects their gender identity

**Examples of preferred pronouns -**

1	2	3	4	5
(f)ae	(f)aer	(f)aer	(f)aers	(f)aerself
e/ey	em	eir	eirs	eirself
he	him	his	his	himself
per	per	pers	pers	perself
she	her	her	hers	herself
they	them	their	theirs	themself
ve	ver	vis	vis	verself
xe	xem	xyr	xyrs	xemself
ze/zie	hir	hir	hirs	hirself

There may be other pronouns/terms an individual may go by or prefer. It is impossible to include them all because they are individualized to the person. It is always good form to just ask someone what pronouns they prefer and/or how they like to be addressed.

**Inappropriate words and describing terms to use with ANY individual unless they specifically have asked to be referred to in this way:**

It  
Half and half  
He-she  
Shemale  
Boysgirl  
Tranny  
"Pat"

**Inappropriate questions to ask ANY individual you may be curious about:**

Are you a boy or a girl?  
Whats under your hood?  
Do you have a (specific genitalia)?  
What surgeries have you had?  
Are you trans/transgender?  
What is your "real"/old name (i.e. before you transitioned)?  
Have you considered a voice coach?  
What bathroom do you use?

**Inappropriate attempted "supportive" things to say to a trans individual:**

You're so brave.  
I would have never known you were transgender, you look so pretty/handsome.  
You look just like a real man/woman.  
She/he is so gorgeous/handsome, I would have never guessed they were transgender.  
He/she is so attractive. I'd date them even though they're transgender.  
You'd pass so much better if you (fill in the blank).

It is at NO time ever appropriate to OUT any individual of the LGBTQ+ community in any way to other individuals without their prior consent. If they are a publicly out political figure/person of notoriety using their identity to promote their cause, this is sometimes unavoidable. Even in this instance though if it is possible to NOT out the individual and let them share their information themselves, this is always a better option.

Help keep the trans people in your life safe and  
**WHEN IN DOUBT - PLEASE DON'T OUT!!**