

LGBTQ Beyond the Alphabet Soup



Sexual Identities

Lesbian- Woman identified people who are exclusively attracted to women. This attraction can be emotional, spiritual, physical, and/or sexual.

Gay- Man identified people who are exclusively attracted to men. This attraction can be emotional, spiritual, physical, and/or sexual. This term is sometimes used as a quick reference for the entire LGBTQA community, but it is not acceptable as it reinforces the erasure of other sexual identities.

Nonmonosexual- a person who is attracted to more than one gender. The term is also viewed as an umbrella term for other identities including but not limited to bisexual, pansexual, omnisexual, and pollyamorous.

- **Bisexual-** A person who is attracted to two specific genders most commonly man and woman, but may be expanded to other genders.
- **Pansexual-** A person who is attracted to people regardless of sex/gender/gender expression. Pansexual people are attracted to who the person is rather than sex/gender/gender expression. This term is often used interchangeably with **Omnisexual**.
- **Pollyamorous-** a person who engages in more than one romantic relationship at a time, with the consent of all parties involved. This may include relationships where all involved are in a simultaneous relationship with all others involved or relationships in which one person is involved in multiple relationships but the other is exclusive.

Asexual- a person who does not experience sexual attraction towards individuals of any gender, but may have romantic attraction. Asexual is also viewed as an umbrella term for other identities including but not limited to **demisexual** and **Gray-A**.

- **Demisexual-** a person who does not experience sexual attraction without first forming a strong emotional connections with a person. When meeting someone new there is no initial sexual attraction.
- **Gray-A-** a person who identifies somewhere along the asexual spectrum meaning that they may experience sexual attraction rarely or only under certain circumstance.

Gender Identities

Gender Identity- One's understanding of self as being man, woman, or other gender.

Gender Expression- How one presents their gender identity to other people. Gender expression can be presented in clothing, hairstyle, facial hair, behavior, voice, and body characteristics.

Cisgender- A person whose gender matches their sex assigned at birth.

Transgender- An umbrella term for people whose gender identity, expression or behavior is different from those typically associated with their assigned sex at birth, including but not limited to transsexuals, crossdressers, androgynous people, gender fluid, genderless, genderqueers, and gender non-conforming people. Sometimes just called "Trans".

- **Transsexual-** A person who identifies as a gender opposite of that associated with their sex assigned at birth. While some transsexual persons may wish to alter their body through hormone therapy or sex reassignment surgery, this is not always the case.
- **Cross-dresser-** A person who dresses in clothing that is not typically associated with their sex assigned at birth. Cross-dressers typically have no intent on living full-time as the gender not associated with their sex assigned at birth.
- **Female-to-Male (FTM)-** A person who was assigned a female sex at birth but currently identifies as a man, also known as a TransMan.
- **Male-to-Female (MTF) -** A person who was assigned a male sex at birth but currently identifies as a woman, also known as a TransWoman.
- **Gender Fluid-** A person who views gender as fluid or on a spectrum and changes their gender expression based on the fluidity of their gender identity.
- **Gender Neutral/Genderless-** A person who does not identify with any gender.
- **Drag Kings/Queens-** A person who uses gender as a form of entertainment. This person will typically present and exaggerated form of the gender opposite their sex assigned at birth.