

LGBTQ+ glossary of terms for supporters

This glossary is here to help you as a supporter to better understand and explain the terms you hear in [this animation](#). Stonewall have an Easy Read LGBT definitions available [here](#). You can find further Easy Read about being LGBTQ+ information from [CHANGE UK](#).

Below are a number of definitions from Stonewall, you can find their comprehensive glossary on [their website](#).

Bi (bisexual)

Bi is an umbrella term used to describe a romantic and/or sexual orientation towards more than one gender.

Cisgender

Someone whose gender identity is the same as the sex they were assigned at birth.

Gay

Refers to a man who has a romantic and/or sexual orientation towards men. Also a generic term for lesbian and gay sexuality - some women define themselves as gay rather than lesbian

Gender Identity

A person's innate sense of their own gender, whether male, female or something else (see non-binary below), which may or may not correspond to the sex assigned at birth

Gender Expression

How a person chooses to outwardly express their gender, within the context of societal expectations of gender. A person who does not conform to societal expectations of gender may not, however, identify as trans.

Lesbian

Refers to a woman who has a romantic and/or sexual orientation towards women.

Orientation

An umbrella term describing a person's attraction to other people (sexual and/or romantic)

Non-Binary

An umbrella term for people whose gender identity doesn't sit comfortably with 'man' or 'woman'. Non-binary identities are varied and can include people who identify with some aspects of binary identities, while others reject them entirely.

Pan (pansexual)

Refers to a person whose romantic and/or sexual attraction towards others is not limited by sex or gender.

Straight or heterosexual

Refers to a man who has a romantic and/or sexual orientation towards women or to a woman who has a romantic and/or sexual orientation towards men.

Pronoun

Words we use to refer to people's gender in conversation - for example, 'he' or 'she'. Some people may prefer others to refer to them in gender neutral language and use pronouns such as they/their and ze/zir.

Trans

An umbrella term to describe people whose gender is not the same as, or does not sit comfortably with, the sex they were assigned at birth.

Trans people may describe themselves using one or more of a wide variety of terms, including (but not limited to) transgender, gender-queer (GQ), gender-fluid, non-binary, gender-variant, agender, bi-gender.

Definitions have been taken from the Stonewall Glossary of terms which can be accessed here <http://www.stonewall.org.uk/help-advice/faqs-and-glossary/glossary-terms>