

QUEST CENTER FOR INTEGRATIVE HEALTH

Quest Center acknowledges gender identity, biological sex, and sexual orientation are separate and that you cannot assume how someone identifies in one category based on how they identify in another category. We proudly recognize the LGBTQ+ identities are infinite and evolving.

Agender: person without gender. An agender individual's body does not necessarily correspond with their lack of gender identity.

Ally: person who is not LGBTQ but shows support for LGBTQ people and promotes equality in a variety of ways.

Androgynous: identifying and/or presenting as neither distinguishably masculine nor feminine.

Asexual: the lack of a sexual attraction or desire for other people.

Assigned at Birth: term which illustrates that the individual's sex (and subsequently gender in early life) was assigned without involving the person whose sex was being assigned [ex. "Female Assigned At Birth" (FAAB)]

Bicurious: person who identifies as gay or straight while showing some curiosity for a relationship or sexual activity with a person of a sex/gender they do not usually engage with.

Bigender: person whose gender identity is a combination of or alternation between two genders.

Bisexual: person emotionally, romantically or sexually attracted to more than one sex, gender or gender identity though not necessarily simultaneously, in the same way or to the same degree.

Cisgender: term used to describe a person whose gender identity aligns with those typically associated with the sex assigned to them at birth.

Closeted: describes an LGBTQ person who has not disclosed their sexual orientation or gender identity.

Coming Out: (1.) process of accepting one's own sex, gender, and/or sexual identities (to "come out" to oneself), (2.) process of sharing one's sex, gender, and sexual identity statuses with others (to "come out" to friends, etc.), (3.) life-long process for individuals in the LGBTQ community.

Domestic Partner: one who lives with their beloved and/or is at least emotionally and financially connected in a supportive manner with another; can also be shortened to "partner."

Family: colloquial term used to identify other LGBTQI community members

Family of Choice: persons or a group of people an individual sees as significant in one's life. It may include none, all, or some members of their own family of origin. In addition, it may include individuals such as significant others, domestic partners, friends, and/or coworkers.

Gay: person who is emotionally, romantically or sexually attracted to members of the same gender.

Gender Binary: idea that there are only two genders – male/female or man/woman and that a person must be strictly gendered as either/or. [See also: Identity Sphere]

Gender dysphoria: clinically significant distress caused when a person's assigned birth gender is not the same as the one with which they identify. According to the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders (DSM), the term - which replaces Gender Identity Disorder - "is intended to better characterize the experiences of affected children, adolescents, and adults."

Gender-expansive: conveys a wider, more flexible range of gender identity and/or expression than typically associated with the binary gender system.

Gender expression: external appearance of one's gender identity, usually expressed through behavior, clothing, haircut or voice, and which may or may not conform to socially defined behaviors and characteristics typically associated with being either masculine or feminine.

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Gender-fluid: according to the Oxford English Dictionary, a person who does not identify with a single fixed gender; of or relating to a person having or expressing a fluid or unfixed gender identity.

Gender identity: one's innermost concept of self as male, female, a blend of both or neither – how individuals perceive themselves and what they call themselves. One's gender identity can be the same or different from their sex assigned at birth.

Gender non-conforming: broad term referring to people who do not behave in a way that conforms to the traditional expectations of their gender, or whose gender expression does not fit neatly into a category.

Genderqueer: genderqueer people typically reject notions of static categories of gender and embrace a fluidity of gender identity and often, though not always, sexual orientation.

Gender transition: process by which some people strive to more closely align their internal knowledge of gender with its outward appearance (can be socially, physically)

Identity Sphere: idea that gender identities and expressions do not fit on a linear scale, but rather on a sphere that allows room for all expression without weighting any one expression as better or more important than another.

Intersex: individual(s) born with the condition of having physical sex markers (genitals, hormones, gonads, or chromosomes) that are neither clearly male nor female

Lesbian: woman who is emotionally, romantically, or sexually attracted to other women.

Living openly: state in which LGBTQ people are comfortably out about their sexual orientation or gender identity – where and when it feels appropriate to them.

Panromantic: someone who has romantic feelings for a person regardless of their sex or gender.

Pansexual: person who has the potential to experience sexual, romantic, physical, and/or spiritual attraction for members of all gender identities/expressions

Polyamory: refers to having honest, non-monogamous relationships with multiple partners and can include: open relationships, polyfidelity, and sub-relationships (which denote distinguishing between a 'primary' relationship or relationships and various 'secondary' relationships).

Queer: term people often use to express fluid identities and orientations. Often used interchangeably with "LGBTQ."

Questioning: term to describe people who are in the process of exploring their sexual orientation or gender identity.

Sex Identity: how a person identifies physically: female, male, in between, beyond, or neither.

Sexual orientation: inherent or immutable enduring emotional, romantic or sexual attraction to other people.

Stonewall Riots: June 28th, 1969 - New York City Police attempted a routine raid on the Stonewall Inn, a working-class gay and lesbian bar in New York's Greenwich Village. Unexpectedly, the patrons resisted, and the incident escalated into a riot that continued for several days. Many people attribute this event as the catalyst for the American Gay Liberation Movement, although there were previous riots and actions against homophobic and transphobic oppression. It is often left out that the more frequent patrons of the Stonewall Inn were transwomen, drag queens, and butch lesbians.

Third Gender: 1. person who does not identify with the traditional genders of "man" or "woman," but identifies with another gender; 2. gender category available in societies that recognize three or more genders

Transgender: umbrella term for people whose gender identity and/or expression is different from cultural expectations based on the sex they were assigned at birth. Being transgender does not imply any specific sexual orientation. Therefore, transgender people may identify as straight, gay, lesbian, bisexual, etc.

Ze / Hir / Hirs: alternate pronouns that are gender neutral and preferred by some gender variant persons. Pronounced /zee/, /heer/, and /heers/, they replace "he"/"she," "him"/"her," and "his"/"hers," respectively.

This brief list, by no means complete, was compiled based on work done by **Human Rights Campaign** and **the LGBT Resource Center at Michigan State University**. Quest Center highly recommends the resources available on each of their respective websites.