

# Glossary of terms to know

TRANS  PARENT

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**AFAB / AMAB** - *acronym.*: shortened terms meaning “assigned female/male at birth.”

**Agender** - *adj.*: a person with no (or very little) connection to the traditional system of gender, no personal alignment with the concepts of either man or woman, and/or someone who sees themselves as existing without gender. Sometimes called gender neutrois, gender-neutral, or genderless.

**Assigned sex** - *noun*: the sex assigned to an infant at birth based on the appearance of the child’s visible sex organs.

**Biological sex** - *noun*: a medical term used to refer to the chromosomal, hormonal, and anatomical characteristics that are used to classify an individual as female or male or intersex. Often referred to as simply “sex,” “physical sex,” “anatomical sex,” or specifically as “sex assigned at birth.” Often seen as a binary but as there are many combinations of chromosomes, hormones, and primary/secondary sex characteristics, it’s more accurate to view this as a spectrum (which is more inclusive of intersex people as well as trans\*- identified people).\* - Is commonly conflated with gender.

**Blockers** - *noun*: puberty blockers, also called puberty inhibitors, puberty suppressors, or hormone suppressors, are a group of medications used to inhibit puberty. They were originally used to treat children with precocious puberty or other such early onset of puberty. Puberty blockers are commonly used for the transgender community.

**Cisgender** - *adj.*: a person whose gender identity and biological sex assigned at birth align (e.g., man and assigned male at birth). The word cisgender can also be shortened to “cis.”

**Fluid(ity)** - *adj.*: generally with another term attached, like gender-fluid or fluid-sexuality, fluid(ity) describes an identity that may

change or shift over time between or within the mix of the options available (e.g., man and woman, bi and straight).

**FtM / F2M; MtF / M2F** - *abbreviation*: female-to-male transgender person; male-to-female transgender person.

**Dead Name** - *noun*: how some transgender people refer to their given name at birth.

**Gender binary / Binary** - *noun*: the idea that there are only two genders/sexes and that every person is one of those two, man and woman or male and female.

**Gender confirmation surgery** - *noun*: used to refer to a group of surgical options that alter a person's biological sex. May also be known as sex reassignment surgery (SRS), although this is an antiquated term. These refer to different surgical procedures. "'Top' surgery" refers to chest surgeries such as a double mastectomy, breast augmentation, or periareolar (keyhole) surgery. "'Bottom' surgery" includes genital surgeries such as vaginoplasty, phalloplasty, or metoidioplasty. These more general terms are used to discuss what type of surgery a person is having without having to be more explicit.

**Gender dysphoria** - *noun*: clinically defined as significant and durational distress caused when a person's assigned birth gender is not the same as the one with which they identify.

**Gender expansive** - *adj.*: person whose gender identity or gender expression does not conform to that typically associated with the sex assigned at birth and/or prevailing cultural and social expectations about what is appropriate to their gender.

**Gender expression** - *noun*: the external display of one's gender, through a combination of dress, demeanor, social behavior, and other factors, generally made sense of on scales of masculinity and femininity. Also referred to as "gender presentation."

**Gender identity** - *noun*: a person's innermost concept of self-based on how much they align or don't align with what they understand their options for gender to be - how individuals perceive themselves and what they call themselves. Gender identity can be the same or different from one's sex assigned at birth.

**Gender non-conforming** - *adj.*: 1. a gender expression descriptor that indicates a non-traditional gender presentation. 2. a gender identity label that indicates a person who identifies outside of the gender binary.

**Genderqueer** - *adj.*: a gender identity label often used by people who do not identify with the binary of man/woman; or as an umbrella term for many gender non-conforming or non-binary identities (e.g., agender, bigender, genderfluid).

**Gender Spectrum** - *noun*: a way of describing gender without limiting to male or female (binary absolutes) and, rather, denoting gender as an inclusive continuum allowing male, female, gender-expansive, and agender identities and expressions.

**Intersex** - *adj.*: term for a combination of chromosomes, gonads, hormones, internal sex organs, and genitals that differs from the two expected patterns of male or female. Formerly known as hermaphrodite (or hermaphroditic), but these terms are now outdated and can be derogatory.

**LGBTQ[IA]** - *abbreviation*: shorthand or umbrella terms for all folks who have a non-normative (or queer) gender or sexuality. LGBTQ is Lesbian Gay Bisexual Transgender and Queer and/or Questioning. There is no "correct" initialism or acronym - what is preferred varies by person, region, and often evolves over time. The "IA" is sometimes used and stands for Intersex and Asexual.

**Misgender** - verb: referring to or addressing someone using words and pronouns that do not correctly reflect the gender with which they identify.

**Mx. / "mix" /** - an honorific (e.g. Mr., Ms., Mrs., etc.) that is gender neutral. It is often the option of choice for folks who do not identify within the gender binary: Mx. Smith is a great teacher.

**Non-binary** - adj.: any gender that falls outside of the binary system of male/female or man/woman.

**Passing** - adj. & verb: trans\* people being accepted as, or able to "pass for," a member of their self-identified gender identity (regardless of sex assigned at birth) without being identified as trans\*. (Passing is a controversial term because it often is focusing on the person who is observing or interacting with the individual who is "passing" and puts the power/authority in observer rather than giving agency to the individual.)

**Puberty Blockers / Inhibitors / Suppressors** - noun: A group of medications used to inhibit puberty originally used to treat children with precocious puberty or other early onset puberty issues. Puberty blockers are reversible and commonly used in the transgender community.

**Queer** - adj.: used as an umbrella term to describe individuals who don't identify as straight. Also used to describe people who have a non-normative gender identity, or as a political affiliation. Due to its historical use as a derogatory term, it is not embraced or used by all members of the LGBTQ community. The term "queer" can often be used interchangeably with LGBTQ (e.g., "queer folks" instead of "LGBTQ folks").

**Questioning** - verb, adj.: an individual who or time when someone is unsure about or exploring their own sexual orientation or gender identity.

**Sex assigned at birth (SAAB)** - abbreviation: a phrase used to recognize a person's assigned sex (not gender identity).

**Sexual Orientation** - *adj.*: term relating to patterns of who a person is attracted to and wants to have emotional, romantic, or sexual relations, which includes lesbian, gay, bisexual, straight, asexual, or pansexual. Also known as sexual identity. Sexual orientation does not correlate to gender identity.

**Social Gender** - *noun*: how we present our gender in the world and how individuals, society, culture, and community perceive, interact with, and try to shape our gender.

**Stealth** - *adj.*: to not be openly transgender in all or almost all social situations.

**Tanner Stages** - *noun*: a scale of physical development in children, adolescents, and adults. The scale defines physical measurements of development based on external primary and secondary sex characteristics, such as the size of the breasts, genitals, testicular volume, and development of pubic hair. Stages go from I to V, beginning with prepubescent and ending with adult.

**Transgender** - *adjective*: umbrella term for people whose gender identity and/or expression is different from cultural expectations based on the sex they were assigned at birth. Transgender does not imply any specific sexual orientation.



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