

2SLGBTQIA+ FUNDAMENTALS TERMINOLOGY

NOTE: This is not a comprehensive list. These definitions have been adapted from the University of Waterloo's [Inclusive Communications Guide](#) and the [519 Glossary](#).

TERMS RELATED TO SEXUAL ORIENTATION

LESBIAN

A sexuality that is more commonly known as a woman who is attracted to women. A more inclusive definition would be a non-man who is attracted to non-men. Nonbinary lesbians are represented in the dark orange and white stripes of the lesbian flag!

GAY

A sexuality that is more commonly known as a man who is attracted to men. A more inclusive definition would be a non-woman who is attracted to non-women. Nonbinary identities are represented in the white stripe of the gay flag! Additionally, Gay is also often used as an umbrella term for other identities.

BISEXUAL

A sexuality in which someone is attracted to, and may form relationships with, at least two genders.

PANSEXUAL

A sexuality in which someone is attracted to all genders / does not care about gender. Some people who fall under this definition might be more comfortable with the term "bisexual" - it is really up to each individual person!

ASEXUAL

A sexuality in which someone experiences little to no sexual attraction, based on a spectrum.

AROMANTIC

A sexuality in which someone experiences little to no romantic attraction, based on a spectrum.

TERMS RELATED TO GENDER IDENTITY

INTERSEX

Someone who is born with reproductive or sexual anatomy, genetic makeup, or hormonal levels that do not seem to fit the "typical" definitions of male and female. Intersex can be both a sex and a gender identity for some.

TRANSGENDER

An adjective describing a person whose gender identity is different than their biological sex. You do not HAVE to experience gender dysphoria, go on hormone therapy, get gender-affirming surgery to be trans. There is no "right" way to be trans as it is a personal journey towards happiness and self-actualization.

NONBINARY

A gender identity that does not fully align with a binary gender identity (man or woman). Some nonbinary people might use only the label nonbinary, while others might use it in congruence to another gender identity.



GENDERFLUID

A gender identity that varies over time and may include man, woman, and/or non-binary gender identities.

AGENDER

A gender identity for those who identify with a lack of gender or gender-neutral.

GENDERQUEER

A gender identity for those who do not follow binary gender norms or are questioning their gender identity. This differs from the term “questioning”, as genderqueer relates only to gender identity, while questioning can relate to either gender identity or sexual orientation.

GENDER NON-CONFORMING

An adjective for someone who does not adhere to expected gender norms. This term can be used by both cisgender (those who identify with their assigned sex at birth) and transgender (those whose gender identity does not align with their assigned sex at birth) folx. For example, a hyper-masculine, cisgender woman is gender non-conforming because she is going against what is expected of her.

TERMS RELATED TO SEXUAL ORIENTATION & GENDER IDENTITY

TWO-SPIRIT

An Indigenous exclusive term that is used to identify a vast range of experiences regarding gender, sexuality, and spiritual identity. There are many understandings of the term which are specific to each nation.

QUEER

A formerly derogatory term that some 2SLGTBQ+ individuals have reclaimed as a political identifier and/or sexuality. Not everyone feels comfortable with this term. Ask first!

QUESTIONING

Someone who is exploring their sexuality and/or gender identity.

