

TERMINOLOGY CHEAT SHEET

SOGIE: Sexual Orientation, Gender Identity, (Gender) Expression.

Sexual Orientation: an emotional, romantic, and/or sexual attraction to others (e.g., lesbian, gay, bisexual, asexual).

Gender Identity: a person's internal identification or self-image as male, female, something in between, or outside of the male/female binary.

Gender Expression: how a person communicates their gender to others. People express and interpret gender through clothing, hairstyle, speech, behavior, and/or other physical attributes.

Lesbian: a woman who is romantically, emotionally and physically attracted to other women.

Gay: a person who is attracted to individuals of the same gender. While historically used to refer to men, it is often used to refer to women attracted to other women as well.

Bisexual: an individual romantically, emotionally and physically attracted to both men and women.

Asexual: a person who does not feel sexual attraction to people of any gender.

Straight: a man who is attracted to women or a woman who is attracted to men.

Questioning: a person who is unsure of, or in the process of discovering, their sexual orientation or gender identity.

Queer: an umbrella term used to refer to all LGBT people; the term can be a political statement as well as an identity, seeking to expand upon limited sexual and gender-based categories. For some, "queer" has a negative connotation, given its historical use as a pejorative term. Many LGBT people, however, have reclaimed the word and now use it in a positive light. Many people use the term "queer" because other terms do not accurately describe them.

Transgender: a person whose gender identity does not match the sex they were assigned at birth. A transgender man (or transman) is a person who was assigned female at birth but identifies as a man, while a transgender woman (or transwoman) is a person who was assigned male at birth but identifies as a woman.

Cisgender: Describes a person whose gender identity matches their sex assigned at birth.

Agender: Describes someone who does not identify with any gender.

Gender conforming (GC): Describes a person who expresses gender in a manner that is consistent with societal norms for their gender.

Gender nonconforming (GNC): Describes a person who does not subscribe to gender expression or roles imposed by society