

Terminology

CISGENDER OR CIS

Someone whose gender identity is the same as the sex they were assigned at birth. Non-trans is also used by some people.


QUEER

Queer is a term used by those wanting to reject specific labels of romantic orientation, sexual orientation and/or gender identity. It can also be a way of rejecting the perceived norms of the LGBT community (racism, sizeism, ableism etc). Although some LGBT people view the word as a slur, it was reclaimed in the late 80s by the queer community who have embraced it.

COMING OUT


When a person first tells someone/others about their orientation and/or gender identity.

Useful Links

 [Glossary of terms \(stonewall.org.uk\)](https://www.stonewall.org.uk)

 [Gender identity for beginners: a guide to being a great trans ally | Amnesty International UK](#)

 [Pride Sports | A UK organisation for LGBT+ sports development and equality](#)

 [Stonewall | Acceptance without exception](#)

 [LGBT Foundation - Home](#)

 [BMC Equity LGBTQ subgroup](#)

Terminology

LGBT

stands for Lesbian, Gay, Bi, Trans.

LESBIANS

are women who are attracted to women.

GAY

Can mean men who are attracted to men. Gay can also be used to describe lesbians.

BI PEOPLE

are attracted to more than one gender.

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.

ALLY

A (typically) straight and/or cis person who supports members of the LGBT community.

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

