



LGBTQ+ Dictionary

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The Good Trouble Troop



Youth **Advocate**
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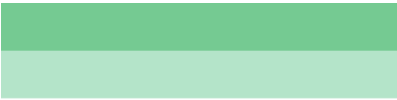


The Good Trouble Troop



- **Abrosexual** - refers to an individual whose sexuality is changing or fluid. For example, someone could be gay one day, then be asexual the next, then polysexual the next
- **AFAB** - Assigned Female At Birth. Someone is who AFAB is someone who was born a girl. AFAB is not strictly transgender but is more commonly used in the transgender community.
- **Agender people** - People who identify as not having a gender. Some describe themselves as genderless, while others see themselves as gender neutral.
- **AGs or Aggressives** - Lesbians who express themselves in a masculine manner, such as by binding their breasts. They are also called studs.
- **Allies** - People who identify as cisgender and straight and believe in social and legal equality for LGBTQ+ people.
- **Allosexual or Zsexual** - People who experience sexual attraction to others of any gender.

- **AMAB** - Assigned Male At Birth. Someone is who AMAB is someone who was born a boy. AMAB is not strictly transgender but is more commonly used in the transgender community.
- **Androgyne** - Identifying and/or presenting as neither distinguishably masculine nor feminine.
- **Aros or Aromantic** - People who experience little or no romantic attraction to others of any gender.
- **Asexual** - This is an umbrella term used for People who do not experience or experience a very low level of sexual desire.
- **Asexual/Ace** - A term used to describe someone who does not experience sexual attraction toward others of any gender. It is different from celibacy, in that celibates have a sexual attraction but choose to abstain from sex.
- **Assigned at birth** - Assigned at birth refers to the way in which your sex is assigned at birth based on your genitals.



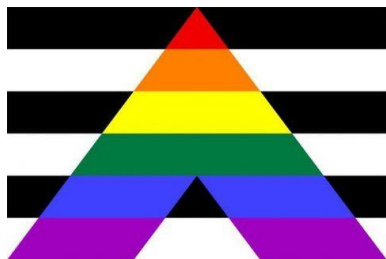
Abrosexual Pride Flag



Agender Flag



Asexual Flag



Straight Ally Flag



Aromantic Flag





- **Baby Gay** - A gay, lesbian or bisexual person who has recently come to identify as such or is newly out.
- **Bear** - A man who is hairy and/or has facial hair, and a cuddly body.
- **Beard** - A person of a different sex who is used by a gay person, usually a man, as a fake heterosexual partner to hide their sexuality.
- **Bi or Bisexual** - People who experience sexual, romantic, and/or emotional attractions to people of more than one gender.
- **Bigender** - People who experience their gender identity as two genders at the same time or, whose gender identity may vary between genders.
- **Binding** - Tight wrapping of the chest with special clothes to minimise the size or appearance of breasts.
- **Biphobia** - Systems, beliefs, or actions that exclude or oppress bi people. It can involve distinct prejudices and assumptions, such as the dismissal or invalidation of bisexuality and the mislabelling of bisexual individuals as either straight or gay/ lesbian.

- **Biromantic** - People who are romantically, but not necessarily sexually, attracted to people of more than one gender.
- **Birth gender** - Sometimes used by transgender people to refer to their gender prior to transitioning.
- **Bisexual and Pansexual** - Both terms refer to people who are attracted, sexually and/or romantically, to more than 1 gender.
- **Boi** - Another term used for butch.
- **Bois** - People assigned female at birth who identify their gender as nonbinary.
- **Bottom surgery** - Gender confirmation surgery relating to the bottom of the body, specifically the genitals.
- **Bullying** - Bullying based on prejudice or discrimination towards LGBTI+ people.
- **Butch** - A lesbian person whose appearance and behaviour are seen as traditionally masculine.



Bear Flag



Bisexual Flag

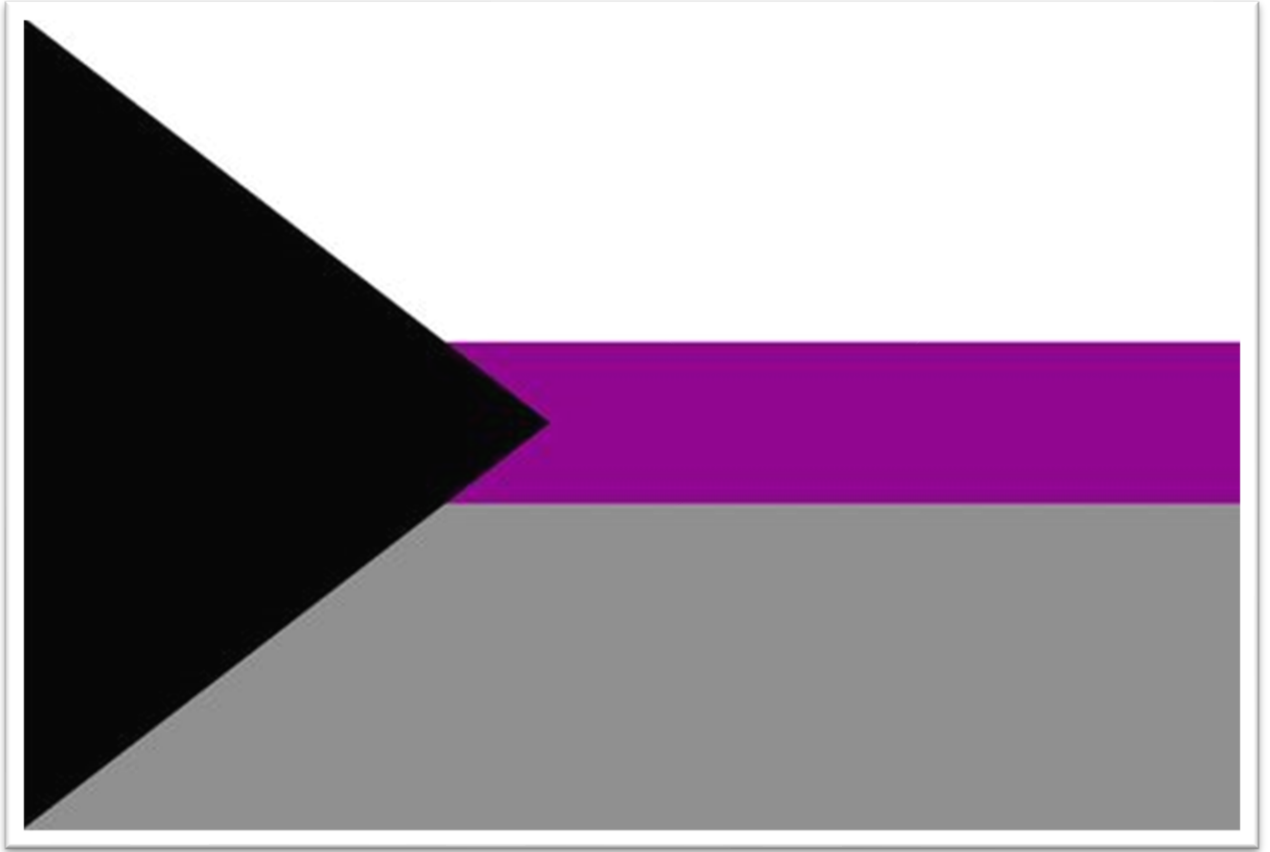


- **Celestian** – A lesbian who is famous.
- **Cis or cisgender people** - People who identify with the gender that was assigned to them at birth.
- **Cisthet** - Cisgender/Heterosexual. Cisthet is a short way of saying you or someone else is both cisgender and heterosexual.
- **Closeted (in the) Closet** - Keeping secret a part of one's identity, usually related to one's sexual orientation and/or gender identity.
- **Coming Out** - This is the process of revealing your sexual orientation and/or gender identity to People in your life.
- **Crossdressers** - People who, at times, wear clothes traditionally associated with people of a gender different from one's own.
- **Cub** – A term used to describe a Bear in their teens.



- **Deadname or to Deadname** - The birth name of someone who has changed their name – usually a transgender person, or the act of using that name.
- **Demiboy** - A person assigned any gender at birth who partially identifies as male.
- **Demigender** - People who feel a partial connection to a particular gender identity.
- **Demigirl** - A term for someone who was assigned female at birth but does not fully identify with being a woman, socially or mentally.
- **Demiromantic** - Someone who only develops romantic feelings for another person when they have a strong emotional connection to them.
- **Discrimination** - Means making a distinction in favour of, or against, a person based on the group, class, or category to which a person belongs.

- **Drag King** - A person who dresses in clothing more conventionally worn by men, acts with exaggerated masculinity and in masculine gender roles for entertainment or fashion.
- **Drag Queen** - A person, usually male, who dresses in clothing more conventionally worn by women and acts with exaggerated femininity and in feminine gender roles for entertainment or fashion.
- **Dyadic people** - People who are born with chromosomes, a reproductive system, and a sexual anatomy that fit into the prevailing standard for "female" or "male".
- **Dykon** - A famous woman (not necessarily gay) who is popular in the gay community.



Demisexual Flag



- **Enby** - Short version of Non-Binary. Someone who identifies as enby is neither male nor female, enby is a short way of saying Non-binary.
- **Expression** - The action of making known your thoughts and feelings.



- **Faggot** – A male who likes other males, a male homosexual. It can be used as a derogatory term.
- **Femmes** - People of any gender or sexual identity who present and act in traditionally feminine ways.
- **FTM** - Meaning: Female To Male. Someone who was born a girl but identifies as a boy is FTM, or female to male.



- **Gay** - Refers to someone who is sexually and/or romantically attracted to the same gender.
- **Gay men** - Men who experience sexual, romantic, and/or emotional attractions to other men.
- **Gender Affirming Surgery** – Surgeries used to modify body to be more in line with persons gender identity
- **Gender binary** – Society only seeing two genders and requires everyone to be raised as a man or a woman, depending on the gender assigned to them at birth.
- **Gender Dysphoria** - A condition that makes people uncomfortable in their own bodies and assigned gender. It can make someone question their gender identity and often have intense feelings of hatred, disgust or extreme to moderate levels of discomfort with their gender.
- **Gender Expression** – When a person expresses gender through mannerisms, grooming, physical characteristics, social interactions, and speech patterns.
- **Gender fluid people** - People whose gender varies over time.

- **Gender Identity** - An individual's identification of themselves as female, male, non-binary, or another descriptor.
- **Gender Identity Disorder** – This is the distress a person feels due to a mismatch between their gender identity, their personal sense of their own gender, and their sex assigned at birth.
- **Gender Non-Conforming** – Gender expression that differs from society norms.
- **Gender Norms** - Gender norms define what society considers male and female behaviours, and it leads to the formation of gender roles.
- **Gender-expansive** -A person with a wider, more flexible range of gender identity and/or expression than typically associated with the binary gender system.
- **Gender-Neutral** - Refers to something that is not designated as belonging to a particular gender, e.g., gender-neutral bathrooms, or language that does not carry male/female or masculine/ feminine associations e.g., they/them pronouns.

- **Gender-nonconforming people** - People who do not adhere to the traditional gender expectations for appearance and behaviours of people of their assigned gender.
- **Genderqueer** - People who typically reject notions of static categories of gender and embrace a fluidity of gender identity.
- **Gold Star** – A lesbian who has never had sex with a man.
- **Graces, Gray A's, or Gray Asexuals** - People whose sexual attraction exists within the gray area between sexual and asexual. They experience sexual attraction infrequently or not very strongly.
- **Gynesexual/gynosexual people** - People who experience sexual attraction toward women, females, and/or femininity, regardless of whether they were assigned female at birth.



Gay Men's Pride Flag



Genderqueer Flag



Genderfluid Flag



- **Heteroflexible people** - People who are primarily attracted to people of a different sex and who typically identify as heterosexual, but who may engage in same-sex sexual activity in certain situations.
- **Heteronormativity** - Refers to heterosexual identities being considered the norm, to the exclusion of any other sexual orientation or gender identity.
- **Heteroromantic people** - People who are romantically, but not necessarily sexually, attracted to people of a gender different from themselves.
- **Heterosexual people** - Men who experience sexual, romantic, and/or emotional attractions attraction to women, and vice versa.
- **Hetrosexism** - The assumption that all people should be heterosexual.

- **Homoflexible people** - People who are primarily attracted to people of the same sex and who typically identify as lesbian or gay, but who may engage in sexual activity with people of a different sex in certain situations.
- **Homophobia** - A range of negative attitudes and feelings toward homosexuality or people who are identified or perceived as being lesbian or gay.
- **Homoromantic people** - People who are romantically, but not necessarily sexually, attracted to people of a gender similar to themselves.



Heterosexual Pride Flag



- **Intersex** – A person born with a reproductive system that doesn't fit the typical definition of a male or female.



Intersex Flag



- **Lesbians** - Women who experience sexual, romantic, and/or emotional attractions to other women.
- **LGBT+** - An acronym used to represent lesbian, gay, bi and trans, as well as other marginalised sexes, sexualities, and genders. The '+' is intended to ensure that the community, and related inclusion and diversity work, is inclusive of those with marginalised orientations and identities who may not identify with the specific terms of lesbian, gay, bi or trans. Identities that the '+' speaks to include (but are not limited to) intersex.



Lesbian Flag



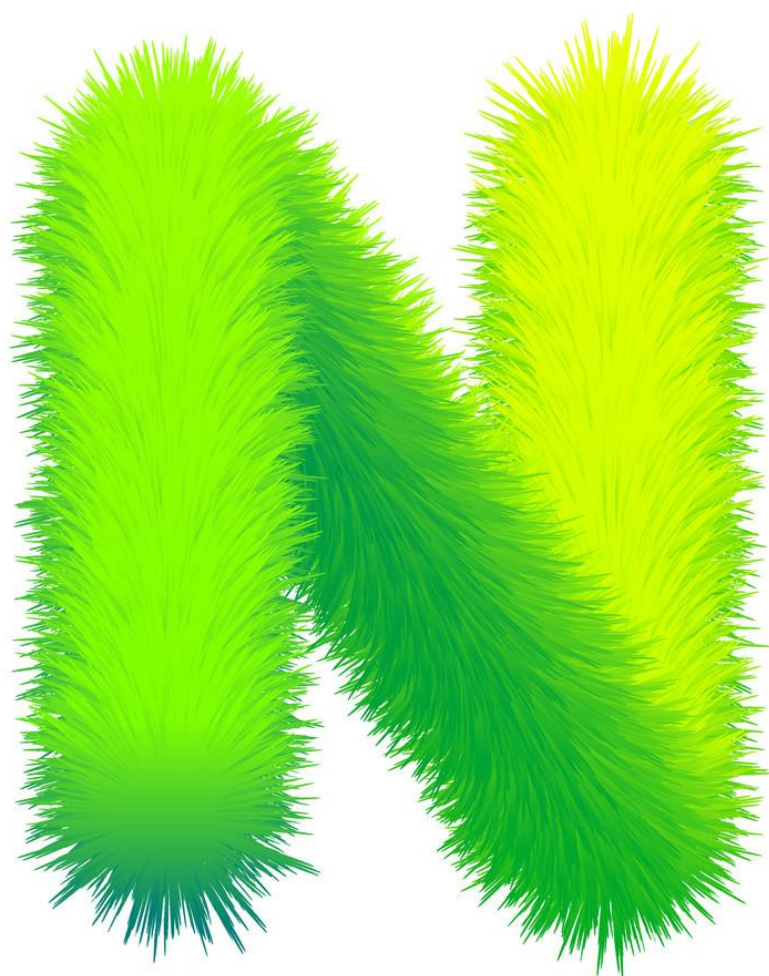
Labrys Lesbian Pride Flag



- **Masc (men)** - A gay man who is perceived or perceives themselves to be "masculine".
- **Masc (women)** - A lesbian woman who is deemed to have "masculine" characteristics.
- **Masculine of centre (MoC) people** - Lesbians, queer women, and non-binary trans people who tend toward the masculine in their gender expression.
- **Microaggressions** - slights, whether intentional or unintentional, that communicate hostile, derogatory, or negative attitudes toward stigmatized or culturally marginalized groups.
- **Misgendering** - The act of referring to someone as the wrong gender, often by using the wrong pronouns or gendered language that does not match their gender identity.
- **Monosexism** - The beliefs and practices that assume that all people are attracted to only one other sex or gender.

- **MTF** - Meaning: Male To Female. Someone who was born a boy but identifies as a girl is MTF, or male to female.
- **Multigender** - Means having multiple gender identities, either at the same time or moving between different gender identities at different times.
- **MX** - A gender-neutral title and an alternative to Mr/Mrs/Miss. Some non-binary individuals will prefer to be referred to using this title, while others may prefer other titles such as 'Misc' or 'Ind', or no title.

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- **Neutrois people** - People who identify their gender as neutral or null. They may also identify as "agender."
- **Non-binary Gender, Gender Creative, and Gender Expansive people** - An Umbrella terms for People who do not fit into traditional "male" and "female" gender categories. Includes People who identify as agender, bigender, gender fluid, genderqueer, and various other genders.



Non-Binary Flag



- **Otter** - A man who is especially hairy but is smaller in frame and weighs considerably less than a bear.
- **Outing** - When someone reveals another person's sexual orientation or gender identity often without the person's consent or approval.

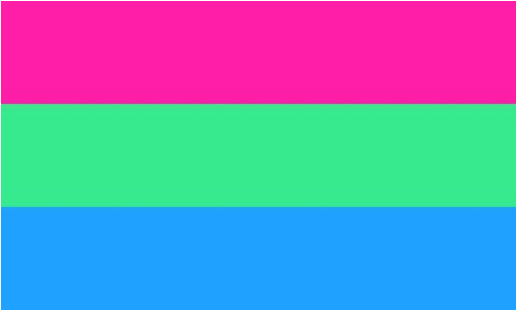


- **Pangender people** - People whose gender identity and/or gender expression is numerous, either fixed (many at once) or fluid (moving from one to another, often more than two).
- **Pansexual people** - People who are attracted to others regardless of their gender identity or biological sex.
- **Passing** - Refers to being perceived as a certain gender, and sometimes sexual orientation, based on appearance, behaviour, and gender expression.
- **Polyamorous** - A person who has open sexual or romantic relationships with more than one person at a time.
- **Post-op** - A term for a transgender person who has had gender confirmation surgery.
- **Prejudice** - This is defined as a preconceived opinion that is not based on reason or actual experience.

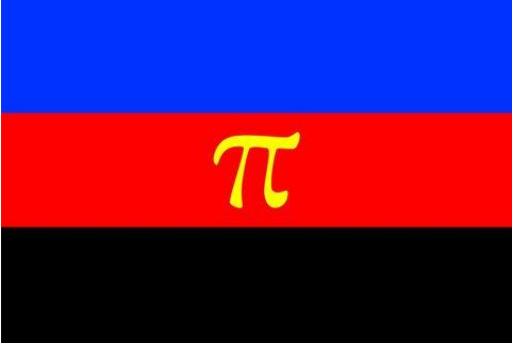
- **Pre-op** - A term for a transgender person who has not had gender confirmation surgery.
- **Pride** - This is an annual celebration of LGBTQ+ communities held around the world.
- **Pronouns** - Words used to refer to people in conversation – for example, 'he', 'she' or 'they'. In many languages, including English, pronouns communicate information about the gender of the person being referred to.



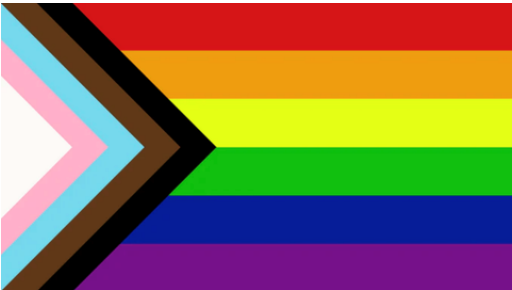
Pansexual Flag



Polysexual Flag



Polyamory Flag



"Progress" Pride Flag



1978-1999 Pride Flag



Gilbert Baker Pride Flag



Rainbow Pride Flag



- **Queer** - An umbrella term to refer to all LGBTQ+ people. It is also a non-binary term used by People who see their sexual orientation and/or gender identity as fluid.
- **Queerplatonic** - Non-romantic relationships that involve close emotional connections that are often deeper or more intense than what is traditionally found in friendships.
- **Questioning** - A process of exploration by people who may be unsure, still exploring, and concerned about applying a label to their sexuality or gender identity.
- **QPOC and QTPOC (pronounced "cutie poc")** - Queer people of colour, and queer and trans people of colour.



- **Rainbow** - The rainbow has represented LGBTQ+ people. The colours reflect diversity within the LGBTQ+ community.



- **Same-gender loving people** - People who experience same-gender attraction.
- **Sapiosexual people** - People who are attracted to people based on intelligence, rather than gender identity or biological sex.
- **Sexual orientation** - The attraction felt between people.
- **Sexually fluid people** - People who are sexually fluid experience changes in their sexual orientations more frequently.
- **Skoliosexual people** - People who are sexually attracted to people with non-binary gender identities.
- **Social transition** - The part of a transgender person's transition seen by the people around them.
- **SOGIESC** - Acronym for sexual orientation, gender identity and gender expression, and gender characteristics, more commonly used in Europe.
- **Studs** - A black lesbian who expresses themselves in a masculine manner, such as by binding their breasts.



- **Third gender** - People are categorized, either by themselves or by society, as neither man nor woman.
- **TomCis** - Bisexual woman who would present themselves as masculine.
- **Top surgery** - Gender confirmation surgery relating to the top half of the body - typically breast augmentation surgery for trans women, and bilateral mastectomy ("breast removal") and male chest reconstruction for trans men.
- **Trans men** - People assigned female at birth who identify as male.
- **Trans or transgender people** - Umbrella terms for People whose gender identity and/or expression is different from the gender assigned to them at birth.
- **Trans women** - People assigned male at birth who identify as female.

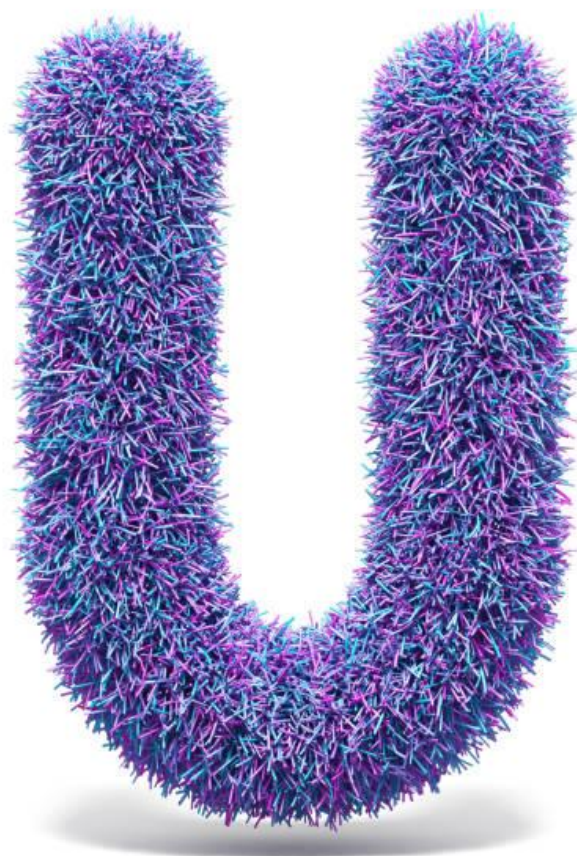
- **Transition** - Refers to the process of coming to recognize, accept, and express one's gender identity.
- **Transphobia** - Relates to prejudice directed specifically at those who don't adhere to gender norms and people who are trans.
- **Tucking** - The practise of concealing a penis and testicles, practised by some trans women who have not undergone gender confirmation surgery as well as drag artists.
- **Two spirit people** - A term for People who blend the masculine and the feminine. It is commonly used to describe People who historically crossed genders.



Transgender Flag



Two Spirits



- **U.Hall** – Lesbian couple who early in their relationship decide to move in together.
- **Unicorn** – A bisexual person who is willing to hook up with couples, no strings attached.

The Non-Binary Identity

Non-binary or genderqueer is an umbrella term for **gender identities that are neither male nor female** — identities that are outside the gender binary.

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Inverted triangles are used as a symbol of gay pride, this began to be widespread in the early 1970s Gay Liberation Movement. It was adopted to remember that homosexuals were forced to wear a pink triangle in the Nazi Concentration Camps of World War II. Since the pink triangle has been generally a gay male symbol, a pink triangle in a black circle, or simply a black triangle, is sometimes used by lesbians.



Lambda, the Greek letter "L", has been used since the early 1970s to denote LGBTQ pride, possibly because "L" stand for Liberation. Some people think it may also refer to same-sex love in ancient Greek culture.



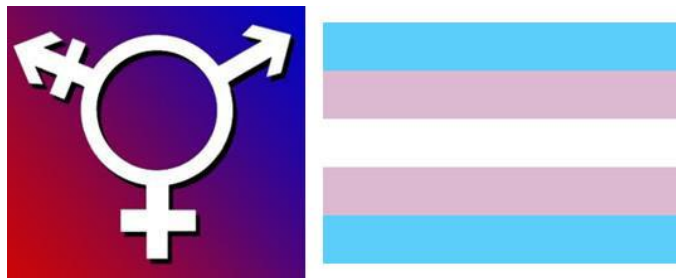
These pink, blue, and lavender triangles and interlocking biological symbols represent bisexuality, people whose attraction is to both men and women. Bisexual pride means that no matter what the sex of your partner is, you prefer to be identified as bisexual rather than heterosexual or homosexual.



Various forms of the double interlocking biological symbols for female and male are used to identify lesbians and gay men. As is represented in this symbol, pink and lavender are colours that commonly represent same-sex relationships.

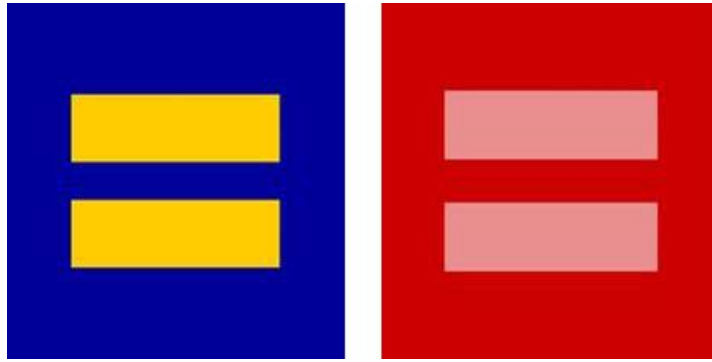


This axe, called a labrys, was adopted from matriarchal societies to symbolize the strength and courage of lesbians or women-loving-women.

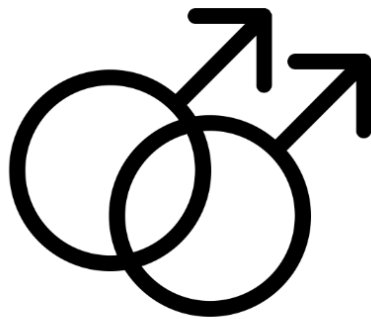


The image on the left, which combines and alters the biological sex symbols, represents people whose gender identities do not match their biological sex identities and who therefore see themselves as transgendered.

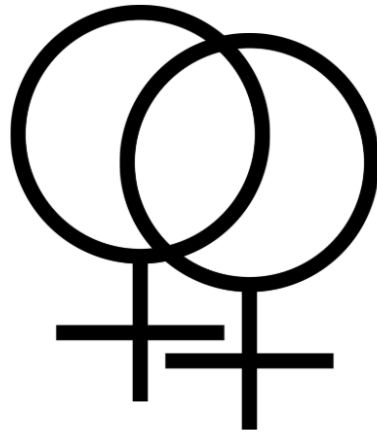
On the right is the transgender flag which represents the gendered colours of pink and blue but which are joined in the centre by a third alternative.



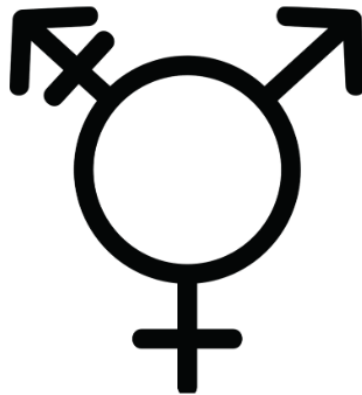
The blue symbol is the logo of the HRC (Human Rights Campaign), which has come to represent equality for all persons regardless of their sexuality and gender identities. The red symbol on the right has been more recently adopted to represent the marriage equality movement.



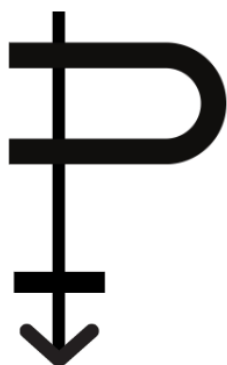
In astrology, science, and sociology, the Mars symbol is used to denote the male sex. The community started using the double interlocking Mars symbol in the 1970s to represent males who are attracted to other males – sexually, romantically, or both.



Just like the double Mars, the symbol for lesbian pride takes the Venus symbol, used to denote the female sex, and doubles it.



The first version of the transgender symbol takes a single circle bearing both Mars and Venus symbols, along with a third symbol that combines the two.

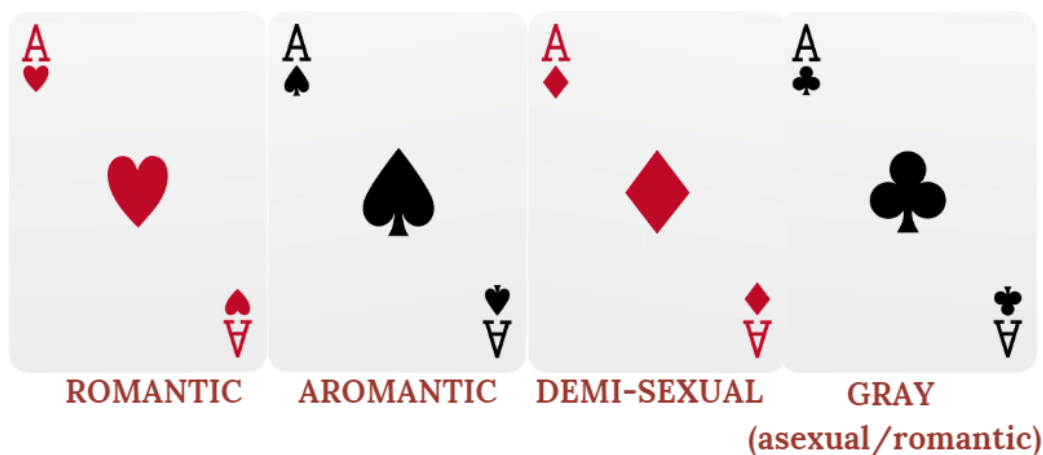


Before pansexuals used their three-colored flag (bearing the colors pink, yellow, and blue), they first used a P symbol with an arrow and a cross-tail to represent their identity.



If you take the traditional transgender symbol and draw a raised fist within the circle, it will transform into the symbol for trans feminism.

TYPES OF ASEXUALITY



Within the LGBTQ community, Ace is believed to be the shortened word for asexuality. Hence, asexuals use the four aces in the playing cards to symbolize their identity and distinguish them from the different kinds of aces existing in the spectrum. These include the following:

- Ace of Hearts – Romantic asexuals
- Ace of Spades – Aromantic asexuals
- Ace of Diamonds – Demi-sexuals
- Ace of Clubs – Gray-asexuals, Gray romantics.



Some people in the LGBTQ+ community disagree with the use of the double triangles because they say it evokes the pink triangle of Nazi concentration camps. In 1998, the double moon symbol was created as an alternative symbol.



Green was a common colour to refer to homosexuals, back in 19th-century England. That's why Victorian men at the time would pin a green carnation on their lapels to indicate their identity. This was a practice popularized by author Oscar Wilde who was openly gay and would proudly wear a green carnation to public events.



Freedom rings are six aluminium rings, each in one of the colours of the rainbow flag. Symbolizing independence and tolerance, these rings are worn as themselves or as part of necklaces, bracelets, and key chains.



Violets have been associated with gay women for some time, e.g. a woman giving another woman a bouquet of violets as a symbol of her love.

- **BeLong To** - An organisation for Lesbian, Gay, Bisexual and Trans* (LGBT) young people, aged between 14 and 23. www.belongto.org
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- **National LGBT Federation** - working for the betterment of Lesbian, Gay, Bisexual and Transgendered (LGBT) people. www.nxf.ie
-
- **LinC** - Cork's Lesbian community centre with chat, discussion and information for lesbians: www.linc.ie
-
- **Gay Project** - Aims to ensure that the LGBTQI+ community is enabled to fully participate in life of the wider Cork and Kerry area. www.gayproject.ie
-
- **Outhouse** - A community and resource centre for LGBT people, their families and friends in Dublin: www.outhouse.ie
-
- **Gay Mens Health Service** - Services for gay, bisexual men, and men who have sex with men (MSM) and transgender people. www.GMHS.ie
-
- **Gay health network** - National network of organisations.. www.gayhealthnetwork.ie
-
- **Transgender Equality Network Ireland (TENI)** - Seeks to improve conditions and advance the rights and equality of Trans* people and their families. www.teni.ie

Online resources

- www.lgbt.ie
- www.gcn.ie

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