

BEGINNER'S GUIDE TO LGBTQ+ IDENTITY

SHOW YOUR SUPPORT BY LEARNING
MORE ABOUT THE COMMUNITY

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LGBTQIA+



LESBIAN

GAY

BISEXUAL

TRANSGENDER

QUEER

**ASEXUAL
AROMANTIC**

INTERSEX

**+ BROADER
SPECTRUM
OF IDENTITIES**



The term LGBTQ+ represents the community of people whose sexual or gender identity does not conform to current societal norms.

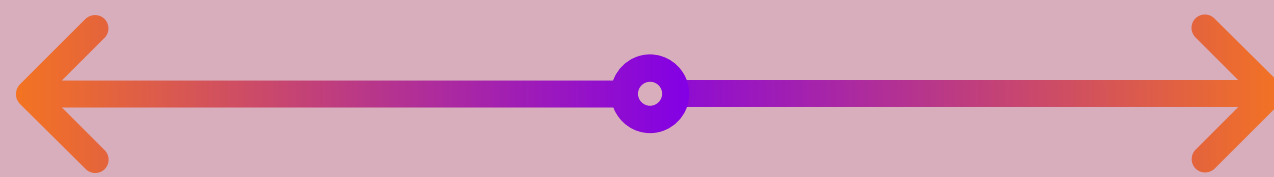
The acronym refers to some of these specific identities, yet it represents the community as a whole.



We tend to think of sexuality and gender as rigid binary concepts (man vs woman; heterosexual vs homosexual).

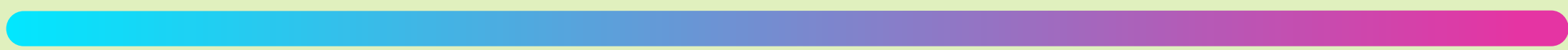


In reality, they are more accurately described as fluid concepts along a spectrum.



Sexual Orientation

A person's identity in relation to which gender or genders they feel sexually attracted to.



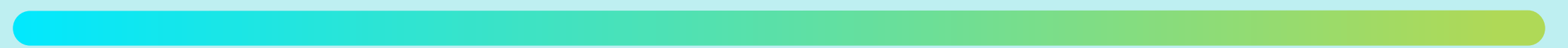
Heterosexual

Bisexual

Homosexual

Romantic orientation

A person's identity in relation to which gender or genders they feel romantically attracted to. This may or may not coincide with who they are sexually attracted to.



Heteroromantic

Biromantic

Homoromantic

Biological sex

Defined by one's anatomical, hormonal and chromosomal characteristics. This concept is not binary in essence (male vs female), but rather exists on a biological spectrum that includes intersex people.



Male

Intersex

Female

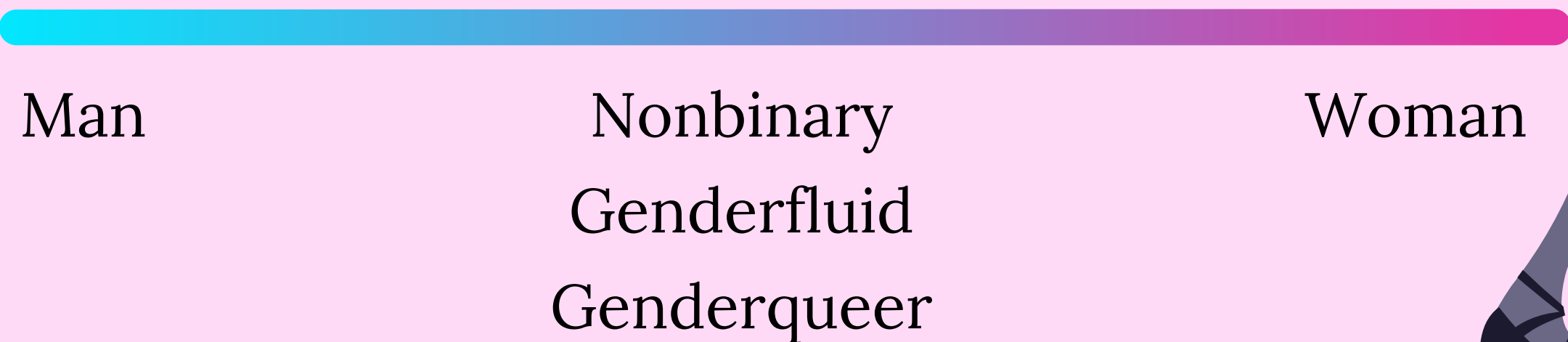


Gender identity

The gender a person *identifies* with, how they think of themselves in relation to the world.

If the gender you identify with correlates with your assigned sex at birth, you are *cisgender*.

If these do not coincide, then you might identify as *transgender*.



Gender expression

An outward expression of gender, through the different ways someone acts, dresses, speaks and interacts with the world.



Masculine Androgynous Feminine

LGBTQ+ terms

Homosexual - a person who is romantically or sexually attracted to people of the same gender (for some, this may include nonbinary people).

Gay - typically used as a synonym for a homosexual person.

Lesbian - a homosexual woman. Nonbinary and other genderqueer people may also identify with this label.

Some might prefer to identify as gay or as gay women.



Bisexual (bi) - a person who experiences sexual or romantic attraction towards people of the same gender and those of other genders.

Asexual (ace) - an umbrella term for people who experience little or no sexual attraction towards other people. There is a big variety of identities within the asexuality spectrum.

Aromantic (aro) - someone who experiences little or no romantic attraction towards people.



Disclaimer: Queer labels are personal to each individual and, as such, there might be slight variations in how people define them and choose to identify. The terms shown here are simplistic definitions (especially as they relate to gender) in order to provide clarity and might not represent the full experience of people with these identities.

LGBTQ+ terms

Queer - an umbrella term for LGBTQ+ people. This term is sometimes used by people who feel like their sexual orientation, gender identity and/or gender expression are not adequately described by other LGBTQ+ labels, as these might feel limiting or overly simplistic. It acknowledges that gender and sexuality are nuanced spectrums that can intersect, as opposed to a collection of independent and mutually exclusive categories.

It was once a pejorative term that has since been reclaimed by some LGBTQ+ people to refer to themselves or their community.

Like any other term, it should be used sensitively and respectfully.



People's romantic and sexual attractions don't always perfectly coincide, in which case a person might identify as a combination of their romantic and sexual orientations (for instance, bisexual homoromantic)



Heteroromantic - someone who is romantically attracted to people of the opposite gender.

Homoromantic - someone who is romantically attracted to people of the same gender.

Biromantic - someone who is romantically attracted to people of the same gender and other genders.

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LGBTQ+ terms

Intersex - an umbrella term for people who have anatomical, chromosomal and hormonal characteristics that differ from medical and conventional definitions of male and female bodies. There is a lot of variation between individuals in this category and intersex people might identify with male, female or non-binary genders.

Cisgender (cis) - someone whose gender identity coincides with their assigned sex at birth. For instance, a "cis woman" is a person who identifies as a woman and was assigned female at birth.



Transgender (trans) - someone whose gender identity does not coincide with their assigned sex at birth.

Trans woman - a person who identifies as a woman, and was assigned male at birth.

Trans man - a person who identifies as a man, and was assigned female at birth.

Nonbinary - someone whose gender identity does not fit into the man-woman binary.

Nonbinary can also be seen as an umbrella term for various identities. Other similar labels might include terms such as genderqueer, genderfluid, agender and two-spirit (Native American term).



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