

The background of the slide is a rainbow flag with horizontal stripes of red, orange, yellow, green, blue, and purple. The text is centered on the yellow stripe.

LGBT+

General Knowledge and Terms

LGBT+ Terminology: Labels

Labels are used to clarify internal feelings. What label a person uses, if they even chose to use a label, is a personal issue. For some, using a label makes an individual more comfortable in their identity, whereas others may not feel the need to find a label at all. Everyone has different connotations for their own personal label. One is not “correct” while the other is “wrong”. They are both correct from different experiences. If you feel the urge to ask for further clarification of terms, do a quick google search before asking the individual. Please be mindful when asking questions.

The background of the slide is a vertical rainbow gradient, consisting of horizontal bands of red, orange, yellow, green, blue, and purple from top to bottom.

Sexual Orientation:

More than just the LGB

LGB: What those letters mean practically speaking

Lesbian, Gay and Bisexual individuals are the best known identifiers in the LGBT+ community.

- Lesbians* are women who are attracted to other women.
- “Gay” is an umbrella term that anyone can use to identify themselves, but which is commonly used to describe men who are attracted to other men
- Bisexual people are attracted to more than one gender



*there are also nonbinary and any pronouns lesbians

Terms: Pansexual, an attraction regardless of gender

Pansexuality, much like Bisexuality, is the attraction to a person regardless of their gender identity* or gender expression*. A pansexual individual could be attracted to men, women, and gender non conforming people. “Pansexuality” and “bisexuality” are similar, but the nuances mean a lot to the individuals who identify with the terms. Neither sexuality is better than the other. The reason a person may identify with the word “pansexual” instead of “bisexual” is a personal decision to make the individual feel more comfortable.

*terms will be defined later

Terms: Asexual, no sexual attraction

Asexuality is not feeling any sexual attraction to any gender. Asexuality is on a “spectrum”, meaning some people’s asexuality is different than others. Some people might feel sexual attraction very rarely, only in certain situations, or not at all, but still identify as asexual, as the word is somewhat of an umbrella term.

Asexual people are not broken, they do not need to be fixed. A very serious topic in the LGBT+ community is asexual acceptance into the community. Their intentions are not to be “attention seeking” or “different”, they just want respect and acceptance just like the rest of the LGBT+ community.

Transgender:

An umbrella term

AMAB and AFAB: Acronyms to know

Assigned male at birth, or “AMAB,” means that an individual is born with typical male biological markers.

Assigned female at birth or “AFAB,” means that an individual is born with typical female biological markers.

What's the word for people who aren't trans at all?

“Cis” people, short for cisgender, are people that identify with the gender assigned to them at birth. Cis people are not transgender or under the trans umbrella*. They typically use the gender pronoun that matches the one assigned to them at birth. Cis is an adjective just like trans and does not need to be conjugated.

People that are not trans are cis.

*defined later

Transgender

Transgender or trans people are people that do not identify with their gender that was assigned at birth. This could mean an AFAB person transitioning socially* or medically* to male, or an AMAB person transitioning socially or medically to female, or even an AFAB person transitioning to nonbinary*. Transition is a process that a person undergoes to ease their dysphoria*.

*Terms defined later



Nonbinary: Neither male nor female

Nonbinary people are people who are under the Trans umbrella, meaning that they do not identify with the gender they were assigned at birth. This means that a person may identify as neither “male” nor “female”. Nonbinary people, shortened to “enby”, may use the pronoun that matches their gender assigned at birth or they may chose to use the singular “them” pronoun.

Genderqueer or Gender non conforming

Genderqueer people, much like enby people, do not identify with the gender assigned to them at birth or the opposite binary gender of male/female.

Genderqueer people could chose to present their gender in more androgynous ways or in typically “gendered” clothes such as dresses, suits and ties, etc.

Identity versus Expression

Gender identity is what you feel in your heart. It is what you know to be true about yourself and is factual. Gender identity is being a cis-woman, transwoman, or nonbinary person.

Gender expression is what you chose to wear. Whether or not you chose to wear makeup, paint your nails, pierce your ears, etc. How you feel most comfortable being seen is your gender expression.

As a metaphor, gender identity is knowing that a house is a house, gender expression is choosing to paint the house green rather than orange.

Pronouns: How to Know What to Use

Knowing what pronouns to use for a person is easy, just ask the person! If you are ever unsure whether someone prefers to be called a “he” or a “them” rather than a “she” then ask! It never hurts to ask for clarification when unsure.

Gender Dysphoria

Dysphoria is the feeling that you are not seen for your true self. Dysphoria can feel like lots of things, from sadness to confusion to anger. It is different for everyone; but the bottom line is that it's extremely unpleasant and can cause Depression.

Dysphoria can be either social dysphoria or body dysphoria.

Social dysphoria happens when you are seen as female when you are actually male, or vice versa. You feel like society as a whole does not recognize you.

Social dysphoria usually lessens or goes way when one starts to be able to pass*.

Body dysphoria is being unable to recognize yourself in the mirror. Body dysphoria usually lessens or goes away when one starts to medically transition.

*"Passing" is when you are seen by society as the gender you know you are

Alleviating Dysphoria

Dysphoria can be alleviated by different things for different people. For some, it might be as simple as a stylistic change. For others it might require medical surgery or hormone injections. Every person's transition is a deeply private matter and should be respected as such.

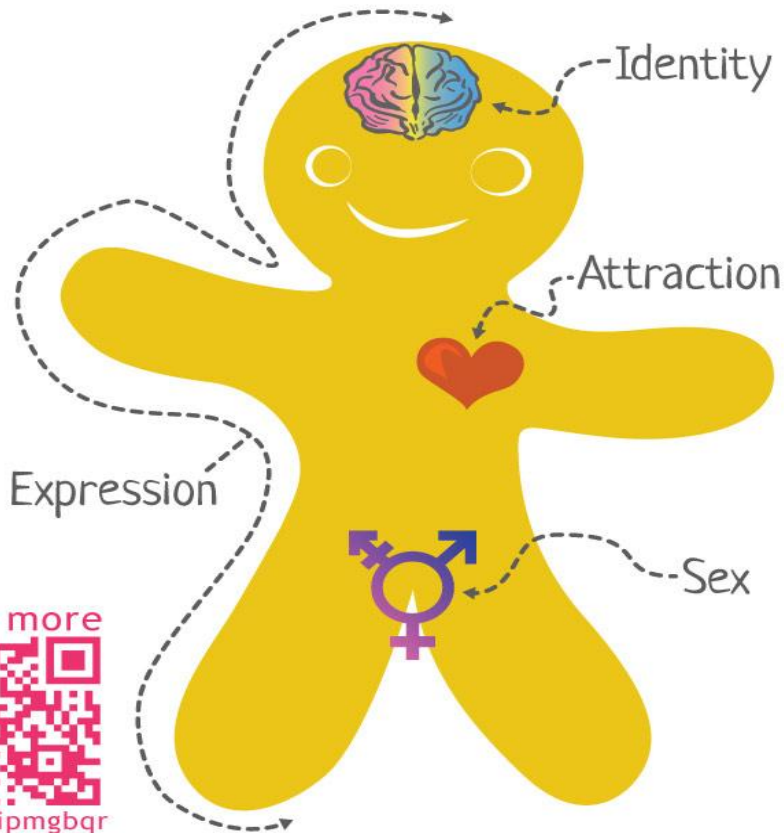
Social transitions are: name changes, pronoun changes, getting gender markers on ID's changed, verbal and legal items.

Medical transitions are: surgeries, hormone treatments, etc.

The Genderbread Person v2.0

by *its pronounced* **METRO**sexual.com

Gender is one of those things everyone thinks they understand, but most people don't. Like *Inception*. Gender isn't binary. It's not either/or. In many cases it's both/and. A bit of this, a dash of that. This tasty little guide is meant to be an appetizer for understanding. It's okay if you're hungry for more.



read more

bit.ly/ipmgbqr



Gender Identity

Nongendered { Woman-ness
 Man-ness

5 (of infinite) possible plot and label combos



Gender Expression

Agender { Masculine
 Feminine

5 (of infinite) possible plot and label combos



Biological Sex

Asex { Female-ness
 Male-ness

5 (of infinite) possible plot and label combos



Attracted to

Nobody { (Men/Males/Masculinity)
 (Women/Females/Femininity)

5 (of infinite) possible plot and label combos



Outdated terms

Languages change, it's the way languages are. Here are some outdated terms and their current versions.

Transvestite: a person who wears clothes of the opposite binary gender or wishes to live the life of a person of the opposite binary gender. The current word for this is transgender.

Hermaphrodite: a person who has unclear biological sex markers. The current word for this is intersex

Similarly, a trans person is a trans person, not a “transgendered” person. There is no grammatical need for the “-ed” suffix.

Unacceptable language: slurs*

There are well known lgbt slurs such as “faggot” and the shorthand version “fag”, but there are less known equally hurtful trans slurs as well. These include:

- Tranny
- Shemale
- Trap
- For additional slurs and why they are unacceptable see this video:
https://www.youtube.com/watch?v=_LO0jic6f9w

*Offensive terms are not limited to these - these terms are the most widely known/used

LGBT+ Holidays

National Coming Out Day: October 11th

Trans Day of Remembrance: November 20th, a day of silence to honor those murdered as a result of transphobia

Trans Day of Visibility: March 31th

Day of Silence: April 17th

Extra Information

If you would like more information, I invite you to do some googling of your own. Be critical of sources and realize that some of the information may be written by people who aim to hurt the LGBT+ community. If you doubt something is true, ask a willing trans person in the nicest way possible.

The GLSEN history timeline does an amazing job of talking about LGBT+ history across the world.

<https://www.glsen.org/article/lgbtq-history-1>

Extra Information Part Two: Literature

Becoming Eve: My Journey from Ultra-Orthodox Rabbi to Transgender Woman By R. Abby Stein

The New Queer Conscience by Adam Eli

Performative Acts and Gender Constitution: An Essay in Phenomenology and Feminist Theory by Judith Butler

Identity as an Embodied Event by Shelley Budgeon

Darling Days by iO Tillett Wright

As Nature Made Him by John Colapinto

Some Assembly Required by Arin Andrews

Whipping Girl by Julia Serano

Questions!

Now is question time! This is a safe space. Don't be afraid of using one of the new words wrong. We practice language by using language. We are practicing together!

FAQ:

“What pronouns do I refer to a trans person before they transitioned?”

“How do I learn to use they/them pronouns?”

“I want to be respectful of trans people, but I don't understand being transgender. What do I do?”

Citations: Pictures and information

<https://s2.r29static.com//bin/entry/5a5/100,0,1800,2400/x,80/1881815/image.jpg>

https://static.starsinsider.com/1920/na_5b0d33da32057.jpg

<http://itspronouncedmetrosexual.com/wp-content/uploads/2012/03/Genderbread-2.1.jpg>