

LGBTQQIA2SPN—Understanding Letters in the LGBTQ+ Acronym

Note: People may self-identify with at least one of the terms in this list. The explanations of these terms are to enhance understanding and dispel misconceptions. Please do not use these definitions to label or diagnose anyone.

Descriptions of Attractions (LGBAP)

Attraction: Some types of attraction between people can be emotionally, physically, sexually and/or intellectually based.

Lesbian: A person who identifies as a woman and who is attracted to others who identify as women.

Gay: A person who identifies as a man and who is attracted to others who identify as men. (Traditionally this was used to describe all people regardless of their genders.)

Bisexual: A person who is attracted to people who identify as either woman or man.

Asexual: A person who does not experience sexual attraction to others.

Pansexual: A person who is attracted to people regardless of their gender identity.

Variations on these terms are Biromantic, Aromantic and Panromantic, where the romantic refers to people recognizing that have attractions but that they are not sexual attractions.

Gender Descriptions (TIN2S)

Transgender: A person who identifies with a different gender identity and/or expression than the sex they were assigned at birth.

Terms you may hear in this category may include FtM and/or Transman [female to male] and MtF and/or Transwoman [male to female]. You may also see Trans* as an umbrella term to describe Transgender in a more generalized way.

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Gender Descriptions continued (TIN2S)

Intersex: A medical umbrella term used to describe a variety of conditions in which a person is born with reproductive and/or sexual anatomy that doesn't seem to fit the medical definitions of female or male.

Nonconforming (Non-Binary):

A person who has a gender identity and/or gender expression that does not conform to any endpoint on the sex and/or gender spectra.

Terms you may hear in this category may include genderfluid, genderqueer, or gender variant.

2S—Two-Spirit: A contemporary term that refers to the historical and current First Nations people whose individual spirits were a blend of male and female spirits. This term has been reclaimed by some in Native American LGBTQ+ communities in order to honor their heritage and provide an alternative to the Western labels.

Broader Descriptions (QQ)

Queer: An umbrella term used to describe a sexual orientation, gender identity, or gender expression that does not conform to dominant societal norms.

Questioning: A person who is in the process of understanding and exploring what their sexual orientation and/or gender identity and gender expression might be.

Original definitions reflect ideas published in the GLSEN kit; Sherrie Hildreth and Alex Berry have updated terms to reflect more accurately how people self-identify.

(http://www.glsen.org/sites/default/files/SSK_2013_book.pdf)

Thank you for taking time to read through these and moving toward recognizing that people have the right to self-identify as they choose!