Ally: A person who confronts heterosexism, sexism, homophobia, biphobia, transphobia and heterosexual privilege in themselves and others out of concern for the well-being of LGBTQIA people.

Asexuality: Generally characterized by not feeling sexual attraction or a desire for partnered sexuality. Asexuality is distinct from celibacy, which is the deliberate abstention from sexual activity.

Assigned Sex: The sex a person is socially considered to be at birth, often based on interpretation of a person’s external genitalia.

Coming Out: Refers to voluntarily making public one’s sexual orientation and/or gender identity.

Cisgender: The prefix cis- means "on this side of" or "not across." A term used to call attention to the privilege of people who are not transgender.

Cross Dresser: A word to describe a person who dresses, at least partially, as a member of a gender other than their assigned sex; carries no implications of sexual orientation.

Drag Queen: A person (often a man) who appears as a woman. Generally in reference to an act or performance. This has no implications regarding gender identity.

Gay: A sexual orientation toward people of the same gender.

Gender: A social construct used to classify a person as a man, woman, or some other identity. Fundamentally different from the sex one is assigned at birth.

Gender Binary: A system of viewing gender as consisting solely of two, opposite categories, termed “male and female”, in which no other possibilities for gender or anatomy are believed to exist. Many are gender-variant or do not fit neatly into one of the two standard categories.

Gender Dysphoria: An intense continuous discomfort resulting from an individual's belief in the inappropriateness of their assigned gender at birth and resulting gender role.

Gender Expression: How one expresses oneself, in terms of dress, mannerisms and/or behaviors that society characterizes as "masculine" or "feminine."

Gender Identity: A person's internal, deeply held sense of their gender. Most people have a gender identity of man or woman (or boy or girl). For some people, their gender identity does not fit neatly into one of those two choices. Unlike gender expression gender identity is not visible to others.

Gender Non-Conforming: A term used to describe some people whose gender expression is different from conventional expectations of masculinity and femininity. Please note that not all gender non-conforming people identify as transgender; nor are all transgender people gender non-conforming.

GenderQueer: A person whose gender identity and/or gender expression falls outside of the dominant societal norm for their assigned sex, is beyond genders, or is some combination of them.

Gender Role: The qualities, mannerisms, duties, and behaviors culturally expected of a person with a particular gender identity. This is determined by current prevailing cultural norms.

Homosexual/Homosexuality: An outdated term to describe a sexual orientation in which a person feels physically and emotionally attracted to people of the same gender.
Intersex: People who, without medical intervention, develop primary or secondary sex characteristics that do not fit “neatly” into society’s definitions of male or female. Many visibly intersex people are mutilated in infancy and early childhood by doctors to make the individual’s sex characteristics conform to society’s idea of what normal bodies should look like. Intersex people are relatively common, although society’s denial of their existence has allowed very little room for intersex issues to be discussed publicly.

Lesbian: A woman whose primary sexual orientation is toward people of the same gender.

Queer: This can include, but is not limited to, gay, lesbian, bisexual, transgender, intersex and asexual people. This term has different meanings to different people. Some still find it offensive, while others reclaim it to encompass the broader sense of history of the gay rights movement. Can also be used as an umbrella term like LGBT, as in "the queer community."

Safety Plan: A personalized, practical plan that can help you avoid dangerous situations and know the best way to react when you are in danger. It often contains a safety folder for important documents, maps, emergency numbers and other resources.

Sex: a categorization based on the appearance of the genitalia at birth.

Sexuality: The components of a person that include their biological sex, sexual orientation, gender identity, sexual practices, etc.

Sexual Orientation: An enduring emotional, romantic, or sexual attraction. Sexual orientation is fluid. Asexuality is also considered a sexual orientation (See above definition of asexuality)

Transition: A person’s process of developing and assuming a gender expression to match their gender identity. Transition may include: a change in clothing and other expression; changing one’s name and/or sex on legal documents; hormone therapy; and possibly (though not always) some form of surgery. It’s best not to assume how one transitions as it is different for everyone.

Transphobia: The fear or hatred of transgender people or people who do not meet society’s gender role expectations.

Transgender: Used most often as an umbrella term, some commonly held definitions: 1. Someone whose gender identity or expression does not fit (dominant-group social constructs of) assigned birth sex and gender. 2. A gender outside of the man/woman binary. 3. Having no gender or multiple genders.

Transsexual: A person who lives full-time in a gender different than their assigned birth sex and gender. Some pursue hormones and/or surgery while others do not. Sometimes used to specifically refer to trans people pursuing gender or sex confirmation.

Transvestite: This is an outdated and problematic term due to its historical use as a diagnosis for medical/mental health disorders. Cross Dresser has replaced transvestite, see above definition.

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