

AFAB - assigned female at birth.	Agender – a person who identifies as having no gender or being gender-neutral.
Ally - a straight and cisgender person who supports members of the LGBT+ community.	AMAB – assigned male at birth.
Androgyne - a non-binary gender identity in which a person may feel a mix of male and female, or neither.	Aromantic – a person who experiences little or no romantic attraction to others. Aromantic people may still experience other forms of connection, such as platonic or aesthetic attraction.
Asexual (Ace) - a person who experiences little or no sexual attraction. Asexual people often still feel romantic attraction and can have just as fulfilling relationships as non-asexual people.	Assigned sex OR gender - the sex you were assigned at birth and raised as.
Bisexual (Bi) - a person who is attracted to members of both the same and opposite genders.	Bottom surgery - genital reconstructive surgery.
Cisgender (Cis) – a person whose assigned sex and gender match one another.	Cisnormativity – the assumption that all individuals we come in contact with are cisgender.
Coming out - when a person first tells somebody/a group of people about their identity as LGBT+.	Deadnaming - calling someone by their birth name after they have changed their name. Often associated with trans people who have changed their name as part of their transition.
Deed Poll, Statutory Declaration - the means by which a person can legally change their name.	Gay - refers to a man who has an emotional, romantic and/or sexual attraction to other men. Can also be used as a generic term for same-gender attraction and some women may use the term instead of lesbian. Sometimes used as an umbrella term for LGBT+ identities.
Gender – often expressed in terms of masculinity and femininity, gender is largely culturally determined and assumed from the sex assigned at birth.	Gender dysphoria - when a person experiences discomfort or distress because of a mismatch between their assigned sex and gender identity. Also a clinical diagnosis.

<p>Genderfluid – a non-binary identity that fluctuates between other identities.</p>	<p>Gender Identity Clinic (GIC) - a specialised hospital for trans-specific healthcare.</p>
<p>Gender Recognition Act 2004 - allows trans people to legally change the gender on their birth certificate.</p>	<p>Gender Recognition Certificate (GRC) - enables trans people to be legally recognised in their affirmed gender and issued a new birth certificate. One must be over 18 to apply, but it's not required to change gender markers on documents like passports.</p>
<p>Gender Reassignment - see: Transitioning.</p>	<p>Gender Variant - a person whose gender identity or expression does not conform to societal norms.</p>
<p>Gillick Competence - term used in medical law to decide whether a child under 16 can consent to medical treatment without parental permission.</p>	<p>Heteronormativity - the belief that people fall into distinct and complementary genders with natural roles in life, promoting heterosexuality as the preferred norm.</p>
<p>Heterosexual - refers to an individual who has an emotional, romantic and/or sexual attraction to the opposite sex.</p>	<p>Intersectionality - the recognition that people's identities are shaped by many factors, including race, gender, sexuality, disability, and class. These identities intersect to create unique experiences.</p>
<p>Intersex - a term describing a person with biological attributes that don't fit typical definitions of male or female.</p>	<p>Lesbian – refers to a woman who has an emotional, romantic and/or sexual attraction to other women.</p>
<p>LGBT+ - an inclusive umbrella acronym for all identities on the sexual orientation and gender identity spectrum (Lesbian, Gay, Bisexual, Trans +, with '+' symbolising others).</p>	<p>Misgender – using the wrong pronouns or gendered language for someone, whether accidentally or deliberately.</p>
<p>MSM – men who have sex with men; used in medical or political contexts.</p>	<p>Neopronouns – A category of new pronouns used instead of he/she/they, such as xe/xem or ze/zir.</p>

Non-binary – an umbrella term for identities outside the binary of 'man' or 'woman.' May include those who identify with aspects of both, neither, or fluctuate between genders.	Outed – the action of exposing someone’s LGBTQ+ identity without their consent.
Outing – see: Outed.	Pansexual - a person who is attracted to others regardless of gender identity or biological sex.
Passing – being perceived as a cisgender man or woman, typically without others knowing the person is trans.	Pronoun - the word used to refer to someone in place of their name, such as he/him, she/her, they/them, or neopronouns like xe/xem.
Queer - once a derogatory term for LGBT+ people, now reclaimed by some as a positive identity and umbrella term.	Questioning - the process of exploring and examining one’s sexual orientation and/or gender identity.
Sex - a classification assigned at birth based on physical anatomy. Often conflated with gender.	Straight - refers to someone who is attracted to the opposite gender, commonly used instead of 'heterosexual.'
Top Surgery – a double mastectomy (removal of breast tissue) to create a flatter, typically more masculine chest.	Trans/Transgender – umbrella term for people whose gender differs from the sex they were assigned at birth. Includes a variety of identities such as non-binary, genderfluid, trans man, trans woman, etc.
Trans man – a person assigned female at birth who identifies as male.	Trans woman – a person assigned male at birth who identifies as female.
Transitioning – the process a person takes to live as the gender with which they identify. May involve medical steps, social changes, legal documentation, or any combination.	Transphobia – fear, dislike, or prejudice against trans people, including refusal to accept their identity.

Using inclusive language is a basic sign of respect. Small actions - like adding your pronouns to your email signature - can make a big difference in creating a more welcoming environment. It might seem minor to some, but for LGBTQ+ people, it sends a powerful message of recognition and inclusion.