#### RainbowTerminology.org

#### **Contents**

Sex (physiology)	
Gender (social construct)	3
Genders	
Trans specific	6
Sexual orientation	
Coming out	10
Social stereotyping	11
Phobias	12
Other LGBTIQA+ terms	12
Acronyms	14

#### Legend

⚠ Warning: This term is considered outdated, derogatory or contentious. Use of this term may offend.

#### Disclaimer

Glossary current as at 12 October 2022. Terminology in this genre is still evolving and is therefore subject to change.



## Sex (physiology)

Term	Meaning	Usage/examples
Assigned sex	A casual way of referring to sex assigned at birth.	
Assigned female at birth	A person who was discerned to have the primary sex characteristics of a girl at the time of their birth, based on the scientific and medical definition of a female body. For example: having a vulva, having XX chromosomes.	
Assigned male at birth	A person who was discerned to have the primary sex characteristics of a boy at the time of their birth, based on the scientific and medical definition of a male body. For example: having a penis, having XY chromosomes.	
Biological sex <b>△</b>	An outdated term for the sex a person is presumed to be at birth (male, female, or intersex) based on anatomical, physiological, genetic or physical attributes.	
<b>Biologically female</b> ⚠	An outdated medical term for a person who was assigned female at birth.	
Biologically male	An outdated medical term for a person who was assigned male at birth.	
Endosex	A person who was born with anatomical, chromosomal and hormonal sex characteristics that match the conventional medical understanding of a male or female body.	Antonym of intersex.
Hermaphrodite <b>△</b>	An outdated and offensive term for people who are born with intersex variations.	The term has valid uses within academic circles relating to the study of non-human animals and plants but should not be used to describe humans.
Intersex	A person who was born with anatomical, chromosomal and hormonal sex characteristics that differ from the conventional medical understanding of a male or female body.	Antonym of endosex.
Intersex variations	A natural biological event in which a person's innate sex characteristics may be a combination of male and female sex characteristics, or may be different to male and female sex characteristics. A wide range of intersex variations exist. They may be apparent at birth or become evident later in life, such as during puberty or when trying to have a child.	
Sex	A legal and administrative classification of a person as male, female or intersex.	
Sex assigned at birth	The sex a child is discerned to be at birth based on the infant's external physical anatomy (visible sex organs, other physical characteristics) or other medical methods.	
Sex characteristics	Physical features related to sexual development and the reproductive system. Primary sex characteristics are present at birth and can include gonads, chromosomes, genitals and hormones. Secondary sex characteristics emerge at puberty and can include breast development, voice pitch, facial hair and pubic hair.	

## **Gender (social construct)**

Term	Meaning	Usage/examples
Affirmed gender	The gender that a person identifies with, and that they indicate as their own to themself and others. It may be different to the sex assigned at birth and gender presumed at birth.	
<b>Assigned gender ⚠</b>	An outdated abbreviation for gender presumed at birth.	
Assumed gender	The gender that a person is guessed to be based on their visible sex characteristics or gender expression.	
Binary	A commonly used abbreviation for gender binary. Something that is binary consists of two things.	
Cis	A commonly used abbreviation for cisgender. Comes from the Latin prefix meaning "on the same side".	
Cisgender	A person whose affirmed gender is the same as the gender they were presumed to be at birth.	Antonym of transgender.
Gender	A social classification of a person as being male, female or non-binary (including trans, agender, gender diverse, genderfluid, genderqueer and others). This classification is based on how closely the person conforms to the socially constructed gender roles for men and women (or boys and girls). Gender can include the social, cultural and psychological qualities and attitudes which society associates with a person's sex.	
Gender binary	An outdated concept which incorrectly assumes that there are only two genders – male and female – and that everyone must be one or the other.	
Gender expression	The way a person communicates their gender to others through external means such as clothing, appearance, body language or mannerisms.	
Gender expansive	A wider, more flexible range of gender identity or gender expression that goes beyond what is typically associated with a gender binary system.	
Gender identity	A person's internal sense of self in relation to the social constructs held for gender in their culture. This includes the social, cultural and psychological qualities associated with being male or female. A person may identify as being a man or a woman (or boy or girl), in-between, neither or something else. A person's gender identity may be the same or different to the gender they were presumed to be at birth.	
Gender identity disorder ∧	An outdated medical term for gender dysphoria.	
Gender-neutral	A way of describing things which are deliberately not linked to a specific gender. For example, gender-neutral terminology (also known as "inclusive terminology") and gender-neutral bathrooms (or "all gender bathrooms").	This term is not used to describe people.
Gender assigned at birth △	An outdated term for gender presumed at birth.	This term places emphasis on an administrative classification system rather than on the assumptions made by society.
Gender presumed at birth	The social assumption and classification of an infant's gender based on their sex assigned at birth.	

Term	Meaning	Usage/examples
Gender pronouns	Words used to describe someone in the third person (without using their name) and which indicate their gender. The most commonly used pronouns in English are he/him, she/her and they/them. The third person plural pronouns they/them may also be used in the singular to refer to an individual when their gender or pronouns are unknown. People who are trans may use two or more pronouns based on their gender identity, for example she/they or he/they.	
Gender spectrum	The understanding that gender exists on a continuum that goes beyond a simple male/female binary model. Some people may lean strongly towards more masculine or more feminine aspects, but others may identify with less masculine or less feminine aspects by comparison while still feeling comfortable with being associating with one end of the spectrum. Some people move fluidly along the spectrum, and others identify as being off the spectrum entirely.	
Mx	A gender-neutral title used as an alternative to gendered titles such as Mr, Mrs, Miss or Ms.	
Pronouns	A commonly used abbreviation for gender pronouns.	
Third gender	In some societies, a third, fourth or even fifth gender may play an important spiritual or cultural role, with people who are neither male nor female being seen as an integral part of society. Some examples include māhū in Hawaii, hijra in parts of southern Asia (mostly India and Pakistan), and fa'afatama and fa'afafine in Samoa.	These are culturally specific identities which only relate to people who belong to the associated culture and society.
Trans	A commonly used abbreviation for a person (or group of people) who are transgender.	
Transgender	A person (or group of people) whose gender identity or gender expression differs from what is typically associated with their gender presumed at birth. Not all gender non-binary people identify as being transgender, and many transgender men and women express their gender in a conventionally masculine or feminine way.	Antonym of cisgender.
X	An alternative gender classification available in Australia for recording a person's sex and gender on official documents issued by the government. X (indeterminate, unspecified or intersex) supplements the previous binary classifications of M (male) or F (female).	

#### **Genders**

Term	Meaning	Usage/examples
Agender	A person who does not identify with any of the socially constructed gender identities, norms or classifications.	
Bigender	A person who identifies as being more than one gender. For example, they may identify as being both male and female.	
Cis man	A man whose gender at birth was presumed to be male.	
Cis woman	A woman whose gender at birth was presumed to be female.	
Gender diverse	A person who does not identify with being solely a man or solely a woman.	

Term	Meaning	Usage/examples
Genderfluid	A person whose sense of gender changes or fluctuates. Someone who is genderfluid may move between gender identities or identify with more than one gender or both genders at different times.	
Gender non-binary	A person whose external gender expression or internal gender identity does not exclusively conform to the social expectations found in the gender binary categories of man and woman (or boy and girl). Gender non-binary categories include trans, agender, gender diverse, genderfluid, genderqueer and others.	
Gender non-conforming ▲	A person whose external gender expression or internal gender identity does not follow the gender norms and expectations for people of their affirmed gender. Many people may express their gender in a way that is not entirely conventional, but that fact alone does not make them transgender.	This term may be considered offensive as it is a more judgmental description than genderqueer or gender expansive. Some people still use this term to describe themselves, but it should only be used when a person has already self-identified that it is their preferred term.
Gender questioning	A person who is exploring the concept of gender and gender identity, and who is not using any other specific terminology to describe their gender.	
Genderqueer	A person whose gender identity does not conform with the conventional concept of gender. A person may use this term to reflect a political rejection or playful disruption of the social construct of gender and gender norms, or as a way of indicating to other people that they are not cisgender.	
Gender variant ⚠	A medical term used to describe people who dress, behave, or express themselves in a way that does not conform to dominant gender norms and expectations.	This term may be considered offensive because the use of the word "variant" could suggest that such people are "abnormal" in some way. See gender expansive.
Pangender	A person who identifies with many or all gender identities. They may experience being multiple genders at the same time, or may move between different identities at different times.	
Transgender man	An extended term for trans man.	
Transgender woman	An extended term for trans woman.	
Trans man	A man who was assigned female at birth but who identifies and lives as a man. Many trans men simply use "man" to indicate their gender.	A preferred abbreviation for transgender man.
Trans woman	A woman who was assigned male at birth but who identifies and lives as a woman. Many trans women simply use "woman" to indicate their gender.	A preferred abbreviation for transgender woman.

## **Trans specific**

Term	Meaning	Usage/examples
Affirmed name	The name a person uses to indicate their affirmed gender.	
Binding	The process of tightly wrapping one's chest in order to minimise the appearance of having breasts.	
Chosen gender <b>△</b>	An offensive term for affirmed gender.	Use of the word "chosen" incorrectly implies that gender is a voluntary choice.
Dead name	The name a person was given at birth but which they no longer use because it does not align with their affirmed gender or personal identity.	
Deadnaming	Deliberate or unintentional use of a person's dead name, even after being told not to do so. Such actions violate the person's gender identity and undermine their right to be safe.	
Dysphoria	An abbreviation for gender dysphoria.	
Gender affirmation	The process of making social, legal or medical changes to recognise, accept and express one's affirmed gender. Gender affirmation does not always indicate that a person has changed their gender. Instead, it indicates that a person has embraced their affirmed gender and has begun the process of sharing that knowledge with others. Social affirmation may include a person using appropriate gender pronouns, using an affirmed name, or adopting a different gender expression (such as clothing or hairstyle). Legal affirmation may include changing personal details shown on official documents such as passports and birth certificates. Medical affirmation may include a person working with doctors and other health professionals to medically affirm their gender by taking hormones, using puberty blockers or having affirmative surgery.	
Gender-affirming surgery	Medically supervised surgical interventions to enable a person's physical biology to match their gender identity. Surgery may be one part of the gender affirmation process.	
Gender dysphoria	The distress, discomfort and psychological anxiety that a person may experience when their affirmed gender does not match the gender they were presumed to be at birth. It may also include negative emotional reactions when a person is misgendered, such as when someone uses their dead name or the incorrect gender pronouns.	
Gender euphoria	The comfort, certainty, joy, connection and celebration that a person may experience in regards to their gender identity, body, name, pronouns or similar when they affirm their gender to themselves and others.	
Gender transition	An outdated and offensive term for the gender affirmation process.	Use of the word "transition" incorrectly implies that the gender presumed at birth was valid and subsequently changed, rather than recognising that the person's gender was incorrectly identified.

Term	Meaning	Usage/examples
Misgendering	Accidentally or intentionally describing a person using language that does not match their affirmed gender. This can include the incorrect use of gender pronouns (she, he, they) or familial titles (dad, sister, uncle, niece).	
New gender ▲	An offensive term for affirmed gender.	Use of the word "new" incorrectly implies that the gender presumed at birth was valid and subsequently changed rather than recognising that the person's gender was incorrectly identified.
Sex change <b>△</b>	An outdated and somewhat offensive colloquial term for gender-affirming surgery.	This term incorrectly implies that a person cannot affirm their gender without medical intervention such as surgery.
Sex reassignment surgery <b>△</b>	An outdated term for gender-affirming surgery.	This term incorrectly places emphasis on the sex assigned at birth rather than a person's affirmed gender.
<b>Transition △</b>	A commonly used abbreviation for the outdated term gender transition.	See gender affirmation.
Transitioning	A person who has begun the process of gender affirmation.	
Transsexual ▲	An outdated term for someone who is transgender	This term may be considered offensive as it incorrectly implies that a person's physiological sex must be altered in order to affirm their gender. Some people still use this term to describe themselves, but it should only be used when a person has already self-identified that it is their preferred term.



#### **Sexual orientation**

Term	Meaning	Usage/examples
Aromantic	A person who does not experience, or experiences very little, emotional romantic attraction. People may experience this lack of attraction to different degrees.	
Asexual	A person who does not experience, or experiences very little, physical sexual attraction. People may experience this lack of attraction to different degrees.	
Bi	A commonly used abbreviation for bisexual.	
Bisexual	A person who has the potential to feel physical, sexual, emotional or romantic attraction towards people of more than one gender. They may not necessarily feel attracted to more than one gender at the same time, to the same degree, or in the same way.	
Bi+	A person who has relationships with more than one gender to varying degrees, or who experiences varying degrees of attraction to more than one gender. The "+" indicates that attraction and relationships takes place on a spectrum.	
Demiromantic	A person who experiences romantic attraction only after forming an emotional connection.	
Demisexual	A person who experiences physical or sexual attraction only after forming an emotional connection.	
Dyke ▲	A term that has historically been used to insult women who are believed to be sexually or romantically attracted to other women, or women who are perceived to be masculine.	Some women (cis women, trans women and non-binary people) have reclaimed the word and use it positively, but it should only be used when a person has already self-identified that it is their preferred term.
Faggot <b>A</b>	A derogatory term used to taunt or insult men who are believed to be sexually or romantically attracted to other men, or men who are perceived to be feminine.	
Gay	A person who is emotionally or sexually attracted to people of the same sex or gender. Gay is now used by people of all genders, including men (cis men and trans men), women (cis women and trans women) and people of non-binary genders.	
Heteroflexible	A person who primarily experiences sexual or romantic attraction towards people of a different sex or gender to themselves, but who sometimes experience attraction to people of the same sex or gender.	
Heterosexual	A person who typically experiences sexual or romantic attraction towards people of a different sex or gender to themselves, such as women who are attracted to men, or men who are attracted to women.	
Homosexual <b>A</b>	An outdated medical term for someone who is gay.	This term is often considered offensive as it stigmatises people by reducing their identity to being based purely on sexual attraction.

Term	Meaning	Usage/examples
Lesbian	A woman who is emotionally or sexually attracted only or primarily to other women.	
Straight	A casual way of referring to someone who is heterosexual.	
Pansexual	A person who is romantically or sexually attracted to other people regardless of their sex, gender, or sexual orientation.	
Sexual orientation	A way of describing a person's emotional, romantic, physical or sexual attraction to another person.	
Sexual preference	An outdated and somewhat offensive term for sexual orientation.	Use of the word "preference" incorrectly implies that a person's sexual orientation is a voluntary choice.



## **Coming out**

Term	Meaning	Usage/examples
Admitted homosexual <u>∧</u>	An outdated and derogatory term used to describe someone who self-identifies as being gay in their personal, public or professional lives.	The use of "admitted" incorrectly implies that a person who is gay is somehow confessing something that is shameful or embarrassing.
Closeted ▲	A way of describing a person who has not revealed their sexual orientation or gender identity to others.	This term may be considered offensive in some cultures as it could infer that the person is ashamed of their identity. In reality, the person may be living with cultural restrictions.
Coming Out	The act or process of a person voluntarily revealing their sexual orientation or gender identity to themself or to others who are close to them. Coming out can be a single event or a lifelong process, and not all people in the LGBTIQA+ community feel the need or desire to come out. The decision to do so depends on personal lives, experiences, and circumstances.	
Coming In	The act or process of a person voluntarily revealing their sexual orientation or gender identity to selected people who are close to them by inviting them into their personal space. Coming in differs from coming out because it allows people to choose who they trust, love and feel safe with. It eliminates the need to tell everyone in their lives.	
Disclosure <b>A</b>	A specific instance of a person revealing their sexual orientation or gender identity to others.	This term may be considered offensive as it could imply that something shameful is being disclosed. It may also incorrectly imply that coming out is the only way of showing pride in one's identity.
Openly gay ⚠	A person who voluntarily self-identifies as being gay in their personal, public or professional lives.	This term is not necessarily positive in all cultures or for all individuals.
Out A	A person who voluntarily self-identifies as being LGBTIQA+ in their personal, public or professional lives.	This term is not necessarily positive in all cultures or for all individuals.
Outing	A deliberate or accidental sharing of a person's LGBTIQA+ identity, experiences or relationships without that person's permission or consent.	

## **Social stereotyping**

Term	Meaning	Usage/examples
Cisgenderism	A complex social and cultural belief system which privileges and rewards people who conform to gender norms and expectations. This favouritism is based on the incorrect belief that people who conform to gender norms are somehow more legitimate or natural than people who do not conform. It presupposes that people who are gender diverse are inherently inferior in some way.	
Cissexism	A complex social and cultural belief system which privileges and rewards people who are cisgender. This favouritism is based on the incorrect belief that people who are cisgender are somehow more legitimate or natural than people who are transgender. It presupposes that people who are trans are inherently inferior in some way.	
Heterosexism	A complex social and cultural belief system which privileges and rewards people who are heterosexual, or who uphold heteronormative beliefs, values and practices. This favouritism is based on the incorrect belief that people who are heterosexual are somehow inherently superior to people who are attracted to the same sex or gender. It presupposes that people who are gay are inherently inferior in some way.	
Cisnormativity	An incorrect social expectation that everyone is cisgender and that all people will continue to identify with the gender presumed at birth.	
Heteronormativity	An incorrect social expectation that heterosexuality is the norm in society, and that people who are not heterosexual are therefore "different" or "other".	
Homonormativity	The process of privileging and rewarding certain groups within the LGBTIQA+ community (usually gay, white, cis men) by replicating the norms and customs of a heterosexual cisgender society within the LGBTIQA+ community.	
Gay and lesbian lifestyle △	An outdated and offensive term to describe and delegitimise the LGBTIQA+ community by presenting people's identities as a lifestyle, trend or personal choice. It ignores the social, cultural and systemic discrimination that occurs against the LGBTIQA+ community.	
Gender norms and expectations	Conventions, customs and expectations established by society based on a person's gender. Expectations normally follow a gender binary system, whereby men and women are expected to behave in different ways based on their sex. Different societies and cultures may have different gender norms and expectations.	
Gender role	A set of social rules and expectations imposed on people based on their gender. Expectations normally follow a gender binary system, whereby men and women are expected to behave in different ways based on their sex. Gender roles may also be imposed on people who are trans or gender diverse, with expectations that they will follow binary gender norms and assimilate into the existing gender roles.	
Gender socialisation	The process that influences and teaches expectations about how a man or woman (or boy or girl) should act, based on culturally defined gender roles. Parents, teachers, peers, media and religion are some of the many agents of gender socialisation.	

#### **Phobias**

Term	Meaning	Usage/examples
Biphobia	Negative or antagonistic beliefs, prejudices, stereotypes and fears about people who are bisexual or who are perceived to be bisexual. Biphobia can result in stigma and discrimination, including but not limited to verbal, physical, emotional and financial abuse.	
Transphobia	Negative or antagonistic beliefs, prejudices, stereotypes and fears about people who are transgender, gender diverse, or who do not conform to the gender binary. Transphobia can result in stigma and discrimination, including but not limited to verbal, physical, emotional and financial abuse.	Examples include deadnaming, misgendering and deliberately using the wrong pronouns.
Homophobia	Negative or antagonistic beliefs, prejudices, stereotypes and fears about same-sex or same-gender attractions, desires, feelings, and experiences. Homophobia can result in stigma and discrimination, including but not limited to verbal, physical, emotional and financial abuse.	Examples include not recognising same-sex or same-gender partners and relationships.
Interphobia	An abbreviation for intersex-phobia.	
Intersex-phobia	Negative or antagonistic beliefs, prejudices, stereotypes and fears about people who are born with intersex variations. It can result in stigma and discrimination, including but not limited to verbal, physical, emotional and financial abuse. Body shaming is one example of this type of discrimination.	
Queerphobia	Negative or antagonistic beliefs, prejudices, stereotypes and fears about people in the LGBTIQA+ community or who are perceived to be a member of one of the LGBTIQA+ communities. It can result in stigma and discrimination, including but not limited to verbal, physical, emotional and financial abuse.	

#### **Other LGBTIQA+ terms**

Term	Meaning	Usage/examples
Ally	Someone who does not identify as an LGBTIQA+ individual personally, but who is an advocate of LGBTIQA+ rights and is willing to use their power and privilege to fight for inclusion on a personal, organisational or systemic level.	
Body shaming	Criticising a person's physical characteristics based on a pre-conceived idea of what men and women should look like. Body-shaming may include stigmatising post-surgical scars, developmental delays, height or intimate sex characteristics.	
Cross-dresser	A person who enjoys wearing clothing that is typically associated with a different gender. It can be a way for a person to express their true gender identity, but not all cross-dressers are necessarily members of the LGBTIQA+ community.	
Drag	Exaggerated cross-dressing mostly for entertainment purposes. It is generally done as performance art including dancing or lip-syncing in a show or theatre setting, and often includes makeup, costume, wigs or similar alterations to appearance. Dressing in drag does not always indicate a person's gender as some drag kings or drag queens are cisgender, while others are gender non-binary, gender diverse, trans or another gender.	

Term	Meaning	Usage/examples
Drag king	A person who consciously performs an exaggerated form of masculine expression, usually in a show or theatre setting. A drag king is often a cis woman, but may also be someone of another gender.	
Drag queen	A person who consciously performs an exaggerated form of feminine expression, usually in a show or theatre setting. A drag queen is often a cis man, but may also be someone of another gender.	
Latinx	An gender-neutral term to describe a person of Latin American origin or descent. May be used instead of the gendered binary terms Latino and Latina.	This term is only used in the written form.
LGBTIQA+ community	An umbrella term for the group of people who are not heterosexual or cisgender. It encompasses the wide range of identities, body diversity and emotional, romantic and sexual attraction that exists in society.	
LGBTIQA+ communities	An umbrella term for the various groups and communities that co-exist under the broader LGBTIQA+ category. It challenges the concept of LGBTIQA+ people all being the same, or homogenous. It also recognises the range of intersectionality and diversity that exists within the term LGBTIQA+.	
Lived experience	A person's knowledge of the world gained through direct, first-hand, personal involvement, as opposed to expectations constructed by other people.	
Queer A	Outside an LGBTIQA+ context queer generally means "strange, odd, or unusual". However, within an LGBTIQA+ context it is an umbrella term used to indicate a person whose sexual orientation and/or gender identity does not reflect conventional and traditional heterosexual and cisgender states of being. It can be used to indicate a person's identity (e.g. "I'm queer") or as an adjective to refer to a collective group of people (e.g. "Pride is a celebration of the queer community").	Given the historical use of the word "queer" as a slur, some members of the LGBTIQA+ community do not use this term — especially among the older generation. This term is not necessarily considered positive in all cultures or for all individuals.
Queer community	An umbrella term for the group of people who are not heterosexual or cisgender. It encompasses a wide range of identities and doesn't risk excluding groups of people that an acronym may leave out.	This term is not necessarily considered positive in all cultures or for all individuals.
Questioning	A person who is in the process of discovering and exploring their sexual orientation, gender identity, gender expression or a combination of the same.	
Transvestite <b>△</b>	An outdated and offensive term for someone who is a cross-dresser. This term was originally used to refer solely to men who dress up for sexual pleasure.	Some people still use this term to describe themselves, but it should only be used when a person has already self-identified that it is their preferred term.

#### **Acronyms**

Term	Meaning	Usage/examples
AFAB	Assigned Female at Birth	
AMAB	Assigned Male at Birth	
GID A	Gender Identity Disorder	See gender dysphoria.
GLBT ⚠	Gay, Lesbian, Bisexual and Transgender	This is an older term whose usage generally pre-dates the emergence of the LGBT acronym in the 90s. It is generally considered outdated except in particular circumstances. See LGBT.
GLBTIQ <b>∆</b>	Gay, Lesbian, Bisexual, Transgender, Intersex and Queer	This term is generally considered outdated except as a historical reference. See LGBTIQ.
LGBT	Lesbian, Gay, Bisexual, Transgender	
LGBTI	Lesbian, Gay, Bisexual, Transgender and Intersex	
LGBTIQ	Lesbian, Gay, Bisexual, Transgender, Intersex and Queer or Questioning	
LGBTIQA+	Lesbian, Gay, Bisexual, Transgender, Intersex, Queer, Questioning, Asexual and Gender Diverse. The "+" represents those people who are part of the community, but for whom LGBTIQA does not accurately capture or reflect their identity.	Preferred acronym as it more inclusive than the other alternatives.
GAS	Gender-Affirming Surgery	
QPOC	Queer People of Colour	
QTPOC	Queer and Trans People of Colour	
SRS ⚠	Sex Reassignment Surgery	This term is generally considered outdated. See GAS.

