

LGBTQ Terms

Introduction

The following terms are LGBTQ-related. When it comes to identities, it's important to remember that – while we have general definitions that we can adopt for words – sexuality and gender are both very subjective and personal experiences. Therefore, different identities can mean different things to different people! I have included the most common meanings that I have learned so far from people who identify as such. Terms are mainly categorized as *identities*, *concepts*, *objects*, *acronyms*, and *descriptors*. At the end of this document there are [credits](#) to those who have helped develop this ever-evolving list of terms.

This resource is constantly being updated. If you would like to recommend a term that is missing or an amendment to a previously defined term, please fill out a request form located at:

<https://www.chandlerwilson.com/lgbtq-terms-request>

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A

Abroromantic – (romantic orientation) Having a fluid and/or changing romantic orientation.

Abrosexual – (sexual orientation) Having a fluid and/or changing sexual orientation.

Aceflux – (sexual orientation) Fluctuating on the asexual spectrum.

AFAB – (acronym) Assigned Female At Birth; typically a person who was born with a vagina.

Agender – (gender identity) Having no gender; genderless.

Alloromantic – (romantic orientation) Opposite of aromantic; a person who experiences romantic attraction; experiencing romantic attraction at a high enough or regular enough rate to not be considered under the aromantic umbrella.

Allosexual – (sexual orientation) Opposite of asexual; a person who experiences sexual attraction; experiencing sexual attraction at a high enough or regular enough rate to not be considered under the asexual umbrella.

Ally – (thing/concept) A person who actively supports the LGBTQ community who is not LGBTQ.

AMAB – (acronym) Assigned Male At Birth; typically a person who was born with a penis.

Androgyne – (gender identity) A nonbinary gender identity in which a person is both a man and woman, neither a man nor woman, and/or somewhere in between man and woman.

Androgynous – (thing/concept) A mixture of qualities that are viewed as traditionally masculine and traditionally feminine.

Aporagender – (gender identity) A nonbinary gender identity that is entirely separate from male, female, and anything in between, yet still has a very strong and specific gendered feeling.

Aroflux – (romantic orientation) Fluctuating on the aromantic spectrum.

Aromantic – (romantic orientation) Having no romantic attraction; can be an umbrella term for different spectrum identities.

Asexual – (sexual orientation) Having no sexual attraction; can be an umbrella term for different spectrum identities.

B

Bicurious – (romantic and/or sexual orientation) Someone who potentially has or is interested in having romantic/sexual attraction and/or experiences with more than one gender.

Bigender - (gender identity) Identifying as two or more genders either consecutively or simultaneously.

Binary [gender] – (thing/concept) One of the following two genders: male or female.

Binder – (thing) A compression vest worn typically by people who are AFAB to make their chest appear flatter; most well-known vendors of reliable and safe binders are GC2B & Underworks; not to be worn longer than 8 hours or while exercising.

Biromantic - (romantic orientation) Experiencing romantic attraction to two or more genders; experiencing romantic attraction to both similar gender(s) and different gender(s); an umbrella term for people who experience romantic attraction to more than one gender.

Bisexual - (sexual orientation) Experiencing sexual attraction to two or more genders; experiencing sexual attraction to both similar gender(s) and different

gender(s); an umbrella term for people who experience sexual attraction to more than one gender.

C

CAFAB – (acronym) Coercively Assigned Female At Birth; when a child's body is changed (typically hormonally) and/or mutilated after birth in order to closely resemble an AFAB person's body.

See [intersex](#).

CAMAB – (acronym) Coercively Assigned Male At Birth; when a child's body is changed (typically hormonally) and/or mutilated after birth in order to closely resemble an AMAB person's body.

See [intersex](#).

Cisgender – (gender identity) A person whose gender identity matches to and is the same as their gender assigned at birth.

D

Demiboy – (gender identity) Identifying anywhere from 1% boy to 99% boy; identifying somewhat - but not entirely - as a boy; identifying as a boy some of the time but not all of the time; having a partial connection to the male gender.

Demigender – (gender identity) Identifying as somewhat - but not entirely - as a specific gender; identifying as said gender some of the time but not all of the time; having a partial connection to said gender.

Demigirl – (gender identity) Identifying anywhere from 1% girl to 99% girl; identifying somewhat - but not entirely - as a girl; identifying as a girl some of the time but not all of the time; having a partial connection to the female gender.

Demiromantic – (romantic orientation) Having no romantic attraction until a very strong bond forms; being unable to experience any romantic attraction at all until a strong bond has been formed.

Demisexual – (sexual orientation) Having no sexual attraction until a very strong bond forms; being unable to experience any sexual attraction at all until a strong bond has been formed.

DFAB – (acronym) Designated Female At Birth.

Diamoric – (descriptor) A nonbinary person may identify as diamoric to emphasize their own nonbinary identity and their attraction to/relationship(s) with other nonbinary people; a relationship in which there is at least one nonbinary person involved.

DMAB – (acronym) Designated Male At Birth.

E

Enby – (shorthand) Pronounced like “N B” and shorthand for “nonbinary.” “Enby” was adopted to differentiate from “NB” which means “non-black” when referencing non-black people of color.

F

Fluid – (descriptor) Not fixed or static; can change.

FTM – (acronym) Female To Male.

G

Gaff – (thing) An article of clothing that tucks the penis under the pelvis to appear flatter.

Gay – (sexual orientation) An umbrella term for anyone who likes members of a similar sex and/or gender; an umbrella term for anyone who does not identify as heterosexual; can also refer specifically to homosexual men.

Gender Binary – (thing/concept) The imperial idea that only the two binary genders (male and female) exist - based off one's strict, incorrect, and overly simplified ideas towards human biology, anatomy, and physiology.

Gender Dysphoria – (thing/concept) Distress or discomfort experienced as a result of one's gender not matching their biological sex and/or gender assigned at birth.

Gender Euphoria – (thing/concept) Extreme happiness or excitement experienced as a result of one's gender identity being affirmed.

Genderfluid – (gender identity) Identifying as multiple genders either consecutively or simultaneously; having multiple genders; gender can change depending on time and/or situation.

Genderflux – (gender identity) Identifying between nonbinary (typically agender/genderless) and a gender; identifying in ratios/proportions like percentages; can be as simple as identifying anywhere between agender, demiboy, and boy; the intensity of which a gender is felt fluctuates.

GNC – (acronym) Gender Non-Conforming

Gender nonconforming – (descriptor) People who identify and/or express themselves in ways that are different from society's binary norms.

Genderqueer – (gender identity) Identifying as not strictly male nor strictly female; can be synonymous with nonbinary; can be its own identity or an umbrella term.

Gender roles – (thing/concept) Societally established expectations about how men and women should behave and express themselves

Greygender/graygender – (gender identity) Not identifying strongly with any gender; feeling generally genderless and/or disconnected/indifferent towards gender.

Grayromantic/grayaromantic – (romantic orientation) An aromantic spectrum identity; experiencing romantic attraction very rarely; experiencing so little romantic attraction that it makes no difference or is virtually unrecognizable.

Graysexual/grayasexual – (sexual orientation) An asexual spectrum identity; experiencing sexual attraction very rarely; experiencing so little sexual attraction that it makes no difference or is virtually unrecognizable.

H

Heteroflexible – (sexual orientation/romantic orientation) Primarily heterosexual/heteroromantic but with minimal homosexual/homoromantic attraction.

Heterosexual – (sexual orientation) Liking members exclusively of a different sex and/or gender.

Homoflexible – (sexual orientation/romantic orientation) Primarily homosexual/homoromantic but with minimal heterosexual/heteroromantic attraction.

Homosexual – (sexual orientation) liking members exclusively of a similar sex and/or gender.

I

ID – (acronym) Shorthand for “identify”

Intersectionality – (thing/concept) The ideology that all aspects of one’s identity interact to shape their experience of the world (e.g. gender, race, ethnicity, socio-economic status, ability, religion, sexuality, etc.)

Intersex – (descriptor) A person born with sex characteristics that do not fit typical binary notions of male or female bodies; an umbrella term used to describe a wide range of natural bodily variations; in some cases, intersex traits are visible at birth while in others, they are not apparent until puberty or may not be physically apparent at all.

J

K

L

Lesbian – (sexual orientation) A woman who experiences romantic and/or sexual attraction exclusively to other women; a person whose gender identity is female-aligned who experiences attraction exclusively to other female-aligned individuals.

LGBTQIA+ – (acronym) Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Intersex, Asexual/Aromantic, and plus for other identities that are not heteroromantic, heterosexual, and/or cisgender; typically shortened to LGBT or LGBTQ.

M

Maromantic – (romantic orientation) Romantic attraction exclusively towards men; typically used by nonbinary people.

Masexual – (sexual orientation) Sexual attraction exclusively towards men; typically used by nonbinary people.

Maverique – (gender identity) Someone who has an autonomous gender which exists entirely independent of the binary genders.

MLM – (acronym) Men [who] Love Men; used to describe LGBTQ men who are romantically and/or sexually attracted to other men.

MTF – (acronym) Male To Female.

Monoromantic – (romantic orientation) Romantic attraction to exclusively one gender.

Monosexual – (sexual orientation) Sexual attraction to exclusively one gender.

Multiromantic – (romantic orientation) Romantic attraction to more than one gender.

Multisexuality – (sexual orientation) Sexual attraction to more than one gender.

N

Neutrois – (gender identity) Genderless; gender neutral; typically someone who wishes to transition to be more gender neutral and/or androgynous.

Nonbinary/Non-binary – (gender identity) Identifying as not 100% male or 100% female; can be synonymous with genderqueer; can be its own identity or an umbrella term.

Normalize – (thing/concept) To make something accepted as common or natural in society.

Norms – (thing/concept) Behaviors society has deemed typical or standard and has come to expect.

Novosexual/romantic – (sexual/romantic orientation) A person whose attractions change based on the gender(s) they are experiencing.

O

Omniromantic – (romantic orientation) Another word for Panromantic.

Omnisexual – (sexual orientation) Another word for Pansexual.

P

Panromantic – (romantic orientation) Romantic attraction to all gender identities; romantic attraction to anyone regardless of their gender or gender identity.

Pansexual – (sexual orientation) Sexual attraction to all gender identities; sexual attraction to anyone regardless of their gender or gender identity.

Policing – (thing/concept) Enforcing and/or projecting societal norms or personal beliefs onto other individuals by telling others how they should, or should not, identify, behave, or express themselves.

Polyamorous – (descriptor) Typically a relationship between three or more people or an open relationship in which members have relationships with each other and relationships with others; people who are capable of loving more than one person at one time; non-monogamous.

Polyromantic – (romantic orientation) Romantic attraction to multiple gender identities but not necessarily all.

Polysexual – (sexual orientation) Sexual attraction to multiple gender identities but not necessarily all.

Privilege – (thing/concept) Benefits and opportunities automatically afforded to non-oppressed groups of people typically unnoticed or taken for granted and occur at the expense of oppressed groups of people; being granted special rights and/or experiences at the expense of marginalized people.

Q

Queer – (identity / descriptor) Identifying as either not entirely cisgender, heteroromantic, and/or heterosexual in some way; used to describe a sexual and/or gender identity that falls outside of societal norms; the broadest umbrella term that one may choose to adopt. This term has a history of being used as a slur. Many folks in the community have reclaimed this term, however, there are many folks who have not and therefore are not comfortable using it.

Questioning – (identity / descriptor) Identifying as potentially not 100% cisgender, heteroromantic, and/or heterosexual yet unsure about specifics; exploring a potential LGBTQ identity within oneself; trying to figure out if oneself is LGBTQ in some way.

R

Ren/Renny – (shorthand) An endearing shortened name for "Parent" that a kid might use instead of mommy/daddy.

S

Sex – (thing/concept) A societally constructed classification system based on a person's biology, anatomy, genetics, and physiology. Biologists, scientists, and other health professionals have expressed that sex is a diverse spectrum in which variation exists in all categories used to describe and define one's sex.

Squish – (thing/concept) A platonic crush and/or partner (typically used in aromantic relationships).

STP – (acronym) Stand To Pee; typically a prosthetic device that helps a person with a vagina be able to stand to pee; typically used by AFAB people.

T

Transgender – (gender identity) A person whose gender identity differs from their gender assigned at birth.

Transfeminine – (gender identity) A person who was assigned male at birth who has a predominantly feminine gender; someone whose gender is at least somewhat, if not entirely, female-aligned.

Transmasculine – (gender identity) A person who was assigned female at birth who has a predominantly masculine gender; someone whose gender is at least somewhat, if not entirely, male-aligned.

Trans Man – (gender identity) A person who was assigned female at birth but identifies as male; a man who was assigned female at birth.

Trans Woman – (gender identity) A person who was assigned male at birth but identifies as female; a woman who was assigned male at birth.

Transition – (thing/concept) The process of accepting oneself and/or pursuing changes in order to affirm one’s gender and/or alleviate dysphoria. This can be anything from changing pronouns to undergoing surgery.

U

Umbrella term – (thing/concept) A term that collectively describes or can refer to more than one identity, orientation, or group of people; a broader term that encapsulates and/or overlaps with other, more specific terms. Many terms and identities can exist as both umbrella terms and specific terms or stand-alone identities.

V

W

WLW – (acronym) Women [who] Love Women; used to describe LGBTQ women who are romantically and/or sexually attracted to other women.

Womaromantic – (romantic orientation) Romantic attraction exclusively towards women; typically used by nonbinary people.

Womasexual – (sexual orientation) Sexual attraction exclusively towards women; typically used by nonbinary people.

X

Y

Z

Zedromantic - (romantic orientation) another word for Alloromantic.

Zedsexual - (sexual orientation) another word for Allosexual.

Credits

I would like to say a HUGE thank you to the wonderful folks who have submitted amendments to me through my website. A special thank you to **Teagan, Percy, and Spencer** for their multiple contributions to this ever-growing list! You are helping so many folks by sharing your knowledge and passion for the LGBTQIA community!

I would also like to thank Ash Hardell for his incredible book *The ABC's of LGBT* and accompanying free eBook *The GayBC's of LGBT* which have informed many of the definitions you see here in this list!

Please support Ash and her work at the following links:

The GayBC's of LGBT: <https://mango.bz/books/the-gaybcs-of-lgbtq-by-ashley-mardell-365-b>

YouTube: <https://www.youtube.com/user/HeyThere005>

Twitter: <https://twitter.com/AshHardell>

Instagram: <http://instagram.com/ashhardell>

Ash Hardell is a very intellectual and passionate person whose dedication to the LGBTQ community has been shared with millions of people all over the world! They share resources and cultivate a welcoming and supportive network for LGBTQ folks of all different backgrounds.

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