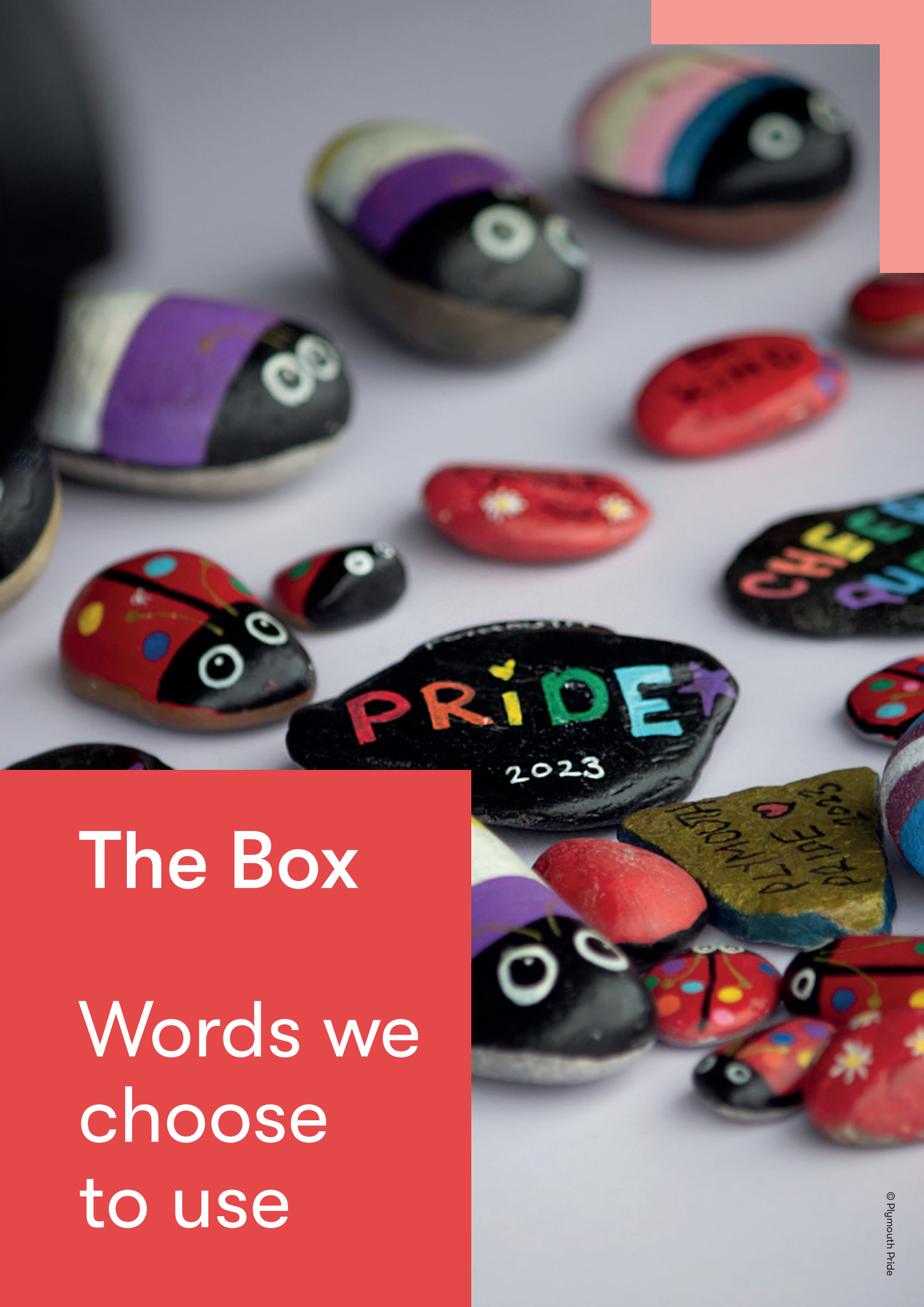


The Box

Words we
choose
to use





Words are important

Throughout history and still today, words have been used to either oppress or celebrate, the perceptions of the people and events that they are used to describe.

Words related to LGBTQIA+ heritage and lived experience are no different. So, when we're teaching and learning about LGBTQIA+ heritage, it's important to make every effort to describe people in the same way that they describe themselves.

This resource provides a range of terms connected to LGBTQIA+ heritage and will help teachers and students talk about a community of people with the confidence that they are using appropriate and non-offensive language.

Abro (sexual and romantic)

This is a term we use to describe people who have a fluid sexual and/or romantic orientation which can change in time or over the course of their lifetime. They may use this word in conjunction with other terms to describe themselves over periods of time.

Ace

Ace is a phonetic shortening of the word “asexual” and is an umbrella term used specifically to describe people with either a lack of or perhaps occasional experiences of sexual attraction which can vary over time. This term can include asexual people as well as people who identify as demisexual and grey-sexual. Ace people who experience romantic attraction or occasional sexual attraction might well combine this term with other terms to describe the direction of their romantic or sexual attraction.

Ace, Aro/Ace and Aro Spectrum

These are umbrella terms used to describe people who experience a lack of, varying, or occasional experiences of romantic and/or sexual attraction. They may use one or more of these terms and may well combine them with other terms such as gay, bi, lesbian, straight and queer to describe the direction of their romantic or sexual attraction if, and when, they experience it.

Ally

A typically straight and/or cisgender person who supports the LGBTQIA+ community.

Asexual

A person who does not experience sexual attraction. Some asexual people experience romantic attraction, while others do not. Asexual people who do experience romantic attraction might then also use other terms to describe the direction of that romantic attraction.

Allo (sexual and romantic)

Allo people are people who experience sexual and romantic attraction, and do not identify as being on the ace or aro spectrum. Allo is to ace and aro spectrum identities, what straight is to the LGB+ community and Cis is to the Trans community identities. Without words that equalise experience, the opposite becomes 'normal' which is stigmatising.

Bisexual (or Bi)

Bi is an umbrella term used to describe a romantic and/or sexual orientation towards more than one gender.

Biphobia

The fear or dislike of someone who identifies as bi based on prejudice or negative attitudes, beliefs or views about

bi people. Biphobic bullying may be targeted at people who are, or who are perceived to be, bi.

Cisgender (or Cis)

Someone whose gender identity is the same as the sex they were assigned at birth. Non-trans is also used by some people to describe the same thing. Without words that equalise experience, the opposite becomes 'normal' which is stigmatising.

Coming Out

This is when a person tells someone/ others about their identity as an LGBTQIA+ person. This is something LGBTQIA+ people do again and again as they 'come out' to different people throughout their life in various situations and scenarios.

Deadnaming

This is calling someone or referring to someone by their birth name after they have changed their name. This is often associated with trans people who have changed their name.

Demi (sexual and romantic)

This is an umbrella term used to describe people who may only feel sexually or romantically attracted to people with whom they have formed an emotional bond. They may also use other terms in conjunction with demi to explain the direction of romantic or sexual attraction as they experience it.

Gay

Gay refers to a man or woman who has an emotional, romantic and/or sexual orientation towards the same sex. It tends to be most related to gay men, but some women define themselves as gay rather than lesbian and some non-binary people may also identify with this term.

Gender

Gender identity has traditionally been expressed in terms of masculinity and femininity, but we acknowledge today that gender is largely culturally determined and has historically been assumed from the sex assigned to people at birth. People's awareness of their gender identity, however, may not align with that assumption.

Gender Dysphoria

This term is used to describe when a person experiences discomfort or distress because there is a mismatch between their sex assigned at birth and their gender identity.

Gender expression

This relates to how a person chooses to outwardly express their gender.

Gender Fluid

This term is used to describe someone who moves around the gender spectrum. Sometimes feeling more male, sometimes feeling more female or sometimes feeling more non-binary.

Gender Identity

This refers to a person's innate sense of their own gender, whether male, female, non-binary etc.

Gender reassignment

This is a term used to describe a person's transition journey. It is often related to medical intervention but can include all sorts of other steps in that journey. It is a term used in law and legislation but doesn't fit comfortably for many trans people who feel that their gender is not being reassigned if they choose to take this journey to affirm their gender.

Grey (sexual and romantic)

This term can also be described as grey-A and is an umbrella term which describes people who experience limited attraction. People may also use terms as well as grey to explain the direction of romantic or sexual attraction as they experience it.

Heterosexual/Straight

These terms are used to refer to a man who has a romantic and/or sexual orientation towards women or to a woman who has a romantic and/or sexual orientation towards men.

Homosexual

This word is a more medical term used to describe someone who has an emotional romantic and/or sexual orientation towards someone of the same gender. We tend to talk about 'gay' more now.

Homophobia

This is the fear or dislike of someone, based on prejudice or negative attitudes, beliefs or views about lesbian, gay or bi people. Homophobic bullying may be targeted at people who are, or who are perceived to be, lesbian, gay or bi.

Intersex

This is a term used to describe a person who may have the biological attributes of both sexes or whose biological attributes do not fit with societal assumptions about what constitutes male or female. Intersex people may identify as male, female or non-binary.

Lesbian

This word refers to a woman who has a romantic and/or sexual orientation towards women.

Lesbophobia

This means a fear or dislike of someone because they are or are perceived to be a lesbian.

LGBTQIA+

The acronym for lesbian, gay, bi, trans, queer, questioning, intersex, ace with the plus sign signifying all the other identities and orientations.

Non-Binary

This term is an umbrella term for people whose gender identity doesn't fit with 'man' or 'woman'. Non-binary identities are varied and can include people who identify with some aspects of binary identities, while others reject them entirely.

Orientation

This word is an umbrella term to describe a person's attraction to other people. This attraction may be sexual (sexual orientation) and/or romantic (romantic orientation) and relates to a person's sense of identity based on their attractions, or lack thereof.

Outed

This term describes when an LGBTQIA+ person's sexual orientation or gender identity is disclosed to someone else without their consent.

Person with a trans history

This is someone who identifies as male or female or a man or woman but was assigned the opposite sex at birth. This is increasingly used by people to talk about a trans past.

Pansexual (or Pan)

This word describes a person whose romantic and or sexual attraction towards others is not limited by sex or gender.

Passing

We use this word to talk about someone who is regarded, at a glance, to be a cisgender man or cisgender woman.

Platonic partnerships

People who are on the ace and/or aro spectrum may have platonic partnerships. These are relationships where there is a high level of mutual commitment which can include shared life decisions, shared living arrangements, and co-parenting of children. These partnerships can include more than two people. Like allosexual and alloromantic people, ace and aro spectrum people may be monogamous or polyamorous.

Polyamorous

This word describes having more than one romantic or sexual partner at the same time, with the consent of all partners.

Pronoun

Words we use to refer to people's gender in conversation - for example, 'he' or 'she'. Some people may prefer others to refer to them in gender neutral language and use pronouns such as they/their and ze/zir.

Queer

Queer can be used as a term used by those wanting to reject specific labels of romantic orientation, sexual orientation and or gender identity. It can also act as an umbrella term for the entire LGTBQIA+ community. Although some LGTBQIA+ people view the word as a slur others see it as having been reclaimed by the community.

Questioning

The process of exploring your own sexual orientation and/or gender identity.

Romantic orientation

A person's romantic attraction to other people, or lack thereof. Along with sexual orientation, this forms a person's orientation identity.

Sex

Assigned to a person on the basis of primary sex characteristics (genitalia) and reproductive functions. Sometimes the terms 'sex' and 'gender' are interchanged to mean 'male' or 'female'.

Sexual orientation

A person's sexual attraction to other people, or lack thereof. Along with romantic orientation, this forms a person's orientation identity.

Spectrum

A term used to cover a variety of identities that have a root commonality or shared experience.

Transgender (or Trans)

An umbrella term to describe people whose gender is not the same as, or does not sit comfortably with, the sex they were assigned at birth.

Transgender Man

A term used to describe someone who was not assigned male at birth but identifies as a man. This may be shortened to trans man.

Transgender Woman

A term used to describe someone who was not assigned female at birth but identifies as a woman. This may be shortened to trans woman.

Transitioning

The steps a trans person may take to live in the gender with which they identify. Each person's transition will involve different things. For some, this involves a medical transition, such as hormone therapy and surgeries, but not all trans people want or are able to have this. Transitioning might also involve things such as telling friends and family, dressing differently and changing official documents.

Transphobia

The fear or dislike of someone based on the fact they are trans, including denying their gender identity or refusing to accept it. Transphobia may be targeted at people who are, or who are perceived to be, trans.

Transexual

This was used in the past as a more medical term (similarly to homosexual) to refer to someone whose gender is not the same as, or does not sit comfortably with, the sex they were assigned at birth. This term is still used by some although many people now prefer the term trans or transgender.



The Box



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

The Box, Tavistock Place, Plymouth, Devon PL4 8AX
theboxplymouth.com

Visit our website for the latest offers news and projects for schools and to book your experience with us **theboxplymouth.com**