

# Glossary of terms

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Language is constantly evolving and being updated by LGBTQA+ young people. The following glossary of terms is intended as a guide. While the following descriptions are current at the time of writing, it is expected that language preferences and usage will continue to evolve over time.

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**Ally** A term to describe someone who is actively supportive of LGBTQA+ people, most commonly referring to those who support the community while not identifying as part of it themselves. Someone within the LGBTQA+ umbrella may also be an ally to another part of the community, for example, a cisgender bisexual woman may be an ally to trans people.

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**Aromantic/aro** A term to describe people who do not experience romantic attraction to others. An aromantic person may or may not experience sexual attraction to others, and therefore may or may not also identify as asexual (see below).

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**Asexual/ace** A term to describe people who experience little to no sexual attraction to others. Asexuality is distinct from a lack of libido or sex drive, such as due to medical or mental health reasons. An asexual person may or may not experience romantic attraction to others, and therefore may or may not also identify as aromantic (see above).

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**Bisexual** A term to describe people who are romantically or sexually attracted to more than one sex, gender, or gender identity, though not necessarily simultaneously, in the same way, or to the same degree. The term is sometimes used distinctly from the term pansexual (see below), in that people who are bisexual experience attraction to more than one gender, while pansexual individuals are attracted to people regardless of gender.

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**Brotherboy** A term used by some Aboriginal and/or Torres Strait Islander trans people who identify as male.

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## Chosen family

A term used to refer to people in an individual's life who actively fulfil the role of a support system, regardless of blood or marriage. Chosen family is distinct from an individual's family of origin (whether their birth family or the family they were raised within) and is sometimes referred to as "family of choice" or "found family". Chosen family often play a significant role in the lives of LGBTQA+ individuals due to experiences of family violence or rejection from their family of origin.

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## Chosen name

A term used throughout these guidelines to delineate between a young person's name and their legal name (e.g., the name recorded on their identity documents such as their driver's licence, birth certificate, Medicare card), if these are distinct. Some people may use the terms "current" or "preferred" name.

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## Cisgender

A term to describe people whose gender identity aligns with the gender presumed for them at birth, generally based on their visible sex characteristics.

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## Coming out

The process of beginning to share one's sexuality or gender with others. This process may also sometimes be referred to as "inviting in" and is discussed in these guidelines as disclosing one's identity.

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## Deadnaming

A term used to describe the act of intentionally or unintentionally referring to a trans person by the name that they used before affirming their gender. This may also be referred to as "misnaming" and is often experienced as invalidating and distressing.

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## Demisexual

A sexuality on the asexuality spectrum where a person needs to feel an emotional bond with a partner before experiencing sexual attraction.

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## Gay

A term to describe a person who is romantically or sexually attracted to members of the same gender. People of any gender may use this term to describe themselves, but it is commonly used by men who are attracted to men.

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## Gender-affirming care

A term used to describe a model of health care that is non-judgemental and respectful of a person's gender identity, and that honours and supports an individual's unique needs and autonomy in relation to their gender. Gender-affirming care may encompass psychological and/or peer support, as well as support for medical and/or social transition.

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## Gender binary

The assumption or definition of gender as consisting of either male or female, without experiences outside of or in between these two concepts.

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<b>Gender dysphoria</b>	Clinically significant distress arising from the experience of one's gender being different from one's gender presumed for them at birth and/or differing from bodily characteristics.
<b>Gender expression</b>	The way in which someone's gender is expressed externally to others, for example, through behaviour, clothing choices, or voice. Gender expression and gender identity (see below) are distinct constructs that may or may not align.
<b>Genderfluid</b>	A term to describe people whose experience of gender is not fixed, and instead changes over time.
<b>Gender identity</b>	The way in which someone's gender is experienced by themselves internally, regardless of how they present externally (see gender expression) or their sex/ bodily characteristics.
<b>Gender neutral</b>	When societal constructs avoid differentiating or specifying based on gender, for example, gender neutral language (e.g., pronouns, titles) or spaces (e.g., bathrooms).
<b>Intersex</b>	A term to describe people whose innate sex characteristics differ from medical and social norms for female or male bodies. Bodily differences among people with intersex variations may include differences in genitalia, chromosomes, internal sex organs, hormone production, hormone response, and/or secondary sex traits.
<b>Lesbian</b>	A term to describe a woman who is romantically or sexually attracted to other women. Women and non-binary people may use this term to describe themselves.
<b>LGBTQA+</b>	An umbrella term referring to people who are lesbian, gay, bisexual, trans, queer, questioning, asexual or are otherwise not exclusively heterosexual or cisgender.
<b>Neurodiverse</b>	A term to describe people on the autism spectrum, and/or who have attention deficit hyperactivity disorder (ADHD), dyslexia, dyspraxia, or other patterns of thought or behaviour that are neurologically atypical.
<b>Non-binary</b>	A term to describe people who don't identify exclusively as a man or a woman, such as (but not limited to) being gender fluid (see above), identifying as somewhere in between the gender binary, or not identifying with a gender at all.



## Pansexual

A term to describe people who have the potential for romantic or sexual attraction to people of any gender though not necessarily simultaneously, in the same way, or to the same degree. The term may be used distinctly from the term bisexual (see above), in that people who identify as pansexual experience attraction to a person that is unrelated to that person's gender or sex.

## Pronouns

Words we use to refer to people when using a gendered term, such as he/him/his, she/her/hers, they/them/theirs. Some people may use multiple pronoun sets, e.g., she/they. Neopronouns are a range of non-gendered pronouns which a person may choose to use, e.g., xe/xem/xyr, ze/hir/hirs, and ey/em/eir.

## Queer

An umbrella term for people who do not identify as exclusively straight and/or exclusively cisgender. Queer may also be used by an individual as their primary label for their sexuality or gender identity if it does not fit neatly into other labels, like "gay" or "straight". The term has historically been used as a slur but has been reclaimed by some members of the LGBTQA+ community.

## Questioning

A term to describe people who are in the process of exploring their sexuality and/or gender.

## Sexuality/sexual orientation

A term typically used to describe a person's romantic or sexual attraction to other people (e.g., gay, lesbian, heterosexual, pansexual, or bisexual), although someone's sexual orientation may not necessarily fit within one of these categories.

## Sistergirl

A term used by some Aboriginal and/or Torres Strait Islander trans people who identify as female.

## Transgender/trans

A term to describe people whose gender identity (see above) is different from the gender that was presumed for them at birth based on their visible sex characteristics.

## Transitioning

A range of processes that some trans people may go through in order to affirm their gender. Transition may be social, such as changing name, pronouns, and clothing; medical transition, which may include hormone therapy and/or gender affirming surgeries; and/or legal transition, which may include changing legal name and sex/gender on government identity documents. Trans people may choose to undergo some, all, or none of these processes.