



Transformative Practice LGBTIQAP+ Definitions

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Keeping it brief – Some basic definitions

Lesbian: A person who identifies as a woman who can experience sexual, romantic or emotional attraction to other people who identify as women.

Gay: A person who identifies as a man who can experience sexual, romantic or emotional attraction to other people who identify as men. Gay can also be used as an umbrella term for someone who is attracted to people of the same or similar gender identity to themselves.

Bisexual: A person who can be sexually, romantically or emotionally attracted to people whose identities are similar or different to themselves.

Pansexual: A person who can be sexually, romantically or emotionally attracted to people based on them as a person, regardless of gender.

Asexual: A person who can generally experience little to no sexual attraction.

Aromantic: A person who can generally have little to no romantic attraction.

Transgender: A person whose assigned sex at birth (On the birth certificate) does not match their gender identity all the time.

Non-Binary: A person whose gender identity may not fit within the typical definitions of man or woman. A non-binary person may identify as trans and may use a wide range of pronouns outside that of he/him/his and she/her/hers. For example- they/them/theirs

Cisgender: A person whose assigned sex at birth (On the birth certificate) matches their gender identity all the time.

Intersex: A person born with physical sex characteristics that don't fit medical definitions for "female" or "male" assigned sex.

Queer: An umbrella term for LGBTIQAP+ people and/or an identity that relates to aspects of a person's identity away from the stereotypes that come from labels and/or a political statement i.e. Queer Theory

Please note that all of these definitions have been reduced to the most basic understanding of these identities. As sexuality and gender are complicated factors of a person's life, every single person experiences their identity in a different way.

There is no right or wrong way to experience your identity. If someone says they are Asexual, Gay, Intersex or Transgender- it is often best not to assume what that means for them. If necessary, ask.

i.e. "What does being lesbian mean to you?" "How do you experience your queer identity?"

This list is not exhaustive of the types of people who make up the diverse LGBTIQAP+ cultures. There are as many different identities as there are people.

[This list was compiled from community consultation and definitions sourced from those who use these words as part of their identity.]