

Sexual Orientation Terminology

Terminology	Definition
Asexual	A person who is not interested in sexual acts of intimacy, but rather other means of connecting with another person.
Biological Sex	In general terms, “sex” refers to the biological differences between males and females, such as the genitalia and genetic differences. For example, External Genitalia—vulva, vaginal opening, penis, scrotum; Reproductive Organs—ovaries, Fallopian tubes, vagina, uterus, testes, seminal vesicles, epididymis, vas deferens, prostate, penis; Genetic Mechanisms—chromosomes, genes, hormones; and, Secondary Sexual Characteristics (see below)
Bisexual	Romantic attraction, sexual attraction, or sexual behavior toward both males and females, or to more than one sex or gender
Gay	A male-identified person who is emotionally, intellectually, romantically, spiritually attracted to another male-identified person
Heterosexual	A person who is emotionally, intellectually, romantically, spiritually attracted to a person of the opposite-gender (based on the M/F binary)
Indigiqueer/Indigequeer	A recently created word that some Indigenous LGBTQ+ people use to define their sexuality and gender. Indigiqueer (sometimes Indigequeer) could imply dual-gender, which some Indigenous people don’t feel describes their identity
Lesbian	A female-identified person who is emotionally, intellectually, romantically, spiritually attracted to another female-identified person
Pansexual	Romantic, emotional, intellectual, or spiritual attraction to people of any sex or gender identity
Sexual Orientation	An innate or undisputable enduring emotional, romantic, or sexual attraction to other people
Two-Spirit	A modern, Native-exclusive term used by some Indigenous North Americans to describe their gender identity in Indigenous, spiritual, non-Western ways. A Two-Spirit person has specific traditional roles and responsibilities within their community, and not all Native LGBTQ people identify as Two-Spirit.

Gender Identity Terminology

Terminology	Definition
Cisgender	A person whose gender identity matches the sex assigned to them at birth
Female	A person who self-identifies as female
Gender	Difficult to define, but it can refer to the role of a male or female in society, known as a gender role, or an individual's concept of themselves, or gender identity. Women's and men's socially constructed characteristics, such as norms, roles, and relationships, vary from society to society and can be changed.
Gender Identity	One's innermost concept of self as male, female, a blend of both or neither – how individuals perceive themselves and what they call themselves. One's gender identity can be the same or different from the sex assigned to them at birth
Gender Non-Binary	Describes a person who does not identify exclusively as masculine or feminine. Non-binary people may identify as both masculine or feminine, somewhere in between, or falling completely outside these categories. While many also identify as transgender, not all non-binary people do
Gender Non-Conforming	A person who does not identify with the male-female binary but instead seeks another gender option authentic for themselves
Genderqueer	A gender identity built around the term "queer." To be queer is to exist in a way that may not align with heterosexual or homosexual norms. Although typically used to describe a person's sexual orientation, one can also use genderqueer to express non-binary gender identity.
Male	A person who self-identifies as male
Sex Assigned at Birth	Assigned at birth based on external genitalia presentation, usually by a provider overseeing childbirth. Options include male, female, and intersex
Transgender	A person whose gender identity is different than the sex assigned to them at birth
Two-Spirit	A modern, Native-exclusive term used by some Indigenous North Americans to describe their gender identity in Indigenous, spiritual, non-Western ways. A Two-Spirit person has specific traditional roles and responsibilities within their community, and not all Native LGBTQ people identify as Two-Spirit.