

Definitions

Agender

Someone who identifies as having no gender. It is a gender identity that falls under the non-binary and transgender umbrella terms.

Androgyne

Person whose gender identity is not exclusively male or female and who may or may not have an intersex condition.

Assigned Sex/Assigned Sex at Birth

The sex assigned to an individual by medical, legal, or other social authorities. Assigned sex is often determined to be either male or female on the basis of genitalia at birth, and it may not align with gender identity. The majority of people are either assigned female at birth (AFAB) or assigned male at birth (AMAB).

Bi-gendered/androgynous

Person who does not exclusively identify as male or female, irrespective of physical sex. (Not to be confused with bisexuality - refer definition of sexual orientation).

Biological sex

Biological sex is our anatomy as female, male, or intersex. It includes our internal and external sex organs, chromosomes, and hormones. Some people are intersex rather than female or male.

Cis/Cisgender

A person who identifies with their birth assigned sex e.g. ciswoman, cisman. Almost all public figures, advertising and mainstream media content represents the cisgender population.

Coming out

The process through which individuals come to recognise and acknowledge, both privately and publicly, their sexual orientation, gender identity or intersex status.

Cross-dresser

A person who has an inescapable emotional need to express their alternate gender identity via clothing style and be accepted in that role on a less permanent basis. Some crossdressers go on to medically transition to their self-identified gender, others may see that as an identity in and of itself that is a form of gender diversity. It is important to recognise that in many cultures, it is more acceptable for certain people to cross-dress in public than for others.

Diagnostic and Statistical Manual (DSM- V)

The latest edition of the mental health manual used by psychiatrists to diagnose psychiatric disorders, published by the American Psychiatric Association. Gender Identity Disorder has been removed and replaced with Gender Dysphoria.

Drag king

Women who wear a usually exaggerated form of male clothing for the purpose of comedy/entertainment.

Drag queen

Men who wear a usually exaggerated form of female clothing for the purpose of comedy/entertainment.

FtM/F2M

Female-to-male, usually refers to a male identifying person who was assigned female at birth

Gender

The socially constructed roles, behaviours, and personal characteristics that a given society considers appropriate for men, women, and others. People whose gender is neither man nor woman may describe themselves as being in an intermediate state between man and woman, being both man and woman, being neither, or belonging to another gender altogether. Some examples of genders aside from man and woman include sistergirls and brotherboys in Aboriginal communities in Australia, two-spirit among Native North Americans, muxe in southern Mexico, hijra in South Asia, genderqueer in North America and Europe, and many others in societies around the world.

Gender affirming models of care

Gender affirming models of care acknowledge that not all trans people seek to have all four types of transition, and it allows individual people to decide which medical interventions they need. This is in contrast to past practices, which required that a person have a psychological assessment, then hormones, then surgery, before applying for legal change of sex. The current Standards of Care describes a best practice principle of allowing each transgender person to seek only those interventions which they desire to affirm their own gender identity.

Gender Affirming Surgery (GAS)

A surgical procedure whereby the sex organs of a person are refashioned to that of the gender in which they identify. Also known as Gender Reassignment Surgery (GRS), Sex Reassignment Surgery (SRS) or Genital Reconstructive Surgery (GCS).

Gender diverse

An umbrella term used to describe all those whose gender identity is at odds with their biological sex, including people who identify as transgender, gender fluid, intersex, gender questioning and gender queer people.

Gender Dysphoria

This is a medical term used at times to explain transgendered people and biological theories that result in a difference between the gender a person identifies with and the gender they were assigned at birth. Transgenderism is no longer seen as a mental illness by the American Psychiatric Association, however, many trans/gender questioning people experience varying degrees of stress, anxiety and depression, which is often now labelled as 'Gender Dysphoria'. Not all transgender people experience Gender Dysphoria and, those that do, experience it at differing levels, for a variety of different reasons and at different times throughout their life or throughout their transition. Gender transition doesn't always remove Gender Dysphoria, but it can decrease its negative effects.

Gender euphoria

Although this term has mostly been used to describe the 'high' a person experiences when they cross-dress, more and more trans people are using it to describe the feeling of acceptance and pride associated with either appearing the gender that they identify with, or being treated in a way that is consistent with the gender identity that they feel.

Gender expression

An individual's personal traits, mannerisms, and other manifestations of gender identity. People sometimes make assumptions about a person's sexual orientation based on their gender expression and cultural stereotypes, but gender and sexual orientation are two separate aspects of a person's identity.

Gender fluid

Gender fluidity conveys a wider, more flexible range of gender expression, with interests and behaviours that may even change from day to day. Gender fluid people do not feel confined by restrictive boundaries of stereotypical expectations of women and men. A person may feel they are more female on some days and more male on others, or possibly feel that neither term describes them accurately.

Gender identity

A person's deeply felt sense of being male, female, both, in between, or something other. For most people, gender identity aligns with assigned sex, but this is often not true for trans people.

Gender nonconformity

Having a gender identity or gender expression that does not conform to a given society's dominant gender roles.

Genderqueer

Genderqueer is a Western term for people who identify as a gender other than male or female.

Gender queer

A person who identifies as a gender that is not necessarily male, female or viewed in a binary manner. Genderqueer people may identify as masculine, feminine, androgynous, bi gendered or partially male or female in varied ratios. Genderqueer people may be third gendered or reject gender roles altogether. Some genderqueer people also access medical services to 'transition'.

Gender questioning

Refers to the process whereby an individual comes to question the usefulness or validity of their current biological sex and/or assigned gender. This includes people who see the binary categories of male and female/masculine and feminine as meaningless or unduly restrictive, and those who feel that their gender does not align with the sex assigned to them at birth.

Heterosexism

The belief that everyone is, or should be, heterosexual and that other types of sexualities or gender identities are unhealthy, unnatural and a threat to society. Heterosexism includes both homophobia and transphobia and a fear of intersex people who challenge the heterosexist assumption that there are only two sexes.

Homophobia

Prejudice and hatred directed at someone because of their actual or perceived sexual orientation.

Hormone Therapy/Hormone Replacement Therapy (HRT)

The process of hormonally reassigning a person's biochemistry to match their gender identity.

Informed Consent

A model of providing transition-related care that supplies each individual with the information necessary to choose how to navigate transition, rather than requiring adherence to a single standard approach.

Intersex

A long-established medical (genetic) condition where an infant is born with reproductive organs and/or sex chromosomes that are not exclusively male or female. As intersex refers to biology, it does not describe a person's sexual or gender orientation. See [OII Australia](#) for more information.

LGBTIQ

Lesbian, gay, bisexual, transgender/transsexual, intersex and queer.

MtF/M2F

Male-to-female, usually refers to a female identifying person who was assigned male at birth.

Non-binary

Transgender or gender nonconforming person who identifies as neither male nor female.

Non-op

Person who does not want to have gender reassignment surgery or can't for medical, financial or other reasons.

Pre-op

Person who has not had gender reassignment surgery.

Post-op

Person who has had gender reassignment surgery.

Queer

An umbrella term to include a range of alternative sexual and gender identities including gay, lesbian, bisexual and transgender or gender questioning.

[Standards of Care/SOC](#)

Standards of Care for the Health of Transsexual, Transgender, and Gender Nonconforming People are clinical guidelines maintained by the World Professional Association for Transgender Health for the treatment of gender dysphoria; currently in its seventh edition.

They/them/their

Gender neutral pronouns used by some people who have a non-binary or gender nonconforming identity.

Top/chest surgery

A partial or full mastectomy to breasts to create a male-looking or masculine-looking chest.

Trans

An umbrella term used by many people who do not identify with their assigned sex; frequently understood to include both transgender and transsexual people.

Transgender

The word 'trans' is Latin for 'cross', and so 'transgender' is an adjective referring to a person whose gender identity or expression is different from their assigned sex. It is used as an umbrella term and, for some people, an identity term used to describe all kinds of people who sit outside the gender binary or whose gender identity is different from the sex assigned to them at birth. Transgender people may or may not feel the need to access hormone therapy and/or surgery.

Transsexual

Another term for transgender; usually refers to people who have undergone or want to undergo transition-related medical procedures such as gender affirming surgery. Many people prefer the term 'transgender', but some people still use the term 'transsexual' as a description of their identity or the process of transition they are undergoing. Some trans people have criticised the use of the term due to it being confusing, as it doesn't describe the sexuality of a person and yet has the word 'sexual' contained within it.

Trans Man

A transgender individual who identifies as a man/male.

Trans Woman

A transgender individual who identifies as a woman/female.

Trans-masculine/trans-feminine

Terms to describe gender nonconforming or non-binary persons, based on the directionality of their gender identity. A trans-masculine person has a masculine spectrum gender identity, with the sex of female listed on their original birth certificate. A trans-feminine person has a feminine spectrum gender identity, the sex of male listed on their original birth certificate.

Transition

The social, hormonal, surgical and/or legal process that many trans people undergo to change from one sex or gender to another. The term can describe a process that transgender people undergo in order to live their lives more authentically as themselves. Transition does not necessarily have an end point. There are many different reasons why transgender people choose to include hormones or surgical procedures in the process, or do not choose those things, including medical, financial and personal reasons. It is important to note that trans people are under no obligation to explain why they've made the decisions they have about their transition.

Transphobia

Prejudice, fear and/or hatred directed at someone because of their actual or perceived gender identity or expression, often leading to discriminatory behaviour or abuse.

[World Professional Association for Transgender Health \(WPATH\)](#)

An international professional association devoted to transgender health.

[Yogyakarta Principles](#)

A set of principles outlining the application of international human rights law to gender identity and sexual orientation.

Definitions relating to sexual orientation

Sexual Orientation

An individual's sexual, physical, and/or romantic attraction to other people of the same or different gender; usually described as gay, lesbian, bisexual, or heterosexual, but not limited to only these sexual orientations. A person's sexual orientation is different to a person's biological sex or gender identity. Trans people are just as diverse in their sexual orientation as the rest of the population.

Aromantic

Aromantic is when a person experiences little or no romantic attraction to others. Aromantics are often satisfied with friendships and other non-romantic relationships.

Asexual

Asexuality is umbrella term to generally describe the absence of sexual attraction or desire. It is just as varied as any other identity, and not every asexual person has the same desires: some asexual people are in romantic relationships where sometimes they desire sex, and some are in romantic relationships where they never desire sex.

Autochorisexual

A desire to engage in sexual activity, where the individual is not the focus (e.g. mutual masturbation, watching pornography, etc.).

Bisexual

A person who is sexually and emotionally attracted to people of both sexes.

Heterosexual

A person who is sexually attracted to people of the opposite sex.

Homosexual/Gay

A person whose primary emotional and sexual attraction is toward people of the same sex. The terms are most commonly applied to men, although some women use these terms also.

Lesbian

A woman whose primary emotional and sexual attraction is towards other women.

Pansexual

A person who is sexually, romantically or emotionally attracted to people regardless of their sex or gender identity. This is not to be confused with being attracted to every single person they meet, just that they find themselves attracted to certain people that may or may not fit into the gender binary.

Same sex attracted

An umbrella term applied to young people to describe individuals who experience feelings of sexual attraction to others of their own sex. This includes young people who are exclusively homosexual in their orientation, bisexual, undecided young people, and heterosexual young people who have these feelings at some time.

References/Links

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