

## Tartan Allies Terminology

<b>AFAB</b>	Assigned Female at Birth
<b>AMAB</b>	Assigned Male at Birth
<b>Agender</b>	This is an identity signaling that one does not have, identify with, or align with any gender. Being agender does not mean people do not know their gender. Rather, it means not having or identifying with any gender.
<b>Asexual</b>	Experiencing little or no sexual attraction to others and/or a lack of interest in sexual relationships/behavior. Asexuality exists on a continuum from people who experience no sexual attraction or have any desire for sex, to those who experience low levels, or sexual attraction only under specific conditions. Many of these different places on the continuum have their own identity labels. Sometimes abbreviated to “ace.”
<b>Assigned Sex</b>	A designation given at birth or during prenatal development of male or female
<b>Biphobia</b>	A range of negative attitudes (e.g., fear, anger, intolerance, invisibility, resentment, erasure, or discomfort) that one may have or express toward bisexual individuals. Biphobia can come from and be seen within the LGBTQ community as well as straight society.
<b>Bisexual</b>	A person who experiences attraction to some people of their gender and other genders. Bisexual attraction does not necessarily indicate a level of interest that is the same across the genders an individual may be attracted to.
<b>Butch</b>	A person who identifies themselves as masculine, whether it be physically, mentally, or emotionally. ‘Butch’ is sometimes used as a derogatory term for lesbians, but is also be claimed as an affirmative identity label.
<b>Cisgender</b>	The prefix cis means “on this side” and the term cisgender is used to describe people who do not experience dissonance between their assigned sex at birth and its corresponding gender identity.
<b>Femme</b>	Someone who identifies themselves as feminine, whether it be physically, mentally or emotionally. Often used to refer to a feminine-presenting queer woman or people.
<b>Gay</b>	Experiencing attraction solely (or primarily) to some members of the same gender. Can be used to refer to men who are attracted to other men and women who are attracted to women. Can also be used as an umbrella term used to refer to the queer community as a whole, or as an individual identity label for anyone who is not straight.
<b>Gender</b>	This term describes how people identify, express, and embody the socially ascribed norms relating to their assigned sex at birth. Gender operates as a floating signifier for the ways individuals practice, do, or otherwise live in relation to these social norms. Gender has the ability to change and continues to change across time and context.
<b>Gender Binary</b>	This is the false assumption that there are only two natural, immutable, and opposed genders (i.e. man and woman) that correspond with only two supposedly natural, immutable, and opposed sexes (i.e. male and female).
<b>Gender Expression</b>	This relates to one’s outward expression of gender through cultural forms such as language, gestures, and artifacts (e.g. clothing, makeup). One’s expression of gender may shift across time and space. However, these shifts do not mean one’s gender expression is any less real or meaningful.

<b>Gender Identity</b>	Describes how one identifies one's gender, independent of how the individual expresses or embodies said identification. A person's gender identity may shift across time and space. However, these shifts do not mean one's gender identity is any less real or meaningful.
<b>Gender-Inclusive</b>	Nondiscriminatory language usage that can apply equal to people of any gender identity.
<b>Gender Non-Conforming</b>	A gender expression descriptor that indicates a non-traditional gender presentation (masculine woman or feminine man). Also used as a gender identity label that indicates a person who identifies outside of the gender binary. Often abbreviated as "GNC."
<b>Gender Roles</b>	Societal norms regarding how men and women should behave, expecting people to have personality characteristics and/or act a certain way based on their assigned sex at birth.
<b>Genderqueer</b>	This term denotes how some people intentionally queer, or destabilize, their gender identity, expression, and embodiment. A gender identity label often used by people who do not identify with the binary of man/woman. Can also be used as an umbrella term for many gender non-conforming or non-binary identities (e.g., agender, bigender, genderfluid).
<b>Heteronormativity</b>	The assumption, in individuals and/or in institutions, that everyone is heterosexual and that heterosexuality is superior to all other sexualities. Leads to invisibility and stigmatizing of other sexualities (e.g. when learning a woman is married, asking her what her husband's name is.) Heteronormativity also leads us to assume that only masculine men and feminine women are straight.
<b>Heterosexism</b>	Behavior that grants preferential treatment to heterosexual people, reinforces the idea that heterosexuality is somehow better or more "right" than queerness, and/or makes other sexualities invisible.
<b>Homophobia</b>	An umbrella term for a range of negative attitudes (e.g., fear, anger, intolerance, resentment, erasure, or discomfort) that one may have toward LGBTQ people. The term can also connote a fear, disgust, or dislike of being perceived as LGBTQ. Note: there are different forms of homophobia: internalized, interpersonal, institutional, and cultural.
<b>Homosexual</b>	A person primarily emotionally, physically, and/or sexually attracted to members of the same sex/gender. This [medical] term is considered stigmatizing (particularly as a noun) due to its history as a category of mental illness, and is discouraged for common use.
<b>Intersex</b>	Term for a combination of chromosomes, gonads, hormones, internal sex organs, and genitals that differs from the two expected patterns of male or female.
<b>Lesbian</b>	Women who are primarily attracted romantically, erotically, and/or emotionally to other women.
<b>Nonbinary (NB)</b>	An umbrella term for all genders other than female/male or woman/man, used as an adjective. Not all nonbinary people identify as trans and not all trans people identify as nonbinary. Sometimes, nonbinary can be used to describe the aesthetic/presentation/expression of a cisgender or transgender person.
<b>Pansexual</b>	A person who experiences sexual, romantic, physical, and/or spiritual attraction for members of all gender identities/expressions. Often shortened to "pan."
<b>Pronouns</b>	Ways to refer to someone aside from name; ex: he, she, they, ze, hir, etc.
<b>Queer</b>	Originally a derogatory term, "this term" has more recently been used as a term inclusive of people who are not straight. Due to its origins as a derogatory

	term, this word still has a negative connotation and provokes discomfort for some LGBTQ people. Others, however, have reclaimed it as a term of pride, and use it as a form of empowerment in building a feeling of community strength and unity.
<b>Questioning</b>	An individual who or time when someone is unsure about or exploring their own sexual orientation or gender identity.
<b>QPOC / QTPOC</b>	Initialisms that stand for queer people of color and queer and/or trans people of color.
<b>Same Gender Loving (SGL)</b>	Sometimes used by some members of the African-American or Black community to express a non-straight sexual orientation without relying on terms and symbols of European descent.
<b>Sex assigned at birth</b>	A phrase used to intentionally recognize a person's assigned sex (not gender identity). Sometimes called "designated sex at birth" (DSAB) or "sex coercively assigned at birth" (SCAB), or specifically used as "assigned male at birth" (AMAB) or "assigned female at birth" (AFAB).
<b>Sexual Orientation</b>	the type of sexual, romantic, emotional/spiritual attraction one has the Capacity to feel for some others, generally labeled based on the gender relationship between the person and the people they are attracted to. Often confused with sexual preference.
<b>Trans Men</b>	An identity label sometimes adopted by female-to-male transgender people or transsexuals to signify that they are men while still affirming their history as assigned female sex at birth. (sometimes referred to as transguy)
<b>Trans Women</b>	Identity label sometimes adopted by male-to-female transsexuals or transgender people to signify that they are women while still affirming their history as assigned male sex at birth.
<b>Transfeminine</b>	This refers to trans* people who identify, express, or embody feminine-of-center positionalities
<b>Transgender</b>	A gender description for someone who has transitioned (or is transitioning) from living as one gender to another. Also used as an umbrella term for anyone whose sex assigned at birth and gender identity do not correspond in the expected way (e.g., someone who was assigned male at birth, but does not identify as a man).
<b>Transmasculine</b>	This refers to trans* people who identify, express, or embody masculine-of-center positionalities
<b>Transphobia</b>	The fear of, discrimination against, or hatred of trans* people, the trans* community, or gender ambiguity. Transphobia can be seen within the queer community, as well as in general society.
<b>Two-Spirit</b>	The term Two-Spirit has multiple contemporary meanings and highlights historical elements regarding the possible positions of Two-Spirit peoples in their communities and their place in the sacred circle (Wilson, 1996). The term was coined at the Third International Two-Spirit Gathering in 1990 in Winnipeg, Manitoba (Meyer-Cook & Labelle, 2004; Roscoe, 1998). Walters, Evans-Campbell, Simoni, Ronquillo, and Bhuyan (2006) emphasize the political implications for some people who have chosen to use the term Two-Spirit. They indicate that the term is used to reconnect with specific (Indigenous) Nation traditions related to sexual and gender identity; to move beyond Eurocentric binary categories of sex and gender; to state the fluidity and non-linear nature of identity processes; and to fight against heterosexism in Aboriginal communities and racism in LGBTQ communities.*

Definitions compiled from *Safe Zone Training Facilitator Guide*, 5<sup>th</sup> Edition (published online by [thesafezoneproject.com](http://thesafezoneproject.com)), *Trans\* in College: Transgender Students' Strategies for Navigating Campus Life and the Institutional Politics of Inclusion* by Z. Nicolazzo (2017), and Trans Student Educational Resource's (TSER) *LGBTQ+ Definitions* ([www.transstudent.org](http://www.transstudent.org)).

\*Aboriginal Two-Spirit and LGBTQ Migration, Mobility, and Health Research Project: Vancouver Final Report, September 2011 ([2011 Vancouver full report final.pdf \(2spirits.com\)](#)).