

SOGIE (Sexual Orientation, Gender Identity & Expression)

SOGIE is an acronym for Sexual Orientation, Gender Intity, and Gender Expression.

Sexual Orientations **this list is not exhaustive as there are many more terms*

Term:	Definition:
Straight (Heterosexual)	<p>A person romantically or sexually attracted to people of the other sex or gender. E.g.:</p> <ul style="list-style-type: none"> • Transwomen attracted to cismen • Transwomen attracted to transmen • Ciswomen attracted to transmen • Ciswomen attracted to cismen • Transmen attracted to ciswomen • Transmen attracted to transwomen • Cismen attracted to transwomen • Cismen attracted to ciswomen
Lesbian	<p>A person identified as a woman, who is romantically or sexually attracted to other women.</p> <ul style="list-style-type: none"> • Transwomen attracted to other transwomen • Transwomen attracted to ciswomen • Ciswomen attracted to transwomen • Ciswomen attracted to other ciswomen
Gay	<p>A person identified as a man, who is romantically or sexually attracted to other men.</p> <p>In the past, only men who are attracted to men have used the word “gay.” Now, it is common for “gay” to be used by anyone who is attracted to the same sex or gender. Thou generally it is still used to describe men.</p> <ul style="list-style-type: none"> • Transmen attracted to other transmen • Transmen attracted to cismen • Cismen attracted to transmen • Cismen attracted to other cismen
Bisexual	<p>A person who are attracted to both genders, or more broadly, to people of two or more genders.</p>

Sexual Orientations

Term:	Definition:
Trixic	<p>A non-binary person who is romantically or sexually attracted to women, female/feminine-aligned individuals.</p> <ul style="list-style-type: none"> • Non-binary attracted to women
Toric	<p>A non-binary person who is romantically or sexually attracted to men, male/masculine-aligned individuals.</p> <ul style="list-style-type: none"> • Non-binary attracted to men
Pansexual	A person romantically or sexually attracted to people regardless of their sex or gender
Asexual	A person experiencing the lack of sexual attraction to others, or low or absent interest in or desire for sexual activity

Gender Identities **this list is not exhaustive as there are many more terms; it is easier to see gender as on a spectrum*

Term:	Definition:
Cisgender Female/ Ciswoman	<p>A cisgender or “cis”, is a term used to describe people who identify comfortably with the gender they were assigned at birth.</p> <p>A cisgender female is a person whose gender identity aligns with the sex they were assigned at birth, and identifies as a woman.</p>
Cisgender Male/Cisman	A cisgender male is a person whose gender identity aligns with the sex they were assigned at birth, and identifies as a man.
Transgender Female/ Transwoman/ MTF	A transgender woman is a person who was assigned male at birth but identifies as a woman. Concisely known as <u>MTF</u> , male-to-female.
Transgender Male/ Transman/ FTM	A transgender man is a person who was assigned female at birth but identifies as a man. Concisely known as <u>FTM</u> , female-to-male.
Non-binary	A term for gender identity that is not solely cis/trans male or female—identities that are outside the gender binary.

Gender fluid	A fluid label someone uses to self-identify as outside of the societal norms, who prefers to express either, or both, maleness or femaleness, and that can vary, perhaps from day to day
Intersex	A person born with either some combination of both biological sex characteristics (genital organs, hormones, chromosomes) or certain genital variations that don't align with either biological sex
<p style="text-align: center;">How is sex different from gender?</p> <p>Sex refers to a person's biological factors, such as their reproductive organs, genes, and hormones. Sex is not binary, a person may have the genes that people may associate with being male or female, but their reproductive organs, genitals, or both may look different. E.g., see Intersex.</p> <p>Whereas gender is based on socially constructed features. There are variations in how people experience gender based upon self-perception, expression, and how they behave.</p>	

Other commonly used terms

Term:	Definition:
Pronouns	<p>Pronouns are linguistic tools that we use to refer to people, such as they/them/theirs, she/her/hers, he/him/his.</p> <p><i>In English, our most commonly used pronouns (he/she) specifically refer to a person's gender. For queer, gender non-conforming, non-binary, and transgender people, these pronouns may not fit, can create discomfort, and can cause stress and anxiety. A recent study showed that in transgender youth, using correct pronouns and names reduces depression and suicide risks.¹</i></p> <ul style="list-style-type: none"> • She/her/hers are commonly used "feminine" pronouns (for transwomen, ciswomen) • He/him/his are commonly used "masculine" pronouns (for transmen, cismen) • They/them/theirs are commonly used gender-neutral pronouns (for non-binary persons) • Fae/faer/faers is a gender-neutral third-person singular subject pronoun, equivalent to singular they, and coordinate with gendered pronouns he and she (for genderfluid / intersex persons)
Dead Name	The term "dead name" refers to the birth name of a transgender person who has changed their name as part of their gender transition.

¹ <https://lgbtlifecenter.org/pronouns/>

Other commonly used terms

Preferred Name	<p><i>Transgender and non-binary individuals may choose a new name replacing their previous given name at birth or legal name that is reflected on their identity card that may no longer align with their gender identity.</i>²</p> <p>A preferred/chosen name is any name a person chooses to use, other than their legal name.</p>
Misgender	<p>Refers to the use of language to identify someone that does not accurately reflect their gender identity, either intentionally or unintentionally.</p> <p><i>When people are misgendered, they feel invalidated and unseen. If this happens continuously, it becomes a burden that can negatively impact on their mental health and their ability to function confidently in the society.</i>³</p>
Pre-op (pre-operative)	A term used to describe a trans or gender-nonconforming person who has not completed gender or sex reassignment surgery, but desires to and is seeking Sex Reassignment Surgery (SRS) as an option.
Post-op (post-operative)	A term used to describe a trans person who has had Sex Reassignment Surgery (SRS) also commonly known now as 'Gender Affirming Surgery'.
Transition	<p>This refers to a person's process of developing and assuming a gender expression to match their gender identity.</p> <p><i>Transition can include: coming out to one's family, friends, and/or co-workers; changing one's name and/or sex on legal documents; hormone therapy; and possibly (though not always) some form of surgery. It's best not to assume how one transitions as it is different for everyone.</i>⁴</p>
Questioning	A person who is in the process of exploring their sexual orientation or gender identity.
Closeted	<p>Also referred to as "in the closet," refers to anyone who is a part of the LGBTQIA+ community, but they have yet to publicly acknowledge this truth.</p> <p><i>These people typically have good reasons to keep their sexual identity to themselves, such as for safety from an intolerant community or to avoid discrimination associated with being "out" of the closet. Some closeted people may or may never "come out."</i>⁵</p>

² [https://studentaffairs.jhu.edu/lgbtq/trans-resources/supporting/#:~:text=A%20chosen%20name%20\(sometimes%20known,from%20a%20person's%20legal%20name.](https://studentaffairs.jhu.edu/lgbtq/trans-resources/supporting/#:~:text=A%20chosen%20name%20(sometimes%20known,from%20a%20person's%20legal%20name.)

³ <https://www.health.harvard.edu/blog/misgendering-what-it-is-and-why-it-matters-202107232553>

⁴ <https://www.unomaha.edu/student-life/inclusion/gender-and-sexuality-resource-center/lgbtqia-resources/queer-trans-spectrum-definitions.php>

⁵ <https://en.wikipedia.org/wiki/Closeted#:~:text=Closeted%20and%20in%20the%20closet,sexual%20identity%20and%20sexual%20behavior>