

## Glossary of Terms: LGBTQIA+ Tour

The list of terms here relates to what is mentioned on the LGBTQIA+ Tour of Collins Barracks and not an exhaustive or complete glossary of the broad spectrum of terms and themes that are related to genders and sexualities. For further information about genders and sexualities terminology, please consult the following organisations:

TENI: <https://teni.ie/resources/trans-terms/>

BeLonG To: <https://www.belongto.org/support-for-someone-else/at-home/lgbtq-language/>

ShoutOut: <https://www.shoutout.ie/terminology>

LGBT Ireland: <https://lgbt.ie/get-information/>

### **Sexuality and Sexual Identities Terminology**

**Sexuality** is a spectrum that encompasses a wide range of human experiences around sex, including a person's capacity for sexual feelings and their sexual behaviours, preferences and interests.

**Sexual identity** broadly encompasses how an individual describes themselves as a sexual being, and can include their gender identity and their sexual orientation.

**Sexual orientation** refers to who someone is attracted to sexually or romantically.

**Heterosexual** describes attraction to people of a gender different to themselves, often used in relation to attraction between cisgender men and cisgender women.

**Heteronormativity** is the idea that everyone is, or should be, heterosexual. It is a view that sees heterosexuality as normal, natural and coherent. It is the assumption that being heterosexual is the only or best sexual orientation. It also assumes certain roles or expectations for people, such as getting married and having children.

**Lesbian** is a term that describes someone who is sexually and romantically attracted to people of the same gender as oneself, often in relation to cisgender women.

**Gay** is a term that describes someone who is sexually and romantically attracted to people of the same gender as oneself, often in relation to cisgender men.

**Bisexual** is an umbrella term that includes individuals who are attracted to more than one gender.

**Asexual** is an umbrella term that describes individuals who have a lack of sexual feelings.

**Queer** is an umbrella term that is often used to describe a large range of non-heterosexual and non-cisgender identities.

Queer is not wholly accepted by the community, as it was and is used as a slur against LGBT+ people. However, many people have reclaimed it as a way to describe their identity.

It is also an academic term that is used to critically look at dominant categories of social backgrounds and identities, including gender and sexuality. Overall, it is about disrupting conventional, traditional and/or conformist ways of being.

**Using the +** symbolises that there are more gender and sexual identities within the LGBTQIA+ community.

### **Gender and Gender Identities Terminology**

**Sex** refers to the physical sexual characteristics of someone, such as their amount of breast tissue or their chromosomal make-up. The most common sex categories are male, female and intersex.

**Intersex** is an umbrella term that describes when an individual's physical sexual characteristics do not typically fit into medical or social norms.

**Gender** refers to the social ideas of masculinity, femininity and androgyny that describe people and their identities, bodies and/or roles.

**Gender Identity** describes a person's sense or feeling of their gender.

**Gender Expression** is how someone communicates or expresses their gender. For example, through wearing certain clothes or having a certain hairstyle.

The **Gender Binary** is the idea that all people who are seen as 'female'-bodied are, and should be, feminine, and all people who are seen as 'male'-bodied are, and should be masculine. It

assumes that sex and gender are the same thing, and that neither sex nor gender can have any variance.

**Gender Affirming Care** involves a range of social and medical interventions that support and affirm an individual's gender identity.

**Cisgender** means that a person identifies with the sex they were assigned at birth.

**Transgender or Trans** is an umbrella term which includes many diverse identities of people who fall outside of traditional gender expression or identities. It describes people whose gender identity is not aligned with the sex they were assigned at birth.

**Non-Binary** is an umbrella term which includes many diverse identities. It describes people whose gender identity falls outside of the gender binary. They are neither exclusively identifying as a man or a woman but may also identify as beyond or in-between these categories.

**Transition** describes the processes whereby a person begins to live as the gender they want to live as instead of the one that they were assigned at birth. This includes social and legal changes, such as changing one's name or gender marker on documents, as well as medical interventions such as taking hormones. Transition is unique to each transgender person.

**Passing** is a term used when someone is assumed to be a certain social identity, or part of a certain social group. In relation to gender, passing has to do with fitting in with social and cultural meanings of masculinity or femininity, so that one may not be recognised as transgender.

**Stealth** refers to a transgender person who 'passes' as cisgender and chooses not to reveal that they have a transgender identity or history.