## LGBTQIA+ 101 GARDEN STATE EQUALITY

- **Lesbian** A term traditionally used to describe a woman who is attracted to other women. Women and non-binary people may use this term to describe themselves.
- **Gay -** A person who is attracted to members of the same gender. Umbrella term for individuals who identify as queer.
- **Bisexual** A person attracted to more than one gender though not necessarily simultaneously, in the same way, or to the same degree.
- **Transgender** An umbrella term for anyone whose sex assigned at birth and gender identity do not align.
- **Cisgender** A term used to describe a person whose sex assigned at birth and gender identity do align.
- Queer An umbrella term for individuals who do not identify as straight and/or cisgender. It is a reclaimed term that was used as a slur for many years.
- Questioning A term used to describe people who are in the process of exploring their sexual orientation or gender identity. This can happen at any point in time, at age 6, 16, or 61!
- Intersex Intersex people are born with a variety of differences in their sex traits and reproductive anatomy. Including differences in genitalia, chromosomes, gonads, internal sex organs, external genitalia, hormone production, hormone response, and/or secondary sex traits.
- Asexual Often called "ace" for short, asexual refers to a complete or partial lack of sexual attraction or lack of interest in sexual activity with others. Asexuality exists on a spectrum, and asexual people may experience no, little, or conditional sexual attraction.
- **Ally -** An ally is a person who supports the LGBTQ+ community in its many forms.
- **Pansexual** An adjective used to describe a person who may be attracted to any person, regardless of that person's gender.
- **Nonbinary** A term used to describe a person who does not identify exclusively as a man or woman.

Language is constantly changing and evolving!

The best way to support an LBGTQ+ person is to:

Respect and use the words a person uses to describe themselves.