



**CLYDE PRIDE  
LGBT+ GLOSSARY  
AND GUIDE**



# FOREWORD

This glossary has been compiled in an attempt to help individuals working with community groups or members of the public to be able to better assist the LGBT+ people they interact with in the course of their work. It includes a list of words and terminology not often found outside the LGBT+ community and offers definitions and explanations for each term. It is the sole intention of this guide to inform, educate and promote healthy communication in the hope that this helps professionals feel more confident in their work.

While this has been written to provide detailed, simple explanations of LGBT+ issues and to help people understand some of the more complicated or unfamiliar concepts surrounding topics such as gender and sexuality, the main point of this project was to help people feel more comfortable and to understand that members of the LGBT+ community are no different from anyone else and that so long as you intend to treat people with respect things like accidentally using the wrong word or saying things that aren't considered politically correct aren't issues that need to cause anyone too much discomfort or embarrassment.

I hope this is a helpful guide that will answer some of the questions people haven't had the chance to ask and dispels any myths, stereotypes or preconceived notions that people may have had before reading it.

Thank you for taking the time to read and I hope you enjoy.

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# INITIALISMS

There are several Initialisms used to refer to different members of the community. The variation is due to attempts to include all individuals and not have any gender identity or sexual or romantic orientation feel excluded.

There is much debate in the community about which is the most appropriate and opinions vary from person to person. With most terms in this guide, it is important to know that there is more often than not no right or wrong answer, and provided the intent is respectful it is rare that using any of them will seriously offend anyone, however if you feel that you are unsure, any potential issue is easily avoided by asking a group or individual which term or terms they prefer. An equally important question can be if there any terms that someone particularly dislikes or would prefer not to use.

## *L.G.B.T*

This is the most commonly known and used term. The letters stand for Lesbian, Gay, Bisexual and Transgender. While commonly used some members of the community feel it does not represent them and as such prefer to use one of the alternative terms below.

## *L.G.B.T+*

This is becoming a more popular alternative in recent years. The addition of the '+' sign is used as a way of including all other identities. While some people are more than happy with this, there are some people who feel that this devalues them by grouping various identities and assigning them one symbol in comparison to individuals who receive a specific letter for their identity.

## *LGBTQQIAAAPD2S*

This is very rarely used it is only included as an example of other initials that can be used as different individuals and groups can use any variation of these letters to represent themselves such as (LGBTI) (LGBTIQ) (LGBTQA) etc. The letters each stand for, LESBIAN, GAY, BISEXUAL, TRANSGENDER, QUEER, QUESTIONING, INTERSEX, AGENDER, ASEXUAL, ALLY, PANSEXUAL, POLYSEXUAL, DEMISEXUAL, TWO SPIRIT.

This list is by no means exhaustive but as new terms are added and language evolves it is very difficult to include all possible labels.

## *S.G.L*

(Same gender loving)

A term used by people who do not feel comfortable using labels such as gay or lesbian but still identify as having an attraction to people of the same gender.

## *DMAB/DFAB*

(Designated male/female at birth)

This term is most commonly used today by intersex individuals but is also sometimes used by members of the trans community however some argue that the term was originally used by trans women and then adopted by intersex individuals. It is pronounced as a full word and not as individual letters i.e. (deemab / deefab). It is used to indicate that while a person may have been designated a particular gender at birth by family members or doctors due to the appearance of their anatomy or other gender markers, they do not necessarily feel that the gender they were assigned is completely accurate.

Variations of this term include AMAB/AFAB (assigned male/female at birth or MAAB/FAAB (male/female assigned at birth).



## *CDMAB/CDFAB*

(ceedeemab / ceedeefab)

This term is very similar to the one described above but the inclusion of the 'C' standing for coercively is used to emphasize the fact that the person feels they were not consulted and that their gender was assigned unfairly against their will. It is most commonly used by intersex individuals who underwent some form of surgery at birth to make their genitals appear more like those commonly associated with their assigned gender.

## *MOGAI*

This is a very new term but one that is rapidly gaining popularity it stands for (Marginalized Orientations, Gender identities and Intersex) the reason this term is becoming so popular is because it covers all possible identities but does not imply the importance of any one over another and does not exclude any identity.

## *SGA*

This stands for straight gay alliance which is a type of group usually set up within educational establishments to encourage cooperation between LGBT+ students and their straight or cisgender peers. People who are actively involved in the LGBT+ community or who show their support, but do not themselves identify as LGBT+ in any way are known as allies.

# GENDER IDENTITIES

The following section will cover the many variations in gender identity and expression, includes a brief explanation of labels and offers some basic advice on subjects such as etiquette.

## *SEX*

This refers to biological sex which is separate from gender. Sex is defined by characteristics such as hormone composition, chromosomes and physical anatomy. There are multiple factors which can inform biological sex and these factors can be used to determine whether a person is biologically male, biologically female or intersex. Some of these factors are inherent and unchangeable such as chromosomal makeup, however some factors are subject to change either through natural processes or through intervention. These include anatomy and hormonal composition. An example of naturally occurring changes can be found in many intersex people who are assigned a particular sex at birth based on the appearance of their anatomy but who during puberty develop secondary sex characteristics typically associated with the opposite gender. Interventions such as hormone therapy or surgery can be used to alter a person's anatomy or their hormone composition. This can be done to help someone treat symptoms of hormonal imbalance in situations where someone is intersex and are unable to produce sufficient hormones to maintain a healthy body on their own, late or early onset puberty or menopause where associated symptoms are causing distress or health issues.

## *GENDER IDENTITY*

This refers to a person's gender regardless of their biological sex and is the term used to describe the gender that a person feels they are whether or not they dress or live as that gender.

## *GENDER EXPRESSION*

This refers to how someone appears to others regardless of how they identify. For example, someone who identifies as male but was assigned female at birth may express their gender by wearing traditionally female clothing before they come out or live as a man. So while identifying as male, they are expressing as female. This is why a person's gender expression is not always an accurate way to determine their true gender.

## *PRONOUNS*

As many people will know, we use pronouns in conversations very regularly when referring to people. These pronouns often differ depending on a person's gender. Many trans people choose to change their pronouns upon coming out, and it is important to respect their chosen pronouns.

Most of the time, particularly in the case of trans men/women, the individual will choose to simply change to a male pronoun (he, him, his) or female pronoun (she, her, hers). However, it is very common for people to desire gender-neutral pronouns such as 'THEY' or 'IT'. It has become something of an issue regarding trans acceptance that many people refuse to use these pronouns, citing such reasons as they feel they are grammatically incorrect or even that they feel that referring to a human being as 'IT' is derogatory. These terms are absolutely grammatically correct and, if requested by a person, in no way offensive. In reality, using the appropriate pronoun for a person is a massive step towards letting a person know that you are accepting and understanding and will go a long way towards them feeling comfortable around you.

Occasionally, there are times when you may be unsure of a person's gender. This can be particularly troublesome when doing things such as filling out paperwork. This does not need to be stressful or embarrassing for anyone involved, as there are a few social rules you can follow to find out how a person identifies and avoid any embarrassment or offence.

- 1) Never under any circumstances assume someone's gender or attempt to guess.
- 2) Never ask another person which gender they think a person is
- 3) Never use questions such as "What are you?", "Are you a man or a woman?" instead simply approach the person discreetly and ask which pronouns they would prefer you use. Many believe this is just as offensive, but it is widely considered by most of the trans community as a perfectly appropriate, respectful, and polite way in which to start a conversation about someone's gender identity.
- 4) In most situations the only information you need to know is which pronoun a person uses as this is used to make conversations and other social interactions more comfortable. This does not always give a clear idea of how a person identifies, for example if a person informs you that they prefer gender neutral pronouns you would still be unaware of their exact gender identity. This is fine, for some people their gender identity is extremely personal information that they often do not feel comfortable sharing. Unless you need this information for some kind of official purpose i.e. you are a health care professional or are filling out paperwork that specifically requires a gender identity to be provided you do not need to ask however if you do require this information then it is perfectly acceptable to do so provided your intent is to help the person and the conversation is approached discreetly and sensitively. It is advised that you begin by asking preferred pronouns if not already known then go on to explain why you need the information and that the information they provide you with will only be shared with people who require it for similar reasons to yourself.
- 5) This is not a huge problem for most members of the trans community and you will not need to go to great lengths to ensure a person feels

comfortable around you purely because they identify as trans, In most situations you will find the person will give you clear indications of how they wish to be addressed and what sorts of questions they are comfortable being asked, but there are some very vulnerable people in the trans community who you will need to take such care with.

## *CISGENDER*

This is a term used to describe a person whose gender identity matches the gender they were assigned at birth as determined by their biological sex and this term is used to more accurately describe the majority of the population. This term was invented out of a necessity to have a term that could be used for individuals who are not transgender as until it was used terms such as 'normal people' were used and this caused great offence to many members of the trans community as it implies that they are inherently abnormal.

In recent years as awareness of trans identities has become more widespread, an issue has developed where people who are not trans are taking offence at being referred to as cisgender. This is rooted in the idea that the trans community is redefining the gender of others or altering language to suit an 'agenda'.

As such it is recommended to only use the term cisgender when making a clear distinction between those who identify as trans and those who do not and to be mindful of those involved in the situation and the motivation for using the term.

## *TRANSGENDER (TRANS)*

This is considered an umbrella term to group together all gender identities that are not considered cisgender. One of the only exceptions to this are intersex people, due to the fact that a large number of intersex people do not see themselves as trans despite many others happily identifying as such.

## ***TRANS MAN/WOMAN***

These terms speak specifically about a person who wishes to make a transition from one gender to the other i.e. from male to female or from female to male. It is important to note that the moment a person expresses the gender they identify as to you then that is the point from which you should consider them to be completely and fully their chosen gender. There is no requirement for that person to go through any form of transition i.e. surgery, vocal coaching, hormone therapy, clothing changes or name changes these are all steps a transgender person may or may not choose to take but they in no way affect their status as a transgender person.

*Assigned female at birth - identifies now as male = transman*

*Assigned male at birth – identifies now as female = transwoman*

## ***AGENDER***

This refers to a person who does not consider themselves to have a gender as such the person will usually but not always prefer gender neutral pronouns, clothing and accessories. Alternatively, they may choose to embrace aspects of any gender as part of their own agender expression.

## ***GENDER FLUID***

This term is used by individuals who alternate between genders. With some people the changes can be very subtle however there are also individuals who wish on some days to present as completely male one day and completely female another.

## ***BIGENDER***

This term is used by individuals who identify as having two genders at once. Differently from gender fluid individuals bi gendered people feel that they are the majority, if not all, of the time both male and female.

## *POLYGENDER*

This is a term which is used by people who feel they identify as multiple genders either simultaneously or at different times. It can be used either as a label in its own right, as many people do identify as Polygender, or it can be used as a catch all term for gender identities that involve more than one gender i.e. (Bigender), (Gender fluid) this is opposed to 'Monogender' which can be used to describe gender identities that only involve one binary gender.

## *NON-BINARY/GENDER QUEER/ANDROGYNOUS*

These are all terms that are used by people who do not feel they identify completely as one gender or another. Non-binary people tend to prefer gender neutral pronouns but this is not a strict rule and it is always best to ask a person which pronoun they prefer rather than assume. Gender queer people may identify as a particular gender but don't express their gender in typical ways it is usually associated with people who wear clothing, makeup or hairstyles that aren't commonly associated with one gender and are instead a blend of aspects associated with different genders. Some gender queer people use terms such as 'masculine woman' or 'femboy' to describe themselves. Androgynous individuals tend to express their gender in such a way that it is not clearly definable as masculine or feminine.

## *DRAG KING/QUEEN*

This refers to a person who portrays a character for the purposes of entertainment. Very often the performer impersonates the opposite gender as part of their performance. The thing that most people consider to be the distinguishing quality between drag artists and other members of the trans community is that to be considered a drag artist you must be impersonating another gender for the purposes of performance as opposed to doing so to express your own gender identity. This distinction means that it is entirely possible for anyone who identifies under the trans umbrella to also be considered a drag king/queen so for example a trans man can be a drag

queen. Participating in drag culture in no way is a reflection on a person's true gender or sexuality there are several very successful drag queens who are cis gendered straight men. There are some cisgender women who perform as drag queens and they are referred to as faux queens as while they are cis females and are dressing in traditionally female attire, they still adopt many aspects of drag culture and aesthetic into their performances. Drag king = cis female performing as a male

Drag queen = cis male performing as a female

Faux king/queen or Bio king/queen = a cis person performing as their own gender whilst employing a style commonly associated with drag performers

### *TRANVESTITE/CROSS DRESSER*

A transvestite is person who takes pleasure or comfort from wearing clothes typically worn by members of the opposite gender. It is a common misconception that all transvestites are men as there are plenty of cases of women participating in transvestism. It is important to note that, while some transvestites or cross dressers choose to wear certain clothing for sexual reasons, the practice of cross dressing is not only used for sexual gratification also as with any other gender identity there is no correlation between a person being a transvestite or cross dresser and a person's sexuality. Finally it should be said that while this term is included under the trans umbrella many people who identify as a transvestite or cross dresser consider themselves to be completely cisgender and see their desire for alternative dress as something they do, not something they are.

### *THIRD GENDER*

Third gender is a word that is believed to be invented by anthropologists as a way of defining people from various cultures throughout the world that have a society comprised of more than two genders such as the hijras of the Middle East who have recently gained legal recognition. In modern times this term has been adopted by people who don't feel they identify as either male or female, by people who feel they identify as both male and female, by people who feel



they identify as somewhere between male and female and by people who feel their gender is completely other, in no way connected to male or female and is truly a third gender.

### *DEMIBOY/GIRL*

This term is usually considered a non-binary identity it is usually used by people who feel partially male or female and partially of a different gender. This term does not in any way give an indication of a person's biological sex and as such a person who is born biologically female could one day come to identify as either a demiboy or demigirl. An example of a demiboy could be someone born biologically male who feels that they are partially male but also partially agender while another demiboy may have been born biologically female and identify as partially male and partially third gender.

### *TRANS MASC/FEM*

This term is used by people who feel they identify very closely towards one end of the gender spectrum so a transmasculine person may feel they are extremely male but not feel they wish to identify as completely male. The term can be used either as a label in its own right or as an adjective to help better describe someone's gender for example a person may identify as being transfeminine non-binary, meaning they consider themselves to be non-binary but feel much more feminine than masculine.

## WORDS RELATING TO GENDER VARIANCE OR TRANSITION

### *BINDER*

A tight-fitting garment worn by individuals who wish to flatten their chest particularly in the case of transmen or transmasculine individuals. Some important points to note are that wearing a binder or "binding" can be harmful if done incorrectly. Things to avoid are binding too tightly, for too long or when sleeping. Also, it is important to bind using an appropriate binder

many young trans men cause irreparable damage to their chest by binding with things like tape or bandages because they do not have access to proper binders. Damage done through incorrect binding can cause people to no longer be a good candidate for certain types of top surgery and can lead to permanent scarring, sores and breathing issues. An important aspect of binding to keep in mind if your interaction with a person wearing a binder involves any kind of medical assistance or first aid, is that due to the constrictive nature of binders they can cause various issues with breathing. In response to this should you be treating anyone who you have reason to believe may be binding their chest it is important that you account both for the possible effects of the binder and for the fact that a person who binds will more than likely be extremely self-conscious about their chest. It is recommended that you do everything in your power to reduce the risk of anyone seeing the binder or any skin underneath it, also where possible be as sensitive and respectful as any given situation will allow when discussing a binder. For example if you are administering first aid to a person who you suspect may be binding discreetly ask them if they are wearing any constrictive clothing or anything that may inhibit their breathing rather than asking directly if they are wearing a binder. Such allowances are of course not always possible but in situations where they are they can not only make an already difficult situation much less traumatic for the person but also much easier for anyone else working with them by providing vital diagnostic information. For example heart attacks present with very different symptoms between male and female bodied people. The knowledge that a person you have originally perceived to be male is wearing a binder may cause you to treat their symptoms as you would a female bodied person which in some instances could save their life.

## *CINCHER*

A cincher is garment worn by transfeminine individuals who wish to appear to have a narrower waist. it is similar to a corset in that it laces tightly and pulls in the waist to achieve a more feminine hourglass silhouette.

## ***CLOCKING***

Clocking is when someone tells by way of a person's appearance that they are transgender. For example, a person might "clock" a transwoman by noticing she has a deep voice or noticeable facial hair. The term is considered extremely offensive, and it can be very damaging to an individual if they feel they have been clocked.

## ***DYSPHORIA***

Dysphoria can have several meanings. Commonly if a trans person chooses to approach a doctor to begin medically assisted transition, they may be diagnosed with a mental health condition called gender dysphoria. This means a person is caused severe psychological unrest by living in their assigned gender. The word dysphoria can be literally translated from Greek as "difficult to bear" and is used in the trans community to mean extreme unhappiness, shame, anxiety or depression with aspects of their gender or biology. For example, a trans woman who is extremely self-conscious about her genitals may be said to have bottom dysphoria or a person who usually feels relatively confident and happy in their gender may go through a time when they feel particularly dysphoric where they feel low on self-esteem or a feeling of depression or anxiety regarding their gender. It is important that if a person ever discusses their feelings gender dysphoria with you that you take the time to listen as dysphoric thoughts can range from being relatively mild or fleeting to being so extreme that there are many cases where people have harmed themselves by attempting to remove parts of their own anatomy.

## ***G.I.C. (GENDER IDENTITY CLINIC)***

A specified clinic where a transgender person can go to seek medical help with transition.

## ***G.I.D. (GENDER IDENTITY DISORDER)***

This is one of the terms used as a formal diagnosis by psychiatrists and physicians in the treatment of trans people it is widely accepted in the medical world that instances of G.I.D are not only caused by psychological factors but also physiological ones such as a person's chromosomes or genetic

makeup or their exposure to certain hormones in the womb. This term was changed in the new publication of the DSM-5 in 2013 and was replaced by the term Gender Dysphoria. This change was to encourage a stronger focus on the distress experienced by transpeople rather than their wish to transition itself.

### ***G.R.C (GENDER RECOGNITION CERTIFICATE)***

This is a legal document obtained from the UK government that allows you to legally change your gender. To gain a gender recognition certificate a person must meet certain criteria and then apply to the gender recognition panel. There are various criteria a person would need to meet before applying such as being over 18 years of age, having a diagnosis of G.I.D or gender dysphoria, living in their acquired gender for at least two years and having the intention to live in their acquired gender until death.

### ***G.R.P (GENDER RECOGNITION PANEL)***

The gender recognition panel is a branch of HM Courts and tribunal services. It is this panel who decide whether a person fully complies with the provision laid out in the gender recognition act before granting them a gender recognition certificate.

### ***H.R.T (HORMONE REPLACEMENT THERAPY)***

This is a process whereby a person aims to cause various physical changes through taking hormones. There are various types of H.R.T;

‘hormone blockers’ are used to get rid of or reduce the levels of a person’s naturally occurring hormones. blockers have been used in cases of younger trans people in order to put off puberty until it has been decided by themselves, parents and doctors that they are old enough and mature enough to make decisions regarding future treatments this is particularly beneficial as once puberty has come to an end it is much more difficult to reverse its effects for example if a young trans boy goes through puberty it is likely that he will develop breasts and it is entirely possible that he will one day decide he wishes to undergo painful and dangerous surgery to have them removed

however if he is given blockers he would not develop breasts in the first instance and there for would have no need for surgery. Other forms of H.R.T involve the administering of synthetic hormones in adults. In trans males testosterone or "T" is used to cause facial hair to grow and deepen the voice. it can also masculinise the face and cause increased muscle gain and in most cases will stop the menstrual cycle, similarly trans women are given oestrogen to cause the development of breasts, hair and nails become stronger, skin becomes thinner, there is a reduction in muscle development and a redistribution of body fat that usually gives a more feminine figure. H.R.T is not always used by members of the trans community it is common for it to be used in the treatment of intersex people or menopausal women. One very important thing to note is that there is a market for illegal hormones these are used very commonly in the body building community to increase muscle gains as with any illegal drug these have significant risks to your health there is no way for a person to know exactly what they are putting into their body also when a person starts hormone therapy they must first undergo blood tests to check their natural hormone levels to ensure they receive the correct dose as there is a process by which the body will attempt to correct any imbalance so for example if a person takes too high a testosterone dose there is a chance that this will cause a difference in the levels of other hormones and result in the opposite of the desired effect.

### *MASCULINE HYGEINE*

Refers to items used by trans men in during their menstrual cycle for example special underwear that allows for the use of sanitary towels.

### *PACKING*

Packing is the practice of wearing a packer. A packer is a prosthetic worn most commonly by transmen to give the appearance of a more male contoured crotch in clothing. A packer is not used simply for vanity as some people believe, it also serves a multitude of important and practical purposes. It can help men with bottom dysphoria feel more confident and greatly improve self-esteem. It is very useful for situations such as swimming, changing rooms doctors exams where a person may be required to not wear trousers in front of strangers for many transmen these are situations where they feel either

self-conscious or unsafe a packer helps to make these situations more comfortable. Finally some packers are fitted with a tube to allow urination these are called an STP or stand to pee device.

## *PASSING*

Passing is when a person is able to go about their day to day life without being “clocked” meaning people do not suspect that they have ever expressed any other gender identity than the one they are expressing at the present moment. Much like the term clocking many trans people find the concept of passing to very offensive while other do not have any issue with it. The problem for some people is that too often trans individuals are only seen to be “successfully trans” or “truly” male or female if they pass well which is not the case. As mentioned previously a person should be considered completely their chosen gender from the moment they express a desire to be identified as such.

## *S.R.S*

This stands for sexual reassignment surgery meaning a surgery undergone to physically change a person’s body to make it match better with their gender identity. The topic of surgery will be covered in much more detail in the next section.

## *STEALTH*

A person who lives their life as their true gender without being openly trans can be said to be stealth or living stealth. For example a trans woman who is assumed by most or all of the people in her life to be a cisgender woman. Again, this is a term some people are uncomfortable with, and so care should be taken when it is used in any situation to make sure no one involved in the conversation takes offence.

## *TRANS PANIC*

This is a concept that has been used as a successful defence for people who have been prosecuted for assaulting or even murdering members of the trans community. People have stated that they have inadvertently come into close contact, such as a sexual encounter or shared a changing room, with a trans

person without knowing that the person was trans and have acted violently due to a state of “trans panic”.

### *TRANSITION*

The process by which a person changes their gender expression from one gender to the other. These do not have to be physical changes it can be as simple as coming out to a person, changing a name, or seeing a medical professional to discuss gender.

### *TUCKING*

Tucking is the practice by which transfeminine individuals tuck their genitals between their legs to hide their appearance through clothing.

### *VOICE COACHING*

Some members of the trans community undergo vocal training to masculinise or feminise their voice and speaking styles.

## **SURGERY**

One of the most common questions members of the trans community are asked is “have you had the surgery?” while there is absolutely nothing wrong with having a healthy curiosity regarding how things like transition or surgeries work it is considered by most people, not just the trans community but in general society, to be unacceptable or inappropriate to ask a person personal questions about their genitals. This is something very few trans people will feel comfortable discussing openly with anyone other than friends or family and is never something that should be asked about however there is the issue that if people don’t ask, they will never know the right information. It is for this reason that the following section covers a brief description of the most common surgical options available to trans people. One of the biggest myths surrounding “the surgery” is that it is in fact just one surgery. In many cases it is necessary for a person to undergo several procedures to reach their desired outcomes. It is also not understood by many that it is very common not only for a trans person to never have surgery but also for them to have no

desire for surgery. It is something that very much comes down to the personal choice of the individual and it is in no way necessary for transition except in some countries where it is a legal requirement that a person be sterilised or undergo full sexual reassignment to gain gender recognition under the law.

In a lot of cases a trans person would have to fund their own surgery privately with only a small number being carried out on the NHS each year waiting lists for different surgeries are long and even then, only certain procedures are available on the NHS. The most common surgeries can usually be split into one of two categories.

Top surgery meaning surgery performed on the chest such as breast augmentation or mastectomy.

Bottom surgery meaning surgery performed in the genital area.

There are surgeries that fall outside of these two categories involving the face or scalp.

Surgeries can also be categorised by whether they are designed for FTM transition i.e. female to male or MTF transition i.e. male to female.

## FTM BOTTOM SURGERY

### *BILATERAL SALPINGO-OOPHORECTOMY*

This is a surgery which involves the removal of the ovaries and fallopian tubes. This can be undergone to affirm someone's gender identity but also to reduce the risk of cancers which can be more common in those who use HRT. The removal of the ovaries greatly reduces the person's ability to naturally produce feminising hormones this means that their hormone replacement therapy needs are diminished, and their overall health may improve as a result of this.



## ***HYSTERECTOMY***

This is the removal of the uterus or womb and is commonly done at the same time as an oophorectomy.

## ***METOIDIOPLASTY***

A metoidioplasty can be done over the course of several surgeries and is comprised many different aspects not all of which are carried out on every patient. These different aspects involve.

Resection of the clitoral hood to “free” the clitoris which has usually become enlarged through H.R.T and resembles a small phallus.

Relocation and lengthening of the urethra to allow urination through the newly formed phallus.

The joining of the labia so as to close the opening of the vagina and to resemble a scrotum, it is common for prosthetic testicles to be used in this part of the surgery.

This is surgery offers many benefits in comparison to the more commonly known phalloplasty as this has much more success in terms of preserving function and sensitivity.

## ***PHALLOPLASTY***

This surgery involves the lengthening of the urethra and resection and repositioning of the clitoris and employs a skin graft usually harvested from the patient’s own arm or leg that is used as a shaft for the new phallus. This surgery also involves the joining of the labia and use of prosthetic testicles. Patients are also given the option to have a device fitted that allows them to gain an erection by using a small pump system which can be disguised as a testicle. Due to the complex nature of the nerves and vasculature in the genital area, patients report varying levels of success in terms of sensitivity post-surgery.

# FTM TOP SURGERY

## *MASTECTOMY/CHEST MASCULINISATION*

This surgery involves the removal of breast tissue it is similar in some ways to the surgery commonly undergone by breast cancer patients with the main difference being that the surgeon will take steps to ensure the patient's chest has a more typically male contour and appearance after surgery. There are several approaches available to this type of procedure depending on the result desired and pre-existing anatomy of the patient.

## *FACIAL MASCULINISATION SURGERY*

This type of surgery is not as common as facial feminization surgery, but it is gaining popularity. It involves the use of various cosmetic procedures such as brow or chin implants to give the patients face a much more masculine appearance.

# MTF BOTTOM SURGERY

## *BUTTOCK AUGMENTATION*

This surgery usually involves the use of implants or fillers to give a more feminine shape to the patient's hips and buttocks.

## *ORCHIECTOMY*

This surgery sometimes known as an orchidectomy is a procedure performed on a patient to remove a testicle or both testicles (bilateral orchidectomy) the procedure is generally performed under local or epidural anaesthesia the standard duration is around 30 minutes for a bilateral orchidectomy. The removal of the testicles is not only done for cosmetic reasons but also because it causes a dramatic drop in testosterone production, which can reduce the patients need to take anti-androgen medication. This is medication to reduce the patient's natural hormone production. As with all medication

there are side effects and these can be avoided to some degree by undergoing this type of surgery.

### ***VAGINOPLASTY***

While there are many different approaches to this type of procedure, this surgery often involves the head of the penis being detached and formed into a clitoris which is then placed at the top of the newly constructed vulva. The vagina is created by the splitting and inverting of the penis which is then placed in an internal cavity created by the surgeon. During the surgery the urethra is relocated to allow for urination and parts of the scrotum are used to form the labia majora.

## **MTF TOP SURGERY**

### ***BREAST AUGMENTATION***

This surgery involves the use of breast implants to give a more female appearance to the chest.

### ***F.F.S (FACIAL FEMINISATION SURGERY)***

This surgery can take many forms ranging from lip injections and eye brow lifts to a complete reshaping of the bone structure of the face by employing methods such as filing away the eyebrow or chin bones to give the face a softer more feminine appearance.

### ***TRACHEAL SHAVE***

This involves shaving away at the protruding excess cartilage on the trachea which is what causes an “Adam’s apple”

### ***V.F.S (VOICE FEMINISATION SURGERY)***

This surgery sometimes known as feminisation laryngoplasty involves shortening the functional length of the vocal chords so as to increase the pitch of the voice. It should be noted that surgery can only change pitch

and that patients normally would need to also undergo vocal coaching to further feminize their voice.

# SEXUAL & ROMANTIC ORIENTATIONS

In this section the wide spectrum of orientations will be covered in some detail before discussing each individual label it is important to understand the difference between sexual and romantic attraction. Sexual attraction determines who will or will not cause a person to experience sexual arousal or desire. Romantic attraction determines who a person will or will not experience romantic feelings towards or desire a romantic relationship with.

The main point to note in this section is that these two forms of orientation are mutually exclusive meaning that while a person may experience romantic attraction, they might not necessarily experience sexual attraction in the same way if at all. For example, there are people who desire romantic relationships with men but don't desire any form of sexual contact with them or they may desire a sexual relationship with a woman but a romantic relationship with a person of any gender, there are also individuals who feel sexually attracted to exclusively one gender but are only romantically attracted to another.

In the following section we will discuss each term individually for the most part each term is composed of a prefix and a suffix the prefix will determine the object of attraction whereas the suffix determines the nature of the attraction be it sexual or romantic for example.

(HETERO)(SEXUAL)

Hetero meaning opposite i.e. the person is attracted to the opposite gender

Sexual meaning that the person experiences a sexual attraction

In this example the suffix can be changed to romantic (HETEROROMANTIC) to indicate that the person experiences romantic desires for a person of the opposite gender.

### *Straight/Hetero(Sexual/Romantic)*

This term refers to someone who is either romantically or sexually attracted to someone of the opposite gender.

### *Gay*

This term refers to someone who is either romantically or sexually attracted to someone of the same gender. For a long time it was most commonly used to describe homosexual men, but it is now used as an umbrella term for people of marginalized sexualities and has been adopted by homosexual and bisexual people of people of both genders and to refer to anything pertaining to LGBT issues for example 'gay rights', 'gay community', 'gay bar' etc. while using the word in this way is not inaccurate there are some individuals who feel that due to its heavy association with homosexual men it excludes other identities.

### *Lesbian*

This term refers to female who is either romantically or sexually attracted to someone of the same gender. It should be noted that regardless of whether a woman is cisgender or identifies as a member of the trans community they are still considered a lesbian if 1) they have a romantic or sexual attraction to other women. And 2) they feel comfortable identifying with that label.

### *Bi(sexual/Romantic)*

This term refers to someone who is either romantically or sexually attracted to people of two genders most commonly it is used to refer to an attraction to both cisgender males and females.

### *Poly(sexual/Romantic)*

This term refers to someone who is either romantically or sexually attracted to people of multiple genders so for example a polysexual person may feel attracted to (cisgender males), (transgendered males), (transgendered females), (gender queer people) and (non-binary people) but feel no attraction towards (cisgender females).

### *Pan(sexual/Romantic)*

This term refers to someone who is either romantically or sexually attracted to someone of any gender and feels they have the potential to have a romantic or sexual relationship with people without taking their gender identity into consideration.

### *A(sexual/Romantic)*

This term refers to a person who does not feel any form of sexual or romantic desire (depending on the suffix used) this particular group are subject to many stereotypes for example it is a common assumption that asexual people have some form of psychological or medical problem. This is not true while there are many psychological or medical problems that cause a change in a person's sex drive this is not the cause of Asexuality. While some individuals affected by such conditions use the term to describe themselves many people feel it is their natural orientation. It is also not true that asexuals identify as such due to having experienced any form of abuse. There are varying kinds of asexuality ranging from people who rarely feel sexual desire, through people who have no sexual desire at all, to individuals who find any form of sexual contact to be extremely unpleasant (sometimes referred to as repulsed asexuals). It is also not uncommon for asexual people to be in loving long term relationships with people who do not identify as asexual and whether or not these relationships involve any form of sex will depend on each individual relationship, but it is very common for some asexual people to engage in intercourse with their partner (sometimes called flexible asexuals)

Asexual = a person who does not experience sexual desire

Aromantic = a person who does not feel any need to be involved in a romantic relationship

(These terms are mutually exclusive a person may identify as one or the other or both)

### *Grey A*

This term is often used to describe those who feel that their identity falls somewhere in the grey area between those who experience sexual desire and

those who consider themselves Asexual. This can refer to varying levels of sexual attraction. It can mean someone who feels a very low level of sexual attraction this is sometimes referred to as hyposexuality. Other forms of Grey A identities are individuals who feel sexual attraction but only in rare or infrequent occasions or under very specific circumstances.

### *Demisexual*

This term refers to a form of asexuality where a person will only experience sexual attraction if they have first formed a meaningful emotional connection or romantic attraction towards a person.

### *Gyno(sexual/romantic)*

The term gyno or sometimes gyne sexual or romantic refers to someone who only experiences attraction to female individuals or individuals who present with more feminine genders i.e. ciswomen, transwomen or feminine nonbinary individuals.

### *Andro(sexual/romantic)*

The term andro sexual or romantic refers to someone who only experiences attraction to male individuals or individuals who present with more masculine genders i.e. cismen, transmen or masculine non binary individuals.

### *Skolio(sexual/romantic)*

This term is used to refer to a person who only feels attracted to people who do not identify as cisgender and instead find themselves attracted to members of the trans community.

## **QUESTIONING**

This is a term used by people who perhaps aren't entirely sure which identity best suits them and who may have thoughts, urges or attractions that differ from those that they would normally experience for example a man who has



predominantly heterosexual attractions but has experienced some homosexual attractions might describe himself as questioning.

### *TWO SPIRIT*

This is a term that originated with indigenous peoples living in what is now known as the Americas. It was believed by many tribes that members of the LGBT+ community were of two spirits and were considered by some to be sacred and as a result many modern-day LGBT+ people of indigenous descent have elected to use this term to be more in keeping with their heritage. Recently it has been gaining popularity with individuals who do not have indigenous ancestry but prefer using this term as opposed to others to describe themselves.

# POLYAMOROURY

The term polyamorous is used to describe a relationship that is comprised of more than two people. A person who chooses to be in such a relationship can also be said to be a polyamorous person. Important points to note are that a polyamorous person can feel emotional attraction to more than one person but does not have any desire to be unfaithful to their partner or partners. Polyamorous relationships involving more than two people are characterised by the fact that all parties are fully aware of the situation and are happy and comfortable with the arrangement. All parties are seen as being equally involved in the relationship. This is different from an “open relationship” which is when a couple are happy for each other to seek sexual encounters or relationships from individuals separately from the relationship. People in a polyamorous relationship may also have an open relationship where they have an agreement that they may have sexual encounters with people who are not involved with the relationship but the people they have sexual encounters with are not considered part of the relationship. This is often confused with polygamy which is when one person marries multiple times often illegally the main difference is that a polygamist is a person who is in a relationship with multiple people whereas a polyamorous person most commonly would have a relationship where multiple people are in a relationship with each other.

# FLAGS AND THEIR MEANINGS



## PRIDE FLAG 1979

The most popular version of the flag, designed by Gilbert Baker in 1978 after being commissioned by Harvey Milk, first introduced in 1979.

## PHILADELPHIA PRIDE FLAG 2017

The city of Philadelphia adopted a revised version of the flag that adds black and brown stripes to the original flag to represent the issues faced by LGBT+ people of colour.



## PROGRESS PRIDE FLAG 2018

A chevron containing colours from the Philadelphia and trans pride flags were added to place an emphasis on inclusion and to remember those lost to HIV/AIDS.

## INTERSEX INCLUSIVE PROGRESS PRIDE FLAG 2021

The intersex flag was added to the chevron of the progress flag by Intersex Equality UK.



## STRAIGHT ALLY PRIDE FLAG 2000'S

The Ally Pride Flag was designed sometime in the late 2000s, and celebrates the heterosexual and cisgender people who are allies of the LGBT+ community. The black and white stripes represent heterosexuality and cisgenderism, and the rainbow striped "A" stands for ally.



## **GAY MENS PRIDE FLAG 2019**

Originally comprising of shades of blue, this new version of the flag is intended to include a broader spectrum of LGBTQ+ men, including transgender, intersex, and gender-nonconforming men, among others.

## **LESBIAN PRIDE FLAG 2018**

There have been many versions of the lesbian pride flag none of which have been widely accepted by the entire community.



## **BISEXUAL PRIDE FLAG 1998**

designed by Michael Page, the flag was intended to increase the visibility of bisexuals among society as a whole and within the LGBT community.

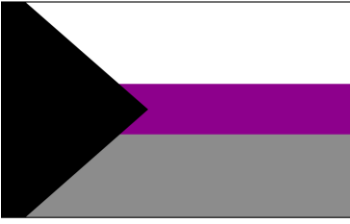
## **PANSEXUAL PRIDE FLAG 2010**

The colours in this flag are said to represent attraction to males (blue), females (pink) and non-binary people (yellow).



## **ASEXUAL PRIDE FLAG 2010**

The black represents asexuality, the gray represents gray-asexuality and demisexuality, white represents allosexuality or allies, and the purple represents the whole community.



## DEMISEXUAL PRIDE FLAG (DATE UNKNOWN)

The origins of this flag are unknown but it is assumed it was created after 2010 as it is thought to be based on the asexual pride flag.

## TRANSGENDER PRIDE FLAG 1999

Created by American trans woman Monica Helms in 1999, and was first shown at a pride parade in Phoenix, Arizona, in 2000. Helms got the idea after talking with a friend, Michael Page, who designed the bisexual flag in 1998.



## NON-BINARY PRIDE FLAG 2014

Yellow represents people outside the cisgender binary. white represents people with multiple genders. Purple represents people who identify as a blend of male and female. Black represents agender people.

## INTERSEX PRIDE FLAG 2013

Yellow and purple were chosen as they were viewed as free from gender associations and were historically used to represent intersex people. The circle is described as "unbroken and unornamented, symbolizing wholeness and completeness, and our potentialities."



## POLYAMOURY PRIDE FLAG 1995

The colors symbolize openness and honesty between partners (blue), love and passion (red), and solidarity with those who must hide their polyamorous relationships (black). The Pi symbol, as an irrational number with infinite decimal places, represents infinite love.

# Do's & Don'ts

| DON'T   | DO  |
|---|---|
| Don't say Transgendered   | Instead say transgender   |
| Don't say someone is 'a' gay  | Instead say they are gay  |
| Don't assume someone's gender   | Instead use neutral pronouns or ask politely which pronouns they use  |
| Don't say 'preferred' pronouns  | A person's pronouns aren't preferred they are just their pronouns   |
| Don't say real name   | Instead say birthname   |
| Don't say hermaphrodite   | Instead say intersex  |
| Don't say used to be male or female                                       | Instead use one of the more appropriate terms from within this glossary   |
| Don't say normal  | Instead use a more appropriate term such as straight or cisgender   |
| Don't make a big issue about apologising to someone if you misgender them | Instead quickly apologise and correct yourself and move on with the conversation                                    |
| Don't introduce someone to a group and mention their gender or sexuality  | Instead allow them the opportunity to introduce themselves so they can share any info they feel comfortable sharing |