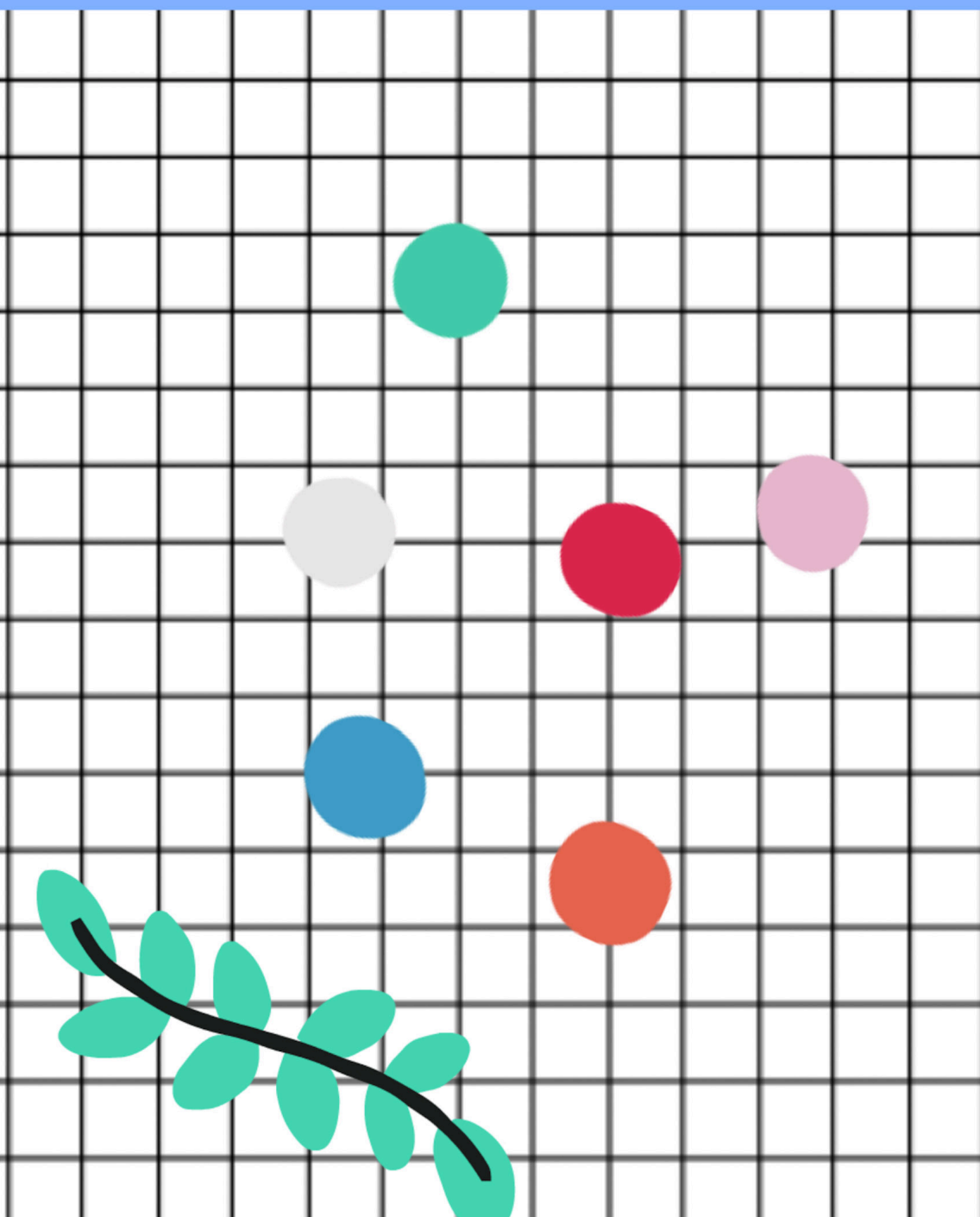
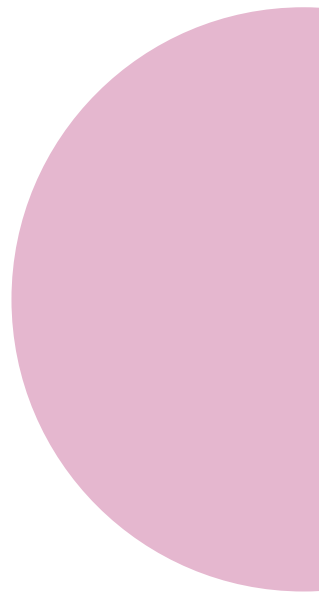


The Sexpression Dictionary

For a more inclusive classroom





Dictionary

Thank you for using this dictionary. Its aim is to make your lessons more inclusive to LGBT+ students. It is difficult to overstate the positive difference to students' lives you will make by creating an inclusive classroom. This dictionary is intended for allies rather than LGBT+ people themselves. LGBT+ experience itself is diverse and it is important not to view it as homogenous. There are many different opinions and to represent them all would be an impossible task. We have tried to take the most inclusive view possible. That being said, this is not a comprehensive dictionary. Finally, as a general rule of thumb, if someone wants you to refer to them a particular way, even if it contradicts what is said here, refer to them that way.

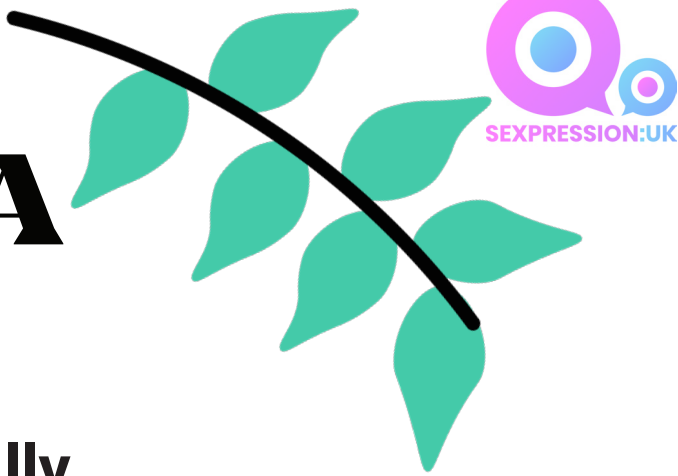
Bede Pharoah-Lunn, Advocacy Director. January 2020
advocacy@sexpression.org.uk



Please note that this is version 1.0 of the dictionary. As time goes on and language develops, the dictionary will be altered and updated versions will be made available to you via the email address you first signed up with. If your email address changes, re-sign up on our website (www.sexpression.org.uk) to ensure you don't miss out on continuing to make your classroom a more inclusive place.

Dictionary written by Bede Pharoah-Lunn
Designed by Anna Shams Ili. Front and back cover by Freja Hoskins.

A



Ally

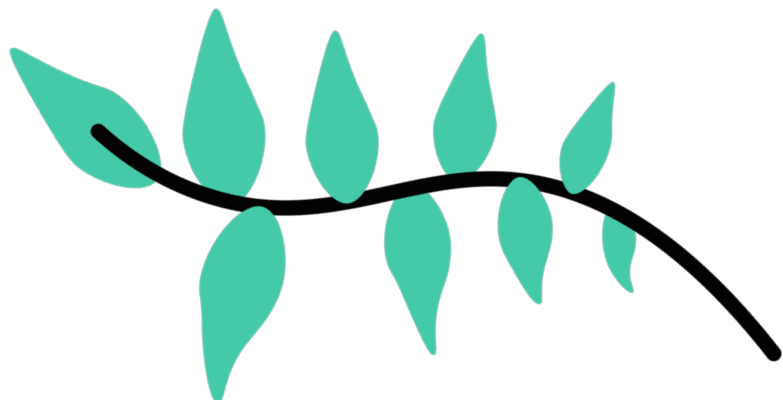
An ally is someone who supports the queer community and their campaign for liberation. If you are an ally, it is important to think about when to speak up and when to let others speak. As a rule of thumb, if there is a queer person there to speak out, let them. However, if a queer person is vulnerable or outnumbered, your voice is invaluable.

AFAB

Assigned female at birth (see AMAB). This refers to anyone who was designated as female when they were born. It is a useful term for making your language trans-inclusive, particularly when talking about anatomy. Crucially, someone who is AFAB is not necessarily a woman.

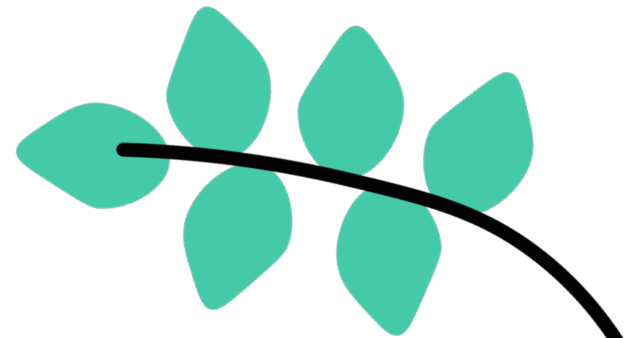
Allosexual

The opposite of asexual, allosexual simply means anyone who experiences sexual attraction.



AMAB

Assigned male at birth (see AFAB). This refers to anyone who was designated as female when they were born. It is useful for making your language trans-inclusive, particularly when talking about anatomy. Crucially, someone who is AMAB is not necessarily a man.



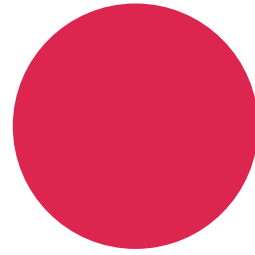
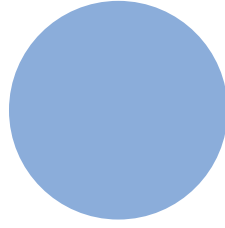
Asexual

Asexual people do not experience sexual attraction. Asexual is often abbreviated to ace. It is important to note that asexuality exists on a spectrum (see demisexual). Additionally, not experiencing sexual attraction does not mean that asexual people do not get aroused or have sexual feelings; those feelings are just not attached to attraction. Some asexual people are comfortable having sex and some are not. Some asexual people want relationships and some do not (see aromantic).

Aromantic

Similarly to asexuality, aromanticism means people do not experience romantic attraction. They may still experience sexual attraction. Aromantic is often abbreviated to aro.

B

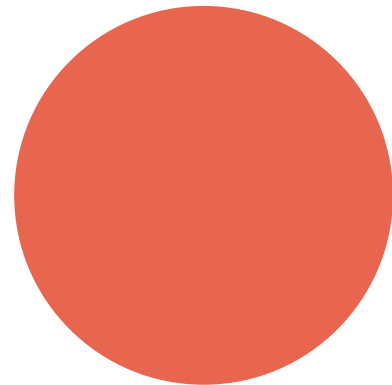
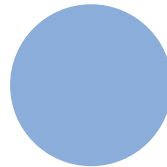


Bisexual

Bisexual means you are attracted to two or more genders. It is often inaccurately accused of being trans exclusionary. Since it was coined (as its current meaning; bisexual to mean unisex has been in use far longer) it has been inclusive of non-binary and trans people.

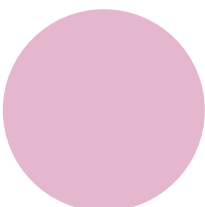
Bi+

An inclusive label to group everyone who is attracted to multiple genders, for example those that identify as pansexual or omnisexual.



Bi erasure

This refers to the common malpractice of erasing someone's bisexuality, usually in favour of labelling them homosexual or heterosexual. Notable examples are David Bowie and Sappho.

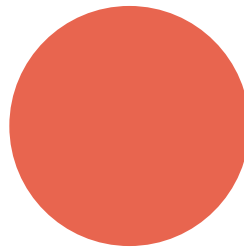


Coming out

Coming out refers to the act of a LGBT+ person revealing their identity to the world. Coming out can be immensely scary. Having said that, LGBT+ people have to come out a lot to different people they meet. To some people, it is a huge deal; to others, it's just another small part of their life. If someone comes out to you, it is important to be supportive but not patronising.

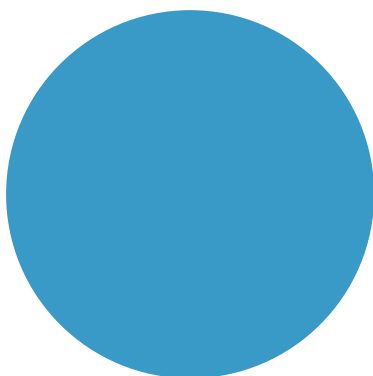
Cisgender

The opposite of transgender, cisgender refers to anyone who identifies as the gender they were assigned at birth. Often abbreviated to just cis.

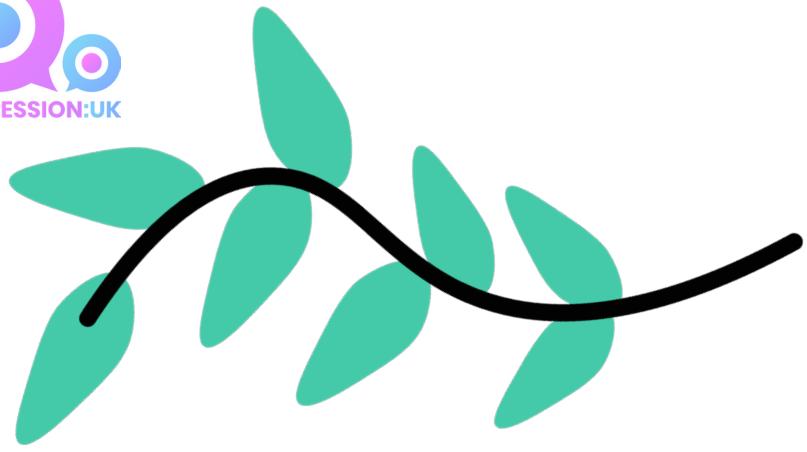


Cisnormativity

The societal problem of the othering of trans people and trans experience. Cisgender is erroneously considered the default.



D



Demisexual

On the asexual spectrum, this sexuality refers to someone who has to know another person intimately before they experience any sexual attraction towards them.

Drag

A practice popularised in the late 1970s and 1980s in New York by black LGBT+ communities, this primarily involves gay men performing an exaggerated version of womanhood or femininity, referred to as drag queens. However, it is not exclusive to men: many trans women also perform as drag queens for various reasons, as well as cis lesbians. There are also drag kings, who perform similarly except as men. They are also a diverse cis and trans community. Drag shows can take many forms, such as singing, or stand-up comedy, or lip-syncing.

Gender Dysphoria

Dysphoria refers to the discomfort experienced by trans people as a result of the expectations surrounding their identities. It is classified by the WHO as a neurological disorder, for which the only treatment is transitioning. It can be either body (focussed on body discomfort, for example surrounding genitalia) or social (focussed on how a trans person is perceived in society, for example surrounding their dead-name). To help alleviate dysphoria, avoid talking about bodies in a cisnormative way, avoid referring to a trans person by incorrect pronouns or their deadnames. This is not an exhaustive list of the measures you can take.

E-F-G

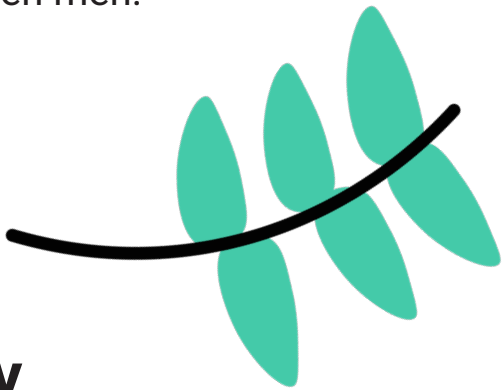
Enby

See *non-binary*



FTM

Female-to-Male. Used to refer to transmen. Some transmen do not like this term because it supports the myth that they have not always been men.



Gay

Gay is used both as an umbrella term to refer to the entire LGBT+ community and specifically to men attracted exclusively to men.

G

Gender-binary

A model for understanding gender, in which there are two extremes, male and female. People can exist anywhere on this spectrum.

Gender-fluid

Gender-fluid refers to people whose gender shifts between male and female extremes on the binary. Gender-fluid people generally also refer to themselves as non-binary.

Gender-Presentation

Refers to how people express their gender through dress, mannerisms etc. Importantly, gender presentation is not the same as gender identity. Do not equate those who present femininely with people who are women, or vice versa.

GNC

Gender non-conforming. This can refer to anyone who does not fit within the gender binary. Usually it refers to gender presentation, but not always.

Heteronormativity

The problem of society seeing *heterosexuality* seeming 'normal' and any other sexuality being considered abnormal.

HRT

Hormone replacement therapy. Usually undergone by binary trans-people to change aspects of their biology.

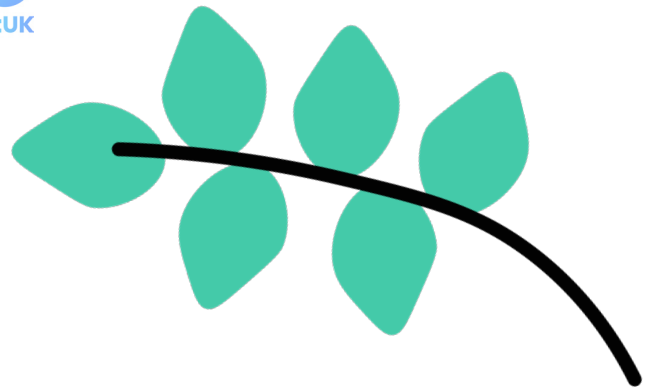
Identify

In this context, used with people referring to their gender identity. Some trans people.

Intersex

People whose biology does not fit in with binary views of sex. Estimated to be around 1% of the population, though statistics are difficult to come by since intersex people are usually given surgery at birth then their sex is listed as male or female.

L

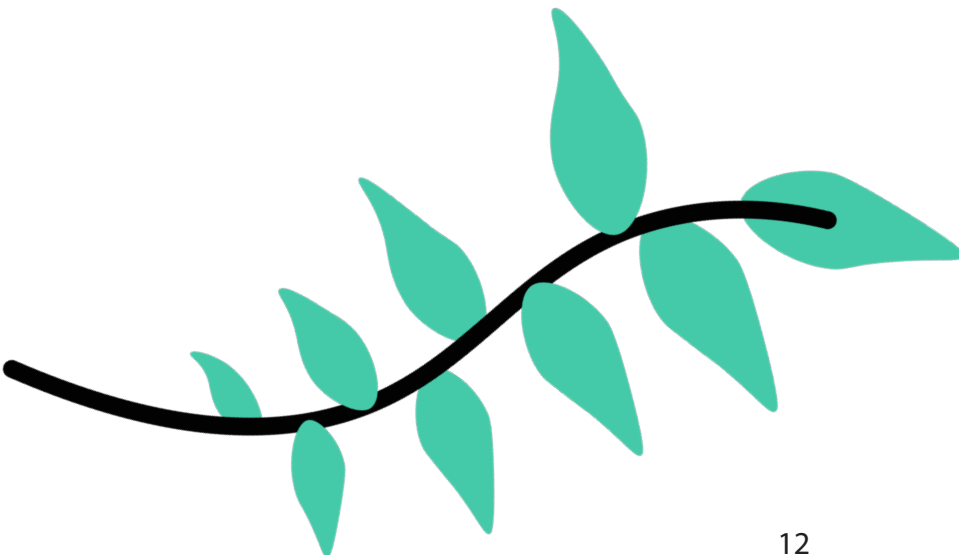


Lesbian

A woman who is attracted exclusively to other women. Some non-binary people also use this label.

LGBT+

Lesbian, Gay, Bisexual, Transgender. Variations include (LGBTQ+ (LGBT+), LGBTQIA+ (LGBT+, Intersex, Asexual/Aromantic), LGBTQUA+ (LGBT+, Undefined/Unassigned, Asexual/Aromantic)). Some LGBT+ people consider this acronym problematic since it is unwieldy and, as our understanding of gender and sexuality grows, it will only get longer. As an alternative, most people use LGBT+, however some people feel uncomfortable with cis het people using LGBT+, due to its history as a slur. Moreover, several LGBT+ people value the ability to express their particular identity as part of that. Most significantly, always include the + otherwise it comes across as exclusionary and emphasises the hierarchies within the LGBT+ community.

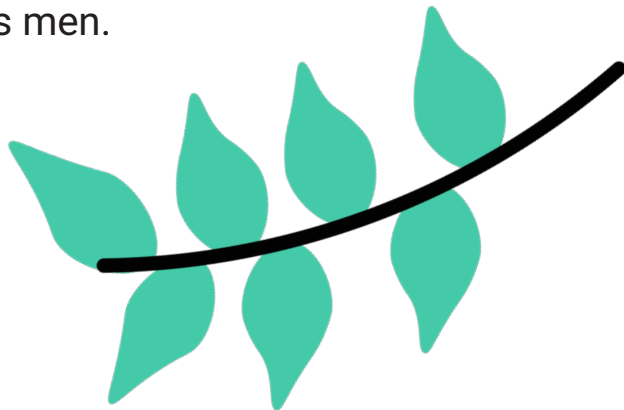


Misgender

Misgendering is most commonly using the wrong pronouns for a person, however it can take the form of using the wrong title or many other small things. Whilst misgendering will probably make someone uncomfortable, it is far from the worst thing you can do. Usually, just a quick apology and correction will be enough.

MSM

Men having sex with men. Usually used in biology or sociology to refer to cismen who have sex with cismen, in order to include both bi and gay men, as well as those that might identify as neither or straight. It does sometimes exclude trans men.



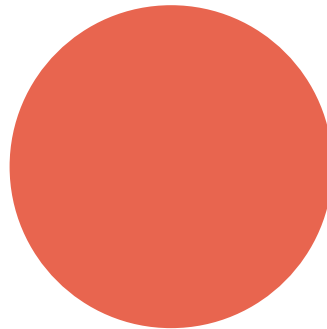
MTF

Male-to-female. Used to refer to trans women. Some trans women do not like this term because it supports the myth that they have not always been women.

N-P

Nb

See non-binary



Non-binary

Often abbreviated to nb or enby. Refers to people who exist outside of the gender binary. Does not necessarily mean androgynous, and should not be equated with androgynous gender presentation. Some non-binary people identify as also trans and some do not. Moreover, some non-binary people experience social or body dysphoria and some do not.

Polyamory

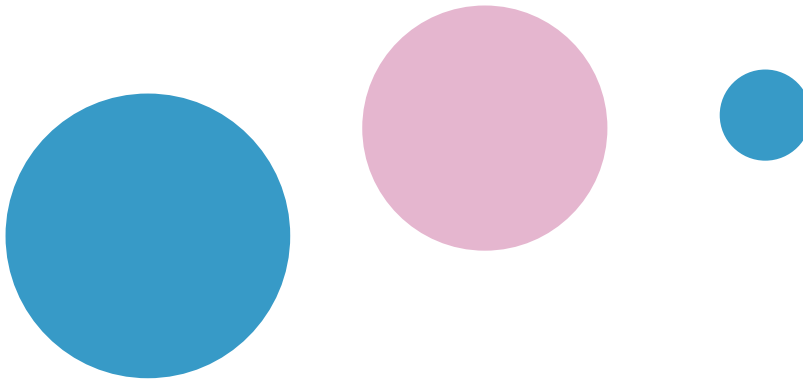
Also referred to as ethical non-monogamy. This refers to the practice of having multiple partners. It is not cheating, as there is an agreement reached beforehand by all invested parties. Polyamory can take many forms, such as an exclusive thuple or a primary romantic partner with many other casual partners. Additionally, being polyamorous is not exclusive to the LGBT+ community, and many heterosexual people consider themselves polyamorous.

Pronouns

In this context, pronouns refer to how someone wants to be referred. It is important to respect and use someone's pronouns, regardless of your personal thoughts. Pronouns do not necessarily reflect gender identity, and a trans woman might use they/them and a non-binary person might use he/him. It is important to note that it is just "pronouns" rather than "preferred pronouns" because the latter can imply that non-cis gender identity is a choice or less valid.

Pansexual

Refers to people who are attracted to anyone regardless of gender.



Pride

Pride is a massive term we couldn't possibly comprehensively define. Most commonly, it refers to the marches held around the world to honour the original Stonewall March in 1969, celebrate LGBT+ identity and fight homophobia. It can also simply refer to the sense of being proud of your LGBT+ identity.

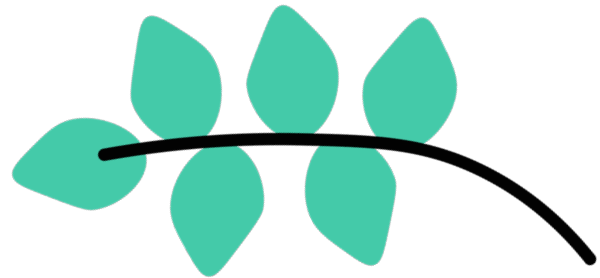
Q-R-S

Queer

Queer is a word reclaimed from the slur for gay men, used to refer to the entire queer community. Increasingly popular but still tied to the community's collective trauma around that homophobia. As an ally, some people will feel comfortable with you using this word and some people will not.

Romantic Orientation

A romantic orientation refers to how people experience romantic attraction. It is not the same as sexual attraction, though they can be linked.

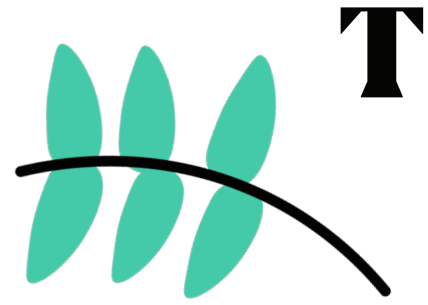


Sexual Orientation

A sexual orientation refers to how people experience romantic attraction. It is not the same as romantic attraction, though they can be linked.

Social construction

Social construction is a sociological term for anything that's made between people. Many things are socially constructed, including but not limited to money and language. Importantly for LGBT+ identity, gender, sex and sexuality are all socially constructed; although there may be some base biological fact, any links drawn between those facts and language used to articulate them is socially constructed.



They/them/theirs

These are common pronouns for non-binary people. They are also gender neutral pronouns used for someone whose gender is unknown. Commonly and inaccurately, they are often called new but have in fact been used in English for many centuries.

Transsexual

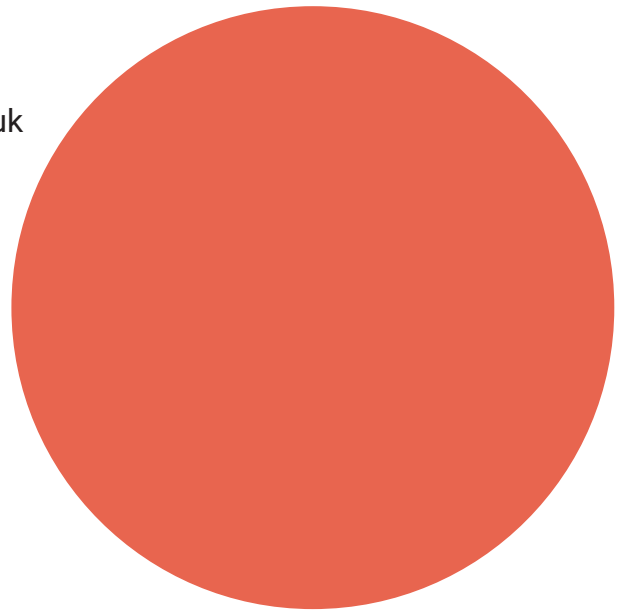
An outdated term used to refer to transgender people. Often used by *transmedicalists* to distance themselves from non-binary people.



Transgender

Used to refer to binary trans people.

U

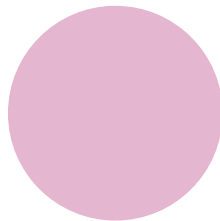


Transmedicalists

A group of transpeople who believe that you need dysphoria to be trans, and are often exclusionary of non-binary people.

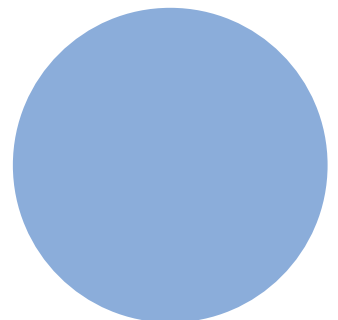
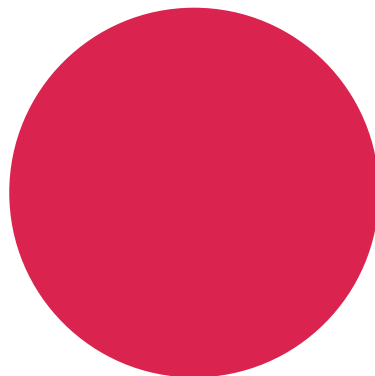
Transvestite

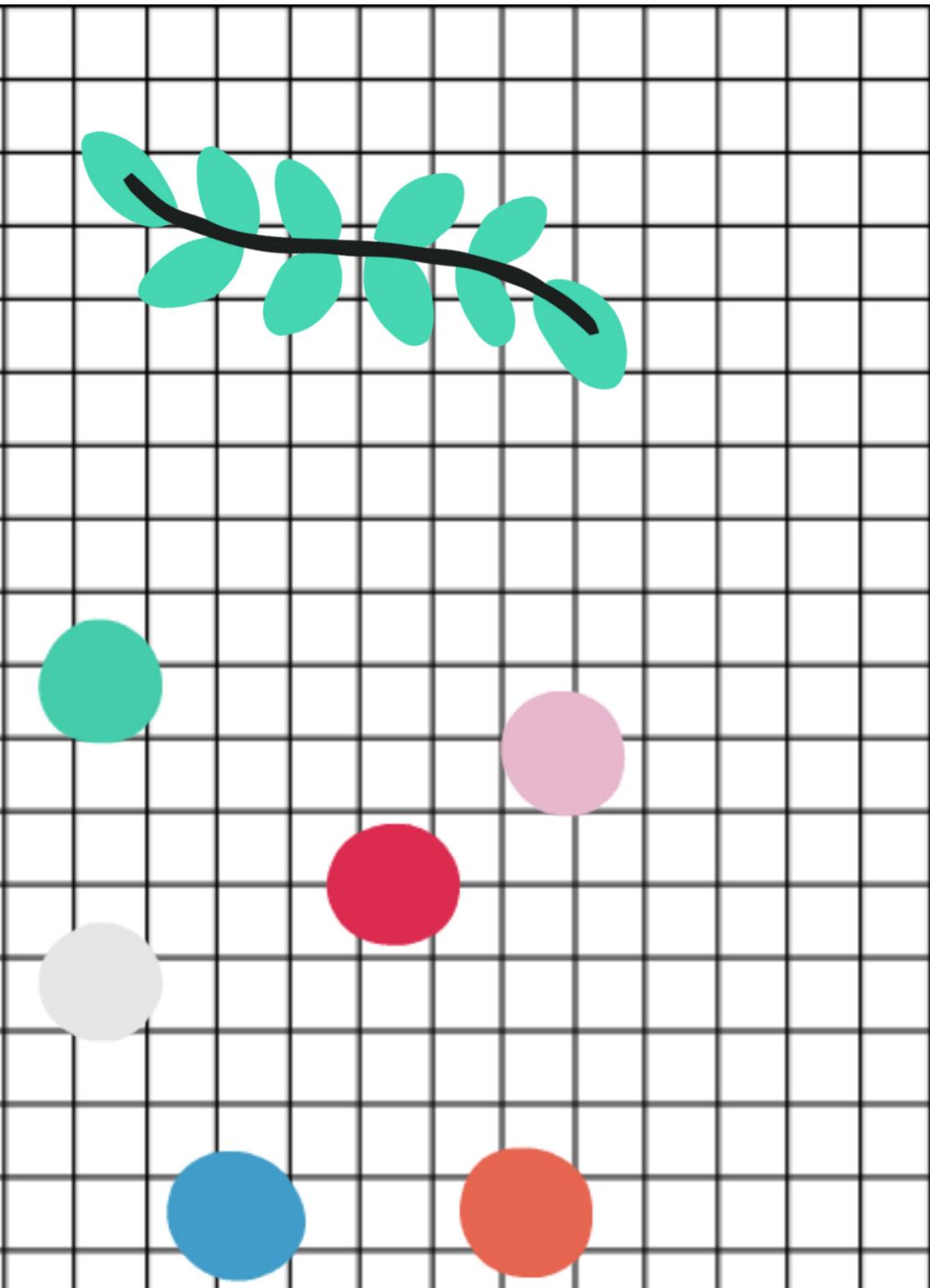
A crossdresser. Often used as a slur to invalidate transpeople.



Unassigned

See *non-binary*





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