

**Agender:** Term for some people who commonly do not have a gender and/or have a gender that they describe as neither male nor female.

**AFAB and AMAB:** Acronyms meaning “assigned female/male at birth”. This term is preferred over “biological female/male”, “female/male bodied”, “natal female/male”, or “born female/male”.

**Bigender/multigender/polygender:** Refers to those who identify as having two or more genders.

**Binder:** Garment used to flatten out the appearance of the chest.

**Cis-appearing:** Being perceived by others as cisgender. This term is preferred over “passing”.

**Cisgender (cis):** Someone whose gender identity matches their sex assignment at birth. This language help normalizes the experience of being transgender. This is the appropriate term for someone non-trans, rather than saying something like “*normal* woman/man or “*real* woman/man”.

**Drag:** Exaggerated, theatrical, and/or performative gender presentation. Anyone of any gender can do any form of drag. Doing drag does not necessarily have anything to do with one’s sex assigned at birth or gender identity.

**Drag Queen/King/Queer/Performer:** Person who does drag. Not that same thing as transgender, although many transgender people do drag.

**Forms:** Prosthetic breasts.

**Gaff:** Garment used to secure tucked genitalia in place for those who wish to decrease the appearance of a bulge.

**Gender Affirming Surgery (previously called genital/gender reassignment/reconstruction surgery):**

Refers to surgical alteration, and is only one part of some trans people’s journey. Never assume that a transgender person wants to have or has had surgery.

**Gender Dysphoria:** Anxiety and/or discomfort regarding one’s sex assigned at birth.

**Gender Euphoria:** Experiencing euphoria with a gender other than the one assigned at birth.

**Gender Expression/Presentation:** The way a person acts, dresses, speaks, and behaves in order to show their gender as feminine, masculine, both, or neither. There is no “right” way to express or present your gender.

**Gender Fluid:** A changing or “fluid” gender identity. Some gender fluid people also identify as genderqueer or non-binary.

**Gender Identity:** A person’s internal sense of being woman, man, both, neither, or something else entirely.

**Gender Identity Disorder/GID:** A controversial DSM-III and DSM-IV diagnosis. Gender Identity Disorder is often considered offensive because it labels people as “disordered”. This term was replaced by the term “gender dysphoria” in the DSM-5.

**Genderqueer:** An identity commonly used by people who do not identify or express their gender within the gender binary. Those who identify as genderqueer may identify as neither male nor female, may see themselves as outside of or in between the binary gender boxes, or may simply feel restricted by gender labels. Not everyone who identifies as genderqueer identifies as transgender or non-binary.

**2SLGBTQIA:** A collection of identities short for two-spirit, lesbian, gay, bisexual, transgender, queer/questioning, intersex, asexual/aromantic<sup>i</sup> (sometimes abbreviated to LGBTQ+). Sometimes this acronym is replaced with “queer”, GSRD (gender/sexuality/relationship diverse) or called the “rainbow community”.

**Lower Surgery (also called “bottom surgery”):** Genital surgeries such as vaginoplasty, phalloplasty, or metoidioplasty.

**Non-binary:** Umbrella term for gender(s) other than female/male or woman/man, used as an adjective (e.g. Jesse is a non-binary person). Not all non-binary people identify as transgender and not all transgender people identify as non-binary. Someone can also identify as a non-binary woman/man.

**Neutrois:** Non-binary gender identity meaning “neutral”.

**Packing:** Wearing a penile prosthesis or other device to create the appearance of a bulge.

**Pronouns:** How a person refers to themselves/how they should be referred to (e.g. She/her/hers or he/him/his). Many people use the singular they/them/theirs. Some other examples include zi/hir/hirs and ze/zir/zirs. Asking “What are your pronouns?” is an appropriate question rather than asking what a person’s gender is.

**Stealth:** To not be openly transgender in all, almost all, or certain social situations.

**Transgender:** Someone whose gender identity does not match their sex assignment at birth; inclusive of non-binary identities. Note: not all non-binary people identify as transgender.

**Trans:** Prefix or adjective used as an abbreviation of transgender, derived from the Latin word meaning “across from” or “on the other side of.”

**Transphobia:** Systemic violence against Trans people, associated with attitudes such as fear, discomfort, distrust, or disdain. This word is used similarly to homophobia, xenophobia, misogyny, etc.

**Trans Woman/Trans Man:** Trans woman generally describes someone assigned male at birth and who identifies as a woman. Trans man generally describes someone assigned female at birth and who identifies as a man. These terms are preferred over MTF (male-to-female) or FTM (female-to-male)

**Tucking:** Practice of using a gaff to tuck genitals away to minimize the appearance of a bulge.

**Two-Spirit:** An umbrella term for various Indigenous gender identities in North America and is not to be used to describe someone non-Indigenous. For more information, please visit: <https://twospiritmanitoba.ca/>

**Upper Surgery (also called “top surgery”):** Chest surgery such as double mastectomy, breast augmentation, breast/chest reduction, or periareolar (keyhole) surgeries.

**The following terms are offensive and should NOT be used:**

She-male, he-she, tranny, it, transsexual, cross dresser, transvestite, sex change, “transgenders”, “a transgender”, “transgendered”.

\*Note: Some transgender people use these terms to refer to themselves, which is okay. A general best practice should never supersede a trans person’s right to use whatever language feels best to them.

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<sup>i</sup> <http://www.transstudent.org/definitions/>