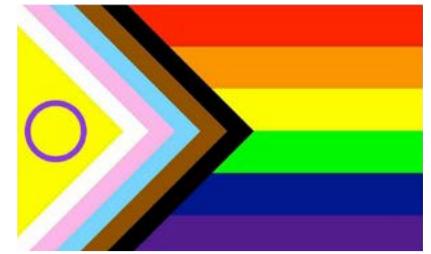**ROYAL PHARMACEUTICAL SOCIETY**

LGBTQIA+ glossary of terms

You may find this glossary helpful in your understanding of, and communication with, your patients.

Asexual (ace)

A lack of, or occasional experiences of, sexual attraction.[1]

Binary

Binary identities are male and female. Some people don't identify as having a binary identity.[2]

Bisexual (bi)

A romantic and/or sexual orientation towards more than one **gender**.[1]

Cisgender (cis)

Someone whose **gender identity** is the same as the **sex** they were assigned at birth.[1,2]

Deadnaming

Calling someone by their birth name after they have changed their name. **Transgender** people may change their name and **pronouns** as part of their **transition**.[1]

Demi (sexual and romantic)

People who may only feel sexually or romantically attracted to people they have formed an emotional bond with. They may also use other terms such as **lesbian**, **gay** or **bisexual** to indicate sexual orientation.[1]

Gay

Men who have a romantic and/or sexual orientation towards other men. Remember that **trans men** may also be gay, and some **non-binary** people may also identify with this term.[1]

Gender

Usually assumed as the **sex** assigned at birth and is largely culturally determined. It is often expressed as male, female or **non-binary**.[1, 2]

Gender dysphoria

The discomfort or distress someone feels because there is a mismatch between their **sex** assigned at birth and their **gender identity**.[1,3] This mismatch in **sex** assigned at birth and **gender identity** is more formally known as **gender incongruence**.[4]

Gender dysphoria is also a clinical diagnosis.[2,3]

Gender expression

How a person chooses to outwardly express their **gender**, within the context of societal expectations of gender. It refers to all external characteristics and behaviours that are socially defined as either masculine or feminine, such as dress, mannerisms and voice and communication.[5]

Gender identity

A person's self-perception of their **gender**. This could be male, female or something else (see **non-binary**), which may or may not match with their **sex** assigned at birth.[1,3,5]

Gender incongruence

A notable and persistent mismatch[6] between someone's **gender identity** and their **sex** assigned at birth. This can often lead to **gender dysphoria**.[7]

Gender reassignment/affirmation

A person's transition. Gender reassignment/affirmation usually involves a medical intervention, but can also mean changing names, **pronouns**, dressing differently and living in their **gender identity**. Gender reassignment is a characteristic that is protected by the Equality Act 2010.[1,3]

Heterosexual/straight

Refers to a man who has a romantic and/or sexual orientation towards women or to a woman who has a romantic and/or sexual orientation towards men.[1]

Intersex

Someone who may have the biological attributes of male and female or whose biological attributes don't fit with societal assumptions about what constitutes male or female.[1]

This could include genitalia that is not exclusively male or female, reproductive organs that 'don't match' their external **sex** characteristics or hormone levels that are uncommon for their assigned sex at birth.[3]

Intersex people may identify as male, female or **non-binary**.[1,3]

Lesbian

A woman who has a romantic and/or sexual orientation towards women. Remember that **trans women** may also identify as lesbians, and some **non-binary** people may also identify with this term.[1]

Non-binary

People whose **gender identity** doesn't sit comfortably with 'man' or 'woman'.[1,3] Non-binary identities vary and can include people who identify with some aspects of 'man' or 'woman' identities, but some reject them entirely.[1]

Pansexual (pan)

A person whose romantic and/or sexual preference is not limited by **sex** or **gender identity**.[1]

Pronouns

Nouns used to refer to ourselves or others, e.g., she/her, he/him and they/them. They can be an important way for a person to express their **gender identity**.[1,8]

Queer

An umbrella term used for people whose sexual orientation is not **heterosexual** or whose **gender identity** is not **cisgender**.[9] Although some LGBTQIA+ people view the word as a slur, it was reclaimed in the late 80s by the queer community who have embraced it.[1] However, as some people find this term offensive, it should only be used if they describe themselves this way.[10]

Sex

This is assigned to a person based on primary sex characteristics (genitalia) and reproductive functions.[1,3] Sex can refer to what are traditionally considered 'female' and 'male' anatomical or biological differences.[5]

Transgender (trans)

People whose **gender identity** does not match, or does not sit comfortably with, the **sex** they were assigned at birth.[1,3]

Trans people may describe themselves using various terms, including (but not limited to) transgender, gender-queer (GQ), gender-fluid, **non-binary**, gender-variant, genderless, agender, nongender, trans man and trans woman.[1]

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