



# LGBTQIA+ CHEAT SHEET FOR PARENTS



## LGBTQIA+ EXPLAINED

**Lesbian:** a woman-identifying person attracted to those who identify as women

**Gay:** a man-identifying person attracted to those who identify as men

**Bisexual:** someone attracted to more than one gender

**Transgender:** people whose gender identity does not align with their sex and/or gender they were assigned at birth

**Queer/Questioning:** *queer* is a sexual or gender identity that doesn't conform to established ideas of sexuality and gender; *questioning* is for those who are exploring their identities anywhere within the LGBTQIA+ spectrum

**Intersex:** a term for a variety of conditions where a person is born with a reproductive or sexual anatomy that doesn't align with typical definitions of female or male

**Asexual:** an absence of sexual attraction/desire towards others

**+**: all the other sexual identities not directly referenced in the acronym, as well as a combination of sexualities

## PRONOUNS 101

*Gender* is a spectrum that includes the binary (male and female genders) and *nonbinary* genders (those that do not align with male or female).

*Gender expression* is what's on the outside—it's not always someone's chosen gender identity.

**He/him/his:** pronouns that refer to those identifying as male

**She/her/hers:** pronouns that refer to those identifying as female

**They/them/theirs:** pronouns to address someone in a gender-neutral way

### Unsure what pronoun to use?

Offer up your pronoun preference at the start of a convo to find out.  
"Just so you know, I use she/her."

### Did you just mess up the pronoun?

There's no need for a big apology. Just correct yourself and move on.

MORE bonus terms 



# LGBTQIA+ BONUS TERMS

EXPIRED

OUTDATED WORDS  
TO AVOID:

Tranny  
Transvestite  
Hermaphrodite  
LGBTQIA+ "lifestyle"

**Cisgender:** a person whose sex assigned at birth aligns with their gender identity

**Dead-naming:** using a person's name that was given to them at birth that they no longer use; this invalidates their gender identity

**Gender fluid:** when a person's gender identity or expression changes and moves along the gender spectrum

**Gender binary:** a construct of gender classification that categorizes gender into male or female

**Genderqueer:** when gender identity does not fall within the gender binary; can identify with neither, both, or a combination of conventional gender distinctions

**Heteronormative:** the assumption that heterosexuality is the normal, preferred, and superior sexual orientation

**Misgender:** attributing a gender to a person that they do not identify as; can include using incorrect pronouns and dead-naming the person

**Microaggressions:** hostile, derogatory, or harmful communication in reference to an identity; can be intentional or unintentional, verbal, behavioral, or environmental

**Pansexual:** romantic, emotional, or sexual attraction to people regardless of their genders; sometimes referred to as "gender-blind" attraction

**Otherring:** the process of perceiving or portraying someone as fundamentally different

**Outing:** disclosing information about another's sexuality or gender identity without their knowledge and/or consent

**Pride:** a sense of self-respect for, confidence in, and/or solidarity with the LGBTQIA+ community

**Polyamorous:** a romantic, physical, and/or sexual attraction to multiple individuals

**QTPOC:** acronym for Queer and Trans People of Color

**Transitioning:** the process of living one's true gender identity; this *may* include a person changing their appearance to align with their gender identity

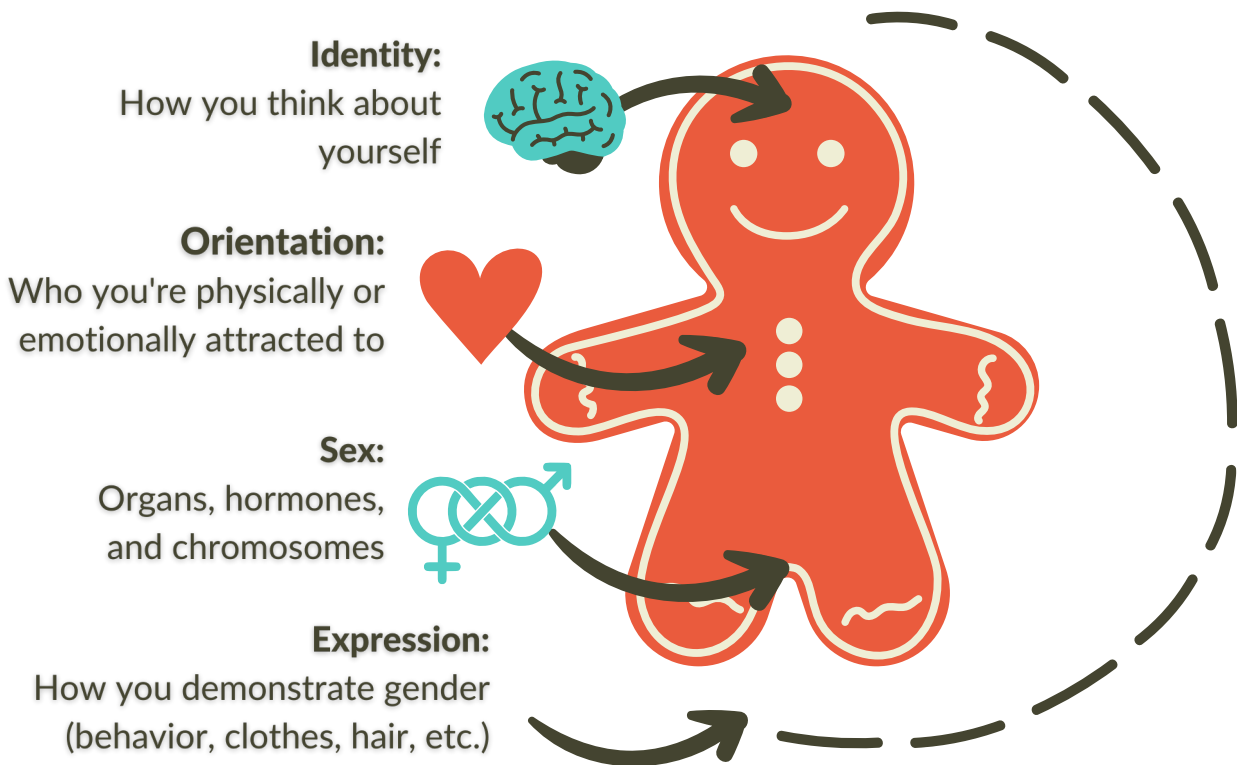
**Transphobia:** the fear of, discrimination against, hatred of, or discomfort with people who identify under the trans umbrella

**TERF:** acronym for trans-exclusionary radical feminist; refers to a feminist that excludes the rights and acknowledgment of transgender women from their advocacy of women's rights



The Genderbread Person is a visual representation of gender identity, gender expression, biological sex, and sexual orientation. The graphic acknowledges the differences between each of these categories and represents each on a continuous spectrum.

# MEET THE GENDERBREAD



Identity ≠ Expression ≠ Sex ≠ Gender ≠ Sexual Orientation



## Gender Identity

Woman-ness  
Man-ness



## Gender Expression

Femininity  
Masculinity



## Anatomical Sex

Female-ness  
Male-ness



## Sexual Attraction

Women, feminine, and/or females  
Men, masculine, and/or males



## Romantic Attraction

Women, feminine, and/or females  
Men, masculine, and/or males

## Sex Assigned at Birth

Female  
 Intersex  
 Male