



What does it all mean?

Queer Spectrum Vocabulary List

Gender Identity: A person's deeply felt psychological identification as male or female, or as non-binary. All people have a gender identity, not just transgender people.

Non Binary: Means a person who identifies with or expresses a gender identity that is neither entirely male nor entirely female.

Transgender: We are all assigned a sex at birth. If your sex assigned at birth does not align with your gender identity, you may identify as transgender.

Cisgender: Cisgender simply means that a person's sex assigned at birth and gender identity easily align. If the doctor announces "it's a girl!" and that person grows up to identify as female, they're cisgender.

Gender Expression: This refers to all of the external characteristics and behaviors that are socially defined as either masculine or feminine, such as dress, grooming, mannerisms, speech patterns and social interactions.

Teens and the Gender Binary: Teens can identify as non-binary. This means they do not fall into the category of male or female as defined by societal norms.

Transgender Youth: Psychiatrists and psychologists have identified three stages at which children are most likely to "come out" as transgender: between 2 and 4, 9 and 10, and 13 and 14. But people can come out at any age.

Sexual Orientation vs Gender Identity: Whether transgender, cisgender or non binary, gender does not dictate sexual orientation.

Mental Health: Transgender teens are at greater risk for anxiety, depression and suicide compared to their cisgender counterparts. Creating accepting and affirming communities helps reduce these risks.