

Terms and Definitions

Everyone uses different language for themselves. And every culture has a variety of terms for sex and gender. This list is mainly based on words used by white-dominated culture, including academic institutions, in the United States.

Words about sexual identities

- **LGBT or LGBTQQ:** Shorthand for lesbian, gay bisexual, trans, queer and questioning people.
- **Queer:** An inclusive, often political, identity used by some people to describe sexual or gender identities that don't fit mainstream definitions. This word has been reclaimed as a slur by some LGBTQ people, but is still considered a slur by other LGBTQ people.
- **Gay:** A person who is attracted to some people of their own gender, most commonly used for men who are attracted to some other men.
- **Lesbian:** A woman who is attracted to some other women.
- **Straight/Heterosexual:** A person who is attracted to some people of the "opposite" gender.
- **Bisexual:** A person who is attracted to some women, men, and/or people of other genders.
- **Questioning:** A person who is exploring their sexual or gender identity.

Words about bodies, gender, and gender identities

- **Sex (as a noun):** Refers to biological and physiological characteristics. Sex is often defined as "male" and "female." Sex is also a label assigned at birth by doctors, parents and others based on characteristics developed by science and social science.
- **Gender Identity:** Your internal sense of self; how you relate to your gender(s).
- **Gender Expression:** How you express your gender(s) to other people.
- **Transgender:** A person with a gender identity that is not commonly considered to match their assigned sex. Transgender is an umbrella term for a range of people, behaviors, expressions, and identities that challenge the gender system. "Trans" means "to cross over."
- **Cisgender/Cis:** A person with a gender identity that is commonly considered to match their assigned sex. "Cis" as a prefix means "to stay on the same side."
- **Transsexual:** A person who identifies with the gender different than the sex assigned at birth and desires to access or has accessed medical transition, e.g. hormone therapy, surgical procedures. Originally used as a medical term and often used by older generations. Transsexualism is still used as a medical diagnosis.
- **Genderqueer:** A person with a gender identity that is neither male nor female, is between or is between or beyond genders, or is some combination of genders, in terms of expression and/or identity.

- Trans woman: A term and identity often used to refer to people assigned male at birth (AMAB) who present and/or identify within the female spectrum.
- Trans man: A term and identity often used to refer to people assigned female at birth (AFAB) who present and/or identify within the male spectrum.
- Trans: Shortened form of transgender and/or transsexual; often used as an umbrella term for multiples identities on the trans spectrum. Also an identity.
- Intersex: A person born with anatomy (genitalia, chromosomes or internal reproductive systems) that doesn't seem to fit in the current system of sex assignment.

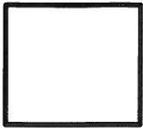
Words naming systems of oppression

- The systematic individual, cultural, institutional and historical oppression of:
 - LGBTQ People = Homophobia, Heterosexism
 - Trans People = Transphobia, Cissexism
 - Trans Women = Sexism, Transmisogyny (transmisogyny is the unique intersection of transphobia and misogyny that trans women/trans feminine spectrum people encounter. Includes transphobia that is applied to trans women and not trans men as well as misogyny that is applied to trans women and not cis women.)

Sources:

- *Bridge 13 Training developed by SMYRC (Sexual Minority Youth Resource Center)* www.smyrc.org
- *Western States Center Gender Dominoes* www.westernstatescenter.org/tools-and-resources/Tools/gender-dominos
- *Tobi Hill-Meyer* nodesignation.wordpress.com/definitions/

Gender Gumby

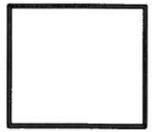


man

assigned sex at birth

gender identity

gender nonconforming



woman

gender expression

masculine

androgynous

feminine

gender nonconforming

perceived gender expression

masculine

androgynous

feminine

gender nonconforming

sexual orientation

gender identity of partner(s)

man

gender nonconforming

woman

gender expression of partner(s)

masculine

androgynous

feminine

gender nonconforming

Tips for being an ally to trans people!

- **Call a person by the name and gender pronoun (like “she” “he” “they” “ze”) that they request**, regardless of what kind of a body they have. If you make a mistake, correct yourself and move on. Also, you can politely correct others if they use the wrong pronoun for someone.
- **Respect the confidentiality of anyone who comes out to you** as transgender, genderqueer, or gender non-conforming. Unless someone lets you know that it’s okay to share their identity(ies) with other people, keep this information private.
- **Remember that you can’t tell if someone is trans just by looking.** It’s not possible to look around a room and “see” if there are any transgender people. (It would be like a straight person looking around the room to “see” if there are any gay people.)
- **Ask yourself “would I want someone to ask me that?”** Don’t ask questions to trans people just to satisfy your own curiosity, but admit when you don’t know the answer (like a person’s gender pronouns) and respectfully ask for the person’s help. Apologize, but don’t over-apologize when you make a mistake.
- When your work requires you to ask for legal name, legal sex, and/or medical information, **let trans people know why you’re asking and how the information will be used.**
- Remember that **sexual orientation and gender identity are separate identities**, and that they can change.
- **Examine your own ideas of gender stereotypes and challenge those around you to do the same.** Interrupt anti-trans words or jokes. Ask questions to challenge anti-trans views.
- Remember that every trans person is unique. **Gender transition may or may not include medical transitioning like surgery or hormones**, and trans people are regularly told they have to be “trans enough.” You can be an ally by recognizing that all trans people are valid, regardless of medical transition.
- **Think about the words you use:**
 - o Say “transgender person” (adjective), not “a transgender,” “a trans,” or “a sex change.”
 - o Say “assigned male/female at birth” or “legally male/female” instead of “born a boy/girl” or “biologically female/male.”
 - o Remember that words like “hermaphrodite,” “she-male,” and “tranny” are considered slurs by many people and can be extremely hurtful
- **When talking with someone who identifies as genderqueer:**
 - o Accept that the person may feel gender-less, or partially male and partially female.
 - o Understand that the person may feel totally comfortable being genderqueer and may have no desire or plans to medically transition.
- **Respect each individual’s gender identity**, even if it doesn’t make sense to you.

Startling Statistics: LGBTQ People in Oregon and the U.S.

Researched and compiled by Neola Young and tash shatz.

Homelessness

20-40% of youth experiencing homelessness in the U.S. identify as LGBTQ, but at least 40% of youth experiencing homelessness in the Portland metro area identify as LGBTQ. These youth come to Portland from all over Oregon in addition to other states.

Why are they homeless?¹

- o 46% report family rejection
- o 43% are forced out by parents/guardians
- o 32% are experiencing physical, emotional, and/or sexual abuse at home
- o 17% have aged out of the foster care system

Job discrimination

- o 83% of transgender Oregonians reported harassment at work²
- o 23% of transgender Oregonians have become homeless due to gender identity and/or expression³

Food insecurity

- o 2.4 million LGBT Americans do not have enough resources to feed themselves and their families⁴
- o More than one 1 in 5 lesbian, gay, and bisexual adults aged 18-44 participated in the SNAP program (food stamps) in the past year⁵

Health disparities

- o Nearly 30% of LGBT Americans abuse drugs and alcohol vs 9% of the general population⁶
- o 30% of lesbian, gay, and bisexual people of color report poor mental health during at least 2 weeks out of a month⁷

¹ *Serving Our Youth, Williams Institute 2012 report*

² *Injustice at Every Turn: National Transgender Discrimination Survey, the National Gay & Lesbian Task Force, 2011*

³ *Injustice at Every Turn: National Transgender Discrimination Survey, the National Gay & Lesbian Task Force, 2011*

⁴ *Food Insecurity and SNAP (Food Stamps) Participation in LGBT Communities, Williams Institute 2014 report*

⁵ *Food Insecurity and SNAP (Food Stamps) Participation in LGBT Communities, Williams Institute 2014 report*

⁶ *"Why the Gay and Transgender Population Experiences Higher Rates of Substance Abuse," Center for American Progress, March 2012*

⁷ *Multnomah County SpeakOUT survey, 2009*

- o 45% of trans Oregonians have attempted suicide⁸
- o 60% of lesbian, gay, and bisexual 8th graders in Oregon self-reported considering suicide; 42% have attempted suicide.⁹
- o Transgender people are four times more likely to be HIV positive than the national average; transgender people of color are 10 times more likely to be HIV positive¹⁰

Violence and isolation

- o One out of four to one out of three people in same-sex relationships have experienced domestic violence (compared to one in every four heterosexual women)¹¹
- o 30% of Black LGBTQ people surveyed in Portland, Oregon report being arrested at least once¹²
- o Transgender women are nearly three times as likely to experience police violence compared to violence survivors who are not transgender women¹³
- o LGBTQ people of color represent 53% of total reported survivors and victims of all hate crimes, and 73.1% of homicide victims¹⁴
- o 40% of LGBTQ survivors and victims reported having a disability¹⁵

⁸ *Injustice at Every Turn: National Transgender Discrimination Survey, the National Gay & Lesbian Task Force, 2011*

⁹ *Oregon Healthy Teens Survey 2013 data, Public Health Division of the Oregon Health Authority (data unavailable for transgender populations)*

¹⁰ *Injustice at Every Turn: National Transgender Discrimination Survey, the National Gay & Lesbian Task Force, 2011*

¹¹ *Domestic Violence in the LGBT Community: A Fact Sheet, Center for American Progress*

¹² *Lift Every Voice: The Black LGBTQ Oregonian Experience, PFLAG Portland Black Chapter and Urban League of Portland*

¹³ *Lesbian, Gay, Bisexual, Transgender, Queer and HIV-Affected Hate Violence in 2012, National Coalition of Anti-Violence Programs*

¹⁴ *Lesbian, Gay, Bisexual, Transgender, Queer and HIV-Affected Hate Violence in 2012, National Coalition of Anti-Violence Programs*

¹⁵ *Lesbian, Gay, Bisexual, Transgender, Queer and HIV-Affected Hate Violence in 2012, National Coalition of Anti-Violence Programs*

LGBTQ Youth Resources in Oregon

Portland metro area:

Living Room (Clackamas County)
Cascade AIDS Project - CHATpdx
Q Center
www.pdxqcenter.org
SMYRC (Sexual & Gender Minority
Youth Resource Center)
www.smyrc.org
Pride Project of Washington County
PFLAG Portland Black Chapter
Janus Youth
Outside In - Queer Zone
New Avenues for Youth - Queer Zone
Triple Point of Vancouver, WA
TransActive Gender Center
Youth MOVE
CAUSA LGBT Program
Momentum Alliance
Multnomah County Health Dept -
STD/HIV/HCV Program
NARA & NAYA - Two Spirit Youth Group
p:ear
Morrison Child and Family Services
Qi Portland
Basic Rights Oregon

Southern Oregon:

Southern Oregon University (Queer
Resource Center)
Lotus Rising Project (Medford)
Klamath Basin Lambdas

Salem/Eugene/Corvallis:

Rainbow Youth
PFLAG Corvallis-Albany
PFLAG Eugene-Springfield
University of OR

Central Oregon:

Central Oregon Community College
PFLAG Central Oregon

Stars and Rainbows: Bend Oregon's
Lesbian and Gay Community Page
(Facebook)
Human Dignity Coalition

Eastern Oregon:

PFLAG Pendleton
Eastern Oregon University GSA

Compiled by & definitely not complete:
Q Center Training Institute



Why Support for Trans Youth Matters

Based on a 2012 study of 433 individuals

Trans Youth with Supportive Parents

Trans Youth with Unsupportive Parents



Reported Life Satisfaction

72%

33%

Reported High Self-Esteem



64%

13%



Described Mental Health As "Very Good" or "Excellent"

70%

15%

Faced Housing Problems



0%

55%

Suffered Depression



23%

75%



Attempted Suicide

4%

57%

Travers R, Bauer G, Pyne J, Bradley K, for the Trans PULSE Project; Gale L, Papadimitriou M. Impacts of Strong Parental Support for Trans Youth: A Report Prepared for Children's Aid Society of Toronto and Delisle Youth Services. 2 October, 2012.

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For more information, go to transstudent.org/graphics

TSER
Trans Student Educational Resources