

SOGIE TERMS GLOSSARY

**SOGIE is an acronym for Sexual Orientation and Gender Identity/Expression.*

Agender: Used to describe a person who does not experience any gender.

Asexual (or ace): Used to describe people who experience little to no sexual attraction. Many asexual people desire romantic relationships, and romantic orientations are a way for asexual people to communicate with whom they prefer to date or form relationships.

Assigned Sex at Birth: The sex that a person is assigned at birth is usually based solely on the visual appearance of a baby's genitals. This is an incomplete process however, because important aspects of a person's physical sex (chromosomes, gonads, sex hormones, etc.) cannot be assessed visually and may reflect a different sex than that reflected by a person's genitals. A person's assigned sex at birth is not the same as a person's gender identity.

Binary System: A binary system is something made up of two parts.

Bisexual: Used to describe people who have the capacity to form sexual attraction to people of more than one gender.

Cisgender: Used to describe people whose gender identity aligns with the sex they were assigned at birth.

Gay: In the past, only men who are attracted to men have used the word "gay." Now, it is common for "gay" to be used by anyone who is attracted to the same sex or gender.

Gender: A cultural idea of what certain sexes generally look/act like, based on clusters of emotional, behavioral, and cultural characteristics (like how we express our feelings, how we dress, how we do our hair, etc.)

Gender Expression: The way in which we present ourselves, which can include physical appearance, clothing, hairstyles, and behavior. Some examples of gender expression include masculine, feminine, and androgynous.

Gender Fluid: A person whose gender identity varies over time or circumstance.

Gender Identity: A person's sense of self in relation to gender. Each person's experience with their gender identity is unique and personal.

Gender Nonconforming: A person whose behavior or appearance does not conform to prevailing social/cultural expectations about what is appropriate for their gender.

Heterosexual: Used to describe people who are sexually attracted to people of a different sex or gender than their own.

Homosexual: Used to describe people who are sexually attracted to people of the same sex or gender.

Intersex: Used to describe people who are born with sex characteristics including chromosomes, gonads, sex hormones, or genitals that cannot be classified as typically male or female.

Lesbian: A woman who is predominantly attracted to other women.

Non-binary: Used to describe people who experience their gender identity and/or gender expression as somewhere outside of the male-female gender binary.

Pansexual: Used to describe people who are attracted to people of any gender or to people regardless of their gender. Some people may use the words bisexual and pansexual interchangeably, and others use only one word exclusively to describe themselves.

Queer: An umbrella term used to refer to an identity that expands outside of heterosexuality. Due to its history as a reclaimed slur and use in political movements, "queer" still holds significance. It is important to recognize that the use of the term "queer" may have strongly negative connotations for some people, and be empowering for others. *In your role as a CRB volunteer, please never use this term to describe a person.*

Questioning: Used to describe a person who may be processing or questioning their sexual orientation and/or gender identity.

Sexual Orientation: A person's physical, romantic, emotional, and/or spiritual attraction to another person. Everyone has a sexual orientation.

SOGIE: An acronym standing for Sexual Orientation and Gender Identity/Expression.

Transgender (or trans): An umbrella term used to describe people whose gender identity differs from the sex they were assigned at birth. Many transgender people will transition to align their gender expression with their gender identity; however, you do not have to transition to be transgender.

Transitioning: The social, legal, and/or medical process a trans person may go through to make their gender identity fit their gender expression, presentation, or sex.

Two-Spirit: A term created by First Nations/Native American/Indigenous peoples whose sexual orientation and/or gender/sex exists in ways that do not fit with a binary understanding of gender. This term should not be appropriated to describe people who are not First Nations/Native American/Indigenous members.

GENDER IDENTITY

A person's sense of self in relation to gender



TRANSGENDER

Person is not the gender assigned at birth

CISGENDER

Person is the gender assigned at birth

METAGENDER

Person identifies as neither cisgender nor transgender

NON-BINARY

Person is neither exclusively a man nor exclusively a woman. Non-binary people may or may not identify as transgender

AGENDER

Person does not experience a gender

GENDERFLUID

Person whose identity varies over time (man, woman, and/or any other identity)

ASSIGNED GENDER/SEX AT BIRTH

The gender/sex assigned at birth based on a person's genitals



ASSIGNED MALE AT BIRTH (AMAB)/ ASSIGNED FEMALE AT BIRTH (AFAB)

Generally this assignment is made based on a visual assessment of the baby's genitalia

INTERSEX

A naturally occurring variation of sex characteristics, reproductive organs, and/or chromosomes that do not fit the typical definition of male or female (although many intersex people are assigned male or female at birth)

NOTE: Assigned gender/sex at birth is different than sex, which is based on many variable factors

GENDER EXPRESSION

How a person presents themselves (such as style, actions, demeanor, and more)



FEMININE

Expresses qualities and characteristics typically associated with femininity

MASCULINE

Expresses qualities and characteristics typically associated with masculinity

ANDROGYNOUS

Expresses both typically feminine and typically masculine qualities ambiguously, or expresses typically neither

NOTE: Gender expression may change over time or in different situations

SEXUAL ORIENTATION

Who a person is sexually attracted to



HETEROSEXUAL

Sexual attraction to people of a different gender than your own

HOMOSEXUAL

Sexual attraction to people of a similar gender to your own

BISEXUAL

Sexual attraction to people of more than one gender

PANSEXUAL

Sexual attraction regardless of gender

ASEXUAL

Experiences little to no sexual attraction

DEMISEXUAL

Experiences little to no sexual attraction until a close emotional bond is formed

ROMANTIC ORIENTATION

Who a person is romantically attracted to



HETEROROMANTIC

Romantic attraction to people of a different gender than your own

HOMOROMANTIC

Romantic attraction to people of a similar gender to your own

BIROMANTIC

Romantic attraction to people of more than one gender

PANROMANTIC

Romantic attraction regardless of gender

AROMANTIC

Experiences little to no romantic attraction

DEMIROMANTIC

Experiences little to no romantic attraction until a close emotional bond is formed

These definitions are commonly accepted but not absolute. Some of these terms have some overlap. That's okay! Just describe yourself with whatever terms you're comfortable with, and respect the terms other people use for themselves.

There are so many more identities, orientations, expressions, and definitions that aren't shown here. Ask your teacher for more resources or visit the link in the QR Code if you have questions!

WannaLearnMore.com



HELPFUL RESOURCES for FREQUENTLY ASKED QUESTIONS

What are pronouns and why do we have to get used to new ones now?

<https://www.mypronouns.org/what-and-why>

Also see: Why pronoun use matters:

<https://news.utexas.edu/2018/03/30/name-use-matters-for-transgender-youths-mental-health/> and supporting LGBTQ youth in foster care fact sheet: <https://www.childwelfare.gov/pubPDFs/lgbtqyouth.pdf>

Why would someone share their pronouns? And how do I do that if I want to?

<https://www.mypronouns.org/sharing>

How do I ask about someone's pronouns?

<https://www.mypronouns.org/asking>

I am not used to this language. How do I use these new pronouns in my everyday speech?

<https://www.mypronouns.org/how>

Also see: How to use gender neutral language:

<https://www.mypronouns.org/inclusivelanguage> and the interactive activity: <https://www.practicewithpronouns.com>

What do I do if I make a mistake?

<https://www.mypronouns.org/mistakes>

The ETTIQUETTE of ASKING

Don't label others.

The above information is primarily useful insofar as it helps us better understand the ways that people describe themselves to us. It is not meant to provide language that we use to label or categorize others.

Remember the setting.

It is important to remember appropriate questions in a CRB context. As a part of the Oregon Judicial Department's CRB program, you do not need to ask attendees their sexual orientation, gender identity, etc. This information is not relevant to a finding and is not the concern of the court system.

Ask for a person's pronouns only if you have already stated yours.

Asking for a person's pronouns is typically a sign of respect for someone else's personhood and can help prevent accidental misgendering and the emotional distress that may cause. This is especially true in one-on-one and friendly small group settings.

In public group settings like a CRB review, however, asking one person to state their pronouns while no one else in the group does is rude and can be harmful. Ask for a person's pronouns only after you have stated your own pronouns, because putting someone on the spot as the only person in the room who needs to state their pronouns is inappropriate.

Use gender-neutral language if you do not know a person's pronouns.

If your board did not introduce themselves by stating their pronouns, then you must simply use gender-neutral language.

Example:

If you need to ask about a transgender teenager's services under Finding #3, you might ask the caseworker, "Has the agency scheduled Jaydin for a Benchmark Review?" instead of asking, "Has he had his Benchmark Review yet?"

You can also replace he/his and she/hers with they/them. They/them has for hundreds of years been a gender-neutral pronoun in addition to being both a plural and a singular. For instance, Charles Dickens used they/them pronouns in *The Pickwick Papers* to anonymize individuals' genders.

Example:

"Has Jaydin had their Benchmark Review yet?"