

# ABC

## Glossary

**All-gender:**

A term that describes something (such as a shelter or a bathroom) that is open and inclusive of people of all genders—not just women and men (trans and non-trans alike), but non-binary people as well. All-gender bathrooms can be single stall facilities (with a toilet and sink behind a locked door) or multi-stall (larger bathrooms with individual lockable stalls, with sinks in a shared open space). See also *gender neutral*.

**Assigned male at birth or assigned female at birth (sex assigned at birth):**

The determination that a newborn is male (or female), usually based solely on the appearance of the genitals. The sex assigned at birth is what is recorded on an individual's birth certificate.

**Documentation markers:**

The name and/or gender listed on a person's various documents, such as driver's licenses, birth certificates, Social Security cards, health insurance cards, marriage certificates, and passports or visas (if any). Some documents can be easy to change, others can be impossible; therefore, transgender people often have documents that don't all match each other, and/or don't match the name and gender that they present in the world.

**Gender expression:**

The ways in which a person expresses their gender as feminine, masculine, androgynous, or a mix through clothing, grooming, speech, likes and dislikes, body language, social interactions, and other behaviors. Gender expression (also known as gender cues) may intentionally or unintentionally communicate gender to others and may or may not align with a person's internal gender identity or desired perception of their gender.

**Gender history:**

The many gendered components of a person's past, including the sex they were assigned at birth, the gender role they were raised in, and/or a past experience of gender transition. See also *transition*.

**Gender identity:**

A person's internal sense of being male, female, both, neither, or another gender. One's gender identity is not necessarily visible to others.

**Gender neutral:**

A term that describes something (such as a bathroom or clothing) that is not designed for or restricted to people of a specific gender. Some people also identify as gender neutral (or *agender*, or *neutrois*) in terms of gender identity, meaning they do not have an internal sense of themselves as a particular gender. See also *all-gender*.

**Gender non-binary (or just non-binary):**

Anyone who does not adhere to "binary" (male/female) expectations and cultural

norms with respect to gender identity, roles, or expression—whether intentionally or unintentionally. In this document, it is used primarily to refer to people who do not identify as female or male, but rather as another gender, such as gender neutral, poly-gender, genderqueer, or agender, as just a few examples. Non-binary people may or may not identify as transgender.

**Non-transgender or non-trans:**

A person who identifies with and is comfortable in the gender they were assigned at birth.

**Pronouns (personal pronouns):**

A word that is substituted for a person or a person's name; the most common personal pronouns are she/her/hers and he/him/his. People who don't use these options for themselves use a variety of alternative pronouns, including they/them/theirs (singular), ze/hir/hirs, ze/zim/zirs, and per/per/pers. A pronoun conjugation chart is available at <http://forge-forward.org/wp-content/docs/gender-neutral-pronouns1.pdf>

**Resilience:**

The capacity to recover quickly from difficulties, or the ability to become strong, healthy, or successful after adversity. This term is often used to describe transgender and non-binary people who, despite experiencing extreme discrimination, harassment, and violence in all aspects of their lives, have the ability to cope and overcome these significant barriers.

**Sexual orientation:**

The gendered pattern of a person's attraction (physical, emotional, sexual, and/or spiritual) to others; common sexual orientations are straight (heterosexual), gay, lesbian, bisexual, queer, and asexual. *Transgender* is not a sexual orientation; transgender people can be straight, gay, lesbian, bisexual, queer, asexual, or any other sexual orientation.

**Surgical status:**

The current and past configuration of a transgender person's genitals or other parts of their body, which they may or may not have had surgically modified. Some transgender people desire surgery; others do not.

**Trans-feminine:**

A person, generally someone assigned male at birth, who identifies with femininity to a greater extent than masculinity or gender neutrality. Trans-feminine is a broad term that includes trans women but also feminine people who don't necessarily identify as female, such as feminine non-binary individuals.

**Transgender or trans:**

An umbrella term that encompasses a wide range of people whose gender identity or expression does not align with the sex they were assigned at birth.

**Transgender man or trans man or man of trans history:**

A person who identifies as male, a boy, or a man, and who was assigned female at birth. Sometimes also referred to as *FTM*, or female-to-male.

**Transgender woman or trans woman or woman of trans history:**

A person who identifies as female, a girl, or a woman, and who was assigned male at birth. Sometimes also referred to as *MTF*, or male-to-female.

**Trans history:**

see *gender history*.

**Trans-masculine:**

A person, generally someone assigned female at birth, who identifies with masculinity to a greater extent than femininity or gender neutrality. Trans-masculine is a broad term that includes trans men but also masculine people who don't necessarily identify as male, such as masculine non-binary individuals.

**Transition:**

The process a trans or non-binary person goes through to authentically and intentionally live into their gender identity. Transition can include one or more of these components:

- *Social transition*: The process of sharing one's true gender identity with others and being perceived and referred to authentically by family, friends, and/or other important people in one's life. Often includes asking people to use a new name and/or pronouns.
- *Legal transition*: The process of changing one's legal documentation to align with one's gender identity. Often includes legally changing one's name and/or gender markers.
- *Medical transition*: A process of aligning one's body with one's gender identity. Often includes the use of hormones and/or gender affirming surgery(ies). Not all transgender people have a desire or the resources to medically transition.