

APPENDIX 5 GENDER TERMINOLOGY

Terminology in the 'trans' field is varied and constantly shifting as understanding and perceptions of gender variant conditions and gender nonconforming expressions change. The terms described below may vary in their usage and may become outdated. The concept of a 'normal' gender expression associated with a binary man/woman divide is, in itself, unsatisfactory, since **"the expression of gender characteristics that are not stereotypically associated with one's assigned sex at birth is a common and culturally diverse human phenomenon that should not be judged as inherently pathological or negative"**. World Professional Association of Trans Health (2011)

Term	Definition
A-gender	A person who sees themselves as not having a gender. Some A-gender identified people see themselves as gender neutral, rather than not having any gender, but in any case, do not identify with a gender.
Gender	Gender is often expressed in terms of masculinity and femininity and largely culturally determined. It is how people interpret and view themselves within the context of wider society and culture. It is a social construct. A person's gender is the complex interrelationship between three dimensions, body, identity and expression.
Gender Dysphoria	A term used when a person experiences discomfort or distress because their gender identity does not match the sex assigned to them at birth and/or their sex characteristics. This is also the clinical diagnostic term used for someone who does not feel comfortable with the sex they were assigned at birth.
Gender Expression	How a person chooses to outwardly express their gender, within the context of societal expectations of gender. A person who does not conform to societal expectations of gender might not however identify as trans. Our gender expression is how we present our gender to the world, and how society, culture, community and family perceive, interact with and try to shape our gender. Gender expression is also related to
Gender identity	

gender roles and how society uses those roles to try to enforce conformity to current gender norms.

Gender reassignment

A person's deeply held, internal sense of self as masculine, feminine, a blend of both, neither or fluid. Identity also includes the name we use to convey our gender. Gender identity may or may not correspond to the sex they were assigned at birth.

Intersex

Gender reassignment refers to individuals who either have undergone, intend to undergo or who are currently undergoing gender reassignment (medical and surgical treatment to alter their body) or who do not intend to undergo medical or surgical treatment, but wish to live permanently in a different gender from their gender at birth. This remains a legal term under the Equality Act 2010, but is generally considered..

Non-Binary

A term used to describe a person who may have the biological attributes of both sexes or whose sex characteristics do not fit with biological attributes do not fit with societal assumptions about what constitutes male or female. Intersex people may identify as male, female, non- binary or a-gender..

Non-binary is an umbrella term for people whose gender identity doesn't sit comfortably with "man" or "woman". Non-binary identities are varied and can include people who identify with some aspects of binary identities, while others reject them entirely. It can be seen with different spellings – non-binary, NB or ENBY

Transsexual

This term remains a legal term but is now considered outdated and is no longer in common use, as it is considered offensive by the Trans community.

Trans (sometimes referred to as Trans* or Transgender)

An umbrella term used to describe people who do not identify or exclusively identify with the sex they were assigned at birth. Trans people may describe

themselves as one or more of a wide variety of terms, including, but not limited to: Transgender, gender queer (GQ), gender fluid, non-binary, gender variant, genderless (a-gender)

Transition/Transitioning	Transition is a process of altering one's assigned birth sex to match one's internal sense of gender identity and gender expression. Altering one's birth sex is not a one-step process. it is a complex process that occurs over a long period of time. Transition includes some or all of the following cultural, legal and medical adjustments, telling one's family, friends and/or co-workers, changing one's name and/or sex on legal documents,; hormone therapy and possibly (though not always) some from of surgical gender affirmation. Transition is a term commonly used to refer to the steps a transgender, a-gender or non-binary person takes in order to find congruence in their gender. However, this term can be misleading as it implies that the person's gender identity is changing and that there is a moment in time when this takes place. More typically, it is others' understanding of the person's gender that shifts. For the person, these changes are often less of a transition and more of an evolution.
Sexual orientation	Describes an individual's enduring physical, romantic, emotional and/or spiritual attraction to another person. Gender identity and sexual orientation are not the same. Transgender people may be heterosexual, asexual, lesbian, gay or bisexual. For example – a man who becomes a woman and is attracted to other women would be identified as a lesbian.
Transphobia	A fear and dislike of transgender people which can lead to hatred resulting in verbal or physical attacks or abuse

This is not an exhaustive list. Further information can be found here:-

<http://www.stonewall.org.uk/help-advice/glossary-terms>

<http://www.gires.org.uk/terminology>