

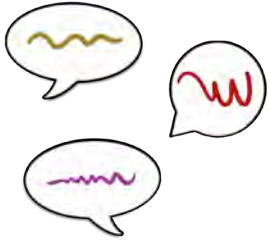


**Developmental
Disabilities
Planning Council**

Easy Read Edition

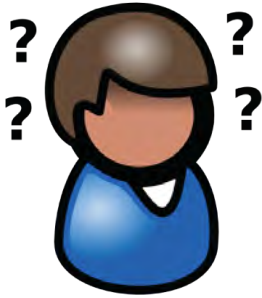
Proud and Supported: **Definitions and Beyond**

Part 2: Definitions



Definitions

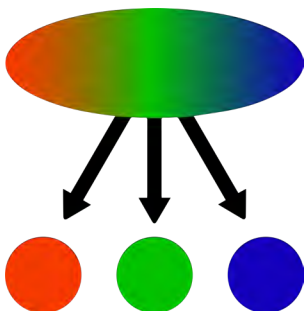
There are a lot of words about gender and sexuality.



Some of them can be hard to understand.



We wanted to define them for you.



Some of these words can mean multiple things.



We've written down what we think is the best definition for each word.

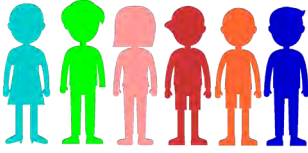


But other people might have other definitions.



That's okay.

Basic Definitions



Gender



How you feel and see yourself and what you call yourself.



For example, “man,” “woman,” “non-binary,” and “genderqueer” are all genders.

Sexuality



Who you are attracted to.



Some people are attracted to men.



Some people are attracted to women.



Some people are attracted to non-binary people.

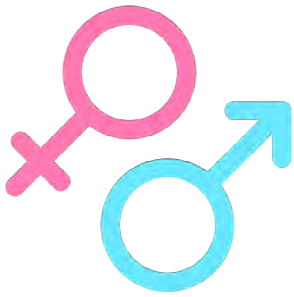


Some people are attracted to more than one gender.

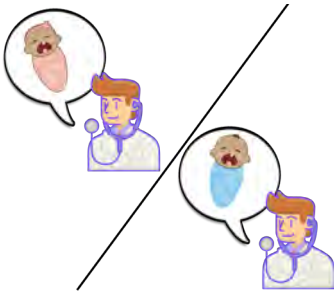


Some people aren't attracted to anyone.

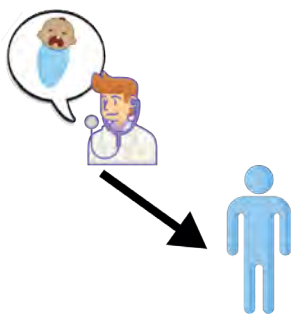
Sex assigned at birth



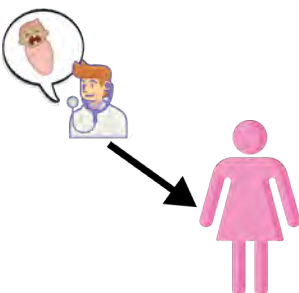
When a baby is born, the doctors look at its body.



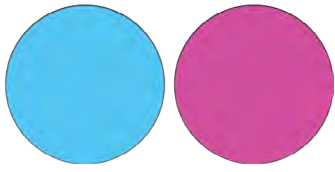
Then the doctors say if the baby is a boy or a girl.



Someone who the doctors say is a boy is assigned male at birth.



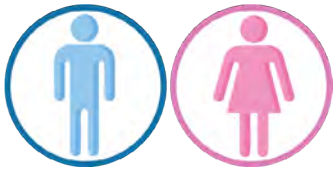
Someone who the doctors say is a girl is assigned female at birth.



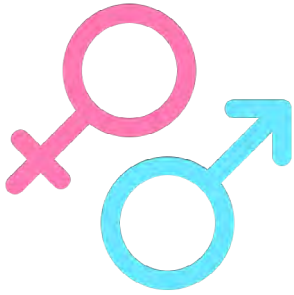
Binary



A set of two groups.



Sexual binary



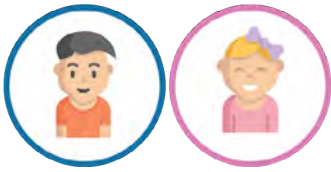
The set of only male and female.



The sexual binary is wrong.



There are more sexes than only male and female.



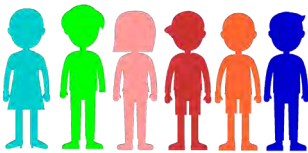
Gender binary



The set of only man and woman.



The gender binary is wrong.



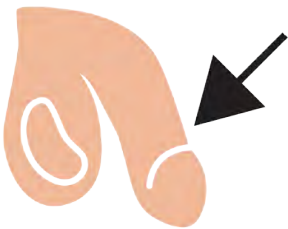
There are more genders than only man and woman.

Genitals

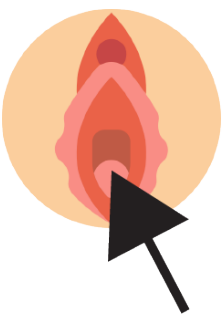


Your sexual body parts.

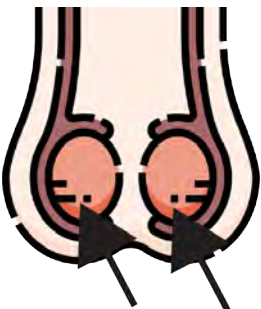
Some examples of genitals are:



- Penis.

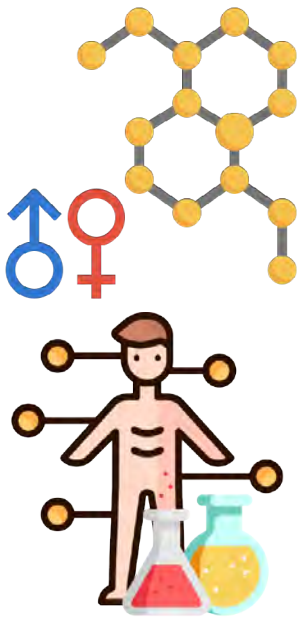


- Vagina.

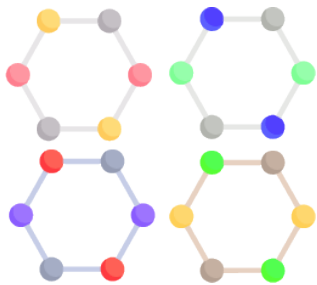


- Testicles.

Hormones



Chemicals in your body.



There are many different types of hormones.



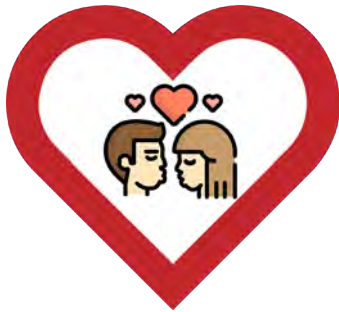
The two most common sexual hormones are testosterone and estrogen.



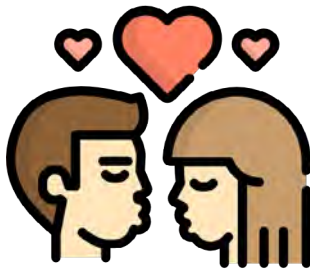
Sexual attraction



Liking someone in a way where you want to have sex with them.



Romantic attraction



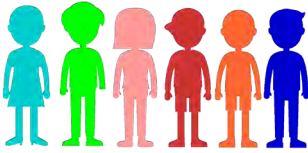
Liking someone in a way where you want to do romantic things with them, like kiss them or cuddle with them.



Pride



When you have pride, you feel good about yourself.



You can have pride in your gender.



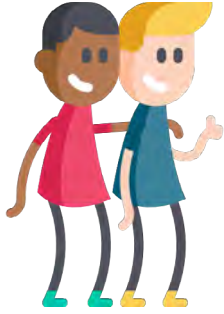
You can have pride in your sexuality.



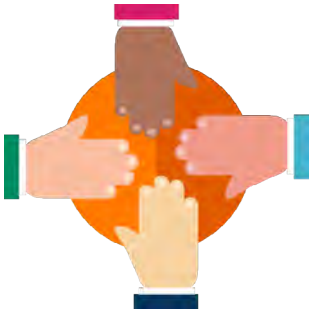
Pride is important.



It is important to be proud of who you are.



Pride helps people make friends.



Pride helps people work together.



LGBTQ+



An acronym that stands for lesbian, gay, bisexual, transgender, queer/questioning, and more.



We will define all those words.

Identities



We also wanted to define some of the ways people can identify.

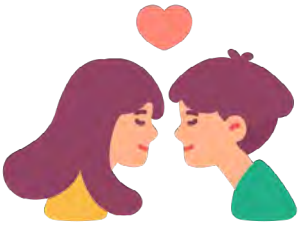


This is not a list of all the ways.



There are too many ways to list all of them!

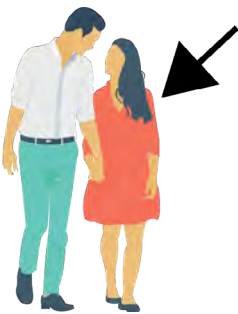
Straight



Someone who is attracted to people of different genders from their gender.



Men who only like women are straight.



Women who only like men are straight.

Gay



Someone who likes people of the same gender they are.



For example, a man who only likes men is gay.



Sometimes, the word “gay” gets used to mean the whole LGBTQ+ community.



For example, someone might say they’re going to a gay pride parade.

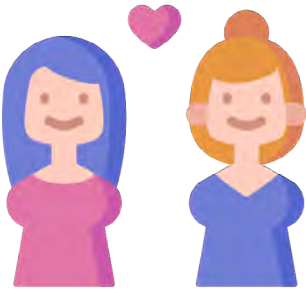


They don't mean it's a pride parade only for people who like the same gender that they are.



They mean it is a pride parade for the whole LGBTQ+ community.

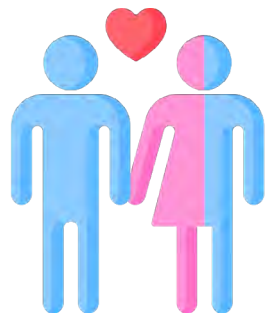
Lesbian



A women who likes other women.



Bisexual



Someone who likes people of multiple genders.



For example, somebody who likes men and women.

Pansexual



Someone who likes people of many or all genders.



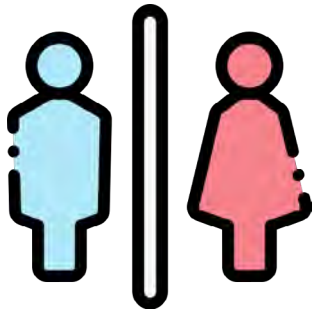
The meanings of bisexual and pansexual overlap.



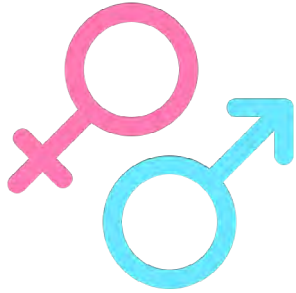
That's okay.



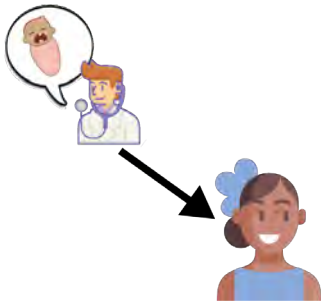
Some people identify as both pansexual and bisexual.



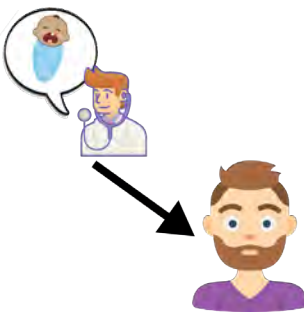
Cisgender



Someone whose gender is the same as the sex they were assigned at birth.



A cisgender woman is a woman who was assigned female at birth.

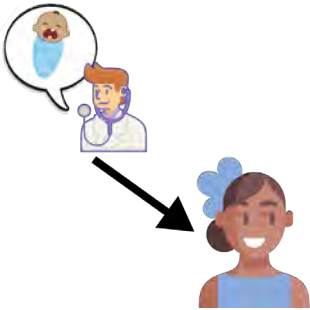


A cisgender man is a man who was assigned male at birth.

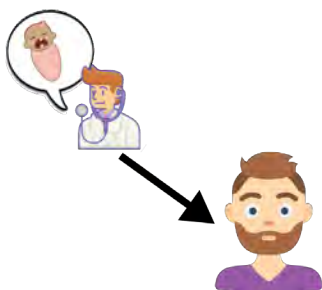
Transgender



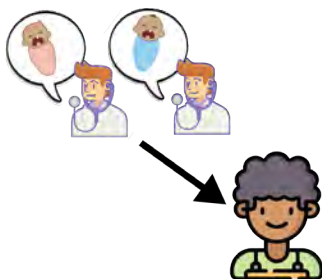
Someone whose gender is not the same as the sex they were assigned at birth.



A transgender woman is a woman who was assigned male at birth.



A transgender man is a man who was assigned female at birth.



Nonbinary people can be assigned either sex at birth.



Queer



Someone who isn't straight and cisgender.



Queer can mean many things.



Some people identify as queer and another sexuality, like gay.



Some people only identify as queer.

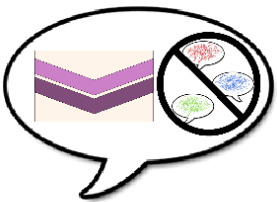
Some people say queer is a **slur**.



A slur is a word that gets used to hurt people because those people are different.



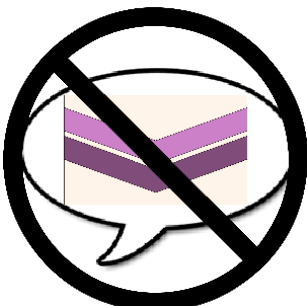
Some people say that queer isn't a slur.



It is okay that people disagree.



If someone doesn't want to be called queer, don't call them queer.



Questioning



Someone who doesn't know their gender or sexuality.



Two-Spirit



A word some Indigenous people use to talk about Indigenous LGBTQ+ people.

Nonbinary



Someone who isn't a boy or a girl.

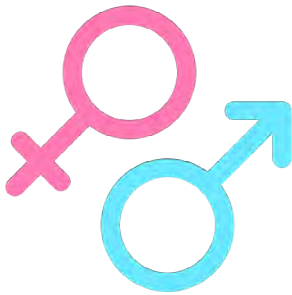


Another word for nonbinary is *genderqueer*.

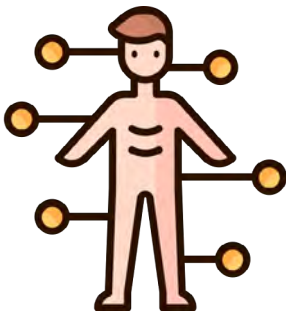
Intersex



Sometimes when a baby is born, the doctors can't tell if the baby is a boy or a girl.



Or someone might be assigned a sex at birth.

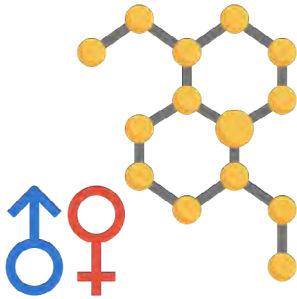


But when they grow up, their body doesn't look like most bodies assigned that sex at birth.

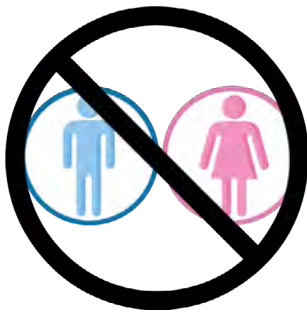
They might have different genitals.



Or they might have different hormones.



Their body doesn't fit into the sexual binary.



That person is intersex.



Asexual



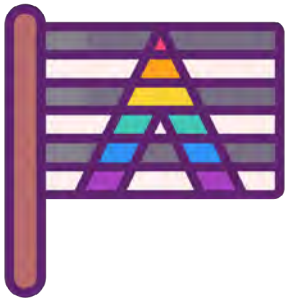
Someone who isn't sexually attracted to anyone.



Aromantic



Someone who isn't romantically attracted to anyone.



Ally



Someone who supports a group they aren't a part of.



For example, if you are cisgender and straight but support LGBTQ+ people, you would be a LGBTQ+ ally.

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