

# LGBTQIA+ Family Building Through ART: Optimal Medical, Legal, and Psychological Support.

## Supplemental Handout Presented by Kim Bergman SART 2021

### Terminology:

**LGBTQIA+:** Acronym that is constantly being updated and refers to all of the identities commonly associated with gender and sexual identities that are outside of the heterosexual, cisgender norm. This iteration stands for Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual, and more.

**Queer:** to some this is seen as a slur but to younger generations this term has been reclaimed. Usually not used by those outside of the group.

**Intersectionality:** This term refers to the concept of interconnected areas of oppression, how they overlap and combine, and the idea that social justice doesn't exist in a vacuum.

### Attraction:

**Bisexual:** This term refers to a person attracted to two or more genders. This could be a person attracted to men and women, a person attracted to men and nonbinary genders, or a person attracted to their own gender and a few others. While "bi" does refer to two, as the community's understanding of gender has grown, the term has expanded in its usage beyond the gender binary.

**Pansexual:** Similar to bisexual, a person attracted to many genders (usually more than two or any gender). Someone may consider themselves bisexual and pansexual, or just one or the other.

**Questioning:** A term used to refer to someone who is not sure what their gender identity or sexual orientation is, and who is in the process of figuring it out.

**Straight/Heterosexual:** A man attracted to women, or a woman attracted to men. Cis and trans people can be heterosexual, as it's about the gender you identify as and the gender you're attracted to, not the one you were born with.

### Gender Identity:

**Sex:** One's sex is the biological combination of one's bodily organs, hormones, and chromosomes. Sex and gender are associated, but not the same nor interchangeable.

**Gender Expression:** One's gender expression is how one presents oneself to the outside world, and how that links to the way one experiences one own gender.

**They/them/theirs:** A set of gender-neutral pronouns used by some nonbinary or genderqueer people to identify themselves in the third person.

**Gender assigned at birth:** This is the gender that gets assigned at birth, based on one's sex organs and chromosomes.

**Misgender:** The act of misgendering someone is the act of deliberately or accidentally referring to someone by the wrong gender assignment.

**Cisgender:** A person whose gender identity and assigned sex at birth correspond (i.e., a person who is not transgender).

**Transgender:** A person whose gender identity and assigned sex at birth do not correspond. Also used as an umbrella term to include gender identities outside of male and female. Sometimes abbreviated as trans.

**Gender fluid:** A person whose gender identity is not fixed. A person who is gender fluid may always feel like a mix of the two traditional genders, but may feel more one gender some days, and another gender other days.

**Non-binary:** A person who does not identify as male or female (cis or trans)

**Trans man/transgender man/transmasculine/AFAB** – A transgender person whose gender identity is male may use these terms to describe themselves. Some will just use the term man.

**Trans woman/transgender woman/transfeminine/AMAB** – A transgender person whose gender identity is female may use these terms to describe themselves. Some will just use the term woman.

**Transgender is an ADJECTIVE:**

Someone is not "a transgender" or "transgendered"  
Gender identity is distinct from sexual orientation, as well as disorders/differences of sexual development

**Transition** – Process of coming to recognize, accept, and express one’s gender identity. Most often, this refers to the period when a person makes social, legal, and/or medical changes, such as changing their clothing, name, sex designation, and using medical interventions.

**Gender affirming surgery (GAS)** – Surgeries used to modify one’s body to be more congruent with one’s gender identity.

### **Being LGBTQIA+**

**Coming Out:** Coming out is a unique process for every LGBTQIA+ person. It’s not a requirement for any person to come out in public. Coming out, like all things, is a process—often the first time one comes out it is to oneself—and one may come out multiple times in life .

**Living openly:** Living openly is the choice to live as your authentic self—to live as an LGBTQIA+ person in spite of harassment and oppression.

**Outing:** The practice of revealing someone else’s sexuality or gender identity without their consent.

**Pride:** A celebration of standing open in one’s own identity against oppression, beginning with the Stonewall Riots of 1969. From a time when gay and trans clubs were raided by police regularly to now, Pride Month is a celebration of how far the LGBTQIA+ community has come.

**Ally:** Someone who supports the rights of the LGBTQIA+ community through action.