

Terms Related to Gender

Term	Definition
Transgender	<p>a person whose gender identity does not match their gender assigned at birth</p> <p>Assigned Female at Birth (AFAB) or Assigned Male at Birth (AMAB) -terms to use when speaking about someone who identifies as transgender or non-binary only IF you need to state the gender they were assigned at birth. Used most often in healthcare setting. <i>Should NOT be used to describe a person's identity</i></p>
Cisgender	a person who has a gender identity that matches the gender assigned at birth
Gender diverse	general term describing gender behaviors, expressions or identities that are different than those culturally assigned at birth
Transgender and Gender Diverse (TGD)	broad and comprehensive term used to describe people with gender identities or expressions that differ from the gender assigned to them at birth
Gender identity	a person's innermost concept of self as male, female, a blend of both or neither, how individuals perceive themselves and what they call themselves
Gender expression	external appearance of one's gender identity
Gender binary	a system in which gender is constructed into two strict categories of male and female
Trans*	an umbrella term that refers to all of the identities within the gender identity spectrum who transcend conventional expectations of gender identity or expression
LGBTQIA+	an acronym standing for lesbian, gay, bisexual, queer/questioning, intersex, asexual and all other sexual and gender identities not specifically mentioned

*Adapted from <https://pflag.org/glossary/> (May 2025)

**Note that terms can change over time and from person to person. If you do not understand a term that someone is using ask them to explain what that term means to them.