

Geisinger

HELPFUL TERMS

Around Gender Identity

Gender Identity: the internal perception of one's gender, and how they label themselves, based on how much they align or don't align with what they understand their options for gender to be. Common identity labels include: man, woman, genderqueer, trans, etc. Gender Identity is often confused with biological sex or sex assigned at birth.

Cisgender: a person whose gender identity and biological sex assigned at birth align.

Transgender: 1) An umbrella term covering a range of identities that transgress socially defined gender norms. Trans with an * is often used to indicate that you are referring to other larger group nature of the term. 2) a person who lives as a member of a gender other than that expected based on anatomical sex. Of note: a trans* person can be any sexual orientation (straight, gay, bisexual, queer, etc.)

Gender Expression: the external display of one's gender, through a combination of dress, demeanor, social behavior, and other factors, generally made sense of on scales of masculinity and femininity.

Genderqueer: a gender identity label often used by people who do not identify with the binary of man/woman; or as an umbrella term for many gender non-conforming or non-binary identities.

Around Biological Sex

Biological Sex: a medical term used to refer to the chromosomal, hormonal and anatomical characteristics that are used to classify an individual as female or male or intersex. Often referred to as simply "sex," "physical sex," "anatomical sex," or specifically as "sex assigned at birth."

Intersex: someone whose combination of chromosomes, gonads, hormones, internal sex organs, and genitals differs from the two expected patterns of male or female.

Around Sexual Orientation:

Sexual Orientation: the type of sexual, romantic, emotional/spiritual attraction one feels for others.

Emotional/Spiritual Attraction: an affinity for someone that evokes the want to engage in emotional intimate behavior (sharing, confiding, trusting, interdependent).

Romantic Attraction: an affinity for someone that evokes the want to engage in relational intimate behavior (flirting, dating, marriage).

Sexual Attraction: an affinity for someone that evokes the want to engage in physical intimate behavior (kissing, touching, intercourse).

Bisexual: a person emotionally, physically, and/or sexually attracted to male/men and female/women.

Homosexual: a (medical) term used to describe a person primarily emotionally, physically, and/or sexually attracted to members of the same sex/gender. This term is considered by many to be stigmatizing due to its history and is discouraged for common use (use gay or lesbian instead).

Heterosexual: a person primarily emotionally, physically, and/or sexually attracted to people who are not their same sex/gender. Also often called “straight”

Other terms to know

Heteronormativity: the assumption, in individuals or in institutions, that everyone is heterosexual, and that heterosexuality is superior to all other sexualities. Leads to invisibility and stigmatizing of other sexualities.

Homophobia: an umbrella term for a range of negative attitudes (fear, anger, hatred, intolerance, resentment, erasure, discomfort, etc.) that one may have towards members of the LGBTQ community. The term can also connote a fear, disgust or dislike of being perceived as LGBTQ.

Transphobia: the fear of, discrimination against, or hatred of trans* people, the trans* community, or gender ambiguity.

Ally: a (typically straight- or cis-identified) person who supports and respects members of the LGBTQ community.

More information and additional helpful terms available at thesafezoneproject.com

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