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# The Language of Inclusion: say what you mean, and know what you say

**LGBTQ:** lesbian, gay, bisexual, transgender & queer

**Ally:** a straight ally is a heterosexual person who supports equal civil rights, gender equality, and LGBTQ social movements

**Coming out:** the process of acknowledging one's sexual orientation and/or gender identity to other people. For most LGBTQ people this is a life-long process

**Gender Expression:** how a person outwardly expresses their gender (not to be confused with gender identity)

**Gender Identity:** one's internal sense of gender (who a person knows they are on the inside)

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**In the Closet:** being closeted or in the closet means being aware of one's lesbian, gay or bisexual orientation or true gender identity yet averse to revealing it because of various personal or social motivations

**Intersex:** describing a person whose biological sex is ambiguous. There are many genetic, hormonal or anatomical variations that make a person's sex ambiguous

**Sexual Orientation:** a term for an individual's enduring physical, romantic and/or emotional attraction to members of the same and/or opposite sex, including lesbian, gay, bisexual, and heterosexual (straight). Avoid the term "sexual preference"

**Transgender:** a transgender person is someone whose sex at birth is different from who they know they are on the inside

**Cisgender:** a cisgender person is someone whose experience with their own gender agrees with the sex they were assigned at birth

**Transitioning:** a term used to describe the process of moving from one expressed gender to another

**Queer:** a word reclaimed by some gay men, lesbians, bisexual and transgender people as a self-affirming umbrella term

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