



Terminology

Trans* – to cross a boundary

Cis* – to stay on the same side

Transgender – describes a person who does not identify as the gender they were assigned at birth

Cisgender – describes a person who does identify as the gender they were assigned at birth

Gender identity – the gender an individual embraces as their own

Gender expression – the societal and gender-associated communication cues that one manifests

Sex – biological expression of gender – includes hormones, chromosomes, internal genitalia, external genitalia; biology is also a spectrum

Sexual orientation – who you are attracted to physically, sexually, and/or romantically

Transition – any step a person takes to affirm their gender identity; this may or may not include changes in one's name, pronouns, physical appearance, taking hormones, undergoing surgery, among many other things. There is no one way to transition.