

Glossary of key terms:

Gender: how you experience the world in relation to (or outside of) social, psychological, cultural, and behavioral qualities of femininity & masculinity.

Transgender: individuals whose gender identity is different from the sex a doctor assigned to them at birth based on their anatomy. If you understand yourself to be a woman, you are a woman, regardless of anatomy.

Cisgender: individuals whose felt sense of gender identity matches their sex assigned at birth.

Intersex: an umbrella term that describes bodies that fall outside the strict male/female binary. There are lots of ways someone can be intersex.

Transition: the process of affirming and expressing one's internal sense of gender, rather than the one associated with sex assigned at birth. Transitioning is different for everyone and can include adopting the outward or physical characteristics that match one's gender identity with gender affirming medical care, but not everyone has access to this. Social transitioning can look like coming out to friends and family, using a different name, using different pronouns, dressing and styling hair in ways that feel comfortable, and using your voice differently.

Transphobia: can include fear, aversion, anger, hatred, or violence towards people who do not conform to gender roles.