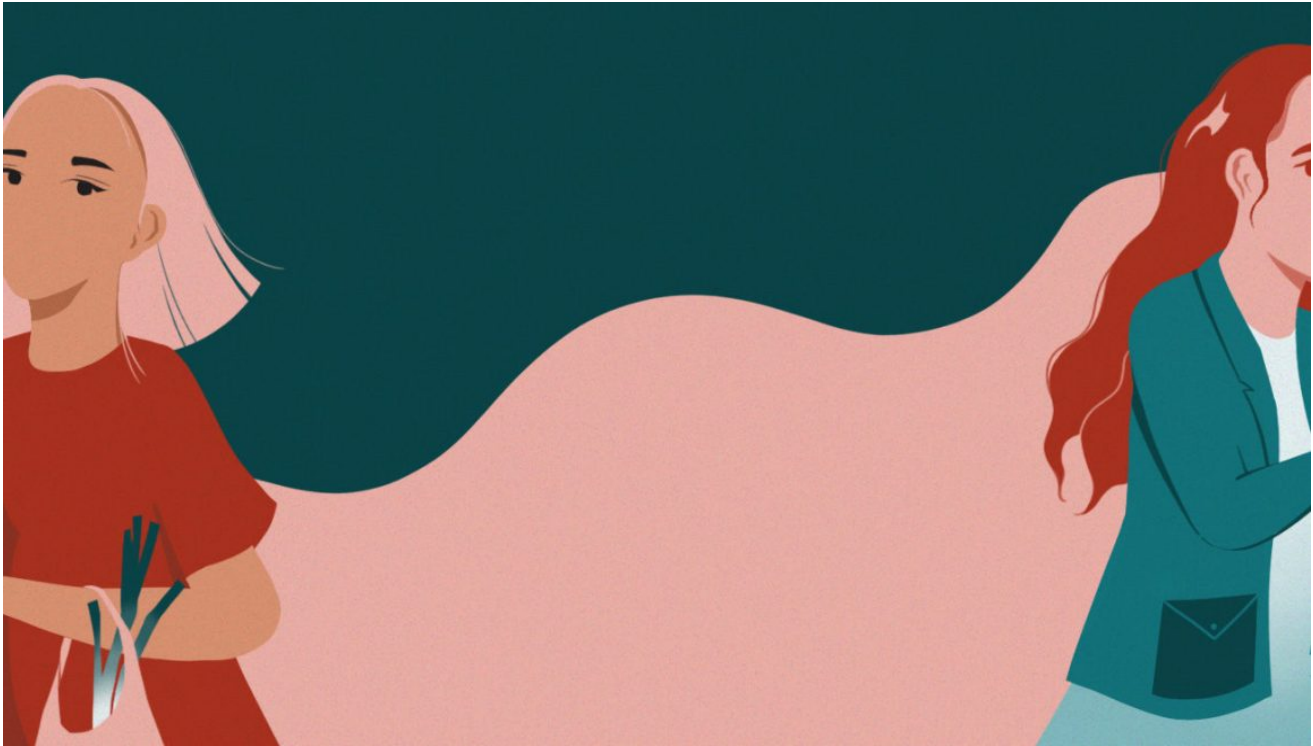


A Glossary of Terms related to Sexual Orientation and Gender Identity and Expression (SOGIE)



Familiarizing yourself with language that describes different sexual and romantic feelings and orientations will help you, your partners, and your friends understand the many ways people experience and identify their sexuality.

Many Americans refrain from talking about sexual orientation and gender identity or expression because it feels taboo, or because they're afraid of saying the wrong thing. The HRC glossary was written to help give people the words and meanings to help make conversations easier and more comfortable. People use a variety of terms to identify themselves, not all of which are included in this glossary.

Always listen for and respect a person's self identified terminology.

Sexuality has to do with how you identify, how (and if) you experience sexual and romantic attraction, and your interest in and preferences around sexual and romantic relationships and behavior. Who your sexual or romantic partner is at a given moment doesn't define this part of who you are. Sexuality can be fluid. It can change in different circumstances or over time.

Read on to learn some of the terms describing sexual attraction, behavior, and orientation. Observing patterns in sexual and romantic attraction, behavior, and

preferences over time is one way to better understand your sexual identity or romantic orientation.

There are some duplicates of terms, based on the Resources gathered from:

Human Rights Campaign Foundation's **Glossary of Terms**—<https://www.hrc.org/resources/glossary-of-terms>

Healthline article: **47 Terms That Describe Sexual Attraction, Behavior, and Orientation** <https://www.healthline.com/health/different-types-of-sexuality>

Graphics Designed by Lauren Park

Note: there is blank space at the end for you to take notes, write down your questions, and for some personal reflections.

Thank you for your time to learn in order to Love God and All People with all of our spirit, mind, heart and body

Spirit Garage
Reconciling in Christ Team

Allosexual A word and category describing those who experience sexual attraction. Use of this term helps normalize the experience of people on the asexual spectrum and provides a more specific label to describe those who aren't part of the asexual community.

Allosexism This refers to norms, stereotypes, and practices in society that operate under the assumption that all human beings experience, or should experience, sexual attraction.

Allosexism grants privilege to those who experience attraction and leads to prejudice against and erasure of asexual people.

Ally | A term used to describe someone who is actively supportive of LGBTQ+ people. It encompasses straight and cisgender allies, as well as those within the LGBTQ+

community who support each other (e.g., a lesbian who is an ally to the bisexual community).

Androsexual A term used to communicate sexual or romantic attraction to men, males, or masculinity. This term intentionally includes attraction to those who identify as men, male, or masculine, regardless of biology, anatomy, or sex assigned at birth.

Asexual Someone who identifies as a member of the asexual community experiences little or no sexual attraction to others of any gender. Asexuality is a broad spectrum. People who identify as asexual may also identify with one or more other terms that can more specifically capture their relationship to sexual attraction.

Also referred to as "aces," some people who are asexual do experience romantic attraction to people of one or multiple genders. Some asexual people may also engage in sexual activity.

Asexual | Often called "ace" for short, asexual refers to a complete or partial lack of sexual attraction or lack of interest in sexual activity with others. Asexuality exists on a spectrum, and asexual people

may experience no, little or conditional sexual attraction.

Aromantic A romantic orientation that describes people who experience little or no romantic attraction, regardless of sex or gender.

Autosexual A person who's sexually attracted to themselves. Someone's desire to engage in sexual behavior such as masturbation doesn't determine whether they're autosexual.

Autoromantic A romantic orientation that describes a person who's romantically attracted to themselves. People who identify as autoromantic often report experiencing the relationship they have with themselves as romantic.

Bicurious This refers to people who are questioning or exploring bisexuality, often due to a curiosity about one's romantic or sexual attraction to people of the same or different genders.

Biphobia | The fear and hatred of, or discomfort with, people who love and are sexually attracted to more than one gender.

Bisexual A sexual orientation that describes people who experience sexual, romantic, or

emotional attractions to people of more than one gender.

Also referred to as “bi,” bisexual typically includes individuals who are attracted to a variety of people, with genders that are similar to and different than their own.

Bisexual | A person emotionally, romantically or sexually attracted to more than one sex, gender or gender identity though not necessarily simultaneously, in the same way or to the same degree. Sometimes used interchangeably with pansexual.

Biromantic People who experience romantic attraction, but not sexual attraction, to people of more than one gender.

Cisgender | A term used to describe a person whose gender identity aligns with those typically associated with the sex assigned to them at birth.

Closeted Closeted, or the state of being “in the closet,” describes people in the LGBTQIA+ community who don’t publicly or openly share their sexual identity, sexual attraction, sexual behavior, gender expression, or gender identity.

Closeted is often understood as the opposite of “out” and refers to the metaphorical hidden or private place an LGBTQIA+ person comes from in the process of making decisions about disclosing gender and sexuality.

Some people may be out in certain communities but closeted in others due to fear of discrimination, mistreatment, rejection, or violence.

Coming out A phrase that refers to the process of being open about one’s sexuality and gender. For many LGBTQIA+ people, “coming out” isn’t a one-time event but a process and series of moments and conversations.

Also described as “coming out of the closet,” this process can include:

- sharing about a same-gender or similar-gender sexual or romantic attraction or experience
- identifying as LGBTQIA+

COMING OUT

It’s important to remember that each person’s coming out experience is different, and the act of coming out can be hard and emotional.

- disclosing one's specific gender identity, gender expression, or sexual or romantic orientation

Some LGBTQIA+ people decide to keep their sexuality, gender, or intersex status private, while others decide to share these things with loved ones, acquaintances, or the public.

The process of coming out or the state of being out is a source of self-acceptance and pride for many (but not all) LGBTQIA+ people.

However, it's important to remember that each person's coming out experience is different, and the act of coming out can be hard and emotional.

The decision to come out is deeply personal. Each person should make decisions about disclosing sexuality and gender in their own time and manner.

Cupiosexual Cupiosexual describes asexual people who don't experience sexual attraction but still have the desire to engage in sexual behavior or a sexual relationship.

Demisexual On the asexual spectrum, this sexual orientation describes people who experience sexual attraction only under specific circumstances, such as after building a romantic or emotional relationship with a person.

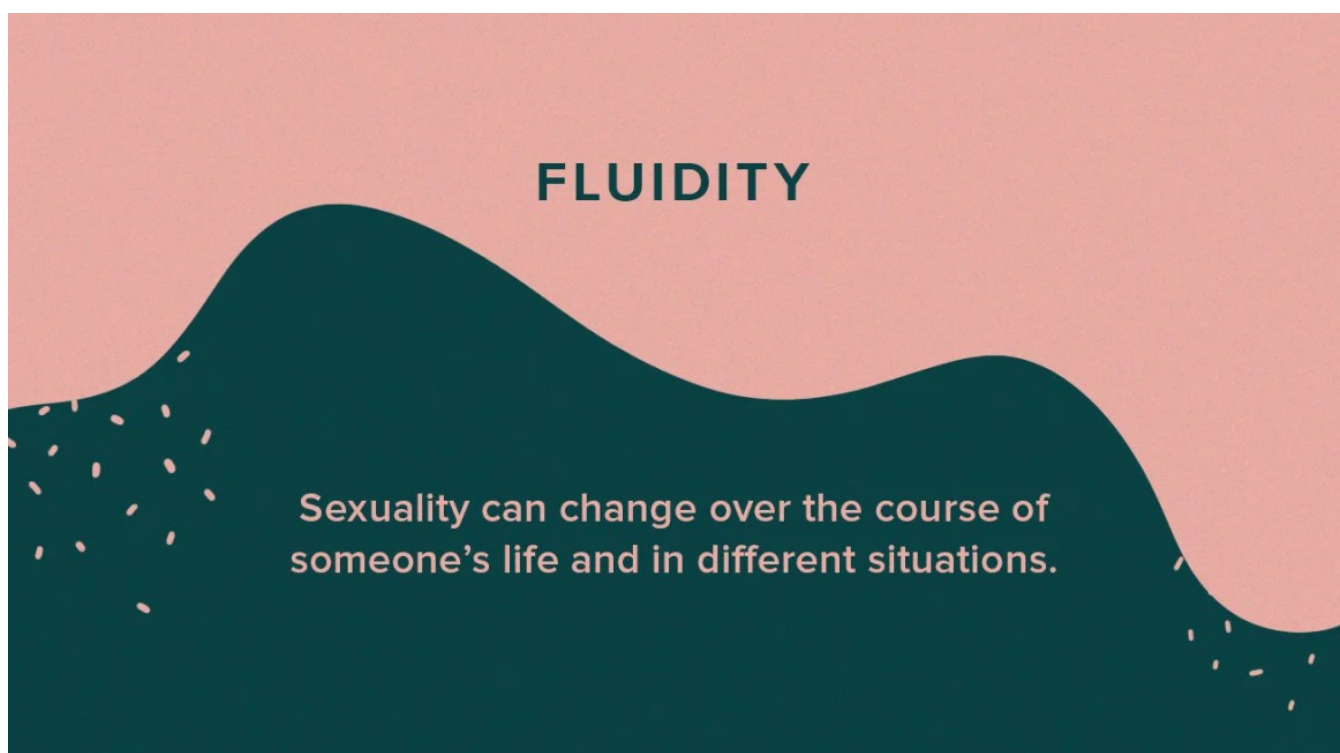
Demiromantic This romantic orientation describes people

who experience romantic attraction only under specific circumstances, such as after building an emotional relationship with a person.

Fluid This term refers to the fact that sexuality, sexual attraction, and sexual behavior can change over time and vary based on circumstances.

It's used to describe people who experience shifts in their sexuality, sexual attraction, or sexual behavior in different situations or throughout the course of their lifetime. You may hear someone describe their sexuality as fluid.

Gay A term that describes people who experience sexual, romantic, or emotional attraction to people of the same or a similar gender.



Some gay-identified women prefer the term “lesbian,” while others prefer “queer” or “gay.” It’s also best to ask which word or term someone uses to describe themselves.

The fields of medicine and psychology previously referred to this sexual orientation as homosexual. “Homosexual” is now viewed as an outdated and offensive term and shouldn’t be used to refer to LGBTQIA+ people.

Gender binary | A system in which gender is constructed into two strict categories of male or female. Gender identity is expected to align with the sex assigned at birth and gender expressions and roles fit traditional expectations.

Gender dysphoria | Clinically significant distress caused when a person's assigned birth gender is not the same as the one with which they identify.

Gender-expansive | A person with a wider, more flexible range of gender identity and/or expression than typically associated with the binary gender system. Often used as an umbrella term when referring to young people still exploring the possibilities of their gender expression and/or gender identity.

Gender expression | External appearance of one's gender identity, usually expressed through behavior, clothing, body characteristics or voice, and which may or may not conform to socially defined behaviors and characteristics typically associated with being either masculine or feminine.

Gender-fluid | A person who does not identify with a single fixed gender or has a fluid or unfixed gender identity.

Gender identity | One's innermost concept of self as male, female, a blend of both or neither – how individuals perceive themselves and what they call themselves. One's gender identity can be the same or different from their sex assigned at birth.

Gender non-conforming | A broad term referring to people who do not behave in a way that conforms to the traditional expectations of their gender, or whose gender expression does not fit neatly into a category. While many also identify as transgender, not all gender non-conforming people do.

Genderqueer | Genderqueer people typically reject notions of static categories of gender and embrace a fluidity of gender identity and often, though not always, sexual

orientation. People who identify as "genderqueer" may see themselves as being both male and female, neither male nor female or as falling completely outside these categories.

Graysexual Graysexual is used to acknowledge the gray area on the sexuality spectrum for people who don't explicitly and exclusively identify as asexual or aromantic.

Many people who identify as graysexual do experience some sexual attraction or desire, but perhaps not at the same level or frequency as those who identify their sexuality as being completely outside of the asexual spectrum.

Grayromantic A romantic orientation that describes individuals whose romantic attraction exists in the gray area between romantic and aromantic.

Many people who identify as grayromantic do experience some romantic attraction, but perhaps not at the same level or frequency as those who identify their sexuality or romantic orientation as something other than asexual.

Gynesexual A term used to communicate sexual or romantic attraction to women, females, or femininity.

This term intentionally includes attraction to those who identify as women, female, or feminine regardless of biology, anatomy, or the sex assigned at birth.

Heterosexual A term that describes people who experience sexual, romantic, or emotional attraction to people of the “opposite” gender (e.g., male vs. female, man vs. woman) or a different gender.

Both cisgender and transgender-identified people can be heterosexual. This sexual orientation category is commonly described as straight.

Homophobia | The fear and hatred of or discomfort with people who are attracted to members of the same sex.

Homosexual An outdated term rooted in the fields of medicine and psychology that refers to people who experience sexual, romantic, or emotional attraction to people of the same or a similar gender.

Intersex | Intersex people are born with a variety of differences in their sex traits and reproductive anatomy. There is a wide variety of differences among intersex variations, including differences in genitalia, chromosomes, gonads, internal sex organs, hormone production, hormone response, and/or secondary sex traits.

Lesbian A woman or female-identified person who experiences sexual, romantic, or emotional attraction to

people of the same or a similar gender. However, it’s important to note that not all lesbians are female-identified; some define their identity as more nonmale or femme than female or feminine.

Some people who are lesbians may also refer to themselves as gay or queer, while others prefer the term lesbian.

Lesbian | A woman who is emotionally, romantically or sexually attracted to other women. Women and non-binary people may use this term to describe themselves.

LGBTQIA+ The acronym that often describes people who don’t identify as exclusively heterosexual or exclusively cisgender.



The letters in the LGBTQIA+ acronym stand for lesbian, gay, bisexual, transgender, queer or questioning, intersex, and asexual.

The + symbol in LGBTQIA+ refers to the fact that there are many sexual orientations and gender identities that are part of the broader LGBTQIA community but aren't included as part of the acronym.

LGBTQ+ | An acronym for "lesbian, gay, bisexual, transgender and queer" with a "+" sign to recognize the limitless sexual orientations and gender identities used by members of our community.

Libidoist asexual A term used to describe an asexual person who experiences sexual feelings that are satisfied through self-stimulation or masturbation.

This term acknowledges that, for some people, acting on libido or sexual feelings doesn't necessarily involve sexual behavior with others.

Monosexual A broad sexual orientation category that includes people who experience romantic or sexual attraction to people of one sex or gender. Monosexuality typically includes those who are exclusively heterosexual, gay, or lesbian.

Non-binary | An adjective describing a person who does not identify exclusively as a man or a woman. Non-binary people may identify as being both a man and a woman, somewhere in between, or as falling completely outside these categories. While many also identify as transgender, not all non-binary people do. Non-binary can also be used as an umbrella term encompassing identities such as agender, bigender, genderqueer or gender-fluid.

Non-libidoist asexual

Referring to an identity on the asexuality spectrum, a non-libidoist asexual is someone who doesn't experience any sexual feelings or has an active sex drive.

Omnisexual Omnisexual is similar to pansexual and can be used to describe people whose sexuality isn't limited to those of a particular gender, sex, or sexual orientation.

Outing | Exposing someone's lesbian, gay, bisexual transgender or gender non-binary identity to others without their permission. Outing someone can have serious repercussions on employment, economic stability, personal safety or religious or family situations.

Pansexual A term that describes people who can experience sexual, romantic, or emotional attraction to any person, regardless of that person's gender, sex, or sexuality.

Pansexual | Describes someone who has the potential for emotional, romantic or sexual attraction to people of any gender though not necessarily simultaneously, in the same way or to the same degree. Sometimes used interchangeably with bisexual.

Panromantic A term that describes people who can experience romantic, or emotional (but not sexual) attraction to any person, regardless of that person's gender, sex, or sexuality.

Passing Passing refers to society's perceptions and assumptions of someone's sexuality or gender.

Specifically, this term is most commonly used to discuss the frequency and extent to which an LGBTQIA+ person is perceived as or assumed to be straight or cisgender.

It's important to note that some LGBTQIA+ people have the desire to pass while others do not. In fact, the act of being perceived as straight or cisgender can be a source of

discomfort and discrimination for some people in the LGBTQIA+ community.

Polysexual A term that describes people with a sexual orientation that involves sexual or romantic attraction to people with varying genders.

Polysexual orientations include bisexuality, pansexuality, omnisexuality, and queer, among many others.

Pomosexual A term used to refer to people who reject sexuality labels or don't identify with any of them. Pomosexual is not necessarily an identity.

Queer An umbrella term that describes people who aren't exclusively heterosexual. The term "queer" (the Q in LGBTQIA+) acknowledges that sexuality is a spectrum as opposed to a collection of independent and mutually exclusive categories.

Use of the word opens up options beyond lesbian, gay, and bisexual to people who don't fit neatly into these categories or prefer a category that isn't dependent on sex and gender.

While this term once had negative and derogatory connotations, queer has resurfaced as a common and socially acceptable way for LGBTQIA+ people to refer to

themselves and their community.

Despite its growing use, some people still have negative associations with the word and don't want to be referred to in this way. Queer, like all terms describing sexuality, should be used sensitively and respectfully.

Queer | A term people often use to express a spectrum of identities and orientations that are counter to the mainstream. Queer is often used as a catch-all to include many people, including those who do not identify as exclusively straight and/or folks who have non-binary or gender-expansive identities. This term was previously used as a slur, but has been reclaimed by many parts of the LGBTQ+ movement.

Questioning The process of being curious about or exploring some aspect of sexuality or gender. Questioning can also be used as an adjective to describe someone who's currently exploring their sexuality or gender.

Questioning | A term used to describe people who are in the process of exploring their sexual orientation or gender identity.

Romantic attraction The experience of having an emotional response that results in the desire for a romantic, but not necessarily sexual, relationship or interaction with another person or oneself.

Some people experience romantic attraction but don't experience sexual attraction.

Romantic orientation

Romantic orientation is an aspect of self and identity that involves:

- how you identify
- the way you experience romantic desire (if you do)
- the gender(s) or sex(es) of the people you engage in romantic relationships with (if any)
- the gender(s) or sex(es) of the people you are romantically attracted to (if any)

Same-gender loving | A term some prefer to use instead of lesbian, gay or bisexual to express attraction to and love of people of the same gender.

Sapiosexual A word used to describe those who experience attraction based on intelligence, rather than sex or gender.

Sex assigned at birth | The sex, male, female or intersex, that a doctor or midwife uses to



describe a child at birth based on their external anatomy.

Sexual attraction Sexual attraction refers to experiencing sexual desire or arousal in relation to another person or group of people.

Sex-averse Sex-averse describes those who are on the asexual spectrum and are averse to or extremely disinterested in sex or sexual behavior.

Sex-favorable On the spectrum of asexuality, sex-favorable is viewed as the “opposite” of sex-repulsed and describes those who are asexual, and in certain situations can have favorable or positive feelings toward sex.

Sex-indifferent Sex-indifferent describes those who are on the asexual spectrum and feel indifferent or neutral about sex or sexual behavior.

Sexual orientation or sexuality Sexual orientation or sexuality is an aspect of self that involves:

- how you identify
- the way you experience sexual or romantic desire (if you do)
- the gender(s) or sex(es) of the people you engage in sexual or romantic activity with (if any)
- the gender(s) or sex(es) of the people you are attracted to (if any)

Sexuality can change over the course of someone’s life and in different situations. It’s understood to be a spectrum instead of a series of mutually exclusive categories.

Sexual orientation | An inherent or immutable enduring emotional, romantic or sexual attraction to other people. Note: an individual’s sexual orientation is independent of their gender identity.

Sex-repulsed Similar to sex-averse, sex-repulsed is on the spectrum of asexuality and describes those who are asexual and are repulsed by or extremely disinterested in sex or sexual behavior.

Skoliosexual A sexual orientation that describes

people who are sexually attracted to those with non-cisgender gender identities, such as people who are nonbinary, genderqueer, or trans.

Spectrasedual A term that describes people who are sexually or romantically attracted to multiple or varied sexes, genders, and gender identities, but not necessarily all or any.

Straight Also known as heterosexual, straight describes people who experience sexual, romantic, or emotional attraction to people of the “opposite” gender (e.g., male vs. female, man vs. woman) or a different gender. People who identify as cisgender and transgender can be straight.

Transgender | An umbrella term for people whose gender identity and/or expression is different from cultural expectations based on the sex they were assigned at birth. Being transgender does not imply any specific sexual orientation. Therefore, transgender people may identify as straight, gay, lesbian, bisexual, etc.

Transitioning | A series of processes that some transgender people may

undergo in order to live more fully as their true gender. This typically includes social transition, such as changing name and pronouns, medical transition, which may include hormone therapy or gender affirming surgeries, and legal transition, which may include changing legal name and sex on government identity documents. Transgender people may choose to undergo some, all or none of these processes.

The bottom line

It’s OK to feel unsure or overwhelmed by all of the terms we now have to describe sexual and romantic orientation, attraction, and behavior.

Expanding the language you use to describe your sexuality can provide important guidance, validation, and access to community while on your journey of sexual self-discovery and satisfaction.

Please use this space for notes and questions.

Because this glossary includes many ideas regarding Sexual Orientation, Gender Identity, and (Self) Expression, we all can find ourselves here.

What terms that describe you?
Did some of those ideas surprise you?

When have you experienced being accepted and understood and accepted? Reflect on that experience and your feelings about it.

Are you holding on to ideas about Sexual Orientation, Gender Identity, and (Self) Expression that you can let go of to help others feel accepted and understood?



Mission Statement: Spirit Garage is grassroots ministry rooted in Christ welcoming all into authentic relationships. As the church with the really big door, we strive to create a compassionate community which honors the giftedness of all.

Core Values:

Authentic Relationship: *God meets you where you are, and so do we, so come as you are.*

At Spirit Garage, we strive to be relevant to you and to real life in the world. What you find at Spirit Garage will be real. Come as you are. Take it at your own pace. At worship, you'll find good music, a message, prayer and communion; plus art supplies if you'd like to doodle your way through the gathering. We connect with others in small groups and events as varied as we are. There will be opportunities to connect with neighbors in need in this community and around the world.

Big Door: *You are invited in.*

We don't actually meet in a garage. But we do like the idea of a big garage door welcoming all in and out. We hold open the big door of God's love and create a space where everyone is welcome. By opening the door and inviting people in, we believe

that people can experience God's unconditional love and grace. We encourage each other to share God's love on our journeys back out into the world. The big door always goes both ways, so we hope to be out in the community, living out our core values in the world around us.

Grassroots Ministry: *You can be a part of it.*

Spirit Garage is a community of faith and in this community, every person contributes to the health of the whole. Everyone is invited to lead and guide the community in different ways. Some organize small groups, some lead worship, some bake bread, some help set up and clean up, some share musical gifts, some pray for the community, some serve on the Drivetrain Leadership team, some work on making sure people know what is happening. Do you have an idea about something Spirit Garage could do? Talk to the leadership about it!

God-Gifted: *Everyone has gifts to offer. What will you bring?*

God has given everyone gifts to use for the benefit of the community and the world.

God has given each of us unique gifts. Putting your passion in action is what fuels the culture of Spirit Garage and the culture in which we live. Some grow in their art, others stir the discussion, and others work behind the scenes. Spirit Garage is a place to explore, grow, and use our gifts. It is through this use that Spirit

Garage's mission is realized and God can be seen working through us.

Compassionate Community:

"God knits us together for a moment, a season, a lifetime, or a reason."

At Spirit Garage we start by letting God's love care for us and then proceed to having that love shine out to others and all creation. Jesus chose to live the life of a servant. He washed the feet of his disciples, provided care and healing to the sick, and gave mercy to everyone. We are called to follow in his footsteps. We have opportunities all around us —people at church, in our neighborhoods, and throughout the world.

It comes down to this: It's about Loving God and All People with all of our spirit, mind, heart and body based on what Christ called "The Greatest Commandment":

Matthew 22:36-40 "Teacher, which commandment in the law is the greatest?" [Jesus] said to him, "'You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.' This is the greatest and first commandment. And a second is like it: 'You shall love your neighbor as yourself.' On these two commandments hang all the law and the prophets."