

# QLIFE GUIDES GLOSSARY

## CONTACT QLIFE

Call for free, confidential phone counselling and referrals from 3pm-midnight every evening of the year, in each state on 1800 184 527

Webchat from 3pm-midnight every evening of the year on [www.qlife.org.au](http://www.qlife.org.au)

Email us for referrals to other service organisations or resources at [ask@qlife.org.au](mailto:ask@qlife.org.au)

- ATSI – Aboriginal and Torres Strait Islander peoples and communities. Some may prefer the term 'indigenous' if appropriate.
- Bisexual person – A person who identifies as or who has romantic and/or sexual relationships with, and/or attractions toward people of multiple genders.
- CaLD – Culturally and Linguistically Diverse people and communities. This umbrella term includes many distinct cultures and practices.
- Cisgender person – Refers to the gender experiences of people whose gender identity is typically associated with the sex assigned to them at birth.
- Cisgenderism – A viewpoint that treats having a gender identity typically associated with your assigned sex at birth and a non-intersex body as a given and as the default way people should and do experience their genders and bodies.

- Gay man – A man who identifies as, has romantic and/or sexual relationships with, and/or is attracted to men.
- Gender Identity – Describes someone's own understanding of who they are (e.g., woman, genderqueer, man, no gender, etc.), as distinct from their physical characteristics. Federal anti-discrimination protection for gender identity includes gender history and gender-associated characteristics and expression, not just how someone identifies.
- Genderqueer/Non-binary gender – Describes someone's understanding of their gender as being outside of common understandings of being either male or female.
- Homophobia – Intentional hostile and/or violence acts, behaviours and beliefs directed against people who are perceived not to be heterosexual.
- Heteronormativity – A viewpoint that expresses heterosexuality as a given instead of being one of many diverse possibilities and presents heterosexuality as the default sexuality.
- Intersex person – An umbrella term for people with physical characteristics that are seen as different from modern medical norms about 'female' and 'male' bodies. Intersex people, also people with intersex variations, have physical variations from strictly 'female' and 'male' bodies. These physical characteristics are present at birth and manifest during physical development.
- Intersex Status – Recent legal and regulatory developments in Australia have distinguished 'intersex status' as separate from both gender identity and sexual orientation. Research shows that intersex physical characteristics do not reliably determine someone's gender identity or sexual orientation.
- Lesbian – A woman who identifies as, has romantic and/or sexual relationships with, and/or is attracted to women.

- LGBT people – These initials are used to refer to lesbian, gay and bisexual people. This is used most commonly when talking about sexuality only rather than gender identity or intersex status/persons.
- LGBTI people – These initials are used to refer collectively to lesbian, gay, bisexual, trans, and intersex people. It is important to recognise that the letters in LGBTI represent broad categories of experience and not necessarily identities; thus many people who would be considered trans identify simply as women, men, or another gender and do not necessarily have a 'trans identity'. Although these groups are distinct, they can overlap (e.g. some intersex women are also lesbians).
- Queer – A feature of this term is that it is used in a wide variety of highly personal ways. When a person uses this term to describe themselves or others, it is often helpful to speak with them about what 'queer' means for them. Queer is not an umbrella term that can be applied to all people who are represented by the 'LGBTI' acronym.
- Sexuality – Describes emotional, romantic, and/or sexual attractions towards others, often describing the gender of people with whom someone builds relationships. Federal anti-discrimination protection of sexuality includes relationship status. Some people experience sexuality as fluid and changing across the lifespan rather than as an 'orientation'.
- Trans/Transgender person – An individual whose gender identity is not typically associated with their assigned sex at birth. Trans is independent of sexuality and as such trans people may identify as heterosexual, gay, bisexual, etc.
- Transphobia – Intentional hostile and/or violence acts, behaviours and beliefs directed against people who are perceived to be trans/transgender.

