Easy Read Edition

Proud and Supported:
Definitions and Beyond

Words to Know
Words to Know in this Toolkit
Ableism

Discrimination against disabled people.

Ally

Someone who supports a group they aren’t a part of.

Americans with Disabilities Act (ADA)

A law in the United States that says places need to be accessible to people with disabilities.
Aromantic

Someone who isn’t romantically attracted to anyone.

Asexual

Someone who isn’t sexually attracted to anyone.

Binary

A set of two groups.
**Bisexual**

Someone who likes people of multiple genders.

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**Cisgender**

Someone whose gender is the same as the sex they were assigned at birth. A cisgender woman is a woman who was assigned female at birth. A cisgender man is a man who was assigned male at birth.
Coming out

Telling other people you are not cisgender or straight.

Conversion therapy

Trying to force an LGBTQ+ person not to be LGBTQ+.

Discrimination

When someone treats you badly based on who you are.
Gay

Someone who likes people of the same gender they are. Sometimes, the word “gay” gets used to mean the whole LGBTQ+ community.

Gender

How you feel and see yourself and what you call yourself. For example, “man,” “woman,” “non-binary,” and “genderqueer” are all genders.
Gender binary

The set of only man and woman. The gender binary is wrong. There are more genders than only man and woman.

Gender non-conforming

When your presentation doesn’t match your gender.

Genitals

Your sexual body parts. Some examples of genitals are penis, vagina, testicles.
Homophobia

Discrimination against gay people. Sometimes, people use homophobia to mean discrimination against LGBTQ+ people in general.

Hormones

The chemicals in your body. There are many different types of hormones. The two most common sexual hormones are testosterone and estrogen.
**Intersex**

Sometimes when a baby is born, the doctors can’t tell if the baby is a boy or a girl. Or someone might be assigned a sex at birth. But when they grow up, their body doesn’t look like most bodies assigned that sex at birth. They might have different genitals. Or they might have different hormones. Their body doesn’t fit into the sexual binary. That person is intersex.

**Lesbian**

A women who likes other women.
LGBTQ+

An acronym that stands for lesbian, gay, bisexual, transgender, queer/questioning, and more.

Marriage equality

When LGBTQ+ people can get married, just like anyone else.

Neopronouns

Pronouns that are not he, she, or they.
Nonbinary

Someone who isn’t a boy or a girl. Another word for nonbinary is \textit{genderqueer}.

Pansexual

Someone who likes people of many or all genders.

Presentation

The decisions you make about how you look.
Pride

When you have pride, you feel good about yourself. You can have pride in your gender. You can have pride in your sexuality.

Pronouns

Words like he or she. We use pronouns to talk about people without using names.

Queer

Someone who isn’t straight and cisgender.
**Questioning**

Someone who doesn’t know their gender or sexuality.

**Romantic attraction**

Liking someone in a way where you want to do romantic things with them, like kiss them or cuddle with them.
Sex assigned at birth

When a baby is born, the doctors look at its body. Then the doctors say if the baby is a boy or a girl. Someone who the doctors say is a boy is assigned male at birth. Someone who the doctors say is a girl is assigned female at birth.

Sexual attraction

Liking someone in a way where you want to have sex with them.
**Sexual binary**

The set of only male and female. The sexual binary is wrong. There are more sexes than only male and female.

**Sexuality**

Who you are attracted to. Some people are attracted to men. Some people are attracted to women. Some people are attracted to non-binary people. Some people are attracted to more than one gender.
Stereotypes

Where someone thinks that everyone in a certain group is the same.

Straight

Someone who is attracted to people of different genders from their gender.
Transgender

Someone whose gender is not the same as the sex they were assigned at birth. A transgender woman is a woman who was assigned male at birth. A transgender man is a man who was assigned female at birth. Nonbinary people can be assigned either sex at birth.

Transphobia

Discrimination against transgender and non-binary people.
Two-Spirit

A word some Indigenous people use to talk about Indigenous LGBTQ+ people.
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