

World Professional Association for Transgender Health - The Standards of Care 7TH VERSION

APPENDIX A

GLOSSARY

Terminology in the area of health care for transsexual, transgender, and gender-nonconforming people is rapidly evolving; new terms are being introduced, and the definitions of existing terms are changing. Thus, there is often misunderstanding, debate, or disagreement about language in this field. Terms that may be unfamiliar or that have specific meanings in the *SOC* are defined below for the purpose of this document only. Others may adopt these definitions, but

WPATH acknowledges that these terms may be defined differently in different cultures, communities, and contexts. WPATH also acknowledges that many terms used in relation to this population are not ideal. For example, the terms *transsexual* and *transvestite*—and, some would argue, the more recent term *transgender*—have been applied to people in an objectifying fashion. Yet such terms have been more or less adopted by many people who are making their best effort to make themselves understood. By continuing to use these terms, WPATH intends only to ensure that concepts and processes are comprehensible, in order to facilitate the delivery of quality health care to transsexual, transgender, and gender-nonconforming people. WPATH remains open to new terminology that will further illuminate the experience of members of this diverse population and lead to improvements in health care access and delivery.

Bioidentical hormones: Hormones that are *structurally* identical to those found in the human body (ACOG Committee of Gynecologic Practice, 2005). The hormones used in bioidentical hormone therapy (BHT) are generally derived from plant sources and are structurally similar to endogenous human hormones, but they need to be commercially processed to become bioidentical.

Bioidentical compounded hormone therapy (BCHT): Use of hormones that are prepared, mixed, assembled, packaged, or labeled as a drug by a pharmacist and custom-made for a patient according to a physician's specifications. Government drug agency approval is not possible for each compounded product made for an individual consumer.

Cross-dressing (transvestism): Wearing clothing and adopting a gender role presentation that, in a given culture, is more typical of the other sex.

Disorders of sex development (DSD): Congenital conditions in which the development of chromosomal, gonadal, or anatomic sex is atypical. Some people strongly object to the "disorder" label and instead view these conditions as a matter of diversity (Diamond, 2009), preferring the terms *intersex* and *intersexuality*.

Female-to-Male (FtM): Adjective to describe individuals assigned female at birth who are changing or who have changed their body and/or gender role from birth-assigned female to a more masculine body or role.

Gender dysphoria: Distress that is caused by a discrepancy between a person's gender identity and that person's sex assigned at birth (and the associated gender role and/or primary and secondary sex characteristics) (Fisk, 1974; Knudson, De Cuypere, & Bockting, 2010b).

Gender identity: A person's intrinsic sense of being male (a boy or a man), female (a girl or woman), or an alternative gender (e.g., boygirl, girlboy, transgender, genderqueer, eunuch) (Bockting, 1999; Stoller, 1964).

Gender identity disorder: Formal diagnosis set forth by the *Diagnostic Statistical Manual of Mental Disorders, 4th Edition, Text Rev (DSM IV-TR)* (American Psychiatric Association, 2000). Gender identity disorder is characterized by a strong and persistent cross-gender identification and a persistent discomfort with one's sex or sense of inappropriateness in the gender role of that sex, causing clinically significant distress or impairment in social, occupational, or other important areas of functioning.

Gender-nonconforming: Adjective to describe individuals whose gender identity, role, or expression differs from what is normative for their assigned sex in a given culture and historical period.

Gender role or expression: Characteristics in personality, appearance, and behavior that in a given culture and historical period are designated as masculine or feminine (that is, more typical of the male or female social role) (Ruble, Martin, & Berenbaum, 2006). While most individuals present socially in clearly masculine or feminine gender roles, some people present in an alternative gender role such as genderqueer or specifically transgender. All people tend to incorporate both masculine and feminine characteristics in their gender expression in varying ways and to varying degrees (Bockting, 2008).

Genderqueer: Identity label that may be used by individuals whose gender identity and/or role does not conform to a binary understanding of gender as limited to the categories of man or woman, male or female (Bockting, 2008).

Internalized transphobia: Discomfort with one's own transgender feelings or identity as a result of internalizing society's normative gender expectations.

Male-to-Female (MtF): Adjective to describe individuals assigned male at birth who are changing or who have changed their body and/or gender role from birth-assigned male to a more feminine body or role.

Natural hormones: Hormones that are derived from natural *sources* such as plants or animals. Natural hormones may or may not be bioidentical.

Sex: Sex is assigned at birth as male or female, usually based on the appearance of the external genitalia. When the external genitalia are ambiguous, other components of sex (internal genitalia, chromosomal and hormonal sex) are considered in order to assign sex (Grumbach, Hughes, & Conte, 2003; MacLaughlin & Donahoe, 2004; Money & Ehrhardt, 1972; Vilain, 2000). For most people, gender identity and expression are consistent with their sex assigned at birth; for transsexual, transgender, and gender-nonconforming individuals, gender identity or expression differ from their sex assigned at birth.

Sex reassignment surgery (gender affirmation surgery): Surgery to change primary and/or secondary sex characteristics to affirm a person's gender identity. Sex reassignment surgery can be an important part of medically necessary treatment to alleviate gender dysphoria.

Transgender: Adjective to describe a diverse group of individuals who cross or transcend culturally defined categories of gender. The gender identity of transgender people differs to varying degrees from the sex they were assigned at birth (Bockting, 1999).

Transition: Period of time when individuals change from the gender role associated with their sex assigned at birth to a different gender role. For many people, this involves learning how to live socially in another gender role; for others this means finding a gender role and expression that are most comfortable for them. Transition may or may not include feminization or masculinization of the body through hormones or other medical procedures. The nature and duration of transition are variable and individualized.

Transsexual: Adjective (often applied by the medical profession) to describe individuals who seek to change or who have changed their primary and/or secondary sex characteristics through feminizing or masculinizing medical interventions (hormones and/or surgery), typically accompanied by a permanent change in gender role.

Transgender Health Information Program (THiP)¹

Glossary

Welcome to our glossary of terms related to trans* health and the services available in British Columbia. The words and meanings provided here are offered as tools to help us think about gender, sex, society, culture, and health. We encourage readers to think about the ways language can be used to promote recognition, respect and equity.

Ally: a cisgender person who supports and celebrates trans* identities, challenges transphobic remarks and actions of others, and willingly explores these biases within themselves.

(QMUNITY)

Androgynous: a blend of other genders; a person who identifies a person with an androgynous identity might refer to themselves as an androgyne.

Assigned Sex: see sex assignment.

BC Services Card: a card issued by the Province of British Columbia government for the purposes of accessing provincial government services, which integrates photo identification, driver's license and CareCard.

BC Children's Hospital Endocrinology and Diabetes Unit: provides endocrine care (puberty blockers and hormone therapy) to trans* and gender-questioning youth in British Columbia.

Bi-gender: a gender identity of having two full genders which one can move between.

Binding: compressing one's chest to create a more androgynous or masculine appearance.

Black Market Hormones: hormones purchased without a prescription.

Breast Augmentation: a gender-affirming, feminizing, top surgery that enlarges one's breasts.

Butch: describes gender expressions and/or social and relationship roles that are perceived as being masculine, or refers to a person who embodies these qualities. Might identify as trans*, but not necessarily. (QMUNITY)

¹ <http://transhealth.vch.ca/trans-101/glossary>

CAFAB: acronym for Coercively Assigned Female at Birth; refers to people declared to be female at birth, and raised within a female gender role that does not match their gender identity.

CAMAB: acronym for Coercively Assigned Male at Birth; refers to people declared to be male at birth, and raised with a male gender role that does not match their gender identity.

Canadian Professional Association for Transgender Health (CPATH): professional organization devoted to transgender health, whose mission as an international multidisciplinary professional association is to promote evidence based care, education, research, advocacy, public policy and respect in transgender health.

Catherine White Holman Wellness Centre (CWHWC): a volunteer-run centre in Vancouver aiming to provide free, low-barrier wellness services to trans* and gender diverse people in a way that is respectful and celebratory of clients' identity and self-expression.

Chest Surgery: a gender-affirming, masculinizing, top surgery that removes breast tissue and sculpts remaining tissue into a shape that is typically considered to be more masculine.

Cisgender (also cissexual): having a gender identity that matches one's assigned sex; non-trans*.

Clitoral Release: a gender-affirming, masculinizing, lower surgery to cut ligaments around the clitoris, releasing it from the pubis, giving the shaft more length, thus creating a penis.

Coming Out or Coming Out of the Closet: the process of becoming aware of one's trans* identity, accepting it, and/or telling others about it; coming out is also used to refer to disclosing one's non-heterosexual sexual orientation. (QMUNITY)

Cross Dresser: people who wear clothing traditionally associated with a different gender than the gender they identify with; cross-dressers may or may not identify as transgender or transsexual; 'cross-dresser' has generally replaced the term 'transvestite', as 'transvestite' is considered offensive by many. (QMUNITY)

Disorders of Sex Development (DSD): a reproductive or sexual anatomy that does not closely resemble typical male or female reproductive or sexual anatomy, which may be related to genitalia, secondary sex characteristics, and/or chromosomal make-up; DSD replaced the outdated terms 'hermaphrodite', as 'hermaphrodite' is considered offensive by many; see also 'intersex'; DSD is different from trans*.

Drag King: drag kings are performance artists who dress and act in a masculine manner and personify male gender stereotypes as part of their routine. Might identify as trans*, but not necessarily.

Drag Queen: drag queens are performance artists who dress and act in a feminine manner and personify female gender stereotypes as part of their routine. Might identify as trans*, but not necessarily.

Employment Insurance (EI): provides regular benefits to those who lose their jobs through no fault of their own and sickness benefits to individuals who are unable to work because of sickness, injury, or quarantine.

Endocrinologist: a doctor specially trained in the study of hormones and their actions and disorders in the body.

Facial feminization surgery: Surgeries that feminize the face, which include Adam's apple reduction, nose feminization, facial bone reduction, face lift, eyelid rejuvenation, and hair reconstruction.

Fair Pharmacare: provides eligible BC residents with coverage for some prescription drugs and medical supplies.

Female: a sex, usually assigned at birth, and based on chromosomes (e.g. XX), gene expression, hormone levels and function, and reproductive/sexual anatomy (e.g. vagina, uterus).

Female-to-Male (FTM): may refer to a person assigned female at birth who identifies as male all or part of the time; transitioning-to-male; female-to-male spectrum. (QMUNITY)

Feminine: describes socially and culturally constructed aspects of gender (e.g. roles, behaviour, expression, identity) typically associated with girls and women.

Feminizing Hormone Therapy: the use of medications (e.g. estrogen, anti-androgens, progestins) to develop physical characteristics that are in line with one's gender identity or gender expression, including breast development, more fat on the hips, thighs, and buttocks, and softer skin.

Feminizing Surgeries: gender-affirming surgical procedures that create physical characteristics reflective of one's gender identity and/or gender expression, including breast augmentation, vaginoplasty, facial feminization surgery, voice surgery, thyroid cartilage reduction, buttock augmentation/lipofilling, and hair reconstruction.

Femme: describes gender expressions and/or social and relationship roles that are perceived as being feminine, or refers to a person who embodies these qualities. Might identify as trans*, but not necessarily. (QMUNITY)

First Nations Health Authority: a health authority that aims to improve health outcomes for First Nations peoples in British Columbia, and represents a new relationship between B.C. First Nations, the Province of B.C. and the Government of Canada.

Formulary: a listing of medications covered by a health care plan.

Gaff: a garment that flattens the lower part of your body, concealing the penis* and the testes*.

Gay/Straight Alliance (GSA): student-led organizations intended to provide a safe and supportive environment for LGBT2Q+ and questioning youth and their allies; see also QSA.

Gender: socially and culturally constructed roles, behaviours, expressions and identities of girls, women, boys, men, and trans* people.

Gender Affirming Surgery: range of surgeries that create physical characteristics that are in line with one's gender identity, including vaginoplasty, breast augmentation, chest surgery, and phalloplasty; sometimes referred to as sex reassignment surgery (SRS).

Gender Binary: a view that there are only two genders (girls/women and boys/men) that are separate and unchanging.

Gender Creative: refers to people, often children, who identify and express their gender in ways that differ from societal and cultural expectations.

Gender Diverse: gender roles and/or gender expression that do not match social and cultural expectations; gender non-conforming; gender variant.

Gender Dysphoria: distress resulting from a difference between a person's gender identity and the person's assigned sex, associated gender role, and/or primary and secondary sex characteristics. (WPATH)

Gender Expression: how one outwardly shows gender; including through name and pronoun choice, style of dress, voice modulation. (QMUNITY)

Gender Fluid: a gender identity that is changeable. (Gender (Free) For All)

Gender Identity: internal and psychological sense of oneself as a woman, a man, both, in between, or neither.

Gender-inclusive Pronouns: pronouns used to avoid gender binary-based words (e.g. she/her, he/him) or making assumptions about people's gender; for example, ze/hir or they/them.

Gender Marker: a term some people use for sex marker on identification/documents.

Gender Non-conforming: see gender diverse.

Gender Normative: gender roles and/or gender expression that match social and cultural expectations.

Gender Roles: socially constructed and culturally behavioural norms, such as communication styles, careers and family roles, that are often expected of people based on their assigned sex. (QMUNITY)

Genderqueer: a gender identity outside the gender binary.

Gender Variant: see gender diverse.

GRS in Montreal: MSP contracts with this clinic in Montreal to provide gender-affirming lower surgeries for BC residents.

Hair restoration surgery: Surgical technique that moves individual hair follicles from a part of the body called the donor site to a different part of the body called the recipient site.

Health Authorities: see Regional Health Authorities; see Provincial Health Services Authority; see First Nations Health Authority.

Health Insurance BC (HIBC): administers the Medical Services Plan (MSP) and PharmaCare programs on behalf of the British Columbia government.

Hermaphrodite: an outdated term that was historically used to label people who have a reproductive or sexual anatomy that does not closely resemble typical male or female reproductive or sexual anatomy, which may be related to genitalia, secondary sex characteristics, and/or chromosomal make-up; replaced by the more respectful term, 'disorders of sex development' or 'DSD'.

Homosexual: An outdated term that was historically used to describe people who were attracted to other people of the same gender; replaced by the more inclusive and respectful term, 'gay' or 'lesbian', which are not considered offensive by many.

Hormones: chemical substances that control and regulate the activity of certain cells or organs; see also: sex hormones.

Hormone Therapy (HT): administration of sex hormones for the purpose of bringing one's secondary sex characteristics more in line with one's gender identity; hormone replacement therapy; HRT; transhormonal therapy.

Hormone Readiness Assessment: evaluation conducted by a healthcare professional to determine if a patient is ready to begin hormone therapy.

Hysterectomy: a surgical procedure to remove all or part of the uterus, and sometimes the ovaries and/or fallopian tubes; a gender-affirming, masculinizing lower surgery.

Intersex: a reproductive or sexual anatomy that does not closely resemble typical male or female reproductive or sexual anatomy, which may be related to genitalia, secondary sex characteristics, and/or chromosomal make-up; DSD replaced the outdated terms 'hermaphrodite'; see also 'disorders of sex development'; DSD is different from trans*.
(QMUNITY)

Lifestyle choice: an outdated and offensive term used to imply that trans* people make a choice in the way that they live their lives or behave in ways that are according to the attitudes, tastes, and values associated with the gender identity.

Lipofilling: the surgical transfer of fat removed by liposuction to other areas of the body.

Liposuction: a surgical technique for removing excess fat from under the skin by suction.

Lo-Ho: a slang term used by some trans* people who take low doses of hormones.

Lower Surgery: umbrella term for gender-affirming surgeries done below the waist, including masculinizing (e.g. hysterectomy, clitoral release, metoidioplasty, and phalloplasty) and feminizing (e.g. orchiectomy and vaginoplasty) surgeries. Also called "bottom surgery".

LGBT: acronym for Lesbian, Gay, Bisexual, and Trans* people; GLBT.

LGBT2Q+: an evolving acronym for Lesbian, Gay, Bisexual, Trans*, Two-Spirit, Queer, and additional identities.

Male: a sex, usually assigned at birth, and based on chromosomes (e.g. XY), gene expression, hormone levels and function, and reproductive/sexual anatomy (e.g. penis, testicles).

Male-to-Female (MTF): may refer to a person assigned male at birth who identifies as female all or part of the time; transitioning-to-female; female-to-male spectrum. (QMUNITY)

Man: a human being who self-identifies as a man, based on elements of importance to the individual, such as gender roles, behaviour, expression, identity, and/or physiology.

Masculine: describes socially and culturally constructed aspects of gender (e.g. roles, behaviour, expression, identity) typically associated with boys and men.

Masculinizing Hormone Therapy: The use of testosterone to develop physical characteristics that are in line with one's gender identity or gender expression, including more facial hair, more body hair, increased muscle mass, and deepened voice.

Masculinizing Surgeries: gender-affirming surgical procedures that create physical characteristics reflective of one's gender identity and/or gender expression, including chest surgery, hysterectomy, clitoral release, metoidioplasty, phalloplasty, pectoral implants, liposuction, and lipofilling.

Medical Services Plan (MSP): The British Columbia government health plan that pays for often-considered medically necessary physician services and referred services, such as specialists (surgeon, psychiatrist, etc.), diagnostic x-rays, or laboratory services, for all BC residents. Some residents qualify for premium assistance, for physiotherapy, chiropractic, naturopathy, massage therapy, and acupuncture.

Medical Transition: to undergo medical steps one deems necessary to transition to one's preferred sex, for example hormones therapy and/or gender affirming surgery.

Metoidioplasty: a gender-affirming, masculinizing, lower surgery to create a penis and scrotum, done by cutting ligaments around the clitoris to add length to the shaft, grafting skin around the shaft to create added girth, lengthening the urethra so one can urinate from the shaft, and creating a scrotum.

Monthly Bleeding: a term for 'menstrual bleeding' or 'period' used by some trans* people.

No-Ho: a slang term used by some trans* people who do not take hormones.

Non-flesh penis: penis made from synthetic materials; may also be referred to as a 'packer' or 'prosthetic penis'.

Oophorectomy: a surgery to remove the ovaries; a gender-affirming, masculinizing lower surgery.

Orchiectomy: a surgery to remove the testicles; a gender-affirming, feminizing, lower surgery.

Outing someone: accidentally or intentionally revealing another person's gender identity or sexual orientation without their permission. (QMUNITY)

Packing: a term some people use to describe wearing padding or a non-flesh penis in the front of the lower garment or underwear.

Padding: use of undergarments to create the appearance of larger breasts, hips, and/or buttocks. Includes breast forms.

Pangender: gender identity that includes all genders; multi-gender; omni-gender. (QMUNITY)

Passport Canada: the agency responsible for issuing Canadian passports.

Penis*: penis* (with an asterisk) is used to acknowledge the many different words that are used for this body part: penis, strapless, shenis, etc.

Person of Trans* History: someone who has transitioned to female or transitioned to male and no longer identifies as trans*.

Phalloplasty: a gender-affirming, masculinizing, lower surgery to create a penis and scrotal sac (phase 1), then testicular implants and implants to obtain rigidity/erection (phases 2 and 3).

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PharmaCare: British Columbia government program that helps residents with the cost of eligible prescription drugs and medical supplies.

Plan G: No-Charge Psychiatric Medication Plan. It's available to individuals of any age who are registered with a mental health service centre and who demonstrate clinical and financial need. This plan can be used for people needing funding for Lupron.

Preferred Pronoun: the pronouns an individual prefers to have used in reference to them, such as she or he, they, ze, or the person's name. (Gender (Free) For All)

Primary Care Provider: an individual's main health care provider in non-emergency situations (check ups, referrals); Family Doctor; General Practitioner (GP); Nurse Practitioner (NP).

Privilege: Refers to the social, economic and political advantages and power held by people from dominant groups on the basis of attributes such as gender, race, sexual orientation, and social class. (QMUNITY)

Provincial Health Services Authority (PHSA): works with the five regional health authorities to plan and coordinate the delivery of some provincial programs and provide highly specialized services across the province.

Puberty Blockers: a group of medications for youth that temporarily suppress or inhibit puberty by suppressing the production of sex hormones and preventing development of secondary sexual characteristics.

QMUNITY: provincial resource centre located in Vancouver which serves as a hub for lesbian, gay, trans* and queer community programming, training and advocacy.

Queer/Straight Alliance (QSA): student-led organizations intended to provide a safe and supportive environment for lesbian, gay, bisexual, trans*, Two-Spirit, and queer/questioning youth and their allies; see also GSA.

Questioning: a term sometimes used by those in the process of exploring their gender identity or sexual orientation, as well as choosing not to identify with any other label. (QMUNITY)

QTPOC: acronym for Queer, Trans*, and People of Colour.

QTIPOC: acronym for Queer, Trans*, and Indigenous People of Colour.

Rapid Access to Consultative Expertise (R.A.C.E.) Line: phone consultation line for primary care providers, staffed by physicians who are experts in trans* health care.

Read as: when someone is correctly assumed to be the gender that they identify as; this term has replaced the outdated term “to pass” which implied that a person is failing when they are not being read as the gender that they identify as.

Real Life Experience (RLE): a former requirement for medical transition, during which one was required to live full-time in their self-determined gender role; this requirement has been removed in the current WPATH Standards of Care (Version 7).

Regional Health Authorities: in British Columbia, five regional health authorities govern, plan and deliver health care services in their geographic regions (Fraser Health, Interior Health, Island Health, Northern Health, Vancouver Coastal Health).

Salpingectomy: a surgery to remove the Fallopian tubes; a gender-affirming, masculinizing lower surgery.

Self-Identified Men: term used to be inclusive of trans* men or trans* persons of history who self-identity as men (e.g. this restroom is for self-identified men).

Self-Identified Women: term used to be inclusive of trans* women or trans* persons of history who self-identity as women (e.g. this restroom is for self-identified women).

Service Canada: provides Canadians with one-stop, personalized access to Government of Canada services and benefits, such as Social Insurance Numbers, Passport Canada, and Employment Insurance.

Sex: biological attributes and legal categories used to classify humans as male, female, intersex or other categories, primarily associated with physical and physiological features including chromosomes, genetic expression, hormone levels and function, and reproductive/sexual anatomy.

Sex Assignment: legal designation of sex, usually made at birth

Sexual Orientation: patterns of emotional, romantic, and/or sexual attractions to groups of people (e.g. men, women, trans* people), a person's sense of identity based on those attractions, related behaviors, and membership in a community of others who share those attractions; for example pansexual, bisexual, LGB, heterosexual.

Sex Hormones: hormones, such as estrogen and testosterone, affecting sexual and reproductive development or function.

Sex Marker: legal designation of sex (usually male or female) on official documents, such as government issued identification and birth certificates. Sometimes called "gender marker".

Sex Reassignment Surgery: see gender-affirming surgery.

Special Authority: British Columbia government system for obtaining coverage for prescription medications not covered in the Pharmacare formulary.

Standards of Care (for the Health of Transsexual, Transgender and Gender Non-Conforming People): guidelines containing the recommended course of care for people seeking medical transition to their self-determined gender, published by the World Professional Association for Transgender Health (WPATH).

Stealth: the practice of living one's life entirely as one's self-determined gender without disclosing past experiences. (QMUNITY)

Social Insurance Number: nine-digit number that is needed to work in Canada or to have access to government programs and benefits.

Surgical Readiness Assessment: evaluation conducted by a healthcare professional to determine if a patient is ready to be referred for gender-affirming surgery.

Third Gender: a gender other than male or female.

Top Surgery: umbrella term used for some gender-affirming above-the-waist surgeries including masculinizing chest surgeries and feminizing breast augmentation surgeries.

TPOC: An acronym for Trans* People of Colour.

Transfeminine: this umbrella term may describe people who were assigned male at birth, who identify as trans*, and whose gender expression leans towards the feminine.

Trans* (Trans, Transgender, Transsexual): trans* (with an asterisk) is an umbrella term that describes a wide range of people whose gender identity and/or gender expression differ from their assigned sex and/or the societal and cultural expectations of their assigned sex; includes people who identify as androgyne, agender, bigender, butch, CAFAB, CAMAB, cross-dresser, drag king, drag queen, femme, FTM, gender creative, gender fluid, gender non-conforming, genderqueer, gender variant, MTF, pangender, questioning, trans, trans man, trans woman, transfeminine, transgender, transmasculine, transsexual, and two-spirit. (QMUNITY)

Transgender Health Information Program (THiP): BC-wide information service and resource hub that connects people to the information they need to access gender affirming health care and supports.

Trans* Specialty Care (TSC): clinics providing multidisciplinary, specialized health care to trans* clients served by the Vancouver Coastal Health Authority.

Transition: Refers to the process during which trans* people may change their gender expression and/or bodies to reflect their gender identity, including changes in physical appearance (hairstyle, clothing), behaviour (mannerisms, voice, gender roles), identification (name, pronoun, legal details), and/or medical interventions (hormone therapy, gender-affirming surgery). (QMUNITY)

Trans Man: may describe someone who identifies as trans* and a man.

Transmasculine: this umbrella term may describe people who were assigned female at birth, who identify as trans*, and whose gender expression leans towards the masculine.

Trans-misogyny: transphobia directed at trans* women and transfeminine people that reinforces male power and privilege, including harassment, violence and discrimination. (Serano)

Transphobia: ignorance, fear, dislike, and/or hatred of trans* people, which may be expressed through name-calling, disparaging jokes, exclusion, rejection, harassment, violence, and many forms of discrimination (refusing to use a person's name/pronoun, denial of services, employment, housing). (QMUNITY)

Transvestite: an outdated term that was historically used to label people who cross dressed as having a mental illness; replaced by the more inclusive and respectful term, 'cross dresser', which is not considered a mental illness. (QMUNITY)

Trans Woman: may describe someone who identifies as trans* and a woman.

Tucking: method of positioning the penis and testicles so as to conceal them.

Two-Spirit (2-Spirit or 2S): A term used within some Indigenous communities, encompassing sexual, gender, cultural, and/or spiritual identity. This umbrella term was created in the English language to reflect complex Indigenous understandings of gender and sexuality and the long history of sexual and gender diversity in Indigenous cultures. This term may refer to cross, multiple, and/or non-binary gender roles; non-heterosexual identities; and a range of cultural identities, roles, and practices embodied by Two Spirit peoples. (definition used with permission from Battered Women's Support Services)

Vagina*: vagina* (with an asterisk) is used to acknowledge the many different words that are used for this body part: front hole, etc

Vaginoplasty: a gender-affirming, feminizing, lower surgery to create a vagina and vulva (including mons, labia, clitoris, and urethral opening) and inverting the penis*, scrotal sac and testes.

Vital Statistics Agency: registers all births, marriages, deaths, changes of name, and changes of sex/gender that occur in British Columbia.

Vocal feminization surgery: feminizing surgery to elevate the pitch of the voice.

Woman: a human being who self-identifies as a woman, based on elements of importance to the individual, such as gender roles, behaviour, expression, identity, and/or physiology.

World Professional Association for Transgender Health (WPATH): professional organization devoted to transgender health, whose mission as an international multidisciplinary professional association is to promote evidence based care, education, research, advocacy, public policy and respect in transgender health.

Ze/Hir: gender-inclusive pronouns used to avoid gender binary-based words (he/she, him/her), or making assumptions about other people's gender. (QMUNITY)

Sources

Many of our definitions are adapted from other organizations and resources. We would like to thank QMUNITY, Gender (Free) for All, the World Professional Association for Transgender Health, Julia Serano (Whipping Girl: A Transsexual Woman on Sexism and the Scapegoating of Femininity), American Psychological Association, Institute of Gender and Health at the Canadian

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The following terms and definitions may be used differently by different people in different regions and are not standardized. They are compiled from several sources, 15, 16, 39 with the acknowledgement that they will change over time as the thinking, attitudes and discourses around LGBTQ issues continue to evolve.¹⁴

Ally: Someone who advocates for and supports members of a community other than their own, reaching across differences to achieve mutual goals.

Biphobia: Irrational fear and dislike of bisexual people. Bisexuals may be stigmatized by heterosexual people as well as by lesbians, gay men and transgender people.

Bisexual: A person who is attracted to and may form emotional, romantic and (or) sexual relationships with both men and women, though not necessarily equally or at the same time.

Cisgender: A person who by nature or by choice conforms to gender- and (or) sex-based expectations of society (also referred to as gender normative).

Cisgenderism: Assuming every person to be cisgender, therefore marginalizing those who identify as transgender in some form. It is also believing cisgender people to be superior, and holding people to traditional expectations based on gender, or punishing or excluding those who do not conform to traditional gender expectations.

Coming out: Recognizing one's own sexual orientation or gender identity and being open about it with oneself and (or) with others. This often occurs in a significant moment as well as throughout one's life, with each person to whom one chooses to come out.

Cross-dresser: A person who dresses in the clothing socially assigned to a gender that is not associated with their sex of origin, for recreation, expression or art, and (or) for erotic gratification, but who are usually comfortable with their anatomy and do not wish to change it (that is, they are not transsexual). Crossdressers may be male or female, and can be hetero-, homo- or bisexual. This term has replaced transvestite, which is now considered outdated and offensive.

Cultural homophobia or heterosexism: The social standards and norms that dictate that heterosexuality is better or more moral than nonheterosexuality.

Discrimination: Negative behaviour or actions toward a person or group of people based on prejudicial attitudes and beliefs about the person's or group's characteristics, such as sexual orientation, gender identity or gender expression.

Gay: A person whose primary sexual orientation is to members of the same sex or gender. Gay can refer

to men and women (boys and girls), although many homosexual women (girls) prefer the term lesbian.

Gender-confirming surgeries: Surgical procedures by which a person's physical appearance and function of their existing sexual characteristics are altered to resemble that of the sex or gender to which they are transitioning.

Gender expression: The way in which a person expresses their gender identity through clothing, behaviour, posture, mannerisms, speech patterns, activities and more.

Gender identity: One's internal and psychological sense of oneself as male, female, both or neither.

Genderism: The assumption that all people must conform to society's gender norms, and specifically, the binary construct of only two genders, corresponding to the two sexes (female and male). This belief in the binary construct as the most normal and natural and a preferred gender identity does not include or allow for people to be intersex, transgender, transsexual, or genderqueer.

Gender nonconforming: A person who does not conform to society's expectations of gender expression based on the gender binary or expectations of masculinity and femininity.

Genderqueer: A person who experiences a very fluid sense of their gender identity and who does not want to be constrained by absolute concepts. Instead, they prefer to be open to relocating themselves on the gender continuum.

Gender variant: A synonym for gender nonconforming, which is preferred to gender variant because variance implies a standard normativity of gender.

Heterosexual: Of, relating to, or characterized by a primary sexual orientation towards members of the other sex or gender. Heterosexual people are often referred to as straight.

Heterosexism: The assumption that everyone is, or should be, heterosexual, and that heterosexuality is inherently superior to and preferable to all other sexual orientations.

Heterosexual privilege: Benefits derived automatically by being (or being perceived as) heterosexual that are denied to gay men, lesbians, bisexual men and women, queer people, and all other nonheterosexual sexual orientations.

Homosexual: Of, relating to, or characterized by an emotional, romantic and (or) sexual attraction predominately to a person of the same sex or gender. As this term is historically

associated with a medical model of homosexuality, most people would prefer to self identify as gay, lesbian or queer.

Homophobia: The irrational fear or hatred of, aversion to, and discrimination against homosexuals or homosexual behaviour.

Internalized homophobia: The experience of guilt, shame or self-hatred in reaction to one's own feelings of attraction for a person of the same sex or gender as a result of homophobia and heterosexism.

Interpersonal or external homophobia: Overt expressions of internal biases, such as social avoidance, verbal abuse, derogatory humour and physical violence.

Intersex: A person who has some mixture of female and male genetic and (or) physical sex characteristics. Intersex people may have external genitalia that do not closely resemble typical male or female genitalia, the appearance of both female and male genitalia, the genitalia of one sex and the secondary sex characteristics of the other sex or have a chromosomal make-up that is neither XX nor XY. An outdated term formerly used was hermaphrodite. An intersex person may or may not identify as part of the transgender community.

Institutional homophobia or heterosexism: Refers to the many ways that governments, businesses, religious institutions, educational institutions and other organizations set policies and allocate resources that discriminate against people based on sexual orientation.

Lesbian: A girl or woman whose primary sexual orientation is to other girls or women or who identifies as a member of the lesbian community.

Prejudice: An unjustified or incorrect attitude toward an individual or group of people based solely on their membership in a social group, such as the LGBTQ community.

Queer: In contemporary usage, queer is an inclusive, unifying, sociopolitical and self-affirming umbrella term encompassing a broad range of sexual and gender expression, including people who identify as gay, lesbian, bisexual, transgender, intersex, genderqueer or any other nonheterosexual sexuality or nonconforming gender identity. Queer is a reclaimed term, which was previously seen as derogatory, but many people (though not all people) within the LGBTQ community are comfortable using this term.

Questioning: A self-identification sometimes used by those exploring personal issues of sexual orientation and (or) gender identity.

Reparative or conversion therapy: A range of pseudoscientific treatments that aim to change a person's sexual orientation from homo- to heterosexual.

Sexual behaviour: Refers specifically to sexual actions or what a person does sexually. Sexual behaviour is not necessarily congruent with sexual orientation and (or) sexual identity.

Sexual identity: Refers to a person's identification to self (and others) of one's sexual orientation. It is not necessarily congruent with sexual attraction and (or) sexual behaviour.

Sexual orientation: Refers to how one thinks of oneself in terms of one's emotional, romantic or sexual attraction, desire or affection for another person.

Transgender or trans: Someone whose gender identity or expression differs from conventional expectations of masculinity or femininity. It is often used as an umbrella term that includes people who identify as cross-dressers, transsexuals, two-spirit, intersex and genderqueer.

Transition: A complicated, multi-step process that can take years as transgender and (or) transsexual people align their anatomy and (or) their gender expression with their gender identity.

Transphobia: Irrational fear or dislike of transsexual and (or) transgender people.

Transsexual: A person who has a gender identity that is not in keeping with their physical body. Transsexual people typically experience discomfort with this disparity and seek to modify their body through hormones and (or) surgical procedures to bring their bodies closer to their gender identity.

Transvestite: See cross-dresser.

Two-spirit: A term used by some North American Aboriginal societies to describe those people in their cultures whose nature is comprised of both male and female spirits. People who identify as two-spirit may also identify as gay, lesbian, bisexual, transgender, intersex, transsexual or have multiple gender identities.