



## A LANGUAGE GUIDE: **TRANS AND GENDER DIVERSE INCLUSION**



### **TRANS AND GENDER DIVERSE:**

These are inclusive umbrella terms that describe people whose gender is different to what was presumed for them at birth.

Trans people may position 'being trans' as a history or experience, rather than an identity, and consider their gender identity as simply being female, male or a non-binary identity. Some trans people connect strongly with their trans experience, whereas others do not. Processes of gender affirmation may or may not be part of a trans or gender diverse person's life.

Terms such as 'cross dresser' and 'transvestite' aren't typically used by trans and gender diverse people to describe their gender experience.

**NON-BINARY:** Genders that sit outside of the female and male binary are often called non-binary. This includes people whose gender is not exclusively female or male.

A person might identify solely as non-binary, or relate to non-binary as an umbrella term and consider themselves genderfluid, genderqueer, trans masculine, trans feminine, agender, bigender, or something else.

### **TRANSITION/GENDER AFFIRMATION:**

The personal process or processes a trans or gender diverse person determines is right for them in order to live as their defined gender and so that society recognises this. Transition may involve social, medical/surgical and/or legal steps that affirm a person's gender.

Affirming gender doesn't mean changing gender, 'having a sex change' or 'becoming a man or a woman', and transition isn't the same as being trans. A trans or gender diverse person who hasn't medically or legally affirmed their gender is no less the man, woman or non-binary person they've always been.

**CISGENDER:** A term used to describe people whose gender is the same as what was presumed for them at birth (male or female). 'Cis' is a Latin term meaning 'on the same side as'.

**GENDER EXPERIENCES:** Trans, transgender, gender diverse, cis and cisgender are all experiences of gender and are distinct from male, female and non-binary gender identities.

**AFAB/PFAB:** Assigned female at birth/Presumed female at birth.

**AMAB/PMAB:** Assigned male at birth/Presumed male at birth.

**GENDER DYSPHORIA:** The distress or unease sometimes experienced from being misgendered and/or when someone's gender and body personally don't feel connected or congruent.

Many trans and gender diverse people do not experience gender dysphoria at all, and if they do, may cease with access to gender affirming healthcare and/or peer support. With or without the presence of gender dysphoria, being trans and/or gender diverse is not a mental illness. Gender dysphoria does not equal being trans or gender diverse.



**LEGAL MARKER:** The classification recorded when a child's birth is registered. In NSW, this is either M or F at birth and can later be amended to either M, F or X.

**SEX CHARACTERISTICS:** Physical parts of the body that are related to body development/regulation and reproductive systems. Primary sex characteristics are gonads, chromosomes, genitals and hormones. Secondary sex characteristics emerge at puberty and can include the development of breast tissue, voice pitch, facial and pubic hair etc.

The term 'sex characteristics' is more accurate than 'biological sex', 'biologically male' or 'biologically female'.

Physical organs, hormones and chromosomes should not be gendered as male or female, the gendering of body parts is a significant source of stigma, discrimination and pathologisation.

### **CISGENDERISM/CISSEXISM:**

Where something is based on a discriminatory social or structural view that positions (either intentionally or otherwise) the trans experience as either not existing or as something to be pathologised.

Cissexism believes that gender identity is determined at birth and is a fixed and innate identity that is based on sex characteristics (or 'biology') and that only binary (male or female) identities are valid and real.

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## YAY

“LGBTQ people when compared to the general population”

Trans and gender diverse people have any sexual orientation including heterosexual, queer, lesbian, gay, bisexual, pansexual, asexual etc.

Trans and gender diverse, transgender, trans person

Transitioning, affirming gender

Men, women and non-binary people

Gender-affirming healthcare, transition-related healthcare

Gay and bi men (cis and trans)

Man, man with a trans experience, trans man

Sex characteristics include chromosomes, hormones, gonads and genitals. Body parts don't have genders.

Ask: “What is your pronoun?”

Woman, woman with a trans experience, trans woman

Think: “Would I ask a cisgender person this?”

## NAY

“LGBTQ people when compared with their heterosexual peers”

Trans\*, transgendered, transgenderism, tranny, pre-op/post-op, sex & gender diverse.

‘Transgender’ is an adjective, not a noun or verb. It shouldn't be used on its own, e.g. ‘a trans’ or ‘the transgender’

Transing, transgendering, trans'd

Men, women and trans

Gender reassignment, sex change, sex reassignment

Gay, bi and trans men

Transman (as in tallman instead of tall man)

Biological sex is male, female or intersex, biologically male, biologically female

“What is your preferred pronoun?”

Transwoman (as in tallwoman instead of tall woman)

“Have you had the surgery?” / “Tell me more about your genitals?” / “What is your real name?”



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