

# The Office for Social Justice and Diversity

## Trans 101 Terminology

- **AFAB** - An abbreviation for assigned female at birth.
- **Ally** - A person in a position of privilege and power who seeks to operate in solidarity with a marginalized group.
- **AMAB** - An abbreviation for assigned male at birth.
- **Cisgender** - A term used to describe an individual whose gender identity aligns with the one typically associated with the sex assigned to them at birth.
- **Coming Out** - To disclose one's sexual identity or gender identity. It can mean telling others or it can refer to the time when a person comes out to themselves by admitting that their identity is not what was previously assumed. This is a lifelong process.
- **Gender Affirmation/Confirmation Surgery** - Surgical body modification that seeks to attain congruence between one's body and one's gender identity.
- **Gender Binary** - The division of gender, separated into two distinct and opposite categories (man and woman). The gender binary is recognized as a construct, as there are many identities in-between and outside of these categories.
- **Gender Expression**: External representation of one's gender identity, usually expressed through behavior, clothing, haircut or voice, and which may or may not conform to socially defined behaviors and characteristics typically associated with being either masculine or feminine.
- **Gender Identity**: One's internal sense of being male, female, neither of these, both, or other gender(s).
- **Gender Non-Conforming** - A term for individuals whose gender expression is different from societal expectations related to gender.
- **Pronouns**: The words we use in place of someone's name when we talk about them. Pronouns are often gendered which is why it is important to never assume someone's pronouns. (she/her, he/him, they/them, etc.)
- **FTM** - Abbreviation for female-to-male transgender person. Sometimes people who identify as FTM may also use the term trans man.
- **MTF** - Abbreviation for male-to-female transgender person. Sometimes people who identify as MTF may also use the term trans woman.
- **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** - The act of changing one's characteristics to align with their gender identity, including but not limited to a name change, changes to gender expression, hormone replacement therapy and gender affirmation/confirmation surgery. No two transitions are the same. Trans folks are more susceptible to discrimination while transitioning.
- **Transphobia** -The irrational fear of, aversion to, or discrimination against transgender people.