**DEFINING LGBTQ***

You've probably seen the acronym LGBTQ* or some variation of it before, but do you know what the letters stand for? Here is a quick cheat sheet!

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<tr>
<td><strong>LESBIAN</strong></td>
<td><strong>GAY</strong></td>
<td><strong>BISEXUAL</strong></td>
<td><strong>TRANSGENDER</strong></td>
<td><strong>QUEER</strong></td>
<td><strong>ASEXUAL</strong></td>
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<tr>
<td><strong>PANSEXUAL</strong></td>
<td><strong>GENDER-QUEER</strong></td>
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**Lesbian** - A woman that experiences romantic love or sexual attraction to another woman.

**Gay** - Anyone who is homosexual. Usually used to describe a man that experiences romantic love or sexual attraction to another man.

**Bisexual** - Someone that experiences romantic love or sexual attraction to both men and women.

**Transgender** - An umbrella term that refers to someone whose gender identity differs from the sex they were assigned at birth. A person whose gender identity is the same as the sex they were assigned at birth is referred to as "cisgender."

**Queer or Questioning** - Queer is an umbrella term for people that are not heterosexual or cisgender. Questioning refers to someone that is unsure of or exploring their sexual orientation or gender identity.

**Asexual (ace)** - Someone that does not experience sexual attraction toward anyone.

**Pansexual** - Someone that experiences romantic love or sexual attraction toward people of any gender identity.

**Genderqueer** - Someone that identifies outside of the gender binary of male/female.

While LGBTQ* are the most commonly used letters used in the acronym, there are many other identities and sexualities across the spectrum. The most important thing is to be inclusive, respectful, and identify others in the way they ask of you. Want more resources for LGBTQ* individuals or on being an LGBTQ* ally? Check out breakthecycle.org or thetrevorproject.org