



DEFINING LGBTQ*

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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!

L	G	B	T	Q	*
LESBIAN	GAY	BISEXUAL	TRANSGENDER	QUEER QUESTIONING	ASEXUAL PANSEXUAL GENDER-QUEER + MANY MORE

- 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