

# Trans Terms & Definitions

**AFAB** (assigned female at birth, adjective): Someone who was presumed female at the time of their birth, usually based on their external genitals.

**Agender** (Adjective): A person who does not have a gender.

**AMAB** (assigned male at birth, adjective): Someone who was presumed male at the time of their birth, usually based on their external genitals.

**Cisgender** (Adjective): A person whose gender matches their sex assigned at birth.

**Enby** (Noun): the noun form of nonbinary. Nonbinary is to enby as female is to woman.

**Gender dysphoria** (Noun): Discomfort that a trans person may experience based on “gendered” aspects of their body or how their body is perceived by others.

**Gender Expression** (Noun): How a person presents their gender through visible factors like their clothing and behaviour. Gender expression may be masculine, feminine, or androgynous.

**Gender Nonconforming** (Adjective): This term refers to anyone, transgender or cisgender, whose gender identity or expression does not conform to the normative cultural ideas associated with that gender. A cisgender boy who enjoys wearing dresses, for example, would be gender nonconforming.

**Intersex** (Adjective): A person whose naturally-occurring primary and/or secondary sex characteristics do not match solely those typically associated with women or those typically associated with men.

**Nonbinary** (Adjective): A person whose gender is neither solely male nor solely female. It may be both male and female, in between male and female, neither male nor female, or a combination of these.

**Queer** (Adjective): An identity label used to describe either sexual orientation, gender identity, or both. Note: may be considered a slur, particularly by older LGBTQ folks.

**Trans** (Adjective): An umbrella term for those whose gender identity does not match their sex assigned at birth.

**Transfeminine** (Adjective): a trans or nonbinary person whose gender and/or gender expression leans more to the feminine end of the spectrum.

**Transgender** (Adjective): A person whose gender does not match their sex assigned at birth.

**Transmasculine** (Adjective): A trans or nonbinary person whose gender and/or gender expression leans more to the masculine end of the spectrum.

**Two Spirit** (Adjective): An identity specific to Indigenous peoples. It may be considered a gender identity, sexuality, spiritual identity, or a mixture of these. Because of the cultural connotations, settlers should not adopt this identity. The meaning of “Two Spirit” may vary from individual to individual, and from Nation to Nation.

**Not all people whose gender doesn't match their sex assigned at birth identify as transgender. People identifying with binary genders (either male or female), may not consider themselves transgender anymore once they have transitioned. Nonbinary people may also not consider themselves transgender under the belief that they are not “transgender enough”. On an individual basis, it is best just to discretely ask people what terms they use to describe themselves.**