



# Transformative Practice

## LGBTIQAP+ Mental Health Professionals Network

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### Keeping it brief – Some important definitions

**Lesbian:** A person who identifies as a woman who can experience sexual, romantic or emotional attraction to other people who identify as women.

**Gay:** A person who identifies as a man who can experience sexual, romantic or emotional attraction to other people who identify as men.

**Bisexual:** A person who can be sexually, romantically or emotionally attracted to people whose identities are similar or different to themselves.

**Pansexual:** A person who can be sexually, romantically or emotionally attracted to people regardless of identity.

**Transgender:** A person whose assigned sex at birth (On the birth certificate) does not match their gender identity all the time.

**Intersex:** A person born with physical, hormonal or genetic features that are neither wholly vaginal nor wholly phallic; or a combination; or neither.

**Queer:** An umbrella term for LGBTIQ+ people or an identity that relates to aspects of a person's identity away from the stereotypes that come from labels. A political point i.e. Queer Theory

**Asexual:** A person who can generally have little to no desire to engage sexually with someone.

**Aromantic:** A person who can generally have little to no desire to engage romantically or emotionally with someone.

**Cisgender:** A person whose assigned sex at birth (On the birth certificate) matches their gender identity all the time.

Please note that all of these definitions have been reduced to the most basic understanding of these identities. As sexuality and gender are complicated factors of a person's life, every single person experiences their identity in a different way.

There is no right or wrong way to experience your identity. If someone says they are Asexual, Gay, heterosexual or Transgender- it is often best not to assume what that means for them. If necessary, ask. *i.e. "What does lesbian mean to you?" "How do you experience your queer identity?"*

Also, people may experience these basic definitions but not consider themselves the aligning identity. *i.e. MSM (Men who have sex with Men) may not consider themselves Gay*

This list is not exhaustive of the types of people who make up the diverse LGBTIQ+ cultures. There are as many different identities as there are people.