

How to be: a trans ally

Glossary of terms

Ally

A (typically) straight and/or cisgender person who supports members of the LGBTQ+ community

Gender identity

Often expressed in terms of masculinity and femininity, gender is largely culturally determined and is assumed from the sex assigned at birth. This may or may not correspond to the sex assigned at birth.

Non-binary

An umbrella term for a person who does not identify as only male or only female – or who may identify as both.

Sex

Assigned to a person on the bases of primary sexual characteristics (genitalia) and reproductive functions.

www.stonewall.org.uk/help-advice/glossary-terms

Cisgender

Someone whose gender identity is the same as the sex they were assigned at birth. A non trans person.

Gender dysphoria

A person with a mismatch between their sex assigned at birth and their gender identity. Also the clinical diagnosis for someone who doesn't feel comfortable with the gender they were assigned at birth.

Pronouns

Words we use to refer to people's gender in conversation – he or she. Some people may prefer others to refer to them in gender neutral language.

Transgender

People whose gender is not the same as, or does not sit comfortably with, the sex they were assigned at birth.

The Human Rights Act 1998 protects the privacy and dignity of gender variant people which protects people from being misgendered. The Equality Act 2010 protects those who are intending to undergo, are undergoing or have undergone changes to reflect their gender identity against discrimination and harassment.