

LESBIAN



This is a term which describes someone who is attracted to people of the same gender which they identify.

This term is mainly associated with women who like other women.

GAY



This is a term which typically describes someone who is attracted to people of the same gender which they identify. This term is stereotypically associated with men.

This term can also be an overarching umbrella term to more generally define sexual orientation if you do not want to specify your orientation.

OMNISEXUAL



This is a term which describes someone who is attracted to people regardless of gender.

This term does not mean that they are attracted to everyone only that they do not prefer one gender over the other. Omnisexual is similar to pansexual with the exception that pan typically identify as gender-blind and omnisexual notices gender and doesn't care.

ASEXUAL



This is a term which describes someone who feels little to no sexual attraction. Asexual people can still have romantic attraction.

This term is sometimes shortened to ace.

This term is different from Aromantic.

DEMISEXUAL



This is a term which describes someone who only feel a sexual attraction if they feel emotionally connected to the individual.

AROMANTIC



This is a term which describes someone who does not feel romantic attraction. Aromatic people can still have sexual attraction to another person

This term is sometimes shortened to aro.

This term is different from Asexual.

BISEXUAL



This is a term which describes someone who is attracted to people of their own gender and people of another gender.

This term is sometimes shortened to bi.

PANSEXUAL



This is a term which describes someone who is attracted to people regardless of gender. This typical saying associated with pan is "hearts not parts".

This term does not mean that they are attracted to everyone only that they do not prefer one gender over the other.

This term is sometimes shortened to pan.

HETEROSEXUAL



This is a term which describes someone who is attracted to people of a gender other than their own. This is typically thought of binary, assuming sex and gender as interchangeable.

This term is sometimes referred to as straight.

QUEER



This is a term which is an umbrella term for non-hetero and non cis-gendered identities. This term is used when people feel as if they cannot (or do not want to) define their sexual, emotional, or romantic attraction.

This term has been used as a harsh insult in the past. It is best to let someone self-identify as 'queer' or only use this term if you know that is how they describe themselves.

LET'S TALK ABOUT...

SEXUAL ORIENTATIONS



WHAT IS SEXUAL ORIENTATION?

This describes a persons sexual, emotional, and/or romantic attraction to another person/gender.



SEXUAL ORIENTATION AND GENDER EXPRESSION

A person's gender identity and gender expression have NO link to a person's sexual orientation.

The idea that those different personal identities and expressions are connected is false and harmful.

IMPORTANT TERMS

BINARY

Gender binary is a system which pairs biological sex with gender, either male or female. This term is often shortened to 'binary'. Gender binary doesn't acknowledge the full gender spectrum and is defined by male/female identities.

HETERONORMATIVITY

Heteronormativity is a world view that promotes and assumes that heterosexuality is the normal or preferred sexual orientation.

Making assumptions about peoples sexual orientation can be harmful. Using terms like 'partner' and/or 'significant other' is a way to be less heteronormative in your language.