

# 2023 Sexual Orientation and Gender Identity Glossary

## Why are you asking me this?

To ensure we provide inclusive and patient centered care to all of our patients, we ask every new and existing patient the following questions. These questions became required data items to be collected across all health centers in the Uniform Data System (UDS) in 2016.

By capturing your pronouns and preferred name, we can be sure to address you properly and respectfully throughout your healthcare experience.

## Sexual Orientation:

**What is sexuality /sexual Orientation?** A person's identity in relation to the gender or genders to which they are sexually attracted

**Heterosexual (straight)** – A sexual orientation that describes women who are primarily emotionally and physically attracted to men, and men who are primarily emotionally and physically attracted to women. Also referred to as straight.

**Gay** (adjective) – A sexual orientation describing people who are primarily emotionally and physically attracted to people of the same sex and/or gender as themselves. Commonly used to describe men who are primarily attracted to men but can also describe women attracted to women.

**Lesbian** (adjective, noun) – A sexual orientation that describes a woman who is primarily emotionally and physically attracted to other women.

**Queer** (adjective) – An umbrella term describing people who think of their sexual orientation or gender identity as outside of societal norms. Some people view the term queer as more fluid and inclusive than traditional categories for sexual orientation and gender identity. Although queer was historically used as a slur, it has been reclaimed by many as a term of empowerment. Nonetheless, some still find the term offensive.

**Bisexual** (adjective) – Bisexual is a sexual orientation that describes a person who is emotionally and physically attracted to cisgender women and men.

**Bi+** - Some people define bisexuality as attraction to all genders and may use Bi+ to indicate this.

**Pansexual** (adjective) – A sexual orientation that describes a person who is emotionally and physically attracted to people of all gender identities, or whose attractions are not related to other people's gender.

**Asexual** (adjective) – Describes a person who experiences little or no sexual attraction to others. Asexual people may still engage in sexual activity.

## Legal Name and Legal Sex:

**Why do we ask this?** Often our insurance is connected to our employer that uses legal names and sex and can cause confusion and errors with billing if not aligned. We are required to list your legal name and sex but will use your preferred name in all communications.

**X** - The International, United States, and Washington State legal designation for non-binary gender identity often indicated on your state ID or passport.

## **Assigned Sex at Birth:**

**What do we mean by assigned sex at birth?**

**Assigned female at birth/Assigned male at birth** (noun) – Refers to the sex that is assigned to an infant, most often based on the infant’s anatomical and other biological characteristics. Commonly abbreviated as AFAB (assigned female at birth) or AMAB (assigned male at birth).

**Why do we ask about your assigned sex at birth?** This required question helps the care team address your anatomical health needs, coordinate the appropriate care, and send out the correct health reminders.

**Differences or Variation of Sex Development (DSD)/(VSD)** (noun) – Historically referred to as intersex.

**Intersex** (adjective) – Describes a group of congenital conditions in which the reproductive organs, genitals, and/or other sexual anatomy do not develop according to traditional expectations for females or males. Intersex can also be used as an identity term for someone with one of these conditions. The medical community sometimes uses the term differences of sex development (DSD) to describe intersex conditions; however, the term intersex is recommended by several intersex community members and groups.

## **Gender Identity:**

**What is gender identity?** A person’s inner sense of being a girl/woman/female, boy/man/male, something else, or having no gender.

**Male or Female (Cisgender)**– This response under Gender Identity refers to **Cisgender** Men and Women.

**Cisgender** – A person whose gender identity is consistent in a traditional sense with their sex assigned at birth; for example, a person assigned female sex at birth whose gender identity is woman/female. The term cisgender comes from the Latin prefix cis, meaning “on the same side of.”

**Transgender Man / Transmasculine – Transgender** Describes a person whose gender identity and sex assigned at birth do not correspond based on traditional expectations; A transgender man or transmasculine identity refers to a person assigned female sex at birth who identifies as a man or with a masculine gender identity

**Transgender Woman / Transfeminine - Transgender** Describes a person whose gender identity and sex assigned at birth do not correspond based on traditional expectations; A transgender woman or

transfeminine identity refers to a person assigned male sex at birth who identifies as a woman or with a feminine gender identity

**Gender fluid** – Describes a person whose gender identity is not fixed. A person who is gender fluid may always feel like a mix of more than one gender, but may feel more aligned with a certain gender some of the time, another gender at other times, both genders sometimes, and sometimes no gender at all.

**Genderqueer or gender queer** – An umbrella term that describes a person whose gender identity falls outside the traditional gender binary of male and female.

**Bigender** – Describes a person whose gender identity combines two genders.

**Agender** – Describes a person who identifies as having no gender, or who does not experience gender as a primary identity component.

**Demigirl and Demiboy** - A demi girl is a person who feels their gender identity partially identifies with a feminine identity, but is not wholly binary, regardless of their assigned gender. Likewise, a demiboy is a person who feels their gender identity partially identifies with a masculine identity but is not wholly binary. Like a demigirl, a demiboy may identify this way regardless of their assigned gender. A demigirl and demiboy fall under the trans umbrella.

**Non-binary** (adjective) – Describes a person whose gender identity falls outside of the traditional gender binary structure of girl/woman and boy/man. Sometimes abbreviated as NB or enby.

**Two-Spirit** (adjective) – Describes a person who embodies both a masculine and a feminine spirit. This is a culture-specific term used among some Native American, American Indian, and First Nations people.