



**TRANSFORMED**

# ***Glossary of Terms***



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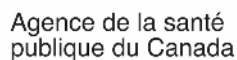
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# ***Disclaimer***

Language within the Two-Spirit, nonbinary and trans community is constantly evolving. The following terms were identified to provide basic knowledge and context of terminology used in communities to describe identities, relationships and experiences. It can be used as a reference on its own and as a companion to our other resources.

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# Glossary

## #



### **2SLGBTQA+**

2SLGBTQA+ stands for Two-Spirit, Lesbian, Gay, Bisexual, Trans, Queer and Asexual. The plus sign is an act to include and symbolize the many sexual and gender identities that go beyond this list (as to not exclude them), the plus sign also holds historical importance in HIV+ (positive) communities.

## A

### **Ableism**

Ableism is the systemic discrimination of disabled and neuro-diverse people, and the privileging of able bodied and neurotypical people.

### **Abuse**

Abuse is the mistreatment of another person. It is a pattern of behavior(s) that a person or people use to gain power and control over another person.

### **Accommodation**

An adjustment made to policies, programs and/or practices to enable individuals to benefit from and participate in the provision of services equally and perform to the best of their ability.

## **AFAB**

An acronym for, “Assigned Female at Birth”. This is a medical classification for folks who were assigned female at birth. This term includes transgender men, transmasculine people, nonbinary, Two-Spirit, and genderqueer individuals who were labeled female at birth, as well as cisgender women.

## **AGAB (See [AFAB](#), [AMAB](#) & [Intersex](#))**

An acronym for, “Assigned Gender at Birth”. At birth people are typically assigned female, male or intersex based on external sex organs; this outdated practice often assigns people an incorrect gender that they do not connect with.



## **Agender**

A term that can literally be translated to “without gender”. Someone who does not identify with having a particular gender. Commonly understood as being genderless.

## **AIDS**

AIDS stands for Acquired Immunodeficiency Syndrome. It is a chronic, potentially life-threatening condition that is caused by HIV and is often regarded as the last or late stage of HIV. Untreated HIV can become AIDS. With medication, it can be controlled and can significantly slow down the progress of the infection.

## **Ally**

A person who is not a member of an oppressed group but is committed to combating the systemic oppression of individuals and groups.

## **AMAB**

An acronym for “Assigned Male at Birth”. This is a medical classification for folks who were assigned male at birth. This term includes transgender women, transfeminine people, nonbinary, Two-Spirit, and gender diverse individuals who were labeled male at birth, as well as cisgender men.

## **Androgyny**

A form of gender expression or identity that is gender neutral. Typically, a combination of both masculine and feminine qualities, but can exist outside of that binary.

## **Anti-Black Racism**

The systemic and interpersonal violence, stigma, discrimination, and oppression faced by Black people.

## **Anti-Indigeneity**

The systemic and interpersonal violence, stigma, discrimination and oppression faced by Indigenous people.

## **Anti-Oppression**

Beliefs, actions, policies and movements developed to actively identify and eliminate prejudice, stereotyping, discrimination and all forms of oppression.



## **Aromantic**

A romantic orientation, existing on a spectrum, where a person experiences little or no romantic attraction. However, some people may experience romantic attraction in a way that is different from mainstream societal expectations. They may have relationships that go beyond the norm for friendships or other intimate relationships. E.g. queerplatonic relationships. Aromantic people can be sexual or asexual.



## **Asexual**

A sexual orientation, existing on a spectrum, where a person experiences little or no sexual attraction towards any person, regardless of sex or gender identity.

## **Assault**

A type of attack, can be verbal/physical/sexual.

## **Attraction**

Who we are aesthetically, physically, emotionally, psychologically and/or sexually attracted to.

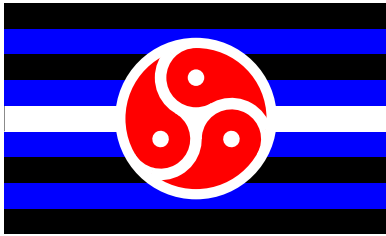
## **Autonomy**

The right to or condition of self-government or self-governing; freedom to make your own decisions about what to do rather than being influenced by someone else or being told what to do.

# B

## **Barrier**

An obstacle that prevents access, full access or movement.



## **BDSM**

“BDSM” is an erotic practice that stands for bondage and discipline, dominance and submission, sadism and masochism.

## **Bias**

A prejudice in favour of or against someone, something or a group of people.



## **Bigender**

A gender identity that encompasses two genders.

## **BIPOC**

Acronym for Black, Indigenous and People of Color. It provides an important differentiation between Blackness, Indigeneity and people of color due to the unique experiences of each group. People of color also refers to diverse race and ethnic groups.



## **Bisexual**

A person who is attracted to two or more gender identities. This may include people of the same or different gender.

## **Body Shame**

Expressing mockery or criticism about a person's body shape or size.

## **Bullying**

The use of threats, coercion or force to cause fear, distress or harm to a person.

## **Butch**

A person who expresses their gender in a masculine way. Historically this word referred to masculine lesbians, however it has shifted and changed over time to be more gender inclusive.

# **C**

## **Character Assassination**

Malicious and unjustified harming of a person's reputation.

## **Chosen Name**

The name that someone wishes to be known by, may be different from legal name.

## **Cisgender**

A person who identifies with the gender they were assigned at birth.

## **Cisnormativity**

The common assumption that all people are cisgender and that everyone should accept this as “the norm”.

## **Cissexism**

A system of oppression that favors cisgender people over trans and non-binary people. It includes harmful beliefs that being cisgender is “normal and natural”.

## **Coercion**

Persuading someone to do something by using force or threats. Coercion is nonconsensual.

## **Coercively Feminized (Coined: Faelix Kayn)**

A word for the often erased/overlooked intersection of transphobia and misogyny directed at nonbinary and trans people who were assigned female at birth. This term speaks to how AFABs have gender-based violence/expectations/language forced onto them since birth, despite not being women, and have been coerced into feminized labels to describe their lived experience (which in itself is misgendering/violent).

## **Coming Out**

The affirming process of sharing one’s 2SLGBTQA+ identity with other people. Not to be confused with being “outed”.

## **Common Law Union**

In an immigration and legal context, a common law partnership means a couple has lived together for at least one year; making a life together without being legally married.

## **Coping**

Refers to the efforts made, or strategies used by an individual to deal with stress, challenges or trauma they are facing.



## **Consent**

Refers to the clear and continuing permission or agreement for something to take place. For consent to be possible, it must be informed, freely-given, and not under threat, coercion, pressure, manipulation, duress or trickery. The individual(s) giving consent must be of legal age, conscious and not impaired by substances/alcohol. Consent can only be given by the individual; no one can consent to sexual activity for you. Consent to sex can be withdrawn at any time after a sexual activity has begun – at which point it should stop immediately. Sex without consent is assault/rape.

## **Controlling Behaviour**

Actions used by an individual to exert control and manage the actions of another person. Controlling behaviours are often a part of abusive relationships.

## **C-PTSD**

Stands for complex post-traumatic stress disorder. A psychological mental health condition that can develop in response to prolonged, repeated experience of interpersonal trauma in a context in which the individual has little or no chance to escape.<sup>1</sup>

## **Cultural Sensitivity**

Being aware that cultural differences and similarities between people exist without assigning them a value; a set of skills that allows you to understand and learn about different cultures and their functions/expectations/lifestyles.

## **Cyber Abuse**

The use of technology to harass, threaten, bully, scare, stalk or maliciously embarrass.

# D

## **Deadname**

Calling someone by their birth name after they have changed their name. This term is often associated with people who have changed their name as part of their transition.



## **Demi-gender**

A gender identity of a person who partially but not wholly identifies as any gender. A person may identify more specifically as a demi girl, demi boy, demi enby, etc.

## **Denial**

Declaring something to be untrue, refusal of something requested or desired.

## **Disability**

Under the medical model, this term refers to a limitation or loss of physiological abilities whether apparent or not. However, many people with disabilities reject this definition and see “loss of” as a discriminatory form of understanding disabilities. There can be physical, mental, cognitive, learning, visual disabilities and invisible disabilities.

## **Disclosure**

The act of sharing private information with others.

## **Disclaimer**

Any statement intended to specify or delimit the scope of rights and obligations.

## **Discrimination**

Experiencing negative treatment or impact, whether intentional or not, based on one's gender identity or gender expression, race, religion, ethnicity, disability, age, sexual orientation, or place of origin. It can be direct and obvious or subtle and hidden, but harmful just the same. It can happen interpersonally, or on a systemic level such as organizational rules or policies that appear to be neutral, but in fact exclude individuals based on aspects of their identity. Discrimination can also happen to friends, family or others because of their association with Two-Spirit, nonbinary or trans individuals.

## **Diversity**

A set of conscious practices that encompass acceptance and respect of differences. It means understanding that each individual is unique and recognizing our individual differences along the dimensions of race, ethnicity, gender, sexual orientation, socio-economic status, age, physical abilities, religious/spiritual beliefs, political beliefs and other ideologies.<sup>2</sup>

## **Dominant Group**

A group that holds privilege, is considered more acceptable in society, and has power and influence over others.

## **Dysphoria (Gender)**

A state of unease or discomfort with one's physical appearance as it relates to gender, or discomfort with societal/external perceptions of one's gender.

# **E**

## **Emotional Abuse**

A form of abuse where a person uses words or actions to threaten, harm, control, isolate or take away another person's sense of self-worth. Examples of emotional abuse can include: humiliation, put downs, gaslighting and manipulation.

## **Equality**

The practice of ensuring equal treatment of all people, without consideration of individual and group diversities.

## **Equity**

The practice of ensuring fair, inclusive and respectful treatment of all people, with consideration of individual and group diversities. Access to services, supports and opportunities and attaining economic, political and social fairness cannot be achieved by treating all individuals the same.

## **Extorting/Extortion**

Practice of obtaining something, especially money, through force or threats.

# **F**

## **Femme/Fem**

A queer person who identifies with femininity.

## **Fetishism**

A strong attraction to a particular thing or a particular aspect of someone's identity which often leads to sexual gratification. In the gender diverse community it can be seen in a negative light due to the link it has to objectification. For example, the experience of gender diverse people being valued only for a physical part of themselves at the expense of all other aspects of that individual, or the gender diverse person only being cared for because one particular aspect of their physical selves brings another person sexual gratification.

## **Financial Abuse**

A form of abuse where one person takes control of another person's finances, property or other resources for their own benefit. This could include taking someone's wages from them, forcing someone to work and taking the wages, forcing someone to give up their job, or controlling how someone is able to spend their money.

## **Futch**

A queer person who is a combination of, or is in between femme and butch.

# **G**

## **Gaslighting**

To manipulate someone by psychological means to the point where they question their own thoughts and truths. For example, making someone doubt their reality or sanity, making them question their feelings, memory or perception of something they would have otherwise had full security in.



## **Gay**

A person who is physically, romantically or sexually attracted to people of the same gender.

## **Gender Affirming**

Refers to a process by which a person receives social recognition and support for their gender identity and expression.

## **Gender-Based Violence**

Gender-Based Violence (GBV) is the use and abuse of power and control over another person and is perpetrated against someone based on their gender identity, gender expression or perceived gender. Violence against women and girls is one form of gender-based violence. It also has a disproportionate impact on [2SLGBTQA+](#) and gender non-conforming people.

## **Gender Binary**

The gender binary is the classification of gender into two distinct, opposite, mutually exclusive and disconnected categories of man or woman.

## **Gender Expression**

How a person publicly expresses or presents their gender. This includes actions, mannerisms, behaviors and outward appearance.



## **Gender Fluid/Gender Flux**

An identity that changes between different genders.

## **Gender Identity**

A person's primary experience of gender, how they feel inside about their gender. A person's gender identity informs their sense of being a woman, a man, both, neither, or anywhere along the gender spectrum.

## **Gender Identity Abuse**

Unfair treatment, harm and/or abuse towards someone due to their gender identity.

## **Gender Inclusivity**

Inclusivity in terms of gender means that services, establishments, schools, practitioners, government agencies and other institutions are welcoming of people regardless of their gender identity or expression.<sup>3</sup>



### **Gender Non-Conforming**

Individuals who are cisgender, binary or nonbinary trans who do not conform to the expectations associated with their gender. This can look like a man (cis or trans) who associates with femininity, or a nonbinary person who does not associate with the masculinity or femininity that is expected from their birth assignment.

### **Gender Norm**

Common understandings of gender expectations and socially acceptable behaviors for folks within the gender binary of man and woman.

### **Gender Policing**

Imposition or enforcement of mainstream gender expressions on someone who is perceived, by society, as not performing the mainstream expectation of their assigned gender at birth well enough, through appearance or behavior. It devalues and delegitimizes peoples' gender identities by reinforcing the gender binary on anyone who appears to be deviating from normative conceptions of gender.



### **Gender Queer**

This is an umbrella term for people whose gender identities exist outside of or challenge/subvert mainstream gender expectations. This is also a popular gender identity option for individuals who identify outside of the gender binary in a unique way similar to [genderfluid](#), [gender non-conforming](#).



## **Gender Questioning**

A person who is exploring their gender identity in ways that feel affirming.

## **Grope**

In a sexual context, it is to feel or fondle someone usually without consent.

# **H**

## **Harassment**

Comments or actions that are not welcome or should be known to be unwelcome. It includes behavior that offends, insults or humiliates an individual. Harassment is often a pattern of behaviour that occurs over a period of time, but can also be a serious one-time incident. Two-Spirit, nonbinary, and trans people can experience harassment because of their gender identity or expression (gender-based harassment) and/or their sex (sexual harassment).<sup>4</sup>

## **Harm Reduction**

Harm reduction is a set of practical strategies and ideas aimed at reducing harms associated with substance use. It is also movement for social justice that promotes the dignity, respect and rights for people who use drugs. Anything used to reduce harmful outcomes is using a harm reduction approach.

## **Heteronormative**

Heteronormativity is the societal enforcement of heterosexuality as the default and norm. It involves the assumption that individuals are heterosexual until proven otherwise, and that heterosexuality is the normal and superior sexuality.



## **Heterosexism**

Heterosexism is the systemic discrimination against 2SLGBTQA+ people based on the assumption that heterosexuality is the norm and ideal, and that all other identities or experiences are abnormal and inferior.

## **Heterosexual**

A romantic or sexual attraction between people of the opposite gender, sometimes referred to as straight. Cisgender people can be straight and binary trans people can be straight.

## **HIV**

HIV stands for human immunodeficiency virus. It can lead to immunodeficiency syndrome or AIDS if not treated. HIV attacks the body's immune system, specifically T cells (which are meant to help the immune system fight off infections). No effective cure currently exists but with proper medical care, HIV can be controlled and one's viral load (amount of HIV in their blood) can become undetectable. Undetectable means no risk of transmission through sex and the ability to live a long, healthy life.

## **Homophobia**

Discrimination and violence faced by gay, lesbian, bi and otherwise non-heterosexual communities on a systemic, community and/or interpersonal level.

## **Hooking Up**

Hook up usually refers to experiencing casual sexual encounters.



## **Inclusion**

The process of actively and meaningfully engaging individuals from underrepresented groups in different activities and reducing systemic barriers to participation in all aspects of society.

## **Intersectionality**

Is a term coined by Kimberle Crenshaw that describes the ways in which various forms of oppression intersect and overlap based on an individual or group's identity creating interconnected barriers and complex forms of discrimination that can be insidious, covert and compounded.<sup>5</sup>



## **Intersex**

A medical sex designation of a person born with variations in reproductive or sex anatomy and/or secondary sexual characteristics that are not easily characterized as male or female.

## **Intervention**

The action or process of intervening/taking action to improve a situation. It is the act of inserting oneself in a situation in an attempt to help another individual(s).

## **Intimate Partner Violence (IPV)**

IPV is violence/abuse that occurs against a current or past intimate partner. Abuse is when a person(s) uses behaviours to gain power and control over another person and to cause harm. IPV can be experienced in relationships between people of the same or different genders and in relationships with two or more people involved.

## **Isolation**

The state of being isolated, separation from others.

# K

## **Kink (Sexuality)**

Definition varies but is commonly understood as the use of non-conventional sexual practices, concepts or fantasies.

# L

## **Lateral Violence**

Violence perpetrated by someone who shares aspects of marginalization with the victimized person; minority-on-minority violence.

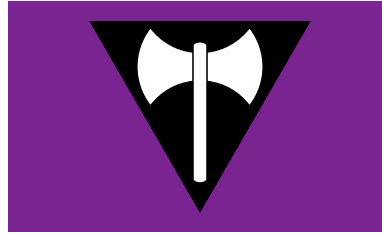


## **Leather (Subculture)**

Practices and styles of dress organized around sexual activities that involve leather garments, such as leather jackets, vests, boots, chaps, harnesses, or other items. Wearing leather garments is one way that participants in this culture self-consciously distinguish themselves from mainstream sexual cultures.

## **Legal Name**

Individual's first name, middle name and last name or surname, without use of initials or nicknames which appears on passports, driver's licenses, birth certificates or any other legal ID.



## **Lesbian**

A woman identified person who is physically or emotionally attracted to women.

## **Lived Identity**

A person's chosen daily identity.

## **Low Income**

Conveys someone's income situation in relation to a specific low-income line reference. Low income cut offs are decided using data from household surveys by the government.

# **M**

## **Manipulation**

Gaining control or changing social perception through indirect tactics that are meant to control someone's behaviors, emotions and relationships.

## **Marginalization**

The process of relegating a group of individuals to a powerless position within society; treating a group as though they are unimportant, invisible, less-deserving. Pushed to the side, on the margins.

## **Marriage**

Legal and formal union of two or more people in a relationship.

## **Mental Health**

Refers to someone's emotional and psychological state, social wellbeing and how they feel about themselves and how they interact with others. Not the same as mental illness but poor mental health can lead to mental and physical illness.<sup>6</sup>

## **Mental Illness**

A health problem that affects the mind by changing the way you think, feel and act. Mental illnesses can be managed and lived with; they can also be chronic.

## **Microaggression**

Subtle and nuanced attitudinal and verbal expressions that project hostile and derogatory messages to individuals of a marginalized group.

## **Misgender**

The deliberate or unintentional act of addressing someone based on bias and prejudice about their gender identity rather than addressing them by the name and pronouns they identify with.

## **Misogyny**

The hatred and denigration of women and coercively feminized people, and characteristics deemed feminine.

## **Monogamy**

The practice of having an intimate romantic or sexual relationship with only one partner at a time.

# **N**

## **Neglect**

Failing to care for something or someone, a disregard of duty that results from carelessness, indifference or willfulness.

## Neurodiversity

Neurodiversity refers to variation in the human brain regarding sociability, learning, attention, mood and other mental functions. It adopts the social model of disability in which societal barriers are the main contributing factor that disables people.

## Newcomers

A person who has recently arrived in a place or group. Being new to the area, activity or situation.



## Nonbinary

An umbrella term and gender identity; a gender identity that does not exist rigidly or exclusively within the gender binary of man and woman. Nonbinary identities are varied and can include people who identify with some aspects of the binary identity, while others reject them entirely.<sup>7</sup>

## Non-monogamous

An umbrella term for practices, philosophies, or non-dyadic intimate relationships that do not strictly adhere to standards of [monogamy](#). Could you hyperlink monogamy to the definition of monogamy.

# O

## Open Relationship

A relationship in which partners agree that they may have sexual relations with other people.

## **Outed**

An experience of exploitation where a person's sexual orientation or gender identity is revealed by another person without their consent.

# **P**



## **Pansexual**

A person who is romantically and sexually attracted to people regardless of gender or sex. Often described as a lover of people.

## **Passing**

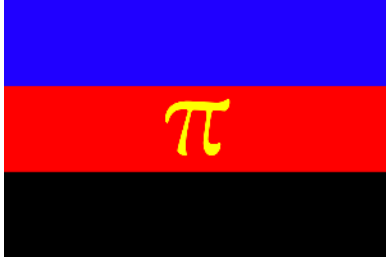
A sub-culture term used to describe one's ability to exist or be perceived as a person of a predominant group. Within the LGB community passing refers to one's ability to be perceived as heterosexual or straight. Within the trans community passing refers to a trans person's ability to be perceived as a cisgender person of the gender they connect with.

## **Peer Education/Peer Led**

The teaching or sharing of information, values and behaviors between individuals with shared characteristics. The facilitation of support programs by individuals with lived experiences that reflect those of the participants in the group.

## **Physical Abuse**

Any intentional act or threat to cause physical injury or harm to another individual or animal.



## **Polyamory/Ethical Nonmonogamy**

The practice of being (or being open to being) engaged in intimate, romantic, or sexual relationships with multiple people at a time, with the awareness and consent of all people involved. Multiple structures and forms of polyamory exist.

## **Poverty**

Not having enough money and resources to meet basic needs (such as food, clothing, shelter) in a comfortable way without worry or fear; lacking the essentials for a minimum standard of living.

## **Power Dynamics**

The way in which people of different groups or positions interact and engage with each other, where one person or group holds more power over the other. The ways in which power operates in a specific setting.

## **Prejudice**

A negative pre-judgement or preconceived feelings or notions about another person or group.

## **Prevention**

The action of stopping something from happening or arising.

## **Privilege**

Unearned power, benefits and advantages resulting from membership in a dominant group. For example, White privilege, male privilege, cisgender privilege.



## **Pronouns**

Terms used to indicate how a persons wants to be addressed, for example: they/them, she/her, he/him. Pronouns are widely used in the 2SLGBTQA+ community to affirm the identity of individuals who may or may not identify within a gender binary.

## **PTSD**

Stands for Post-Traumatic Stress Disorder. A mental health condition that is triggered by witnessing or experiencing a distressing event.<sup>8</sup>

# **Q**

## **Queer**

A term that has been used in a derogatory manner against 2SLGBTQ+ people. It is an umbrella term has been reclaimed and is used by some 2SLGBTQA+ people to identity gender identities and sexual orientations that fall outside of mainstream hetero/cisnormative expectations.

## **Questioning**

A period of exploration for individuals who are unsure about their connection and relationship to the 2SLGBTQA+ community.

# **R**

## **Racism**

Racism is different from racial prejudice, hatred, or discrimination. Racism involves one group having the power to carry out systematic discrimination through the institutional policies and practices of the society and by shaping the cultural beliefs and values that support those racist policies and practices.<sup>9</sup>

## **Relationship**

The state of being connected, to oneself and others. The way in which two or more people regard and interact with one another.

## **Restorative Justice (Also see [Transformative Justice](#))**

An approach to justice that focuses on addressing the harm caused by a crime while holding the offender responsible for their actions. This is accomplished by providing an opportunity for the parties directly affected by the crime—victims, offenders and communities—to identify and address their needs in the aftermath of a crime. Restorative justice is based on an understanding that crime is a violation of people and relationships. The principles of restorative justice are based on respect, compassion and inclusivity. Restorative justice encourages meaningful engagement and accountability and provides an opportunity for healing, reparation and reintegration. Restorative justice processes take various forms and may take place at all stages of the criminal justice system.<sup>10</sup>

## **Romance**

A feeling associated with love for a person/situation/place, mystery and excitement for a person/place/situation, connecting one in a deeper way to something else, strong attraction (courtship behaviours).

# S

## **Safer Space**

A space that is affirming and welcoming to members of the 2SLGBTQA+ community.

## **Safety Planning**

A process someone can engage in if they are facing a dangerous situation to help identify steps they can take to escape or seek support. Safety planning might be engaged in situations where an individual is living with an abuser or experiencing thoughts of suicide.

## **Self-determination**

The process by which a person controls their own life and determines their own experience or state.

## **Sex**

**Medical:** The medical classification of people as male, female or intersex typically at birth based on external sex organs. This outdated classification extends to hormones, chromosomes, and other physical characteristics. The term is a subject of debate within gender diverse communities; some use sex and gender interchangeably, while others do not. An individual's physical makeup is a private matter, and theirs to disclose or not.

**Identification:** Sex indicators can be found on almost all federally administered documents solely as M or F. While some administrations are moving to include U or X options, the current use of these gender options is strictly superficial; shown on the client-facing document while a binary gender is retained in the government system. This has led to systemic misgendering and erasure of nonbinary people.

## **Sexism**

Prejudice, stereotyping, discrimination on the basis of sex; a form of systemic oppression that disadvantages women and privileges men and masculinity. An individual's experience of sexism will differ based aspects of their identity (e.g. a trans black woman's experience will differ from a cis black woman's experience, a white disabled woman's experience will differ from a non-disabled, Indigenous woman's experience, a trans BIPOC person's experience will differ from a cis BIPOC person's experience).

## **Sexual Abuse**

Any sexual activity without consent. This can include: any unwanted sexual touching, including kissing, grabbing, forcing you to have sex or engage in sexual acts and/or threatening and manipulating you to have sex or participate in sexual acts if you do not want to.

## **Sexual Orientation**

Is a term that defines a persons' sexual preference or romantic, intimate attraction.

## **Sex Work**

Working in the sex industry by participating in sexual activities/services (in person, online, combination) in exchange for money or material goods, either casually/rarely/full time.

## **Silencing**

Prohibiting or preventing someone from speaking or speaking up/out.

## **Stalking**

Using unwanted, repeated surveillance, actions, or communication to scare or harass someone. Can be done in person, online, through phone calls, texts, mail, etc.

## **Stereotype**

Preconceived assumptions and over generalized ideas about a group of people often based on prejudice.

## **Street Involved**

Street involved is a term that describes people who are homeless, precariously housed or otherwise exposed to and experiencing various aspects associated with street culture.

## **Substance Use**

Usually refers to the use of drugs or alcohol and includes substances such as cigarettes, other drugs, prescription drugs, inhalants and solvents.<sup>11</sup>

# T



## **Trans/Transgender**

An umbrella term referring to people who do not connect fully with the gender they were assigned at birth.



## **Trans Feminine/ Trans Woman**

A woman or femme individual who was assigned male at birth.

## **Transformative Justice (TJ)**

1) Not relying on the state (e.g. police, prisons, the criminal legal system, I.C.E., foster care system [though some TJ responses do rely on or incorporate social services like counselling]),

2) Not reinforcing or perpetuating violence such as oppressive norms or vigilantism; and most importantly,

3) actively cultivating violence prevention through practices such as healing, accountability, resilience, and safety for all involved.<sup>12</sup>

## **Transitioning**

The process of undergoing medical or surgical intervention to affirm one's gender identity. Transitioning also includes social transition whereby a person affirms their gender identity through their choice of pronouns, preferred names and changes in their appearance.

## **Transmisogyny**

Commonly used to describe violence against trans women. Trans-misogyny is the experience of [transphobia](#) and [misogyny](#) simultaneously.



## **Trans Masculine/ Trans Man**

A man or masc individual who was assigned female at birth.

## **Transphobia**

Discrimination and violence against trans and gender diverse individuals or communities on a systemic, community and/or interpersonal level.

## **Transsexual**

A person whose gender identity is opposite the gender they were assigned at birth. They may or may not undergo surgery and/or hormone therapy. Although transsexual is not used in many spaces anymore and usually the term transgender is used instead, many individuals, especially elders in the community, still use this word today due to their historical and personal connection with it.

## **Trauma**

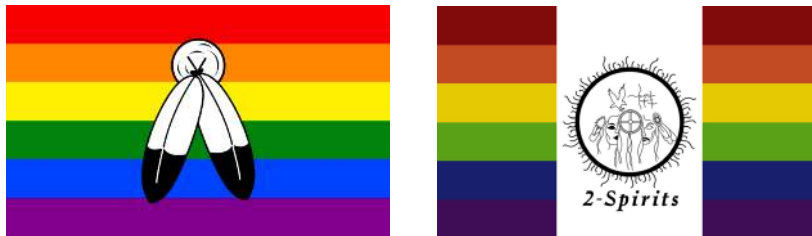
Trauma is the response resulting from a deeply distressing or disturbing experience. Trauma can result from first-hand experience or through hearing about or witnessing someone else's experiences.

## Trauma-informed Practice

The practice of integrating the following principles in the delivery of support services: awareness of the prevalence of trauma, recognition of the signs of traumatic impact, and engaging in steps to avoid re-traumatizing an individual.<sup>13</sup>

## Triad

A type of polyamorous relationship between three people. Usually, this refers to a relationship where all three people are actively involved with each other (A is dating B, B is dating C, and A is dating C), also known as a delta, triangle, or a throuple. However, the term can also refer to “vee” relationships, where two people are both dating one person (the hinge) but not each other. These relationships can be either open or closed/poly-fi..<sup>14</sup>



## Two-Spirit

Refers to a person who has both a masculine and a feminine spirit and is used by some First Nations people to describe their sexual, gender and/or spiritual identity.

# V

## **Violence**

The intentional use of physical force or power, threatened or actual, against oneself, another person, or against a group or community, that either results in or has a high likelihood of resulting in injury, death, psychological harm, maldevelopment or deprivation.<sup>15</sup>

## **Visibility**

The state of being able to see or be seen.



# Pride Flags Index

This is not an exhaustive list of all the flags that exist in 2SLGBTQA+ communities. We know that like language, flags constantly change. However, we have not seen a Pride flag index laid out this way and felt it was important to include and share alongside our glossary of terms.



## Progress Pride Flag

Designed by Daniel Quasar, in 2018.



## Rainbow Pride Flag (Six-colour version)

Gilbert Baker's design, modified by organizers of the 1979 San Francisco Pride parade.



## Rainbow Pride Flag (Eight-stripe version)

Designed by artist and activist Gilbert Baker, in 1978.



## Agender Pride Flag

Designed by Tumblr user transrants, in 2014.



## Aromantic Pride Flag

Designed by Tumblr user cameronwhimsy, in 2014.



## Asexual Pride Flag

Designed by AVEN user standup, in 2010.



**Bigender Pride Flag**

By unknown creator.



**Bisexual Pride Flag**

Designed by Michael Page, in 1998.



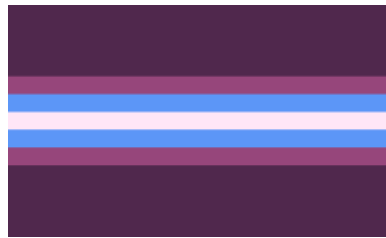
**Demigender Pride Flag**

Designed by Tumblr user transrants, in 2015.



**Genderfluid Pride Flag**

Designed by Calcavorix.



**Gender Nonconforming**

By unknown creator.



**Genderqueer Pride Flag**

Designed by Marilyn Roxie, in 2011.



**Gender questioning**

Designed by Marcus Werthmann, in 2011.



**Intersex Pride Flag**

Designed by Morgan Carpenter, in 2013.



**Community Lesbian  
Pride Flag**

Designed by Emily Gwen, in 2018.



**Labrys Pride Flag**

Designed by Sean Campbell, in 1999.



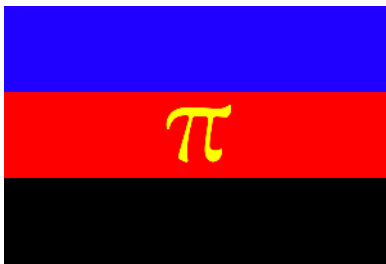
**Nonbinary Pride Flag**

Designed by Kye Rowan, in 2014.



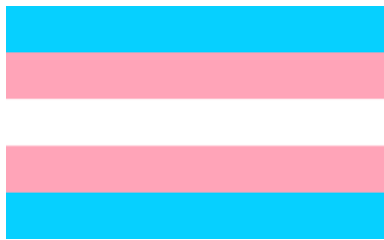
**Pansexual Pride Flag**

Designed in 2010, by unknown designer.



**Polyamory Pride Flag**

Designed by Jim Evans, in 1995.



**Trans Pride Flag**

Designed by Monica Helms, in 2000.



**Transfeminine Pride Flag**

By unknown creator.



**Transmasculine Pride Flag**

By unknown creator.



**Two-spirit Pride Flag**

Designed by 2Sanon, in 2016.



**Flag representing 2 Spirits people of the 1st Nations**

Designed by Art Zoccole.

# References

1. C-PTSD: [CMHA.ca](http://CMHA.ca)
2. Diversity: Queensborough Community College
3. Gender inclusivity: [genderspectrum.org](http://genderspectrum.org)
4. Harassment: [Ohrc.on.ca](http://Ohrc.on.ca)
5. Intersectionality: Kimberlé Williams Crenshaw
6. Mental health: [magellanhealthinsights.com](http://magellanhealthinsights.com)
7. Nonbinary: TransFormed Project Peer Leadership Group
8. PTSD: [mayoclinic.org](http://mayoclinic.org)
9. Racism: [Dismantlingracism.org/racism-defined.html](http://Dismantlingracism.org/racism-defined.html)
10. Restorative Justice: <https://www.justice.gc.ca/eng/cj-jp/rj-jr/index.html>
11. Substance use: [healthlinkbc.ca](http://healthlinkbc.ca)
12. Transformative Justice: <https://transformharm.org/transformative-justice-a-brief-description>
13. Trauma-informed: [cfhi-fcass.ca](http://cfhi-fcass.ca)
14. Triad: <https://www.bustle.com/articles/161962-7-poly-terms-everyone-should-know-whether-youre-new-to-polyamory-or-monogamous>
15. Violence: [https://www.who.int/violence\\_injury\\_prevention/violence/world\\_report/en/summary\\_en.pdf?ua](https://www.who.int/violence_injury_prevention/violence/world_report/en/summary_en.pdf?ua)

## ***General References***

**The 519 Glossary**

<https://www.the519.org/education-training/glossary>

**OCASI Positive Space Initiative**

<http://www.positivespaces.ca/sites/positivespaces.ca/files/Glossary%20of%20Terms.pdf>

**Wisdom to Action**

<https://www.wisdom2action.org/gbv>

## ***Pride Flags References***

**Pride-Flags**

<https://www.deviantart.com/pride-flags>

**Pride Color Schemes**

<https://pride-color-schemes.tumblr.com>

**Nonbinary Wiki**

<https://nonbinary.wiki/>