**Alphabet Soup Mini Dictionary**

**AFAB** - Assigned female at birth.

**AMAB** - Assigned male at birth.

**Amatonormativity** - Societal expectation for a romantic relationship, especially monogamous. Calls into question the idea that there is a “one true love” that could “complete” one’s life.

**Aromantic** – 1.) Feeling no romantic attraction. 2.) Umbrella term including but not limited to demiromantic and greyromantic.

**Asexual** – 1.) Feeling no sexual attraction. 2.) Umbrella term including but not limited to demisexual and greysexual.

**Assigned sex** - Based on appearance of physical primary sex characteristics such as genetalia, usually male or female.

**Assigned gender** - Associated with assigned sex, usually boy/man or girl/woman.

**Bisexual** – 1.) Attraction to more than one gender. 2.) Umbrella term including but not limited to pansexual, polysexual, and omnisexual.

**Cisgender** – A person whose gender aligns with the gender associated with their assigned sex.

**Closed relationship** - Members of a relationship only see each other. Can apply to monogamous and nonmonogamous relationships.

**Dead name** - Also called birth name. The name given to a person at their birth, often associated with assigned gender. What makes the name “dead” is when a person renounces that name and chooses another. A dead name is that person’s personal information and they are not obligated to tell anyone what it is. If they do share, their parameters on its use or reference to it is imperative. It is widely considered rude to ask for a person’s dead name.

**Demiromantic** - On the aromantic spectrum. Romantic attraction which only forms after a strong bond is established.

**Demisexual** - On the asexual spectrum. Sexual attraction which only forms after a strong bond is established.

**Ethical Non-Monogamy** - Abbreviated ENM. An umbrella term referring to relationship structures involving more than two people. These relationships may be romantic, sensual, sexual, queerplatonic, or otherwise defined by the persons involved. Includes but is not limited to polyamorous relationships and open relationships. There is no one set "shape" that these structures take.

**Folx** - A spelling of the word “folks” that uses an “x” to denote gender nonconformity or specifically marks recognition of and inclusion of queer/trans people.

**Gay** – 1.) A man who is attracted to men, often used in place of “homosexual.” 2.) A blanket term used to refer to members of the LGBT+ community, often used as a self-defining moniker of “somehow not straight.”

**Gender Binary** - 1.) Names two sexes (male and female) and two genders (boy/man and girl/woman). 2.) Has historically been used interchangeably, but the current preference is to refer to a person by their gender than by their sex.

**Gender Essentialism** - The belief that there are inherent traits that denote gender, such as nurturing capability, tendency toward certain emotions, brain size, and hormonal balance. Based in phrenology, a pseudoscience developed to “read” a person’s personality and capability for success based on the shape of their skull.

**Gender Imperialism** - Referring to the gender binary as fact, particularly Western European gender presentation, habits, and division of work. Many cultures around the globe have recognized other genders; for example, Navajo Two-Spirit, Indian Hijra, native Hawai’ian Māhū, Indonesian Waria, Tongan fakaleiti, and Samoan fa'afafine. Many of these are closed, meaning that they cannot be adopted by people outside of their culture. People with culturally-specific genders may choose to identify as nonbinary but may choose not to use the term as it exists in reference to the Western binary, which can be seen as a way of implicitly accepting that binary as the global “standard.”

**Greyromantic** - On the aromantic spectrum. Romantic attraction is infrequently felt or felt only for short periods of time.

**Greysexual** - On the asexual spectrum. Sexual attraction is infrequently felt or felt only for short periods of time.

**Heterosexual** – A binary person (cisgender or transgender) who is attracted to people of the other binary gender.

**Intersex** – People whose physical sexual traits do not fit the norm of the sex binary: may include a combination of visible characteristics like genitalia, organs, or secondary sex traits like breasts or facial hair, may be chromosomal. Not all intersex people identify as LGBT+, but are welcome to identify as such.

**Kitchen table polyamory** - A dynamic where members of a relationship are happy to live along with metamours, as in, a comfortable time sitting around the kitchen table together.

**Lesbian** – 1.) Historically used in reference to a woman who is attracted to women. 2.) INCLUSIVE of trans women and nonbinary people. 3.) Non-men attracted to non-men.

**Metamour** - The partner of a partner whom one is not in an intimate relationship. For example, Person A has relationships with Person B and Person C, but Person B and Person C are not in a relationship. Person B is Person C’s metamour.

**Name** – Used to address a person. Many binary transgender individuals choose a name associated with their gender rather than their gender assigned at birth. Nonbinary individuals may search for a more “neutral” sounding name, though some may choose the name given at birth or another name that is “gendered.” Ultimately, names are very personal and can be chosen, changed, kept, altered, or invented as the individual wishes. Anyone is allowed to change their name for any reason they want! The most important thing is to respect and use that name as you would respect and use the person’s pronouns, even if it sounds unusual or somehow different.

**Nonbinary** – An umbrella term for people whose gender is neither “man” nor “woman.” Inclusive of but not limited to agender, bigender, genderfluid, genderqueer, third gender. People whose genders do not fit into the Western binary may still choose to not use the word nonbinary as the word itself exists in relation to that binary.

**Open relationship** - A form of nonmonogamy where the members of a relationship are first and foremost involved with each other, but each may also go on dates with other individuals.

**Pansexual** – Attraction to all genders.

**Polyamory** - A category of ENM. Finding fulfilment in having meaningful relationships with more than one partner at a time. All parties are informed and consenting. Currently, marriage between more than two people is not legally recognized in most of the United States. Not the same as polysexual. Not the same as polygamy. Includes but is not limited to such structures as “kitchen table” polyamory and triads.

**Polygamy** - A nonmonogamous relationship structure where typically a man has more than one wife.

**Polysexual** - Attraction to multiple genders but not all. Not the same as polyamory.

**Pronouns** – Chosen by a person as a best reference to themselves. Often indicative of, but not exclusive to, one’s gender. Common pronouns include he/him/his, she/her/hers, they/them/theirs, xe/xem/xyr, ze/hir/hirs, ey/em/eirs. Some people create their own pronouns out of an existing noun, such as star/stars/stars. Some people use multiple sets of pronouns, in which case, they may have certain rules about their pronouns. For example, using one set around family, another in the workplace, etc., or simply liking to have them switched up once in a while.

**Queer** – 1.) A blanket word meaning “not straight” or “not cisgender,” meant to be nonspecific and inclusive. 2.) The term largely recognized in academic studies - for example, Queer Theory, Queer History, Queer Philosophy, Queer Politics and Policy.

**Queerplatonic** - Abbreviated as QPR. A form of relationship that may resemble a partnership which may have but which does not necessitate an associated romantic or sexual dynamic. Calls into question the lines drawn between platonic and romantic. Not exclusive to but often found in Aromantic and Non-Monogamous communities.

**Questioning** – A state of uncertainty about one’s identity, a time of self-exploration.

**Romantic orientation** – Those to whom one feels romantic attraction; does not always coincide with sexual orientation.

**Sexual orientation** – Those to whom one feels sexual attraction; does not always coincide with romantic orientation.

**Transgender** – A person whose gender is different from the one assigned at birth.

**Trans-Exclusionary Radical Feminism** - 1.) Abbreviated as TERF. A practice which claims to focus on the advancement of women’s rights, but maintains the view that transgender people are not real or legitimate, rather simply “mentally ill.” 2.) While TERF is not a slur, trans-exclusionary radical feminists often prefer to be called just radical feminists, often shortened to radfem. 3.) Radfem/TERF beliefs lean heavily on gender essentialism, focusing on menstruation and motherhood as being integral parts to a woman’s life. In addition to promoting transphobia, radfem/TERF ideology neglects to address the needs of intersex women and promotes the idea that women are pure and that men have inherent predatory and violent tendencies. These ideas do not point toward any sort of liberation or equality, but rather reinforcing gender roles and maintaining strong division.

**Transphobia** - Refers to specific dangers, microaggressions, and prejudices that trans people may face.

**Transmisogyny** - Specialized focus on the intersection between transphobia and misogyny that trans women and transfeminine individuals face.

**Trans-Misogyny Exempt** - Abbreviated as TME. TME people include anyone who is not a trans woman or transfeminine - that is, cisgender people, trans men, and transmasculine individuals.

**Triad** - A nonmonogamous relationship structure wherein three people are dating each other. Person A is in relationships with both Person B and Person C, Person B is in relationships with both Person A and Person C, Person C is in relationships with both Person A and Person B. The relationship as a triad is treated as distinct and whole, and each relationship between each pair must also be tended to and nurtured. May be closed or open.