

The ABC's of LGBTQIA+



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HEALTH

Learn what each letter of LGBTQIA+ stands for

L

is for lesbian



Lesbian describes women who are mainly attracted to other women. Some lesbian women prefer to identify as "gay".

T

is for transgender



Transgender is an umbrella term for people whose gender identity and/or expression is different from the sex assigned at birth. Transgender people can be straight, gay, lesbian, bisexual, or anything else.

I

is for intersex



Intersex people are born with differences in their body parts and reproductive features, like their genitals, chromosomes, hormones, and physical traits.

G

is for gay



Gay describes people who are physically, romantically, and/or emotionally attracted to other people of the same gender. In the past, "gay" specifically referred to men who are attracted to men. Now, it is common for "gay" to be used by anyone who is attracted to the same gender.

Q

is for Queer or Questioning



Queer is a word that covers a wide range of identities and orientations. It's often used for people who aren't exclusively straight and for those with non-binary or gender-expansive identities. While it used to be a hurtful term, many in the LGBTQIA+ community have embraced it as a positive way to describe themselves.

Questioning is a term used to describe people who are in the process of exploring their sexual orientation or gender identity.

A

is for asexual



Asexual called 'ace,' means not feeling sexual attraction or having little interest in sexual activity with others. It's a spectrum, so asexual people may feel no, little, or some sexual attraction.

B

is for bisexual



Bisexual describes people who are emotionally, romantically, and/or sexually attracted to more than one gender, but not necessarily at the same time or in the same way.

+

is for the limitless sexual orientations and gender identities

The '+' in LGBTQIA+ represents many other terms that people in the community use to describe their genders and sexualities. It shows inclusivity and openness. Some of these identities include agender (no gender or neutral), pansexual (attracted to anyone regardless of gender), nonbinary (not strictly male or female), and Two-Spirit (a Native American identity with a special gender role).