Our glossary of terms

TransHub uses the terms *trans*, *transgender* and *trans & gender diverse* as umbrella terms for a population of people whose gender is different to what was presumed for them at birth. By this we mean all people of diverse gender experiences. The term *trans* has never just been a term describing women and men who are trans. The trans experience also includes those who are non-binary, genderqueer, or gender fluid, or any number of other beautiful and expansive ways people who aren't exclusively female or male claim or reclaim their gender/s.

The below glossary contains the terms that we define on TransHub. This document will be updated as new terms are added, or as definitions are revised and updated to fit with the changing language that trans communities use.

Term	Definition
AFAB/PFAB	Assigned female at birth/Presumed female at birth.
AMAB/PMAB	Assigned male at birth/Presumed male at birth.
Binary	Something that is binary consists of two things, or can refer to one of a pair of things. When talking about genders, binary genders are male and female, and non-binary genders are any genders that are not just male or female, or aren't male or female at all.
Birth assignment/presumption	The attribution first made on a birth record where individuals are typically categorised as being either male or female, based primarily on visual inspection of the genitalia. Babies are generally presumed a gender based on this attribution, most people agree with the presumptions made for them (cis) and some don't (trans).
Brotherboy	A term used by Aboriginal and Torres Strait Islander people to describe gender diverse people who have a male spirit and take on male roles within the community. Brotherboys have a strong sense of their cultural identity.

CD4 count	A measure of the number of CD4 cells (or T-helper cells) in someone's blood. CD4 cells are a type of immune system cell in the body that HIV attacks and kills over time. The lower the CD4 count, the weaker the immune system.
Cisgender	A term used to describe people who identify their gender as the same as what was presumed for them at birth (male or female). 'Cis' is a Latin term meaning 'on the same side as.
Cisnormativity	The assumption that everyone is cis. This may result in misgendering including using the wrong pronouns, or designing services, products, or campaigns that assume everyone is cis.
Cisgenderism	Where something is based on a discriminatory social or structural view that positions (either intentionally or otherwise) the trans experience as either not existing or as something to be pathologised. Cisgenderism believes that gender identity is determined at birth and is a fixed and innate identity that is based on sex characteristics (or 'biology') and that only binary (male or female) identities are valid and real.
Cross-gender	A term sometimes used to describe historic figures who we may refer to by modern labels such as trans or non-binary, in lieu of those figures or communities having terminology that we rely on today.
Deadname	A term used by some trans people to describe the name they were given and known by prior to affirming their gender and/or coming out.
Dysphoria	The distress or unease sometimes experienced from being misgendered and/or when someone's gender and body personally don't feel connected or congruent. Many trans and gender diverse people do not experience gender dysphoria at all, and if they do, may cease with access to gender affirming healthcare and/or peer support. With or without the presence of gender dysphoria, being trans and/or gender diverse is not a mental illness. Gender dysphoria does not equal being trans or gender diverse.
Endogenous	Being of internal origin.
Endosex	A word used to describe people who are not intersex.

Exogenous	Being of external origin.
Front hole	A term preferred by some trans men and non-binary people to describe their genitals, instead of vagina.
Gender affirmation (aka Gender transition)	The personal process or processes a trans or gender diverse person determines is right for them in order to live as their defined gender and so that society recognises this. Gender affirmation may involve social, medical and/or legal steps that affirm a person's gender. Affirming our gender doesn't mean changing gender, 'having a sex change' or 'becoming a man or a woman', and transition isn't the same as being trans. A trans or gender diverse person who hasn't medically or legally affirmed their gender is no less the man, woman or non-binary person they've always been.
Gender Dysphoria (diagnosis)	A DSM-5 diagnosis characterised by a marked incongruence between one's experienced gender and physical characteristics, and a strong desire for medical affirmation
Gender dysphoria (experience)	The experience of distress or unease from being misgendered or not treated as the gender someone is.
Gender euphoria	The experience of comfort, connection and celebration related to our internal sense of self and our gender. The pride of feeling and being affirmed as who we are.
Gender expansive	Refers to anyone (trans or cis) whose gender expression differs from what is expected, typically based on their gender identity.
Gender incongruence	Refers to a marked and persistent incongruence between an individual´s presumed and experienced gender.
GRS	Genital reconfiguration surgery, sometimes also known as sexual reassignment surgery (SRS), 'bottom surgery', 'lower surgery', and a range of other names.
HRT	Hormone Replacement Therapy, sometimes also known as GAHT or Gender Affirming Hormonal Therapy. This consists of taking new hormones and/or blocking existing hormones in the body.

Inappropriate curiosity	Intrusive and invasive questions and examinations that seem irrelevant to the medical care of a trans individual. Inappropriate curiosity occurs when something is done not to provide care to a trans patient but to satisfy the curiosity of the healthcare practitioner.
Insertive sex	Sex acts where part of your body (hands, genitals, tongue) are being inserted into another person's body.
Intersex	Intersex people are born with naturally occurring and very normal differences of chromosomes, gonads (ovaries and testes), hormones, and/or genitals. There are more than 40 different ways to be intersex. People may find out they are intersex at many different points including when they are born, during puberty, when trying to conceive a pregnancy, by random chance, and some people never find out. For more information about intersex, visit IHRA.
Legal gender marker	The classification recorded when a child's birth is registered. In NSW, this is either M or F at birth and can later be amended to either M, F or X.
Misgendering	Referring to someone by words or language that is not affirming for them, such as using a former name or pronoun, or making assumptions about their appearance.
Monogamy	An umbrella term for people who have one romantic or sexual partner at a time.
Monosexual	Sexual attraction to people of one gender only. This may be attraction to people of any gender, whether heterosexual or homosexual.
Natal / Neo (prefix)	Natal and neo are prefixes used by some trans people to talk about the genitals of themselves and others. Natal means at birth, and neo means new. An example of use might be by talking about how neo-vaginas are similar and different from natal-vaginas.
Non-binary	This is an umbrella term for any number of gender identities that sit within, outside of, across or between the spectrum of the male and female binary. A non-binary person might identify as gender fluid, trans masculine, trans feminine, agender, bigender etc.

Non-monogamy	An umbrella term for people who are not monogamous (see above). Non-monogamy can take many forms, but generally includes people who are, have been, or plan to have romantic or sexual relationships with more than one person. Can include/cross over with polyamory (poly / polyam).
Presumed at birth	The gender one is presumed at birth is what the doctor says you are when they see you after being born. We use this term rather than "assigned at birth" or similar terms because those genders are a presumption made about everyone, even if many of those people grow up to have that gender fit them just fine.
Rapid Onset Gender Dysphoria	A term that originated on a number of blogs to describe children seemingly coming out suddenly and due to external influence. However, the term has no scientific basis, and has been thoroughly disproven. Read more here.
Receptive sex	Sex acts where parts of someone else's body (hands, genitals, tongue) are being inserted into your body.
Sex characteristics	Physical parts of the body that are related to body development/regulation and reproductive systems. Primary sex characteristics are gonads, chromosomes, genitals and hormones. Secondary sex characteristics emerge at puberty and can include the development of breast tissue, voice pitch, facial and pubic hair etc. The term 'sex characteristics' is more accurate than 'biological sex', 'biologically male' or 'biologically female'. Physical organs and chromosomes should not be gendered as male or female, the gendering of body parts is a significant source of stigma, discrimination and pathologisation.
Sistergirl	A term used by Aboriginal and Torres Strait Islander people to describe gender diverse people that have a female spirit and take on female roles within the community. Including looking after children and family. Many Sistergirls live a traditional lifestyle and have strong cultural backgrounds.
Tanner Stages	A scale of sexual maturation used by doctors to describe stages in the development of secondary sex characteristics.
Trans and gender diverse	These are inclusive umbrella terms that describe people whose gender is different to what was presumed for them at birth. Trans people may position 'being trans' as a history or experience, rather than an identity, and consider their gender

	identity as simply being female, male or a non-binary identity. Some trans people connect strongly with their trans experience, whereas others do not. Processes of gender affirmation may or may not be part of a trans or gender diverse person's life.
Transsexual	Definition from GLAAD: An older term that originated in the medical and psychological communities. Still preferred by some people who have permanently changed - or seek to change - their bodies through medical interventions, including but not limited to hormones and/or surgeries. Unlike trans, transsexual is not an umbrella term. Many trans people do not identify as transsexual and prefer the word trans. It is best to ask which term a person prefers. If preferred, use as an adjective: transsexual woman or transsexual man.

TransHub is ACON's digital information and resource platform for all trans and gender diverse people in NSW, their loved ones, allies and health providers.

For more information and resources, visit: transhub.org.au