

SEXUAL ORIENTATION

Sexual orientation is a person's pattern of emotional, romantic, and/or sexual attractions to others. It's often defined based on attraction to a different gender, the same gender, or multiple genders

GAY

Gay describes men who are predominantly attracted to other men, or sexual and affectional orientation toward people of the same gender.

LESBIAN

Lesbian describes women who are predominantly attracted to other women. Some nonbinary people also identify as lesbians, often because they have some connection to womanhood and are primarily attracted to women.

BISEXUAL

Bisexual describes people who feel able to form attraction and/or relationships to more than one gender.

PANSEXUAL

Pansexual describes someone who is attracted to people regardless of gender or to all or many genders of people.

ASEXUAL

Someone who does not normally experience sexual attraction but does experience it sometimes. Does not necessarily mean a complete lack of sexual attraction; may enjoy and desire sex generally only under specific circumstances.

QUEER

There is no one definition of queer. Instead, it's a term that means different things to different people. Some people who experience sexual and romantic attractions to people of the same or multiple genders identify as queer. Other people whose gender is different from their sex assigned at birth identify as queer. Still others who identify as queer feel that there is no one definition for the term, and that it embodies their unique sexual and gender identities outside of the cisgender heterosexual norms.

QUESTIONING

A term to describe people who are in the process of exploring their sexual orientation. The term questioning is also applied to people exploring their gender.

HETEROSEXUAL

Describes people who have attractions to people who may be considered as of the "opposite" sex or gender.

HELPFUL TO KNOW

Recently, **gay** is often used as an umbrella term to describe any same-gender attraction

HELPFUL TO KNOW

The term **queer** is also sometimes used to refer to the full LGBTQIA+ community

Queer has been reclaimed by LGBTQ+ communities since its historical use as a slur against LGBTQIA+ people

HELPFUL TO KNOW

How people identify may change throughout their life, or they may identify with more than one label at a time. Individual definitions and interpretations of labels may vary as well, so no one list is exhaustive. We should believe in, respect, and uplift unique identities