



MAMA DRAGONS

# Understanding the Language of Gender

## Introduction

Language around gender is constantly evolving. As society's understanding of gender expands, so does the vocabulary used to describe it. This guide offers a comprehensive overview of gender-related terms to help parents and allies support their LGBTQ+ loved ones.

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## The Fluidity of Gender Language

Gender terminology is dynamic, reflecting the evolving understanding and acceptance of diverse gender identities. It's essential to stay informed and respectful of the terms individuals use to describe themselves. This ensures we create inclusive and supportive environments.

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## Common Gender-Related Terms

### Gender Identity

- Cisgender: A person whose gender identity matches their sex assigned at birth.
- Transgender: A person whose gender identity differs from their sex assigned at birth.
- Non-Binary: A person whose gender identity doesn't fit within the traditional binary of male or female.
- Genderqueer: A broad term for people who don't adhere to traditional gender distinctions.
- Genderfluid: A person whose gender identity shifts over time or depending on the situation.
- Agender: A person who identifies as having no gender.
- Bigender: A person who identifies as having two gender identities, either simultaneously or at different times.
- Two-Spirit: A term used by some Indigenous cultures to describe a person who embodies both masculine and feminine qualities.

### Gender Expression

- Masculine: Traits, behaviors, and roles traditionally associated with being male.
- Feminine: Traits, behaviors, and roles traditionally associated with being female.
- Androgynous: A gender expression that has elements of both masculinity and femininity.

## **Additional Terms**

- Pronouns: Words used to refer to people without using their names (e.g., he/him, she/her, they/them).
  - Transition: The process by which a person changes their gender presentation to align with their gender identity, which may include social, legal, and/or medical steps.
  - Deadname: The birth name of a transgender person who has chosen a new name as part of their transition.
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## **Respecting Gender Identity**

Respecting the language that individuals use to describe their gender is fundamental to supporting them. Here are a few tips:

- Ask and Use Correct Pronouns: If you're unsure of someone's pronouns, ask politely and use them correctly.
  - Stay Informed: Language evolves. Make an effort to learn and use the most current terms.
  - Listen and Learn: Pay attention to how individuals describe their own identities and experiences.
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## **Conclusion**

Understanding and using inclusive gender language is crucial in creating supportive environments for LGBTQ+ individuals. By staying informed and respectful, we can better support our children and community members in their gender journeys.