

Handout - Gender identity word list

These are just some of the ways in which people identify.



Gender	How you feel inside. A feeling or sense of being male, female, both or neither. Sometimes people's gender identity matches the sex they were assigned at birth, and sometimes it does not.
Gender expression	Gender expression is how we choose to show the world where on the gender spectrum we identify. We may use clothing, make-up and jewellery to do this.
Transgender or trans	<p>A person who was assigned male or female when they were born, but who deep inside feels they are different. They want to live their life as their preferred gender. Since 2015, trans people in Ireland have been able to get government recognition of their preferred gender and a new birth certificate.</p> <p>'Transgender' is also used as an umbrella term to describe all people who are not cisgender.</p>
Cisgender	A person who identifies with the gender they were assigned when they were born.
Non-binary	A person who feels that they are not simply male or female. This description could include people who feel that they are a mix of genders, no gender, or that their gender identity changes (referred to as being 'gender fluid').
Transition	The process of trans people changing so that they can live as their preferred gender. This may include a social transition (e.g. telling people), a medical transition (e.g. getting medical treatment) and/or a legal transition (e.g. changing names or birth certificates.)
Names and pronouns	<p>Transgender people feel respected when:</p> <ul style="list-style-type: none"> • People call them by their preferred names. • People refer to them using their preferred pronouns. Trans males usually prefer to be called 'he'. Trans females usually prefer to be called 'she'. Non-binary people usually prefer to be called 'they'.