

Glossary

LGBTQ+: any combination of letters attempting to represent all the identities in the queer community, represents Lesbian, Gay, Bisexual, Transgender, Queer, Pansexual, Transsexual, Questioning, Intersex, Intergender, Asexual, Ally

Ally: a straight person who supports queer people

Cisgender: a description for a person whose gender identity, gender expression, and biological sex all align (e.g., man, masculine, and male)

Bisexual: a person who experiences sexual, romantic, physical, and/or spiritual attraction to people of their own gender as well as another gender; *often confused for and used in place of "pansexual"*

Closeted: a person who is keeping their sexuality or gender identity a secret from many (or any) people, and has yet to "come out of the closet"

Coming Out: the process of revealing your sexuality or gender identity to individuals in your life; often incorrectly thought to be a one-time event, this is a lifelong and sometimes daily process; not to be confused with "outing"

Cross-dressing: wearing clothing that conflicts with the traditional gender expression of your sex and gender identity (e.g., a man wearing a dress) for any one of many reasons, including relaxation, fun, and sexual gratification; often confused with transsexuality

Dead Name: the intentional or non intentional use of the Trans persons birth name can be considered "outing"

Drag King: a person who consciously performs "masculinity," usually in a show or theatre setting, presenting an exaggerated form of masculine expression, often times done by a woman; often confused with "transsexual" or "transvestite"

Drag Queen: a person who consciously performs "femininity," usually in a show or theatre setting, presenting an exaggerated form of feminine expression, often times done by a man; often confused with "transsexual" or "transvestite"

Fluid(ity): generally with another term attached, like gender-fluid or fluid-sexuality, fluid(ity) describes an identity that is a fluctuating mix of the options available (e.g., man and woman, gay and straight); not to be confused with "transitioning"

FTM/MTF: (Post-op) a person who has undergone medical treatments to change their biological sex (Female To Male, or Male To Female), often times to align it with their gender identity; often confused with "trans-man"/"trans-woman"

Gender Expression: the external display of gender, through a combination of dress, demeanor, social behavior, and other factors, generally measured on a scale of masculinity and femininity

Gender Identity: the internal perception of an individual's gender, and how they label themselves

Genderless: a person who does not identify with any gender

Genderqueer: (1) a blanket term used to describe people whose gender falls outside of the gender binary; (2) a person who identifies as both a man and a woman, or as neither a man nor a woman; often used in exchange with "transgender"

Intersex: a person with a set of sexual anatomy that doesn't fit within the labels of female or male (e.g., 47,XXY phenotype, uterus, and penis)

Outing [someone]: when someone reveals another person's sexuality or gender identity to an individual or group, often without the person's consent or approval; not to be confused with "coming out"

Pansexual: a person who experiences sexual, romantic, physical, and/or spiritual attraction for members of all gender identities/expressions

Questioning: the process of exploring one's own gender/sexual orientation, investigating influences that may come from their family, religious upbringing, and internal motivations

Sexual Orientation: the type of sexual, romantic, physical, and/or spiritual attraction one feels for others, often labeled based on the gender relationship between the person and the people they are attracted to; often mistakenly referred to as "sexual preference"

Sexual Preference: (1) generally when this term is used, it is being mistakenly interchanged with "sexual orientation," creating an illusion that one has a choice (or "preference") in who they are attracted to; (2) the types of sexual intercourse, stimulation, and gratification one likes to receive and participate in

Transgender: a blanket term used to describe all people who are not cisgender; occasionally used as "transgendered" but the "ed" is misleading, as it implies something happened to the person to make them transgender, which is not the case

Transitioning: a term used to describe the process of moving from one sex/gender to another, sometimes this is done by hormone or surgical treatments

Trans-man/Trans-woman: (Pre-op) a person who was assigned a female/male sex at birth, but identifies as a man/woman; often confused with "transsexual man/woman" or "FTM/MTF"

Two-Spirit: a term traditionally used by Native American people to recognize individuals who possess qualities or fulfill roles of both genders

"Tell": a subtle/not so subtle give away that "tells" if someone is Transgender

To "Pass" or "Passing" When a person who is Transgender, "passes" as the gender they identify with

*In a world of copies,
be an original*

LGBTQ+ Quick Reference Guide

Diversity
Sexuality
Life
Healing
Sunlight
Nature
Magic/Art
Serenity
Spirit

Colors and
descriptions
from Gilbert
Baker's original
Pride Flag—1978

Tabbitha Elphaba Cardinal

303-482-6263
tabbeycard@gmail.com



THE GENDER TREE

GENDER EXPRESSION (WHAT THE TREE BEARS)

A person's outward presentation of gender, through a combination of dress, demeanor, social behavior, speech patterns, mannerisms, interactions, and other factors. Gender expression can vary for an individual from day to day or in different situations, and most people have a range of expression that makes them feel most comfortable and/or safe.

OUR FLUIDITY AND HISTORY (THE RINGS OF THE TRUNK)

All aspects of our holistic identity (gender expression, gender identity, sexual orientation, relationship orientation, and all other identities) can change over time and in different situations.

GENDER IDENTITY (THE TRUNK)

An individual's deeply-felt sense of gender that may include man, woman, genderqueer, agender, and other endless possibilities and combinations. A person's gender identity(ies) may or may not align with others' perceptions of their gender. The only way to know a person's gender identity is to ask them.

ASSIGNMENT AT BIRTH (THE ROOTS)

What the doctor "labels" a baby when they are born (generally labeled male or female).

SEXUAL ORIENTATION/IDENTITY (OUR ENVIRONMENTAL ATTRACTIONS)

A person's self-identity related to who they are attracted to sexually, romantically, and/or emotionally. Such identities may include: lesbian, gay, bisexual, pansexual, queer, questioning, heterosexual, straight, asexual, unlabeled, etc.

RELATIONSHIP ORIENTATION OR STRUCTURE (HOW WE ENGAGE IN MEANINGFUL RELATIONSHIPS WITH OTHERS)

An individual's deeply-felt sense of intimate connection with others through a relationship structure(s) with individuals, couples, or networks. Can include polyamory, monogamy, friends-with-benefits, sexual relationships, non-sexual relationships and many more.

Relationship orientation may be different from relationship behavior because it refers to feelings and self-concept. Persons may or may not express their relationship orientation in their behaviors.

SOCIETAL INFLUENCE (THE SOIL)

We are surrounded by social, cultural, and institutional influences. As we learn and grow as a gendered individual, we are constantly given different messages and feedback about ranges of accepted practices, appearances, and behaviors.

Resources

The Center/ Rainbow Alley (kids from 12-21)/Sage of the Rockies (adults 50+) www.glbtcolorado.org

1301 E. Colfax, Denver, CO 80218 (303) 733-7743

Queer Therapeutic Services www.queerasterisk.com

Contact number (720) 507-6161

Boulder - 2027 Broadway Suite E, Boulder, CO 80302

Denver - 1155 Sherman St. Suite 311, Denver, CO 80203

Longmont - 709 3rd Ave., Longmont, CO 80501

Colorado Anti Violence Program www.solccolorado.org

4140 Tejon St, Denver, CO 80211 (303) 839-5204

Colorado LGBTQ Commission

www.denvergov.org/content/denvergov/en/human-rights-and-community-partnerships/our-commissions/gay-lesbian-bisexual-transgender-commission.html

1490 N Lafayette St #304, Denver, CO 80218

(720) 913-8488

PFLAG, Denver Chapter www.pflagdenver.org

1290 N Williams St #1, Denver, CO 80218

(303) 333-0286 (also in Spanish)

Fenway Institute Helpline & Peer Listening Line

www.fenwayhealth.org

1 (888) 340-4528 (Helpline); 1 (800) 399-7337 (Peer Listening Line)

The Denver ELEMENT (Supports Gay, Bi, and Transgender Men)

www.thedenverelement.com

4242 Delaware St, Denver, CO 80216 (720) 382-5900

One Colorado www.one-colorado.org

1490 N Lafayette St #304, Denver, CO 80218

(303) 396-6170

Trans Youth Education & Support of Colorado www.tyes-colorado.org

(720) 443-7708

Urban Peak www.urbanpeak.org

730 21st Street, Denver, CO 80205 (303) 974-2000

1 (866) 488-7386

The Trevor Project (suicide prevention for LGBT) www.thetrevorproject.org

1 (866) 488-7386

Gender Spectrum www.genderspectrum.org/

(510) 788-4412

Voz Y Corazon Suicide Prevention Program www.mhcd.org/voz-y-corazon

4141 E Dickenson Pl, Denver, CO, 80222

(303) 504-6500

It takes a Village www.ittakesavillagecolorado.org

1475 Lima Street, Aurora, CO 80010 (303) 367-4747

Trans Youth Family Allies www.imatyfa.org

PO Box 1471, Holland, MI 49422-1471

(888)-462-8932

National Center for Transgender Equality www.transequality.org

1133 19th St NW #302, Washington D.C. 20036

(202) 642-4542

Other Transgender Online Resources:

www.susans.org

www.tsroadmap.com

www.ftmguide.org

www.youtube.com/user/TransYouthChannel

For Veterans

American Military Partner Association www.militarypartners.org

1725 I Street, NW, Suite 300 Washington, D.C. 20006 (202)

695-2672

Social Groups and Organizations

The Mile High Freedom Band www.mhfb.org

The Mile High Gay Guy www.milehighgayguy.com

Gay Denver Guide www.denver.gaycities.com

Colorado Gay Rodeo Association www.cgra.com

Denver LGBT Visitor's Guide www.denver.org/about-denver/lgbt

Denver LGBT Healthcare Guild for Gender and Sexual Minorities

www.healthcareguild.com/denver.html



**COLORADO
CRISIS SERVICES**

**844-493-TALK (8255)
OR TEXT TALK TO 38255**

WALK-IN LOCATIONS

Most of our centers are open 24/7 unless noted otherwise** below and offer confidential, in-person crisis support, information and referrals to anyone in need. View the map to find walk-in crisis services near you.

METRO DENVER REGION

Wheat Ridge Walk-In Crisis Services

4843 Wadsworth Blvd
Wheat Ridge, CO 80033

Littleton Walk-In Crisis Services

6509 S. Santa Fe Drive
Littleton, CO 80120

Boulder Walk-In Crisis Services

3180 Airport Road
Boulder, CO 80301

Denver Walk-In Crisis Services

4353 E. Colfax Avenue
Denver, CO 80220

Aurora Walk-In Crisis Services

2206 Victor Street
Aurora, CO 80045

NORTHEAST REGION

Fort Collins Walk-In Crisis Services

1217 Riverside Ave
Fort Collins, CO 80524

Greeley Walk-In Crisis Services

928 12th Street
Greeley, CO 80631

SOUTHEAST REGION

Pueblo Walk-In Crisis Services

1310 Chinook Lane
Pueblo, CO 81001

Colorado Springs Walk-In Crisis Services

115 S Parkside Drive
Colorado Springs, CO 80910

WESTERN SLOPE REGION

Grand Junction Walk-In Crisis Services

515 28 3/4 Road
Grand Junction, CO 81501

Pronouns

Third person	Objective	Possessive	Possessive	Reflexive
She	Her	Her	Hers	Herself
He	Him	His	His	Himself
They	Them	Their	Theirs	Themselves
{Name}	{Name}	{Name's}	{Name's}	{Name's} self
e/ey	Em	Eir	Eirs	Eirself
Per	Per	Pers	Pers	Perself
Sie	Sir	Hir	Hirs	Hirself
Ve	Ver	Vis	Vers	Verself
Zie	Zim	Zir	Zirs	Zirself

Fluidity

Gender Identity

Woman Genderqueer Man

Gender identity is how, you, in your head, think about yourself, and how you interpret what that means.

Gender Expression

Feminine Androgynous Masculine

Gender expression is how you demonstrate your gender (based on traditional gender roles) through the way you act, dress, behave, and interact.

Biological Sex

Female Intersex Male

Biological sex refers to the objectively measurable organs, hormones and chromosomes.

Sexual Orientation

Heterosexual Bisexual Homosexual

Sexual orientation is who you are physically, spiritually, and emotionally attracted to, based on their sex/gender in relation to your own.

Tabbitha & Phaba Cardinal

