

LGBTQ - An Explanation of Terms (Lesbian, Gay, Bisexual, Transgender, Queer/Questioning)

Human sexuality and gender are complex. Not everyone is attracted to someone of the opposite sex and not everyone born male or female, feels male or female. It is useful to understand terms that describe sexuality and gender.

Sexual orientation - a person's pattern of physical and emotional arousal toward other persons

- **Heterosexual (straight)** - Attracted to persons of the opposite sex
- **Homosexual (gay or lesbian)** - attracted to persons of the same sex.
- **Bisexual** - Attracted to persons of both sexes
- **Pansexual** - attracted to all persons
- **Asexual** - Not attracted to anyone

Gender Identity - One's innermost concept of self as male, female, a blend of both or neither – how individuals perceive themselves and what they call themselves. One's gender identity can be the same or different from their sex assigned at birth.

- **Transgender** - Individuals that feel themselves to be of a gender different from their biologic sex
- **Cisgender** - a person who expresses a gender that is consistent with their biologic sex
- **Gender Diverse** - People with behaviors, appearances or identities not matching with those culturally assigned to their birth sex - terms used for gender diverse people include: **transgender, nonbinary, genderqueer, gender fluid, gender creative** or **noncisgender**
- **Gender Expression** - The way a person expresses their gender through clothing, hair, and social roles
- **Queer** - Umbrella term for sexual and gender minorities who are not heterosexual or cisgender
- **Questioning** - A person who is not sure about either their sexual orientation, gender or both

Hunterdon Pediatric Associates provides care to people of all gender identities and sexual orientation. We understand that being gay, lesbian or gender diverse may require special support both emotionally and physically. We can help with providing routine medical care, resources for mental health care and referrals to specialists. We will keep conversations about sexuality and gender identity confidential if requested. We will use preferred names and pronouns.

Please see our Hunterdon Pediatric Associates LGBTQ Resource list at hunterdonpediatrics.org under Informational Handouts.