

# Language Foundation

- Sexual Orientation: A person's sexual, emotional, physical and psychological attraction to other people.
- Romantic Orientation: Also called an affectional orientation, this is a person's romantic attraction to other people.
- Gender Identity: How a person internally and individually experiences their gender.
- Gender Expression: How a person externally expresses their gender.
- Sex Assigned at Birth: The label given at birth based on medical factors, including hormones, chromosomes, and sex organs.
- Transgender: Someone whose gender identity does not match their sex assigned at birth.
- Cisgender: Someone whose gender identity matches their sex assigned at birth.
- Non Binary: Someone who does not identify with the gender binary of man or woman.
- Intersex: An umbrella term for someone who is born with differences in sex traits or reproductive anatomy compared to the usual two ways human bodies develop
- TGNB: An acronym for Transgender and Non-binary

# Minority Stress



**Minority stress speaks to the added chronic psychological distress experienced by minority groups layered on top of everyday stressors felt by those of the larger community.**

