

Definitions

Definitions developed with references to Gay & Lesbian Alliance Against Defamation (GLAAD), Human Rights Campaign (HRC), It Gets Better Project, and National Center for Transgender Equality (NCTE).

Term	Definition
Agender	Agender refers to a person who does not connect or only scarcely connects with a gender (It Gets Better Project).
Androgynous	A person who is androgynous is someone who presents as neither male nor female (It Gets Better Project).
Cisgender	Cisgender is a term used to describe a person whose sex assigned at birth and gender identity are aligned (It Gets Better Project).
Gender-expansive	Gender-expansive is a term that refers collectively to those whose gender identity is non-cisgender. While some consider gender-expansive to include only identities outside of the gender binary (e.g. nonbinary, genderqueer, gender-nonconforming, etc.), others use this term to comprehensively describe all transgender and nonbinary identities (It Gets Better Project; HRC). In this text, gender-expansive encompasses the latter definition and refers to all transgender and nonbinary identities.
Gender-expression	Refers to how a person outwardly expresses their gender including how they dress, names, pronouns, voice, hair, behaviors, and other external gender markers (GLAAD; NCTE).
Gender identity	A person's internal knowledge and sense of their gender. One's internal sense of their gender may be the same as their sex assigned at birth or may be different or partially different (GLAAD; It Gets Better Project).
Gender fluid	Identity that refers to a person whose gender is unfixed and/or fluctuates over time (HRC; It Gets Better Project).
Gender non-conforming	Term that refers to those who do not conform to traditional gender expectations (HRC; It Gets Better Project).
Genderqueer	A term that refers to a person whose gender identity falls outside a traditional male or female gender binary. This could mean a person does not identify with either male or female or they may identify as both (HRC; It Gets Better Project).

Intersex	A person with varied sexual anatomy. Differences can vary and may include varied genitalia, chromosomes, internal sex organs, hormone production and/or response, and/or secondary sex characteristics (HRC; It Gets Better Project).
LGBTQ+	An acronym representing lesbian, gay, bisexual transgender, queer, and other sexualities and gender identities within the community.
Nonbinary	Nonbinary can refer to a specific identity that falls outside of binary of man and woman, or it may be used as an umbrella term to encompass all identities that fall outside of the traditional gender binary (HRC; It Gets Better Project; NCTE).
Out	To be out or to come out refers to the process of accepting one's own gender identity and can involve sharing this gender identity with others (HRC; It Gets Better Project). A person may be out in some environments but not in others. For example, a person may be out to their friends but not to their family or may be out to their friends and family but not their workplace.
Sex assigned at birth	Sex given to a child at the time of birth based on their external anatomy (GLAAD, HRC, It Gets Better Project).
Transgender	A word that describes a person whose gender identity does not align with their sex assigned at birth (GLAAD; HRC; It Gets Better Project; NCTE).
Transition	Transition is the process in which a person aligns their gender identity with their gender expression. Transitioning can include social, legal, and/or medical transition (GLAAD; HRC; It Gets Better Project; NCTE).
Transfeminine	Refers to a person whose gender identity and sex assigned at birth differ and whose gender expression is feminine in nature.
Transmasculine	Refers to a person whose gender identity and sex assigned at birth differ and whose gender expression is masculine in nature.
Quoigender	A gender identity with multiple possible meanings that can be used to refer to a gender identity that is confusing to the individual, someone who is questioning their gender, or someone with a complicated relationship with gender.

Five Dimensions of Accessibility

Approachability – Refers to the ability of those requiring health services to identify the existence of services, perceive a need for these services, and reach out to providers.

Acceptability – “Cultural and social factors determining the possibility for people to accept the aspects of the service” (p. 5)

Availability – The existence of services and the ability to attain them in a timely manner.

Affordability – The ability of a person to expend the economic and time costs related to a service

Appropriateness – An appropriate fit between client needs and services provided, appropriate assessment and treatment, and quality of services—both technical and interpersonal

Reference

Levesque, J. F., Harris, M. F., & Russell, G. (2013). Patient-centred access to health care: Conceptualising access at the interface of health systems and populations. *International Journal for Equity in Health*, 12(18). <https://doi.org/10.1186/1475-9276-12-18>