

## Dictionary of Terms

This is by no means a finite list and merely looks to offer some insight into some of the commonly used terms around gender and sexual diversities. Please see sources for more extensive listing of definitions and **ALWAYS assume there are may be multiple definitions according to source.**

Source: <http://itspronouncedmetrosexual.com/>

Source: <https://www.xeromag.com/fvbdglossary.html>

Source: <https://bdsmfordummies.wordpress.com/the-kink-dictionary-glossary-of-bdsm-terms/>

Source: personal

**Age Play** – (noun) sexual or otherwise play that involves assuming the role of someone of a different age. Most commonly, one of the adults takes on the younger role, usually in the submissive capacity.

**Androgyny/ous** – (adj; pronounced “an-jrah-jun-ee”) (1) a gender expression that has elements of both masculinity and femininity; (2) occasionally used in place of “intersex” to describe a person with both female and male anatomy

**Androsexual/Androphilic** – (adj) attraction to men, males, and/or masculinity

**Aromantic** – (adj) is a person who experiences little or no romantic attraction to others and/or a lack of interest in forming romantic relationships.

**Asexual** – (adj) having a lack of (or low level of) sexual attraction to others and/or a lack of interest or desire for sex or sexual partners. Asexuality exists on a spectrum from people who experience no sexual attraction or have any desire for sex to those who experience low levels and only after significant amounts of time, many of these different places on the spectrum have their own identity labels. Another term used within the asexual community is “ace,” meaning someone who is asexual.

**BDSM** - (noun) Bondage/Discipline Dominance/submission Sadism/Masochism - an acronym developed in the 1980's as an umbrella term encompassing many erotic activities, behaviours and preferences that often involve some kind of power dynamic.

**Bigender** – (adj) a person who fluctuates between traditionally “woman” and “man” gender-based behavior and identities, identifying with both genders (and sometimes a third gender)

**Bicurious** – (adj) a curiosity about having attraction to people of the same gender/sex (similar to questioning).

**Biological Sex** – (noun) a medical term used to refer to the chromosomal, hormonal and anatomical characteristics that are used to classify an individual as female or male or intersex. Often referred to as simply “sex,” “physical sex,” “anatomical sex,” or specifically as “sex assigned [or designated] at birth.”

**Biphobia** – (noun) a range of negative attitudes (e.g., fear, anger, intolerance, resentment, erasure, or discomfort) that one may have/express towards bisexual individuals. Biphobia can come from and be seen within the queer community as well as straight society. Biphobic – (adj) a word used to describe an individual who harbours some elements of this range of negative attitudes towards bisexual people.

**Bisexual** – (adj) a person emotionally, physically, and/or sexually attracted to male/men and females/women. Other individuals may use this to indicate an attraction to individuals who identify outside of the gender binary as well and may use bisexual as a way to indicate an interest in more than one gender or sex (i.e. men and genderqueer people). This attraction does not have to be equally split or indicate a level of interest that is the same across the genders or sexes an individual may be attracted to.

**Bondage** – (noun) - Making a person physically helpless and to a great extent immobilized. Techniques include rope ties, handcuffs, leather cuffs, stocks and mummification.

**Brat** - (noun) Term for a submissive (usually) who tries to get the attention of a Dom/me by “acting up.” Bratting (adj) - the acts, actions and behaviours displayed by a brat.

## **Chemsex**

**Cisgender** – (adj; pronounced “siss-jendur”) a person whose gender identity and biological sex assigned at birth align (e.g., man and male-assigned). A simple way to think about it is if a person is not trans\*, they are cisgender.

**Cisnormativity** – (noun) the assumption, in individuals or in institutions, that everyone is cisgender, and that cisgender identities are superior to trans\* identities or people. Leads to invisibility of non-cisgender identities.

**Closeted** – (adj) an individual who is not open to themselves or others about their (queer) sexuality or gender identity. This may be by choice and/or for other reasons such as fear for one’s safety, peer or family rejection or disapproval and/or loss of housing, job, etc. Also known as being “in the closet.” When someone chooses to break this silence they “come out” of the closet. (See coming out)

**CBT** – (noun) Cock and Ball Torture – Causing pain to the male genital area; usually in controlled, consensual BDSM scenes.

**Coming Out** – (1) the process by which one accepts and/or comes to identify one’s own sexuality or gender identity (to “come out” to oneself). (2) The process by which one shares one’s sexuality or gender identity with others (to “come out” to friends, etc.).

**Cross-dresser** – (noun) someone who wears clothes of another gender/sex.

**Demisexual** – (noun) an individual who does not experience sexual attraction unless they have formed a strong emotional connection with another individual. Often within a romantic relationship.

**Daddy Dom/ Baby Girl** - (noun) A style of relationship where the Dominant Male takes an authoritative care role over a female who adopts a submissive, girly, sometimes child-like role. The Daddy Dom takes responsibility for the baby girl in terms of their well-being, their behaviour and personal development, and sometimes financially.

**Dom/me** - (noun) Used to describe an individual who identifies as dominant in a relationship. The relationship may or may not be intimate or committed and may sometimes be professional. Males are referred to as a Dom and females a Domme.

**Dominatrix** – (noun) A Domme; it implies being a professional.

**Drag King** – (noun) someone who performs masculinity theatrically.

**Drag Queen** – (noun) someone who performs femininity theatrically.

**D/s** - (noun) Dominant/submissive (adj) Dominant/submissive or Dominance/submission. Written with an uppercase D and a lowercase s to denote the roles within the dynamic. As a noun a person may refer to themselves as “a Dominant” or “a submissive”.

**Dyke** – (noun) a term referring to a masculine presenting lesbian. While often used derogatorily, it can be adopted affirmatively by many lesbians (and not necessarily masculine ones) as a positive self-identity term

**Emotional/Spiritual Attraction** – (noun) an affinity for someone that evokes the want to engage in emotional intimate behaviour (e.g., sharing, confiding, trusting, interdepending), experienced in varying degrees (from little-to-non, to intense). Often conflated with romantic attraction and sexual attraction.

**Femdom** – (noun) A female dominant

**Feminine Presenting; Masculine Presenting** – (adj) a way to describe someone who expresses gender in a more feminine or masculine way, for example in their hair style, demeanor, clothing choice, or style. Not to be confused with Feminine of Centre and Masculine of Centre, which often includes a focus on identity as well as expression.

**Feminine of Centre; Masculine of Centre** – (adj) a word that indicates a range of terms of gender identity and gender presentation for folks who present, understand themselves, relate to others in a more feminine/masculine way. Feminine of centre individuals may also identify as femme, submissive, transfeminine, or more; masculine of centre individuals may also often identify as butch, stud, aggressive, boi, transmasculine, or more.

**Femme** – (noun & adj) someone who identifies themselves as feminine, whether it be physically, mentally or emotionally. Often used to refer to a feminine-presenting queer woman.

**Fetish, Fetishism** – (noun) An unusual obsession with something. Like a leather fetish, a latex fetish or a shoe fetish. Fetishes are only limited by the human imagination.

**Fetlife** - (noun) Fetlife.com is a social network for those interested in or practicing any kind of alternative sexual activity or identity. (like Facebook for kinksters)

**Fluid(ity)** – (adj) generally with another term attached, like gender-fluid or fluid-sexuality, fluid(ity) describes an identity that may change or shift over time between or within the mix of the options available (e.g., man and woman, bi and straight).

**FtM / F2M; MtF / M2F** – (adj) abbreviation for female-to-male transgender or transsexual person; abbreviation for male-to-female transgender or transsexual person.

**Gay** – (adj) (1) a term used to describe individuals who are primarily emotionally, physically, and/or sexually attracted to members of the same sex and/or gender. More commonly used when referring to males/men-identified ppl who are attracted to males/men-identified ppl, but can be applied to females/women-identified ppl as well. (2) An umbrella term used to refer to the queer community as a whole, or as an individual identity label for anyone who does not identify as heterosexual.

**Gender Binary** – (noun) the idea that there are only two genders – male/female or man/woman and that a person must be strictly gendered as either/or.

**Gender Expression** – (noun) the external display of one’s gender, through a combination of dress, demeanour, social behaviour, and other factors, generally measured on scales of masculinity and femininity. Also referred to as “gender presentation.”

**Gender Fluid** – (adj) gender fluid is a gender identity best described as a dynamic mix of boy and girl. A person who is gender fluid may always feel like a mix of the two traditional genders, but may feel more man some days, and more woman other days.

**Gender Identity** – (noun) the internal perception of an one’s gender, and how they label themselves, based on how much they align or don’t align with what they understand their options for gender to be. Common identity labels include man, woman, genderqueer, trans, and more.

**Gender Non-Conforming (GNC)** – (adj) someone whose gender presentation, whether by nature or by choice, does not align in a predicted fashion with gender-based expectations.

**Gender Normative / Gender Straight** – (adj) someone whose gender presentation, whether by nature or by choice, aligns with society’s gender-based expectations.

**Genderqueer** – (adj) a gender identity label often used by people who do not identify with the binary of man/woman; or as an umbrella term for many gender non-conforming or non-binary identities (e.g., agender, bigender, genderfluid). Genderqueer people may think of themselves as one or more of the following, and they may define these terms differently:

- may combine aspects man and woman and other identities (bigender, pangender);
- not having a gender or identifying with a gender (genderless, agender);
- moving between genders (genderfluid);

- third gender or other-gendered; includes those who do not place a name to their gender having an overlap of, or blurred lines between, gender identity and sexual and romantic orientation.

**Gender Variant** – (adj) someone who either by nature or by choice does not conform to gender-based expectations of society (e.g. transgender, transsexual, intersex, gender-queer, cross-dresser, etc.).

**Gynesexual/Gynephilic** – (adj; pronounced “guy-nuh-seks-shu-uhl”) attracted to woman, females, and/or femininity

**Heteronormativity** – (noun) the assumption, in individuals or in institutions, that everyone is heterosexual, and that heterosexuality is superior to all other sexualities. Leads to invisibility and stigmatizing of other sexualities. Often included in this concept is a level of gender normativity and gender roles, the assumption that individuals should identify as men and women, and be masculine men and feminine women, and finally that men and women are a complimentary pair.

**Heterosexism** – (noun) behaviour that grants preferential treatment to heterosexual people, reinforces the idea that heterosexuality is somehow better or more “right” than queerness, or makes other sexualities invisible

**Heterosexual** – (adj) a person primarily emotionally, physically, and/or sexually attracted to members of the opposite sex. Also known as straight.

**Homophobia** – (noun) an umbrella term for a range of negative attitudes (e.g., fear, anger, intolerance, resentment, erasure, or discomfort) that one may have towards members of LGBTQ community. The term can also connote a fear, disgust, or dislike of being perceived as LGBTQ. The term is extended to bisexual and transgender people as well; however, the terms biphobia and transphobia are used to emphasize the specific biases against individuals of bisexual and transgender communities.

**Homosexual** – (adj) a [medical] term used to describe a person primarily emotionally, physically, and/or sexually attracted to members of the same sex/gender. This term is considered stigmatizing due to its history as a category of mental illness, and is discouraged for common use (use gay or lesbian instead).

**Intersex** – (noun) someone whose combination of chromosomes, gonads, hormones, internal sex organs, and genitals differs from the two expected patterns of male or female. In the medical care of infants, the initialism DSD (“Differing/Disorders of Sex Development”). Formerly known as hermaphrodite (or hermaphroditic), but these terms are now considered outdated and derogatory.

**Kink** – (noun) A broad term used to describe any type of sexual interest that is not the societal normative. Includes fetishism, BDSM, roleplay and everything in-between.

**Kinkster** - (noun) A person who is kinky in some way. Usually referring to someone who frequents the “Kink scene”.

**Lesbian** – (noun) a term used to describe women attracted romantically, erotically, and/or emotionally to other women.

**Limit** – (noun) The point beyond which a submissive does not allow the Dominant to go. It can be a “soft limit” which can change over time, or a “hard limit” which is more or less written in stone.

**Little** - (noun) a term used to describe someone that plays out their inner child. Will often use pacifiers, wear childish clothes, speak with a baby voice, behave in a child-like way. This may give sexual pleasure or may give comfort and pleasure in a non-sexual way.

**LGBTQ / GSM / DSG / + –** (noun) initialisms used as shorthand or umbrella terms for all folks who have a non-normative (or queer) gender or sexuality, there are many different initialisms people prefer. LGBTQ is Lesbian Gay Bisexual Transgender and Queer (sometimes people add a + at the end in an effort to be more inclusive); GSM is Gender and Sexual Minorities; DSG is Diverse Genders and Sexualities. Other popular options include the initialism GLBT and the acronym QUILTBAG (Queer [or Questioning] Undecided Intersex Lesbian Trans\* Bisexual Asexual [or Allied] and Gay [or Genderqueer]).

**Metrosexual** – (noun & adj) a man with a strong aesthetic sense who spends more time, energy, or money on his appearance and grooming than is considered gender normative.

**Masculine of Center** – (adj) a word that indicates a range personal understanding both in terms of gender identity and gender presentation of lesbian/queer women who present, understand themselves, relate to others in a more masculine way. These individuals may also often identify as butch, stud, aggressive, boi, trans-masculine among other identities.

**Mommy** – Similar to a Daddy Dom/Baby Girl dynamic, sometimes submissives call their Mistress “Mommy.”

**M/s - (noun)** Master/slave - sometimes used to describe a consensual relationship based on an authoritative power dynamic. Not to be confused with non-consensual slavery or human trafficking. Written with an uppercase M and a lowercase s to denote the roles within the dynamic.

**MSM / WSW** – (noun) initialisms for “men who have sex with men” and “women who have sex with women,” to distinguish sexual behaviours from sexual identities (e.g., because a man is straight, it doesn’t mean he’s not having sex with men). Often used in the field of HIV/Aids education, prevention, and treatment.

**Munch** - (noun) a social gathering of kinksters / fetishists usually in a vanilla environment (meet up at the pub for kinky folk). An important part of the community in establishing safety and opportunities for safe exploration. Often seen as the place to go for new people to the scene or people exploring their sexuality. Usually plenty of friendly folk willing to chat and support others and avoids people exploring potentially embarrassing, confusing or

dangerous activities in isolation. Munch locations can usually be found on Fetlife.com. Pretty much every city has at least one per month!

**Mx.** – (typically pronounced mix) is a title (e.g. Mr., Ms., etc.) that is gender neutral. It is often the option of choice for folks who do not identify within the cisgender binary.

**Outing** – (verb) involuntary or unwanted disclosure of another person's sexual orientation, gender identity, or intersex status.

**Pansexual** – (adj) a person who experiences sexual, romantic, physical, and/or spiritual attraction for members of all gender identities/expressions

**Polyamory/Polyamorous** – (noun/adj) refers to the practice of, desire to, or orientation towards having ethically, honest, consensually non-monogamous relationships (i.e. relationships that may include multiple partners). This may include open relationships, polyfidelity (which involves more than two people being in romantic and/or sexual relationships which is not open to additional partners), amongst many other set ups. Some poly(amorous) people have a "primary" relationship or relationship(s) and then "secondary" relationship(s) which may indicate different allocations of resources, time, or priority.

**Power Exchange** – (adj) The dynamic whereby the Dominant is consensually given power over the submissive, whether for just the scene or for a relationship.

**Questioning** (verb, adjective) – an individual who is unsure about or is exploring their own sexual orientation or gender identity.

**Romantic Attraction** – (noun) an affinity for someone that evokes the want to engage in relational intimate behaviour (e.g., flirting, dating, marriage), experienced in varying degrees (from little-to-non, to intense). Often conflated with sexual attraction or emotional/spiritual attraction.

**Sadomasochism / Sexual Sadism / Sexual Masochism** - (noun) Sadism is deriving sexual pleasure from inflicting pain. Masochism is deriving sexual pleasure from receiving pain. Sadomasochistic activities that are considered BDSM **must** be consensual and are usually contrary to the dictionary definition of sadism in that sexual sadists often gain pleasure from seeing the recipient's pleasure. SM relationships can be fluid in who is giving and receiving pain and it is not uncommon for "play partners" to not be romantically involved.

**Safe, Sane and Consensual** – A popular slogan in the BDSM world meaning that play should always be safe, with good judgment exercised. And, most importantly, it **MUST** be consensual.

**Safe Word** – (noun) A word or phrase a submissive can use to stop his or her scene. It is absolute. If a Dominant disregards a submissive's safe word, that Dominant is considered "unsafe." The most common safe word is "RED!" Some also use a caution word such as "Yellow" to signify that the dominant is approaching a limit.

**Same Gender Loving / SGL** – (adj) a term sometimes used by members of the African-American / Black community to express an alternative sexual orientation without relying on terms and symbols of European descent.

**Scene** – (noun) A BDSM session. Can be used to refer to “public scene” at a party where the participants let others watch or a “private scene” where just the dominant and submissive are present. Also, used to describe the active community e.g. “*He’s well respected in the local scene*”.

**Sexual Attraction** – (noun) an affinity for someone that evokes the want to engage in physical intimate behaviour (e.g., kissing, touching, intercourse), experienced in varying degrees (from little-to-non, to intense). Often conflated with romantic attraction or emotional/spiritual attraction.

**Sexual Orientation** – (noun) the type of sexual, romantic, emotional/spiritual attraction one feels for others, often labelled 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) the types of sexual intercourse, stimulation, and gratification one likes to receive and participate in. (2) 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

**Sex Reassignment Surgery / SRS** – A term used by some medical professionals to refer to a group of surgical options that alter a person’s biological sex. “Gender confirmation surgery” is considered by many to be a more affirming term. In most cases, one or multiple surgeries are required to achieve legal recognition of gender variance. Some refer to different surgical procedures as “top” surgery and “bottom” surgery to discuss what type of surgery they are having without having to be more explicit.

**Skoliosexual** – (adj) attracted to genderqueer and transsexual people and expressions (people who don’t identify as cisgender)

**Stud** – (noun) an term most commonly used to indicate a Black/African-American and/or Latina masculine lesbian/queer woman. Also known as ‘butch’ or ‘aggressive’.

**Submission** – (adj) The act of submitting to the will and desire of another, usually within negotiated limits.

**Submissive** – (noun) An individual who consents to give up power to a Dominant. This can be for any duration – for an hour or a lifetime.

**Subspace** – (noun) A state of mind and body – often like a trance – caused by endorphins emitted during a BDSM scene.

**Switch** – (noun) A person who can both Top and bottom depending on the situation and his partner. Many switches have switches as partners.



**Third Gender** – (noun) a term for a person who does not identify with either man or woman, but identifies with another gender. This gender category is used by societies that recognise three or more genders, both contemporary and historic, and is also a conceptual term meaning different things to different people who use it, as a way to move beyond the gender binary.

**Top/bottom** - (noun) Sometimes used to describe Dominant/submissive roles. Used particularly within a play environment. e.g. *"I am the Top and you are the bottom"*

**Trans\*/Transgender** – (adj) (1) An umbrella term covering a range of identities that transgress socially defined gender norms. Trans with an \* is often used to indicate that you are referring to the larger group nature of the term. (2) A person who lives as a member of a gender other than that expected based on sex assigned at birth.

**Transition(ing)** – (noun & verb) this term is primarily used to refer to the process a trans\* person undergoes when changing their bodily appearance either to be more congruent with the gender/sex they feel themselves to be and/or to be in harmony with their preferred gender expression.

**Transman ; Transwoman** – (noun) An identity label sometimes adopted by female-to-male transgender people or transsexuals to signify that they are men while still affirming their history as assigned female sex at birth. (sometimes referred to as transguy) (2) Identity label sometimes adopted by male-to-female transsexuals or transgender people to signify that they are women while still affirming their history as assigned male sex at birth.

**Transphobia** – (noun) the fear of, discrimination against, or hatred of trans\* people, the trans\* community, or gender ambiguity. Transphobia can be seen within the queer community, as well as in general society.

**Transsexual** – (noun & adj) a person who identifies psychologically as a gender/sex other than the one to which they were assigned at birth. Transsexuals often wish to transform their bodies hormonally and surgically to match their inner sense of gender/sex.

**Transvestite** – (noun) a person who dresses as the binary opposite gender expression ("cross-dresses") for any one of many reasons, including relaxation, fun, and sexual gratification (often called a "cross-dresser," and should not be confused with transsexual)

**Vanilla** – (noun) People not in the BDSM, Kink or Fetish lifestyles.