

Current Trans Terminology

Having the right words to start a conversation is important! This is a guide for allies of the trans community. It is important to remember that trans people may self-identify any way they wish.

Current Term: Transgender

A person whose gender identity is different than the sex they were assigned at birth.

Outdated Terms: A transgender or transgendered

These terms are outdated because transgender is an adjective to describe ones relation to their gender, it isn't a noun or a verb.

Current Term: Trans Man

A man who was assigned female at birth.

Outdated Terms: Female-to-Male (FTM)

This term is outdated because it emphasizes that trans men are in some way female when that is not true.

Current Term: Trans Woman

A woman who was assigned male at birth.

Outdated Terms: Male-to-Female (MTF)

This term is outdated because it emphasizes that trans women are in some way male when that is not true.

Current Term: Assigned Female at Birth (AFAB)

The sex assigned to a child at birth typically based on external anatomy.

Outdated Terms: Biologically Female

This term is outdated because it perpetuates the idea that a trans man or nonbinary person is somehow female when that is not true

Current Trans Terminology

Current Term: Assigned Male at Birth (AMAB)

The sex assigned to a child at birth typically based on external anatomy.

Outdated Terms: or Biologically Male

This term is outdated because it perpetuates the idea that a trans woman or nonbinary person is somehow male when that is not true.

Current Term: Gender Dysphoria

The distress a trans person may feel when their gender identity and body feel misaligned.

Outdated Terms: Gender Identity Disorder (GID)

This term is outdated because it makes it sound like being transgender is a medical disorder.

Current Term: Personal Pronouns (or just Pronouns)

The pronouns that someone uses to refer to themselves.

Outdated Terms: Preferred Pronouns

This term is outdated because makes it seem like using someone's pronouns is only a preference and it is okay to not use those pronouns.

Current Term: Gender Confirming/Affirming Surgery (GCS/CAS)

Surgical procedures a person may undergo to obtain physical characteristics that align with their gender identity. A type of gender reconfiguration surgery.

Outdated Terms: Sex Reassignment Surgery (SRS) or Sex Change

These terms are outdated because they make it seem that all trans people get or need the surgical procedures when that is not true.
