

Sexual and Romantic Orientation Definitions

 A person who generally does not feel romantic attraction or desire to any group of people, either within or outside of a relationship.

A person who generally does not feel sexual attraction or desire to any group of people, either within or outside of a relationship.

A person who is attracted to more than one gender.

A person who may not identify as bisexual or bi but is open to or curious about having sexual and/or romantic relationships with someone whose gender differs from their usual attraction.

A range of negative attitudes, feelings, and fears towards bisexual people or bisexuality, which may include negative stereotyping or denial of the existence of bisexuality.

A figure of speech used to describe a person who is keeping their sexual orientation and/or gender identity a secret from others. It is often used in a derogatory or disempowering way (someone who believes they know another person's sexual orientation better than the person themselves).

A figure of speech that refers to communicating your sexual orientation and/or gender identity to yourself and others.

A person who only feels romantic attraction to people with whom a close emotional bond has been formed.

A person who only feels sexual attraction to people with whom a close emotional bond has been formed.

A person who is primarily attracted to people of the same gender. Although it can be used for any gender, it is most often used for men who are attracted to men.

A person who experiences sexual attraction but either not very often or only to a minimal extent.

A person who experiences romantic attraction but either not very often or only to a minimal extent.

Behaviors, assumptions, and rules that grant preferential treatment to heterosexual people. It reinforces the idea that heterosexuality is somehow better or more "right" than homosexuality or queerness and/or ignores the existence of homosexuality or queerness.

A clinical term for people who are attracted to people of a different gender.

The systemic and individual oppression of people whose sexual orientation does not conform to heterosexuality (and/or of people perceived to be LGBTQ+). This includes a range of negative attitudes and feelings including prejudice, fear, discrimination, harassment, and bias towards people whose sexual orientation does not conform to (or is not perceived to conform to) heterosexuality.

A clinical term for people who are attracted to the same gender. Some people find this term offensive because it was historically used to describe queerness as a disease that could be cured.

A person who is primarily attracted to people of the same gender. It is most often used for women who are attracted to other women.

An acronym that includes gender identities as well as identities related to sexual orientation. Fully spelled out the acronym contains lesbian, gay, bisexual, transgender, and queer, with the plus indicating more identities such as asexual, intersex, pansexual, two spirit, and questioning.

A person who has romantic feelings for one gender.

Behaviors, assumptions, and rules that grant preferential treatment to monosexual people. It reinforces the idea that monosexuality is somehow better or more “right” than bisexuality or pansexuality and/or ignores the existence of bisexuality and pansexuality.

Refers to people who are sexually attracted to one gender.

When someone reveals another person’s sexual orientation or gender identity to an individual or group, often without the person’s consent or approval. Not to be confused with “coming out.”

A person who experiences sexual, romantic, physical, emotional, and/or spiritual attraction to members of all gender identities/expressions.

A person who desires intimate partnerships with more than one person. This identity can take many different forms and can include people who identify across various sexual orientations.

A person who is romantically attracted to multiple genders.

A person who is sexually attracted to multiple genders. This term can have different meanings to different people and often positions itself as different from bisexuality, pansexuality, and polyamory.

An umbrella term to describe many different kinds of sexual orientations. It was historically used as a derogatory term for people who either were or were perceived to be LGBTQ+. In recent years, it has been reclaimed by some people within the LGBTQ+ community as a way of self-identifying and as a political statement against the oppression to which they have been subjected.

Refers to a very intimate friendship. It describes a kind of partnership that does not fit the traditional romantic coupling but can nonetheless be intense, emotionally intimate, and even romantically intimate.

For some, the process of exploring and discovering their sexual orientation.

Refers to the ways that people can experience romantic and emotional attractions. These may be separate from or connected to sexual and/or physical attraction.

An integral part of being human. It is a complex set of personal, social, and spiritual experiences that go beyond sexual activity. In other words, it is not just about what our body does and what we do with our bodies, it is how thoughts, fantasies, desires, beliefs, attitudes, values, behaviours, practices, roles, and relationships are experienced and expressed.

Refers to the variety of ways a person expresses their sexuality, including the kinds of sexual activities they like to participate in.

Refers to a person's emotional, romantic, and/or physical, and/or sexual attraction to others.

A term used by some Indigenous people to self-identify. It is an Indigenous specific term that can only be used by Indigenous people to identify themselves.