

# LGBTQ+ Guide to Jewish Houston



SOJOURN

Southern Jewish Resource Network for Gender and Sexual Diversity



**Born & raised at the intersection of LGBTQ+, Jewish, and Southern communities, **SOJOURN** is the premier resource for education, outreach, and advocacy.**

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**SOJOURN'S MISSION** is to empower communities to advance and celebrate gender and sexual diversity across the South.

**SOJOURN'S VISION** is a South rooted in belonging, full inclusion, and justice.

**SOJOURN'S VALUES** are  
Jewish Identity · Liberation  
Individual Worth · Intersectionality  
Empathy · Education · Community

**All of the organizations listed in this guide describe themselves in the following pages in their own words. For more information on each organization, please be in touch with them directly.**

# SOJOURN'S PROGRAMS

The South has, in many ways, a distinct culture, and SOJOURN's programming is specifically tailored for Jewish communities in the South. Since our inception as an independent organization in 2013, SOJOURN has reached over 20,000+ people through our programming.

## **Education**

Our workshops focus on giving students, parents, teachers, clergy, and communities the tools to be welcoming for gender and sexually diverse people, through a lens of Jewish learning. Some of our educational programs include:

- Gender & Sexual Diversity (GSD) 101
- EDGE: Early Development for Gender Equity
- Understanding the Rainbow: LGBTQ+ Education for Seniors and Grandparents
- From Acceptance to Celebration: For Parents of Gender-Expansive Youth

## **Advocacy**

In recent, we've seen a wave of anti-trans legislation all across the country, and especially in the South. SOJOURN has been instrumental in the Jewish community's fight against bans on gender-affirming care for minors, bathroom bans, disclosure requirements, "Don't Say Gay" bills, obstacles to name and gender marker changes, and trans sports bans. We've also taken this fight to a national level by collaborating with Keshet on Thrive: the Jewish Coalition to Defend Trans and LGBQ+ Youth.

## **Outreach**

SOJOURN coordinates Jewish community participation in the LGBTQ+ events, hosts LGBTQ+ and Jewish-focused events throughout the year, and facilitates connections for LGBTQ+ people within Southern Jewish communities.

SOJOURN also provides individual assistance to LGBTQ+ people and their families with information, referrals, and support.

# American Jewish Committee

houston@ajc.org • www.ajc.org/houston • facebook.com/ajchouston

**Category** Advocacy organization

**About** American Jewish Committee (AJC) believes in ensuring the wellbeing of the Jewish people and advancing democratic values. As the Houston office of AJC, we connect our community to AJC's global advocacy work. Our local access to elected officials, diplomats, and ethnic and religious leaders advances AJC's broader global priorities: combating antisemitism, promoting Israel's place in the world, and promoting pluralism and democratic values.

**Programs and Services** Staunchly nonpartisan, AJC advocates for policies at the local, state, and federal levels that uphold our mission and advance our domestic and global priorities. AJC places special emphasis on robust, principled U.S. global leadership as a critical component of our advocacy work. Through innovative initiatives and coalitions, AJC Houston engages in high-level diplomacy with representatives of foreign governments in Houston. Each year we meet with diplomats from nations across the world, where AJC leaders promote our advocacy priorities. We also meet frequently with local, state, and federal elected officials to advocate on behalf of legislation that impacts the Jewish community and our partners. Our intergroup work allows us to leverage longstanding relationships with diverse ethnic and religious communities to advance issues of common concern. The AJC Houston Community of Conscience has emerged as a central platform for education, outreach, and advocacy with our intergroup and interfaith partners. We work with the Latino, Asian, Indian, Christian, and Muslim communities to build bridges of understanding. We also host ACCESS, a young Jewish professionals program. Founded over 25 years ago, ACCESS prepares the next generation of Jewish leaders to engage the key challenges facing the global Jewish community, and empowers young Jewish activists to shape the conversation on today's critical domestic and international issues. For over 35 years, our impact has been evident beyond the Houston community, yielding tangible results in government policies, strategic alliances, and hard-hitting legislation that have shaped our world for the better.

**Serving** College, Families, High school, Adults 40+, Seniors, Singles/Young Professionals (20s-30s), Young adults, Young couples and families

# Beth Yeshurun

4525 Beechnut Blvd • 713-666-1881 • [www.bethyeshurun.org](http://www.bethyeshurun.org) •  
[info@bethyeshurun.org](mailto:info@bethyeshurun.org)

**Category** Synagogue

**About** Congregation Beth Yeshurun is a proud affiliate of the United Synagogue of Conservative Judaism, serving nearly 2,000 families in Houston, bringing them to experience the joy of Jewish living, providing for their spiritual, educational, and social needs.

**LGBTQ-Specific Services and Info** We are honored to host a Keshet Shabbat every June.

**Facilities** ADA accessible, Accessible via public transportation, Has family/companion restrooms

**Serving** College, Elementary school, Families, High school, Infants, Adults 40+, Middle school, Preschool, Seniors, Singles/Young Professionals (20s-30s), Special needs, Sober (alcohol/substance-free), Young adults, Young couples and families

# Congregation B'nai Israel

3008 Ave O, Galveston TX, 77550 • 717-460-6444 •  
rabbi@cbigalveston.org • cbigalveston.org

**Category** Synagogue

**About** We are the reform synagogue in Galveston, Texas. We welcome everyone. Our membership includes young children, high school, and college age students, empty nesters, and seniors.

**Programs and Services** Adult Ed classes, social events, Shabbat worship Friday evenings at 6 PM.

**Facilities** Has single-stall gender-neutral restrooms, Has gendered multi-stall restrooms

**LGBTQ-Specific Services and Info** Our senior rabbi is a gay man. He is the father of a transgender young adult. Rabbi Kessler has worked extensively with the LGBTQ plus community for the past 40 years.

**Serving** College, Elementary school, Families, High school, Infants, Adults 40+, Preschool, Seniors, Young couples and families Professionals (20s-30s), Young adults, Young couples and families

# Congregation Beth Israel

5600 North Braeswood Blvd • 713-771-6221 • info@beth-israel.org •  
www.beth-israel.org • facebook.com/bethisraelhouston

**Category** Synagogue

**About** Congregation Beth Israel is an active and vibrant Reform Jewish congregation in Houston, serving more than 1,500 households throughout the Greater Houston area. Established in 1854, we are the oldest Jewish congregation in Texas with a rich history in Texas and Houston. Congregation Beth Israel maintains an active affiliation with the Union for Reform Judaism, the national Reform movement.

**Statement on Inclusion** Congregation Beth Israel advocates for equality and inclusion. Our Jewish values speak to the idea that each of us, created in God's image, *b'tzelem Elohim*, has a unique talent with which we can contribute to the high moral purpose of *tikkun olam*, the repair of our world. We will not exclude anyone from our community based on race, age, sex, religion, disability, marital or veteran status, nationality, sexual orientation, or gender. Discrimination against others based on any of those factors, or other legally-protected classifications, is prohibited.

**LGBTQ-Specific Services and Info** In addition to our annual Pride Shabbat, our Membership Committee has extensive outreach to the local LGBTQ community. During the last several years we have specifically focused on the transgender community, with educational programs and in-service opportunities for teachers working with transgender children and adolescent students. Over the years we have offered everything from AIDS care teams in the 1980s and 1990s, to groups for parents of LGBTQ children, to ongoing adult study groups for members of the Houston LGBTQ community, to programs on marriage equality in the early 2000s. Our Inclusion Committee strives to offer timely programs for LGBTQ members and the community and our Membership Committee welcomes prospective LGBTQ members who would like to meet and have any questions or concerns addressed. Our Chief Rabbi David Lyon, who is currently President of the CCAR (Central Conference of American Rabbis), and our Senior Associate Rabbi Adrienne Scott, have both officiated at LGBTQ ceremonies and offer counseling for individuals and couples or to discuss life-cycle events.

**Facilities** ADA accessible, Accessible via public transportation

**Serving** College, Elementary school, Families, High school, Adults 40+, Middle school, Preschool, Seniors, Singles/Young Professionals (20s-30s), Special needs, Young adults

# Congregation Beth Shalom of The Woodlands

5125 Shadow Bend Place, The Woodlands, Texas, 77381 • 713-771-6221 •  
info@cbsw.org • cbsw.org • facebook.com/bethisraelhouston

**Category** Synagogue

**About** Our mission is to improve lives and the world through Judaism.

**Programs & Services** Worship, education, social justice.

**LGBTQ-Specific Services and Info** Offer a yearly Pride Shabbat. We are supporters.

**Facilities** ADA accessible

**Serving** Families, High school, Adults 40+, Middle school, Seniors, Young couples and families



# Congregation Brith Shalom

4610 Bellaire Blvd. Bellaire, TX 77401 • 713-667-9201 •  
zrouah@brithshalom.org • brithshalom.org •  
facebook.com/bethisraelhouston

**Category** Synagogue

**About** Our mission is Nurturing individual Jewish Journeys.

**Programs & Services** Prayer services, education, community, social action

**Statement on Inclusion** We are inclusive and welcoming.

**LGBTQ-Specific Services and Info** We are affiliated with the local KESHET group. We have an LGBTQ+ community who are integrated into the core of our community.

**Facilities** ADA accessible, Accessible via public transportation, Has gendered multi-stall restrooms

**Serving** College, Elementary school, Families, High school, Infants, Adults 40+, Middle school, Preschool, Seniors, Singles/Young Professionals (20s-30s), Special needs, Sober (alcohol/substance-free), Young adults, Young couples and families

# Congregation Emanu El

1500 Sunset Blvd. Houston, Texas 77005 • 713-529-5771 •  
www.emanuelhouston.org

**Category** Synagogue

**About** At Congregation Emanu El, we strive to build a culture of Sacred Belonging where every individual feels seen, included, and valued and knows that they are created in the image of God. We embrace the spark of the Divine in people of all ages, abilities, races, ethnic backgrounds, gender identities and expressions, and sexual orientations. We strive to offer accessible experiences by speaking to multiple learning styles and engaging families of all configurations. Our community is made up of people with a broad spectrum of experiences, religious beliefs, ritual practices, and political orientations. We welcome discussion and dialogue because, at Emanu El, we believe that our diversity is an opportunity for inspired creativity.

**Programs & Services** Emanu El offers a variety of programs to meet people at all ages and stages of life including, but not limited to, Sisterhood, The Classics (age-specific group), Young Adult/young professionals, families, families with children, women-to-women programming, social action programs, early childhood/development programs, enriching Jewish lives, book clubs, arts/literary endowment series, and adult education.

**Statement on Inclusion** From our Sacred Belonging statement, "It is important to us that everyone who enters the physical and virtual doors of our congregation can fully participate in synagogue life. We strive to offer accessible experiences by speaking to multiple learning styles and engaging families of all configurations. We joyfully invite the full participation of Jews of all backgrounds as well as interfaith and multi-heritage families. We work to ensure that our synagogue's leadership reflects the diversity of our congregation. If you are seeking a meaningful connection to Jewish life, tradition, and community, we want you to feel that you belong here." Emanu El continues to explore ways in which we can better answer the question of how we might create an environment in which all people entering feel that they belong.

**Facilities** ADA accessible, Accessible via public transportation, Has family/companion restrooms, Has single-stall gender-neutral restrooms, Has gendered multi-stall restrooms

**Serving** College, Elementary school, Families, High school, Infants, Adults 40+, Middle school, Preschool, Seniors, Singles/Young Professionals (20s-30s), Special needs, Young adults, Young couples and families

# Congregation Or Ami

3443 Wilcrest Drive, Houston, TX 77042 • 713-334-4300 •  
houstonorami@gmail.com • www.oramihouston.org •  
facebook.com/OrAmiHouston/

**Category** Synagogue

**About** We are committed to traditional Jewish values as espoused by Conservative Judaism with an emphasis on egalitarian participation by members of all ages. Congregation Or Ami welcomes you today and invites you to participate with us as we strive to fulfill our vision of a vibrant and dynamic synagogue community. We are the only Conservative synagogue in West Houston!

**Programs & Services** We are a Synagogue affiliated with the United Synagogue of Conservative Judaism. We offer various religious, social, and educational programs throughout the year.

**Statement on Inclusion** We are committed to being open to all and celebrate that members and member family come in a variety of formats. We strive to welcome all.

**LGBTQ-Specific Services and Info** Our Rabbi, Rabbi Gideon Estes, was the first openly Gay Rabbi to serve a congregation in Houston.

**Facilities** ADA accessible, Accessible via public transportation, Has gendered multi-stall restrooms

**Serving** College, Elementary school, Families, High school, Infants, Adults 40+, Middle school, Preschool, Seniors, Singles/Young Professionals (20s-30s), Special needs, Sober (alcohol/substance-free), Young adults, Young couples and families, We may not offer specific programming for all targets. However, all are welcome.

# Houston Congregation for Reform Judaism

801 Bering Dr. Houston, TX 77057 • 713-782-4162 • rabbigross@hcrj.org • hcrj.org

**Category** Synagogue

**About** HCRJ nurtures and supports all who want to live their Judaism through innovative programming, dynamic learning, warm spiritual worship, and meaningful social experiences within our walls and beyond.

**Programs & Services** We are a Synagogue affiliated with the United Synagogue of Conservative Judaism. We offer various religious, social, and educational programs throughout the year.

**LGBTQ-Specific Services and Info** During PRIDE month, we usually offer special programs. We welcome all people.

**Facilities** ADA accessible, Accessible via public transportation

**Serving** College, Elementary school, Families, High school, Infants, Adults 40+, Middle school, Preschool, Seniors, Singles/Young Professionals (20s-30s), Special needs, Young adults, Young couples and families

# Houston Hillel

1700 Bissonnet Houston TX 77005 • 713-526-4918 •  
hillel@houstonhillel.org • houstonhillel.org • @houstonhillel

**Category** Community, Educational organization, Social/Entertainment

**About** Houston Hillel enriches the lives of Jewish undergraduate students, graduate students and young professionals so that they may enrich the Houston Jewish community, the Jewish people and the world.

**Programs & Services** Houston Hillel - Jewish Life on College Campuses in Southeast Texas  
Jewston - Houston's Community for Jewish Twentysomethings  
QJews - Providing a celebratory space for Houston's Queer Jews in their Twenties and Thirties

**LGBTQ-Specific Services and Info** QJews - A celebratory space for Houston's Queer Jews in their Twenties and Thirties. QJews has a dedicated professional.

**Facilities** ADA accessible, Accessible via public transportation, Has family/companion restrooms, Has single-stall gender-neutral restrooms

**Serving** College, Singles/Young Professionals (20s-30s), Young adults

# Jewish Federation of Greater Houston

5603 S Braeswood Blvd, Houston, TX 77096 • 713-729-7000 • hello@houstonjewish.org • www.houstonjewish.org • facebook.com/HoustonJewish • instagram.com/jfedhtx

**Category** Advocacy organization, Community, Educational organization, Social/Entertainment

**About** The Jewish Federation of Greater Houston ensures Jewish continuity and provides for Jews in need here in Houston and around the world. Our programs educate and connect our community to both Judaism and Israel while celebrating the rich heritage and values of the Jewish people.

**Programs & Services** The Jewish Federation of Greater Houston is the leader in mobilizing our community's response to the local and global needs of the Jewish people. Programs and Resources can be found here: <https://www.houstonjewish.org/get-involved/programs-resources/>

**Statement on Inclusion** The Greater Houston Jewish community embraces its place in the most diverse, geographically spread city in the United States. The Jewish Federation of Greater Houston aims to design programming that creates an ease of participation for those near and far that enhance the small town feel of Houston. We actively welcome all Jews - all levels of religious observance, race, politics, sexual orientation, ability, socioeconomic status, heritage, and stages of life. We aspire to include the voices of Jews who historically have not been heard, and we ensure our Jewish social service programs are meeting the evolving needs of the most vulnerable in our community. We strive to build a trusting, inclusive, diverse, and pluralistic culture.

**LGBTQ-Specific Services and Info** The Local Impact Fund, a programmatic grants fund, addresses important and/or unmet needs of our Greater Houston Jewish community and enables Federation's funding support to be more inclusive of all community organizations. The fund supports initiatives that respond to community interests and needs, seed and grow impactful programs, build collaboration, and deeply impact the culture of the community. Programs that engage and support the LGBTQ+ community, in addition to other underserved or marginalized communities will be prioritized. From a programmatic perspective, the Federation hosts an annual "PJ Library Pride Playdate" for LGBTQ+ families in June, co-sponsors Keshet Houston's annual Pride Shabbat, leads a Honeymoon Israel cohort that includes LGBTQ+ couples, and brings LGBTQ+ speakers for various educational programs including Yom Limmud. Additionally, the Federation participated in the Shivyon Cohort jointly put on by Keshet and SOJOURN which is focused on LGBTQ+ inclusion and this past year, the entire Federation staff participated in an LGBTQ+ inclusion training. We also have an Inclusion Committee that focuses on LGBTQ+ inclusion, as well as other areas of inclusion. Trans and queer staff members feel welcome and encouraged to bring their full selves to work!

**Facilities** ADA accessible, Accessible via public transportation, Has family/companion restrooms, Has single-stall gender-neutral restrooms, Has gendered multi-stall restrooms

**Serving** Families, High school, Preschool, Special needs, Young adults, Young couples and families, The Federation supports and engages folks at every age/stage through direct and indirect programming!

# Keshet Houston

PO Box 920552, Houston, TX 77292 • 832-429-5392 •  
info@keshethouston.org • www.keshethouston.org • FB: keshethouston

**Category** Advocacy organization, Community, Educational organization, Social/Entertainment, Religious

**About** We are a nonprofit organization for lesbian, gay, bisexual, and transgender Jews in the Houston and Southeast Texas region. We organize a variety of social and spiritual activities for our members. Our mission includes: 1) Strengthening identity and fellowship within the intersection of the Jewish and LGBTQ communities. 2) Providing a forum in which LGBTQ Jews can learn and worship together. 3) Acting out the Jewish ideals of צדקה (charity), חסד (loving-kindness), and תיקון עולם (social justice).

**Programs & Services** Social, educational, and religious activities

**Statement on Inclusion** There shall be no discrimination based upon race, gender, or sexual orientation, in choosing directors of the Corporation.

**LGBTQ-Specific Services and Info** All of our activities and services are LGBTQ-specific.

**Serving** College, Families, High school, Adults 40+, Seniors, Singles/Young Professionals (20s-30s), Special needs, Sober (alcohol/substance-free), Young adults, Young couples and families



[hannah@qjews.org](mailto:hannah@qjews.org) • [www.qjews.org](http://www.qjews.org) • [@qjewshouston](https://www.instagram.com/qjewshouston)

**Category** Community

**About** The mission of QJews is to provide a community space for 20 and 30 something queer Jewish young adults in Houston. We are still in the process of growing as an organization.

**Programs & Services** Social and holiday events.

**Serving** Singles/Young Professionals (20s-30s)



# Temple Sinai

13875 Brimhurst Dr, Houston, Texas 77077 • 281-496-5950 •  
admin@temple-sinai.org • www.temple-sinai.org • FB: keshethouston

**Category** Synagogue

**About** Temple Sinai is a welcoming and inclusive Reform synagogue on the west side of Houston.

**Programs & Services** Worship. Social engagement, learning, life-cycle celebrations.

**Statement on Inclusion** Temple Sinai is an inclusive, open and affirming community of Jews and Interfaith families in West Houston. We serve the communities of Spring, Cypress, West Houston, Katy, Fulshear, Richmond and Sugarland. We are a community which embraces one another, and we share our lives and Jewish pathways with each other. Temple Sinai is affiliated with the Reform movement - though our members come from a variety of Jewish and non-Jewish backgrounds. We look forward to meeting people where they are and helping guide those in search towards a path that fits them and their lifestyle.

We extend a warm and heartfelt welcome to interfaith and same-gender families at Temple Sinai. In embracing the diversity that defines our community, we recognize the beauty and strength that arises from the coming together of varied backgrounds and traditions. At Temple Sinai, we celebrate inclusivity and understanding, fostering an environment where everyone, regardless of their faith background, feels a sense of belonging. Our shared values of love, compassion, and respect unite us, creating a space where families can explore, learn, and contribute to the rich tapestry of our spiritual community, in choosing directors of the Corporation. Everyone is welcome at Temple Sinai!

**LGBTQ-Specific Services and Info** Support of PRIDE Shabbat and the PRIDE parade.

**Facilities** ADA accessible, Has family/companion restrooms, Has single-stall gender-neutral restrooms

**Serving** College, Elementary school, Families, High school, Infants, Adults 40+, Middle school, Preschool, Seniors, Singles/Young Professionals (20s-30s), Special needs, Sober (alcohol/substance-free), Young adults, Young couples and families

# Temple Without Walls

17424 W Grand Pkwy Suite 182 Sugar Land, TX 77479 • 512-713-1234 •  
Rabbi@TempleWithOutWalls.com • www.templewithoutwalls.com •  
@RabbiOso

**Category** Community, Synagogue, Literally, a Temple without walls. We can meet in a park, at a home, the zoo

**About** Open mined community, one on one, working with YOU and Families

**Programs & Services** Let's make Judaism Fun

**Statement on Inclusion** All are welcome, thankfully. YOU ARE A HUMAN BEING AND YOU ARE ALWAYS WELCOME.

# TORCH

9427 Glenfield Court • 713-721-6400 • Torchweb@gmail.com •  
Torchweb.org • @torchweb

**Category** Educational organization, Social/Entertainment

**About** TORCH is an educational resource for all. Our mission is to Connect Jews and Judaism by providing meaningful learning opportunities for every Jewish individual in the Houston area irrespective of background, affiliation, denomination or level of observance and to enable them to experience the joy and vibrancy of Judaism in a welcoming environment.

**Programs & Services** Educational programming

**Statement on Inclusion** We are open to all. No exclusions. TORCH supports complete and total inclusion.

**Facilities** ADA accessible, Accessible via public transportation, Has single-stall gender-neutral restrooms

**Serving** College, Elementary school, Families, High school, Infants, Adults 40+, Middle school, Preschool, Seniors, Singles/Young Professionals (20s-30s), Special needs, Sober (alcohol/substance-free), Young adults, Young couples and families

# Houston LGBTQ+ Organizations

## **The Montrose Center**

401 Branard Street, Houston, Texas 77006 • 713-529-0037 •  
montrosecenter.org

As Houston's LGBTQ+ center, The Montrose Center empowers our community—primarily lesbian, gay, bisexual, transgender, and queer (LGBTQ) individuals and their families—to live healthier, more fulfilling lives.

## **Grace Place**

215 Waugh Dr., Houston, Texas 77006 • (832) 239-0824 •  
montrosegaceplace.org

Grace Place provides a safe, welcoming environment for vulnerable youth experiencing homelessness of all sexualities and genders, providing nourishment, healthy relationships, and hope for the future.

## **Tony's Place**

P. O. Box 980935, Houston, TX 77098 • (713) 678-0733 • tonysplace.org

Tony's Place is a non-profit organization, dedicated to supporting and empowering LGBTQ+ youth, ages 14-25, by providing a safe space, basic needs services, case management, and mental health support.

## **PFLAG Houston**

P.O. Box 667655, Houston, TX 77266 • 713-467-3524 • pflaghouston.org

When your child or loved one comes to you and shares that they are LGBTQ, you may not know where to even begin to show them you love and support them. PFLAG is made up of moms, dads, family, and friends who can help by sharing their stories and experiences.

## **Transmasculine Alliance of Houston**

tmahtx.org

Transmasculine Alliance Houston (TMAH) is a peer-led educational and social group for individuals in Houston and the surrounding areas who were assigned female at birth (AFAB), identify as transgender, and lean toward masculine presentation. They host workshops, community building and social activities, and discussion meetings to address issues related to transmasculine identity.

# **Houston LGBTQ+ Organizations**

## **The Mahogany Project**

9896 Bissonnet St. Suite 550, Houston, TX 77036 • (713) 637-4197 •  
themahoganyproject.org

The only Black trans-led/peer led community center in the state of Texas, The Mahogany Project provides supportive services and recreational and arts activities for/by transgender and non-binary people in Houston, Texas.

## **Legacy Community Health**

(832) 548-5000 • legacycommunityhealth.org

Legacy Community Health is a full-service health care system comprised of over 50 locations in the Texas Gulf Coast region.

## **Trans & GenderQueer Houston**

tgqh.org

TGQH is a group for transgender and gender non-conforming folks in the Houston area who are interested in getting together once a month to socialize and maybe have a piece of cake.

# Glossary of LGBTQ+ Terms

**Gender Identity** - an identity based on one's relationship to femininity and masculinity, especially as it relates to society and culture.

**Gender Expression** - how one externally presents one's gender identity through behavior, clothing, haircut or voice, and which may or may not conform to socially defined behaviors and characteristics typically associated with being either masculine or feminine.

**Biological Sex** - A label given at birth based on medical factors, including hormones, chromosomes, and genitals.

**Assigned Gender At Birth** - sometimes abbreviated to AGAB, this refers to the gender identity assumed for someone at a young age, usually based on their hormones, chromosomes, and genitals at birth. Assigned Female at Birth (AFAB) and Assigned Male at Birth (AMAB) are the specific designations based on above.

**Non-binary** - a term someone might use to indicate that they don't fit into the gender categories of "male" or "female".

**Transgender** - anyone who doesn't identify with their assigned gender at birth.

**Cisgender** - anyone who identifies with their assigned gender at birth.

**Intersex** - someone born with reproductive or sexual anatomy that is typically not exclusively "male" or "female" (i.e. XXY Chromosomes).

**Pronouns** - a way to refer to someone without using their name. Historically these have been gendered, i.e. she/her or he/him. However, gender-neutral pronouns can include singular they/them, xe/xem, ze/hir, and more.

**Sexual orientation** - an identity based on the people someone is sexually and/or romantically attracted to.

## Glossary of LGBTQ+ Terms, cont'd

**Asexual** - someone who experiences no sexual attraction to anyone (though they could still be romantically attracted to people).

**Aromantic** - someone who experiences no romantic attraction to anyone (though they still could be sexually attracted to people).

**Gay** - usually refers to men who are attracted to other men; is also used as an umbrella term for diverse sexualities.

**Lesbian** - women who are attracted to women. This may include nonbinary or transmasculine people that identify as part of the lesbian community.

**Bisexual** - someone attracted to their own gender and other genders.

**Pansexual** - someone who is attracted to people regardless of gender.

**Queer** - historically used as a slur, this term has been reclaimed as a broad umbrella term to describe sexual and gender identities other than straight and/or cisgender. Queer is sometimes used to express that sexuality and gender can be complicated, change over time, and might not fit neatly into either/or identities.

**Heterosexual or Straight** - a cisgender person who is attracted exclusively to other cisgender people whose gender is different from their own.

This list of terms shows the variety of language that people can use to describe themselves; which is often evolving, therefore this list is far from complete. Terms exist so that people can reach for language that feels applicable, feel proud, and find community with others who identify the same way. The purpose is NOT to establish rigid categories that people feel excluded from or pressured to fit into. When someone says how they identify, that's how they see themselves. It's everyone's job to take that identity seriously and with respect.



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is generously supported by:**



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