

NO LABEL

Some gender
and sexuality
terms decoded



Ukuhlalutywa
koluhlu
lwamagama
malunga nesini

Verstaan
sommige geslags
en seksualiteit
terme



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WRITING & EDITING	Tanya Jacobs, Vuyolwethu Mjijelwa, Nikki Schaay and Phoene Oware School of Public Health, University of the Western Cape and Juliana Davids, Triangle Project
PROOF-READING	Cezanne Hoffmann and Nkosinathi Sobele, NACOSA
DESIGN	Sophie Hobbs, NACOSA
ILLUSTRATION	Phathu Nembilwi @phathudesigns_illustrations
PRINTING	Trident Print, Cape Town



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The story

The Learning Partnership for Gender Transformation is a participatory research project led by three organisations: H.O.P.E. Africa, NACOSA and the School of Public Health at University of the Western Cape (UWC). The project focused on learning about integrating gender and gender-transformative approaches into adolescent and young people's sexual and reproductive health and rights programmes. The project was implemented in Klipfontein, Cape Town between 2022 and 2025.

From the start, we struggled to find definitions in local languages of key gender terms that field staff are familiar with. We realised that there is a need for materials and resources describing basic gender terms that we could all use in conversation with young people and which are relevant to the local contexts and languages. We learned that it is important to start with the basics, such as the difference between concepts of "sex" and "gender", and to increase understanding about these and other gender-related concepts and terms, to prevent misunderstandings. For example, at the start of the research project, there was confusion between terms such as "gender transformation" and "transgender".

And so the idea of No Label was born — a glossary of key gender terms and concepts that peer facilitators and educators would need to understand when working with diverse young people around sexual and reproductive health rights and gender issues.

No Label is a tool in the toolbox of field staff, to support those who are working towards goals of good health, equal and inclusive societies. As much as we want to promote understanding and learning of some of these gender and sexuality concepts, we also want to ensure unlearning of misunderstandings of terms that can be harmful.

No Label was developed as a starting point for discussion and understanding, with no desire to offend or support any form of stereotype or prejudice, or cause any harm.

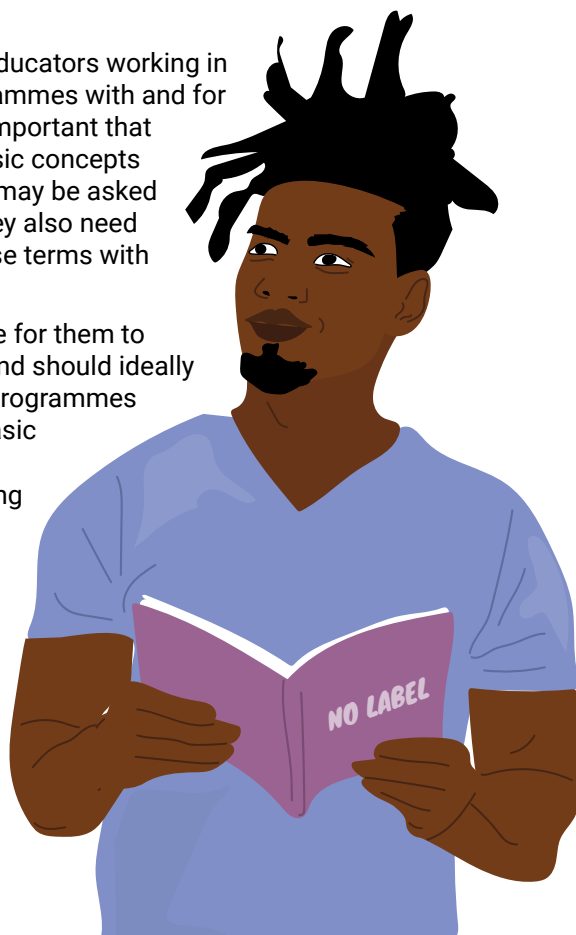
This glossary has been shaped by how terms can be used in everyday interactions and conversations amongst peers. So we consulted with a group of 15 Influencers and Human Rights Ambassadors from local organisations, H.O.P.E Africa and Amandla Development. We also consulted with our colleagues from the Triangle Project to ensure that the process was inclusive of lesbian, gay, bisexual, transgender, intersex queer and (LGBTIQ+) young people.

You will see quotes from some of the H.O.P.E. Africa peer facilitators we worked with during the Learning Partnership. These quotes explain how they would use some of the key gender terms in workshops with young people. Over the course of our project, we learnt how important it was to create a safe space together, where we could ask one another questions, discuss the terms we were uncertain about and learn together.

Who is it for?

No Label is for peer facilitators and educators working in sexual and reproductive health programmes with and for adolescents and young people. It is important that they are familiar with some of the basic concepts around gender and sexuality, as they may be asked many questions by young people. They also need to be able to explain and discuss these terms with others in their own contexts.

The glossary is an additional resource for them to use in their work with young people and should ideally be contextualised in peer education programmes where they have already had some basic sexual and reproductive health rights training and can have on-going learning and mentoring support for their work, including any gender issues. It is not intended as a mass communication tool, or to be distributed in communities or other contexts without any facilitated discussion.



The main things

Some key principles guided us in the development of No Label:

- The importance of **on-going capacity strengthening** around key gender terms and concepts that are relevant to the different contexts in which we work.
- The principle of **“do no harm”** is essential — any discussions on gender should not intentionally or unintentionally cause harm or any form of discrimination, especially in terms of LGBTIQ+ people.
- It is a **living document** — as language and conceptual understandings change with time and in this field, particularly rapidly.
- The glossary is **not meant to be exhaustive** — we encourage you to build on this within your own context and programmes.

In creating No Label, we did not want to reinvent the wheel and so have also drawn on a range of valuable publications that have shaped our thinking and ways of working. Links to these resources are provided at the end of this booklet.

ALSO KNOWN AS

Alternative or slang words or terms

The writing team acknowledges that definitions and descriptions are always evolving and may not always match those of the official languages. We are well aware that some people may not define themselves in the ways described. Although it was created with input from a range of young people and those who work with LGBTIQ+ communities, it is not a definitive document for everyone's use.

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ENGLISH

Affirmation

Affirmation means showing support, respect, and recognition for someone's identity—especially their gender or sexuality. For example, using a person's chosen name and pronouns is a way of affirming who they are.

Allyship (Ally)

Allyship refers to the practice of actively supporting and advocating for marginalized groups, especially when someone is part of a group with more privilege. For example, an ally in the context of the LGBTIQ+ community is someone who is not part of the LGBTIQ+ group but stands up for their rights, supports their struggles, and works to create a more inclusive and equitable society.

Biological sex

A person's biological and physiological characteristics and features based on what kind of sex chromosomes they have in their genes, XY (female), XX (male), or some other combination (intersex). A person's sex is most often designated by a medical assessment at birth. This is also referred to as "sex assigned at birth".

ISIXHOSA

Ukuqinisekisa isini

Ukubonakalisa inkxaso, intlonipho nokukhathalela ukuzazisa ngokwesini komnye umntu. Umzekelo ukusebenzisa amagama amkelekileyo kuye ngokwesini.

Itshantliziyo

Ubani oxhasa aphinde amele abantu abasemngciphekweni ekuhlaleni ngakumbi xa ubani ekwicala labantu abanenywheba okanye inzuzo. Umzekelo xa uxhasa i-LGBTQI ube ungeyonxalenye nabo.

Isini semvelo

Iimpawu zomntu zokuzalwa kuquka amalungu angasese ngokungqamene neekhromozomi zemvelo; ukudibana komkonto wekhromozomi ka XY kuvela isikhomokazi ze ukudibana komkonto ka XX kuvele isiduna, okanye enye indibanisela eyahlukileyo kuvele italasi. Ixesha elininzi isini siqinisekiswa ngogqirha xa umntwana ezalwa.

"Daar is somtyds confusion en vrae oor geslags of gender identity... of sosiale geslags identiteit... Ek kan basies verduidelik that gender identity is gebaseer op hoe ek myself sien of voel van die binnekant."

AFRIKAANS

Affirmasie of bevestiging of erkenning

Affirmasie beteken om ondersteuning, respek en erkenning te toon vir iemand se identiteit—veral hul geslag of seksualiteit. Byvoorbeeld, om iemand se gekose naam en voornaamwoorde te gebruik, is 'n manier om hul identiteit te bevestig en te eer.

Allianskap

Allianskap of bondgenootskap verwys na die praktyk van aktiewe ondersteuning en verdediging van gemarginaliseerde groepe, veral wanneer iemand deel is van 'n groep met meer voorreg. Byvoorbeeld, 'n allie in die konteks van die LGBTIQ+ gemeenskap is iemand wat nie deel is van die LGBTIQ+ groep nie, maar ontstaan vir hul regte, hul stryd ondersteun, en werk om 'n meer inklusiewe en gelyke samelewing te skep.

Biologiese geslag

'n Persoon se geslag verwys na hulle liggaamlike en biologiese eienskappe. Dit sluit dinge in soos die tipe geslagschromosome wat iemand het – byvoorbeeld XX (wat gewoonlik vroulik is), XY (wat gewoonlik manlik is), of ander kombinasies wat interseks genoem word. 'n Baba se geslag word gewoonlik deur 'n dokter bepaal wanneer die baba gebore word. Dit word ook genoem "geslag toegewys by geboorte".



ALSO KNOWN AS

Biologiese seks



*I-gender luhlobo
abantu basengingqini
abakubona ngalo
nendlela abalindele
ukuba uziphathe ngayo.
Umzekelo umntu
ongutata kulindeleke
abe sebuhlanti, indawo
yomntu ongusisi
mayibe selkitshini.
Umtu ongutata
akufanelekanga akhale.*

Coming out

This term describes a process of self-acceptance wherein individuals acknowledge their identity, then share it with others. The terms also refer to an individual having to share their diverse SOGIESC with others, regardless of whether the disclosure is desired. This is sometimes called forced outing. For example, this may occur when an individual must share details about a same-gender spouse or show an ID that is not reflective of their gender expression. The concept and experience of coming out is not specific to every culture.

Cisgender/ism

A term for people whose gender identity matches the sex they were assigned at birth. A gender description for when someone's sex assigned at birth and gender identity correspond in the expected way (e.g. someone who was assigned male at birth, and identifies as a man). A simple way to think about it is if a person is not transgender, they are cisgender. The word cisgender can also be shortened to "cis."

ENGLISH

Bisexual

A bisexual person is attracted to more than one gender. This attraction can be romantic, sexual, or emotional. Bisexual individuals may be attracted to men and women, or to people of different genders, including those who are non-binary. It's important to remember that bisexuality is a spectrum, and individual experiences vary.

ISIXHOSA

Abanomdla kwizini ezahlukileyo

Umntu unomntsalane nomdla kubantu ababhinqileyo nabantu abangamadoda. Umzekelo umntu oziva enomntsalane nomdla kubantu besini esinye okanye isini esahlukileyo.

Ukuphumela elubala

Kuxa ubani efikelele kwisigaba sokuzazi nokuzamkela de axelele nabanye abantu ngobuni nangesini sakhe. Umzekelo xa ubani ethathe isigqibo sokuxelela abahlobo bakhe ngesini nangobuni bakhe.

Ukulandela isini azalwe naso

Intsingiselo yeligama ijoliswe kubantu abanesini semvelo esingqamene nembonakaliso yesini. Umzekelo umntu onesini semvelo sesikhomokazi ze ukuzazisa ngesini ibengumntu obhinqileyo.

Cisgenderisme

Die woord "cis" kom oorspronklik uit die Latynse taal, waar dit "aan dieselfde kant" beteken. Dit is die teenoorgestelde van "trans", wat "aan die ander kant" beteken. Cisgender is 'n term vir mense wie se geslag waarmee hulle hulself identifiseer dieselfde is as die een wat aan hulle toegewys is toe hulle gebore is. Byvoorbeeld: as iemand as 'n seun gebore is en hy voel ook soos 'n man, dan is hy cisgender. 'n Maklike manier om dit te verstaan is: as iemand nie transgender is nie, is hulle cisgender. Die woord kan ook net cis genoem word.

AFRIKAANS

Biseksueel

'n Biseksuele persoon is iemand wat romanties of seksueel aangetrokke is tot mense van meer as een geslag. Dit beteken dat hulle aangetrokke kan wees tot mense van die teenoorgestelde geslag, sowel as mense van dieselfde geslag. Biseksualiteit kan verskil van persoon tot persoon, en die maniere waarop mense hulself identifiseer en hoe hulle hul oriëntasie beleef, is uniek.

Kom uit (die kas uit)

Dit beskryf die proses van selfaanvaarding, waar mense hul identiteit erken en dit met ander deel. Die terme kan ook gebruik word wanneer iemand hul verskillende SOGIESC moet deel, al is hulle nie gewillig om dit te doen nie; dit word soms gedwonge uitkoms genoem. Byvoorbeeld, dit kan gebeur wanneer iemand moet vertel dat hulle 'n verhoudingsmaat van dieselfde geslag het, of hul ID moet wys wat nie hul geslagsuitdrukking weerspieël nie. Die idee en ervaring van kom uit is nie dieselfde in elke kultuur nie.



ENGLISH

Gay

Experiencing attraction solely (or primarily) to some members of the same gender. The term gay can also be used to refer to men who are attracted to other men and women who are attracted to women. Gay can also be used as an umbrella term to refer to the queer community as a whole. At times it refers to men who sexually or romantically attracted to people of one's own sex.

Gender

Gender refers to the characteristics of women, men, girls and boys and people whose gender identities do not fit neatly into those categories (i.e., gender-diverse people), that are socially constructed. This includes norms, behaviours and roles associated with being a woman, man, girl or boy, as well as relationships with each other. As a social construct, gender varies from society to society and can change over time.



*Ek kom uit 'n bende
gemeenskap waar mans moet
wys wat hy werklik is en dit is
die boodskap wat jong manne
vandag leer buitenkant – hulle
moet wys dat hulle sterk is.*

ISIXHOSA

Igeyi

Abantu abanomtsalane ngezothando kubantu besini esinye. Lingasingisela nasebantwini abanesini esingesosigxina.

Isini

Ukumiselwa kwedima, uxanduva, inxaxheba nendlela yokuziphatha kwamadoda, abantu ababhinqileyo, amantombazana namakhwenkwe ekuhlaleni. Iimeko zasekuhlaleni namasiko ayakwazi ukutyumba uluhlu lwesini nobunganga obukhokelela kucalucalulo nokujongela phantsi indima anothi ubani ayidlale ngokupheleleyo nangokwamava akhe.

AFRIKAANS

Gay persoon

'n Gay persoon is iemand wat romanties of seksueel aangetrokke is tot mense van dieselfde geslag. Hierdie term word meestal gebruik om te verwys na mans wat van ander mans hou, maar kan ook in 'n breër sin gebruik word om enige persoon wat homoseksueel is, aan te dui. Die term "gay" word dikwels gebruik as 'n oorhoofse benaming vir homoseksuele mense, ongeag of hulle 'n man of vrou is. Hoewel dit meestal vir mans gebruik word, kan dit ook vir lesbiese vroue gebruik word, al is "lesbiër" die meer spesifieke term vir vroue wat aangetrokke is tot ander vroue.

Sosiale geslag

Sosiale geslag of gender verwys na die rolle, gedrag en verwagtinge wat deur die samelewing en kultuur aan vroue, mans, meisies, seuns – en ook mense wat nie netjies in dié kategorieë pas nie – gegee word. Hierdie rolle en verwagtinge is nie natuurlik of onveranderlik nie; dit is deur mense gemaak en verskil van een kultuur na 'n ander, en dit kan oor tyd verander.



ENGLISH

Gender-based violence

Gender-based violence is used to distinguish violence that targets individuals or groups of individuals on the basis of their gender from other forms of violence. It includes any act which results in, or is likely to result in physical, sexual, psychological or emotional and economic abuse of gender relations.

Gender binary

The classification of sex and gender into two distinct, opposite and disconnected forms of masculine and feminine.

Gender-diverse

A gender-diverse person is someone who may not identify with the sex that they were assigned at birth. This term describes the range of identities and expressions people experience along a gender spectrum. Other terms which are similar, and which individuals may feel more comfortable using, include gender non-conforming, non-binary, and gender queer.

ISIXHOSA

Ubundlobongela obumalunga nesini

Ubundlobongela obumalunga nesini obujoliswe ebantwini namaqela athile ngenxa yesini sababo nezinye iintlobo zobundlobongela. Oku kuquka ubundlobongela emzimbeni, ezesondo nasengqondweni noqoqosho.

Inkolelo kububini bezini

Ukumisela uluhlu lwesini semvelo ezimbini ezahlukeneyo kodwa njengesibini esinxulumene nobudoda okanye ubufazi kuphela.

Ukungabinasini esisigxina

Isini esingesosigxina
Ukungabinasini esisigxina
kusingisele emntwini ongazazisi ngesini sokuzalwa. Eligama linentsingiselo ezininzi ezimalunga nolhlu lwendlela zokuzazisa ngesini.

"Ngabantu abangazi kopolisanga nendlela abalindeleke baziphathe ngayo ngokunxulumene ngokuba bengamajita or amamedi. Umzekelo: umntu ongazinamathelisi nasonasiphi na isini."

AFRIKAANS

Geslagsgeweld of gendergeweld

Geslagsgeweld is enige tipe geweld wat teen iemand gepleeg word omdat hulle 'n vrou, man, gay, lesbies, trans, of van 'n ander geslag of seksuele identiteit is. Dit sluit dinge soos feminiside (vroue wat vermoor word omdat hulle vroue is), verkragting, aanranding, dreigemente, beledigings, huishoudelike geweld, of seksuele teistering in. Geslagsgeweld kom in verskillende vorme voor – fisies, emosioneel, seksueel, ekonomies en selfs digitaal.

Geslagstweeledigheid of gendertweeledigheid

Geslagstweeledigheid is die idee dat daar net twee geslagte is – man en vrou – en dat elke persoon een van hierdie twee moet wees, gebaseer op hulle biologiese geslagsorgane by geboorte. Gendertweeledigheid is die siening dat daar net twee (sosiale geslagsrolle) genderrolle is – manlik en vroulik – en dat mense hulself volgens daardie rolle moet gedra en identifiseer.

Gender-uiteenlopend

Gender-uiteenlopend verwys na mense wie se geslag of manier van wees nie pas by die tradisionele verwagtinge van "man" of "vrou" nie. Dit beteken iemand se kleredrag, gedrag, gevoelens of identiteit stem dalk nie ooreen met wat die samelewing gewoonlik verwag van hul geboortegeslag nie. Byvoorbeeld, 'n seun wat rokke dra, of 'n meisie wat nie met die term "meisie" identifiseer nie – dit is vorme van geslag-uiteenlopendheid. Dis belangrik om te verstaan dat geslag nie net twee opsies is nie (man of vrou), maar 'n spektrum van moontlikhede.



ENGLISH

Gender dysphoria

The distress a person feels due to a mismatch between their gender identity and their sex assigned at birth.

Gender equality

Gender equality is a goal where everybody is equal and not discriminated against. The equal access to rights, resources and opportunities for women and men, girls and boys, and gender-diverse people. Equality refers to the state of being equal. However, providing equal opportunities does not by itself lead to equal results due to pre-existing bias and inequalities.

Gender equity

Fairness, impartiality and justice in the distribution of benefits and responsibilities between women and men, girls and boys, and gender-diverse people. Gender equity explicitly recognizes and actively promotes measures to address historical and social disadvantages to all groups. Gender equity is needed to achieve gender equality.

ISIXHOSA

Uxinizelelo ngokwesini

Uxinizelelo malunganesini sokuzalwa esikhabanayo nokulandela isini nesini semvelo. Umzekelo umntu obhinqileyo olandela isini sokuba yindoda.

Umakulinganwe ngokwezesini

Umakulinganwe ngokwesini ujolise ekubeni wonke umntu alingane kwaye kungabikho calucalulo olusekelezelwe kwisini. Ukulingana kwamalungelo, uphuhliso namathuba wamadoda, abantu ababhinqileyo, amantombazana namakhwenkwe njengesibini esinxulumene nobudoda okanye ubufazi kuphela.

ALSO KNOWN AS

Umakulinganwe ngokwesini,
Ukulingana ngokwesini
or 50/50 ngokwesinin

Ubulungisa ngokwesini

Ubulungisa, ukungakhethibuso malunga nenzuzo noxanduva olubekwa ebantwini ababhinqileyo, amadoda, amantombazana namakhwenkwe nabantu besini esizintlobo ngeentlobo. Imeko kamakulinganwe ngokwesini ijonge ukulungisa iimeko zokungalingani ezibangelwa yimvelaphi yabantu bonke ngokohlukana kwabo.

AFRIKAANS

Sosiale geslagsdisforie

Sosiale geslagsdisforie (of geslagskonflik) verwys na die emosionele of sielkundige ongemak wat 'n persoon ervaar wanneer daar 'n verskil is tussen hoe hulle hul eie geslag ervaar hul (sosiale of biologiese geslagsidentiteit) en die geslag wat aan hulle toegewys is by geboorte. Hierdie gevoel van ongemak of spanning kan wissel van ligte onsekerheid tot diepgaande stres of hartseer, afhangend van die persoon en hul omstandighede.

Gendergelykheid

Gendergelykheid beteken dat alle mense gelyk is en nie gediskrimineer word nie. Dit gaan daaroor dat vroue, mans, meisies, seuns én gender-diverse mense dieselfde regte, hulpbronne en geleenthede moet hê – of dit nou by die werk, by die huis, by die skool of in die gemeenskap is.

ALSO KNOWN AS

Geslagsgelykheid

Genderbillikheid

Geslagsbillikheid of sosiale geslag regverdigheid beteken eerlikheid, regverdigheid en regverdigte behandeling wanneer voordele en verantwoordelikhede tussen vroue, mans, meisies, seuns en gender-diverse mense verdeel word. Dit gaan nie net daaroor dat almal dieselfde regte kry nie, maar dat mense kry wat hulle regtig nodig het om gelyk te kan wees.



ENGLISH

Gender expression

The external display of one's gender, through a combination of clothing, grooming, demeanor, social behavior, and other factors, generally made sense of on a continuum of masculinity and femininity. Also referred to as "gender presentation."

Gender fluidity

Gender fluidity (commonly referred to as genderfluid) is a non-fixed gender identity that shifts over time or depending on the situation. These fluctuations can occur at the level of gender identity or gender expression.

Gender Identity

The internal perception of 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. Often conflated with biological sex, or sex assigned at birth but can be fluid and different from that assigned at birth.

ISIXHOSA

Imbonakaliso yesini

Imbonakaliso yesini, oku kuquka indlela youkunxiba, indlela yokuziphatha neyokwenza ekuhlaleni ethi yayanyaniswa nesini.

Ngabinasini esisigxina

Ukungabi nasini esisigxina, esitshintshayo ngenxa yexesha okanye imeko ethile. Olutshintsho lwenzeka kwinqanaba lokuzazisa ngesini okanye imbonakaliso yesini.

Ukuzazisa ngokwesini

Indlela umntu azazi kunye nazazisa ngayo ngokwesini, kwakunye nendlela aziva nabona enxulumene okanye enganxulumenanga nokuphila ngokwesini. Amaxesha amaninzi ukuzazisa ngokwesini kunxulumene nesini semvelo maxawambi sahluka okanye ingabisosigxina.



Jy kan gebore word as 'n soos n man, maar as jy groot raak, is dit hoe jy jouself sien en voel wat jy is. Dit is van die binne af and nie wat society vir jou sien nie.

AFRIKAANS

Sosiale geslagsuitdrukking

Sosiale geslagsuitdrukking, of genderuitdrukking, of gendermanifestasie is hoe jy jouself wys aan ander mense, soos deur wat jy aantrek, hoe jy optree, en hoe jy lyk. Jy kan kies om meer soos 'n man of vrou voor te kom, of dalk 'n kombinasie van albei, of iets anders heeltemal. Dit gaan nie oor wie jy is binne-in nie (jou geslagsidentiteit), maar hoe jy jouself wys aan die wêreld.

Genderfluïed, gender-onvas of geslagsvloeibaarheid

Geslagsvloeibaarheid beteken dat 'n persoon se sosiale- geslagsidentiteit met tyd kan verander. Party mense voel soms meer manlik, ander kere meer vroulik, of dalk iets tussenin of iets heeltemal anders. Hulle voel nie altyd dieselfde oor hul geslag nie, en dit is vir hulle normaal.

Sosiale geslagsidentiteit of genderidentiteit

Sosiale geslagsidentiteit is hoe jy binne-in voel oor wie jy is, of jy voel soos 'n man, 'n vrou, albei, geen van die twee, of iets tussenin. Dit gaan nie oor jou liggaam of wat op jou geboortesertifikaat staan nie, maar oor jou eie gevoel van geslag.



ENGLISH

Gender inequality

Gender inequality refers to the unequal treatment and opportunities experienced by individuals based on their gender. It is a pervasive form of inequality that affects societies worldwide, and it intersects with other forms of inequality such as class, race, and sexual orientation.

Gender mainstreaming

The process of assessing and addressing the implications for women and men and gender-diverse people of any planned action, including legislation, policies or programmes, in all areas and at all levels.

Gender non-conforming

A term for individuals whose gender expression does not align with societal expectations based on their assigned sex at birth.



Uhlobo abantu basekasi abakulindle ngayo xa uyindoda okanye imedi mawuziphathe ngalo xa lwenza ukuba abantu abanezini ezahlukeneyo bangalingani. Umzekelo: Abantu ababhinqileyo abavumelekanga babe ziitaxi owners.

ISIXHOSA

Ukungalingani ngokwesini

Ukungalingani ngokwesini kuquka impatho namathuba angalinganiyo abantu abathi bawaxhamle ngenxa yesini sabo. Luhlobo lokungalingani olungamkelekanga kwaye lichaphazela izizwe ngezizwe kwihlabathi. Oluhlobo lokungalingani ludibana nezinye iintlobo umzekelo ubuhlanga no nokuswela uphuhliso.

Ukulungelelaniswa kwezesini

Inkqubo yoku phonononga imiphumela emalunga nesini (abantu ababhinqileyo, amadoda nabanesini esingesigxina) ikakhulu kwimiba emalunga nocwangciso kuquka urulumento, imthetho nophuhliso kuwo onke amanqanaba.

Ukungathatheli ngqalelo isini

Xa imbonakaliso yesini ingangqamani nezinto ezilindelekileyo noxanduva ngokwasekuhlaleni malunga nesini sokuzalwa.

AFRIKAANS

Sosiale geslagsongelykheid

Sosiale geslagsongelykheid of genderongelykheid verwys na die onregverdigte behandeling en verskillende geleenthede wat mense ervaar op grond van hul geslag. Dit is 'n wye vorm van ongelykheid wat wêreldwyd mense beïnvloed, en dit meng dikwels met ander vorme van ongelykheid, soos klas, ras en seksuele oriëntasie.

Gendervooropstelling, genderhoofstroming, of sosiale geslagsintegrasie

Dit beteken om seker te maak dat die ervarings en behoeftes van alle mense – vroue, mans, en gender-diverse persone – deel is van hoe besluite geneem word. Dit beteken dat geslag altyd in ag geneem moet word in beplanning, beleide en programme, sodat dit regverdig is vir almal.

Geslag nienakoming of nie-konformiteit geslag

Verwys na mense wie se voorkoms, styl of gedrag nie by tradisionele idees van “manlik” of “vroulik” pas nie. Dit beteken dat hulle nie altyd optree of aantrek soos wat die samelewing van hul geslag verwag nie.



ENGLISH

Gender norms

A subset of social norms that relate specifically to gender differences. They are informal, deeply entrenched and widely held beliefs about gender roles, power relations, standards or expectations that govern human behaviours, practices, laws, policies and institutions in a particular social context and at a particular time.

They may be visible or invisible and are seldom questioned. These expectations, of what you are meant to do and what is “normal” for your gender, is different in different contexts and also changes over time. For example, women are also now breadwinners and taxi drivers and men are also now caregivers.

Gender power relations

Ways in which gender shapes the distribution of power at all levels of society.

Gender relations

Specific subset of social relations uniting women and men as social groups in a particular community, including how power, access and control over resources is distributed between the sexes.

ISIXHOSA

Imiqathango ngokwesini

Uluhlu lwemiqathango yasekuhlaleni ngakumbi ejoliswe kumahluko ngokwewesini. Le yimiqathango engabhalwanga phantsi kodwa imiliselwe nzulu kwaye ikhokelela kwiinkolelo ngo xanduva, ubunganga, izinto ezilindelekileyo, uhlobo lokuziphatha, nemithetho emalunga nesini ekuhlaleni ngexesha elithile. Lemiqathango imisela ukuba yintoni eqhekileyo nelindelekileyo kodwa oku kuyatshintsha tshintsha kuba kuxhomekeke kwixesha nengingqi. Umzekelo ngoku maninzi amakhaya axhomekeke kubantu ababhinqileyo, ngokwahlukileyo kwimeko yakudala.

Ubudlelane phakathi kobunganga nesini

Indlela isini esikhokelela kwindlela yokusasaza ubunganga namandla ekuhlaleni. Umzekelo amadoda abekwinqanaba lokuthatha izigqibo ezichaphazela uwonke wonke.

Ubudlelwane ngokwesini

Ubudlelwane phakathi kwabantu basethyini namadoda nje ngabantu basekuhlaleni ngakumbi ukusasazwa kwamandla nolawulo lwenkonzo nezixhobo zophuhliso phakathi kwabo.

AFRIKAANS

Geslagnorme

Geslagnorme is die reëls of verwagtinge wat mense het oor hoe mans en vroue (of seuns en dogters) moet optree, aantrek of wees. Hierdie norme word deur die samelewing gemaak, nie deur die natuur nie. Hierdie reëls of verwagtinge word soms so sterk geglo dat mense dit nie eers bevraagteken nie. Dit kan sigbaar wees (soos in wette of reëls) of onsigbaar (soos hoe kinders grootgemaak word). Wat mense dink “normaal” is vir mans en vroue, verander ook oor tyd en tussen verskillende plekke.

Sosiale geslags magsverhoudings

Sosiale geslags magsverhoudings, of gendermagsverhoudings, beteken hoe mag en beheer tussen mense van verskillende geslagte (soos mans, vroue en nie-binêre mense) verdeel word – byvoorbeeld wie het die meeste sê, wie neem besluite, en wie het toegang tot hulpbronne soos geld, werk of onderwys.



ALSO KNOWN AS

Imiqathango eyahlukileyo esekelwe abantu ababhinqileyo namadoda ekuhlaleni.

Geslag verhoudings

Sosiale geslagsverhoudings of genderverhoudings

Sosiale geslagsverhoudings gaan oor hoe mans, vroue en mense van ander geslagte met mekaar omgaan in die samelewing – wie het mag, wie maak besluite, wie dra sorg, en hoe rolle tussen hulle verdeel word. Dis basies die maniere waarop geslag (gender) mense se plek in die huis, werk en gemeenskap beïnvloed – soos wie werk kry, wie die kinders grootmaak, of wie die meeste sê het in 'n verhouding of gemeenskap.

ENGLISH

Gender roles

Socially and culturally constructed expectations that dictate which behaviours, traits, activities, tasks and responsibilities are acceptable, appropriate or desirable for individuals based on their gender.

Gender roles stem from gender norms and power relations. They interact with other identity factors, including sexual orientation, age, class, race, caste, ethnicity, citizenship status, migration status, religion and disability, and are shaped by geographical, social, economic and political contexts.

Gender socialisation

Process by which individuals learn the gender and cultural behaviours and roles associated with the concepts of femininity or masculinity and what is expected in our society. This is linked to ideas about gender stereotypes and norms and can limit your freedom of expression and who you want to associate with. For example, boys who play with dolls and with girls are often ridiculed and called homophobic names, such as “moffie” (meaning gay).



ISIXHOSA

Iindima ngokwesini

Indima nezinto ezilindelekileyo ezisekwe ekuhlaleni nangokwamasiko ezimilisela uhlobo lokuziphatha, izinto onokuzenza okanye ungazenzi, noxanduva olwamnekelekileyo ngokwayamane nesini. Oku kususela kwimiqathango yasekuhlaleni. Konke oku kunxulumene nesini, ubuhlanga, imvelaphi, inkolo, kuphila nokukhubazeka nophuhliso.

Uqhelaniso ngezesini

Inkqubo efundisa abantu ngokulandela isini nendlela yokuziphatha ngokusesikweni nendima malunga nobufazi okanye ubudoda nokulindelekileyo ekuhlaleni. Oku kungqamene neengcinga ezisekelwe kwisini, imiqathango kwaye konke oku kungathintela ukuphuhlisa ubuwena, indlela oziva nobona ngayo izinto.

ALSO KNOWN AS

Ukuqhelwanisa ngezesini ekuhlaleni ngokwendlela okhuliswengayo okanye amasiko

AFRIKAANS

Geslag rolle

Geslagsrolle is die verwagtinge of reëls wat die samelewing het oor hoe mans en vroue moet optree, aantrek of gedra – net omdat hulle manlik of vroulik is. Byvoorbeeld, mense sê dikwels mans moet sterk wees en nie huil nie, en vroue moet sag wees en kinders versorg – dit is voorbeelde van geslagsrolle.

Sosiale geslags sosialisering

Sosiale geslags sosialisering (gendersosialisering) is die proses waardeur kinders en jong mense leer wat as “reg” of “gepas” vir hulle geslag beskou word – soos hoe hulle moet aantrek, optree, praat of watter rolle hulle in die lewe moet speel.

Hoe ek groot geword het is dat n man moet sterk wees en nie sy emosies wys nie, hy moet nie huil nie en nie vir sy vrou wys nie. Dit is nie goed vir my om te huil nie, ek raak swak. Ek moet altyd sterk wees en nie vir mense wys ek huil nie.

ENGLISH

Gender stereotype

A widely held, oversimplified belief about what characteristics, behaviours, or roles are appropriate for people based on their gender. These stereotypes often present rigid and limiting ideas about what it means to be a man and a woman and how to stay in “gender boxes”. An example of a gender stereotype is that boys and men are good at maths and science, and girls and women are good at cooking and taking care of children.

Gender transformation

Refers to the efforts to change gender and social norms to address inequalities in power and privilege between persons of different genders.

Gender transformative approach

Gender transformative approaches are strategies that aim to reduce gender inequality by challenging harmful gender norms, roles, and power dynamics. The goal of gender transformative approaches is to achieve gender equality, inclusion and social justice. The gender transformative approach seeks to actively examine, challenge and transform the underlying causes of gender inequality rooted in inequitable social structures and institutions.

ISIXHOSA

lingcinga ezisekelwa lubandlululo ngokwesini

Ngokumalunga namadoda nabantu ababhinqileyo zezinxulumaniswe ngokumisela umda ngendima abayidlalayo ngokwesini. Lemibono imiliselwe yimiqathango ngokwesini ukuqinisekisa ukuba abantu babambelela kuyo. Umzekelo amakhwenkwe agqwesile kwizibalo, amantombazana agqwesile ngokukhathalela abantwana.

Utshintsho lwemiqathango yesini

Iinzame zokutshintsha isini ne miqathango yesini elungelelanisa ukungalingani kwamandla, ubunganga namalungelo phakathi kwabantu abanesini esahlukileyo.

Ukukhawulelana notshintsho olulungelanisa imiqathango yesini

Iinkqubo, amaphulo nezakhono zokuzama ukunciphisa ukungalingani ngokwesini ngokufaka umcelimngeni kwimiqathango yesini engalunganga. Injongo yalamaphulo kukufikelela kumakulinganwe ngokwesini nobulungisa ekuhlaleni. Lamaphulo akuluhlu lwenkqubo ezijoliswe ekuthatheni inxaxheba ukuze kufumaneka umakulinganwe ngokwesini.

AFRIKAANS

Genderstereotipe

’n Genderstereotipe is ’n vaste idee of aanname oor hoe mans en vroue (of seuns en dogters) veronderstel is om te wees of op te tree, selfs al is dit nie altyd waar nie. Byvoorbeeld, om te sê “mans huil nie” of “vroue is swak in wiskunde” is genderstereotipes. Hierdie idees plaas mense in boksies en beperk hoe hulle hulself kan uitleef.

ALSO KNOWN AS

iingcinga ezibangelwa lualualulo ngokwesini

Sosiale geslagstransformasie

Sosiale geslagstransformasie beteken om die ou, ongelyke maniere waarop mense oor geslag dink en optree, te verander, sodat almal, ongeag hul geslag, gelyk en met respek behandel word. Dis oor om skadelike geslagsrolle en stereotipes uit te daag en om regverdige verhoudings tussen mense van verskillende geslagte te bou, byvoorbeeld by die huis, op skool, by die werk en in die gemeenskap.

Sosiale geslags of gender transformatiewe benadering

Sosiale geslags of ’n gender transformatiewe benadering is ’n manier van werk of programme doen wat nie net erken dat daar ongelykheid tussen geslagte is nie, maar doelbewus daaraan werk om daardie ongelykheid te verander en reg te maak. Dit beteken om skadelike geslagsrolle, stereotipes en magsverhoudings aan te spreek, en mense aan te moedig om meer gelyke, regverdige en respekvolle verhoudings te bou. ’n Gender transformatiewe benadering wil nie net “vroue bemagtig” of “mans betrek” nie – dit vra eerder: Hoe kan ons die hele stelsel verander sodat almal gelyk behandel word?

ALSO KNOWN AS

Geslag transformatiewe benadering



ENGLISH

Gender transformative programming

Gender transformative programming specifically aims to challenge or transform unequal gender and power relations, promoting equality in addition to their specific programme outcomes.

Homophobia

Irrational fear of, and aversion to, homosexuality and to lesbian, gay and bisexual people based on prejudice. Such stigmatization within a society can reach a point where LGBTIQ+ people are harmed or killed. There should be zero tolerance of this stigmatising and hurtful form of discrimination.

Homosexual

A person who is primarily emotionally, physically, and/or sexually attracted to members of the same sex/gender.



It's difficult being a man who is like soft, there's different expectations of what a man is... It's challenging, because everybody has a different expectation of what they want.

ISIXHOSA

linqubo zokukhawulelana notshintsho lwemiqathango yesini

linqubo, amaphulo nezakhono zokuzama ukunciphisa ukungalingani ngokwesini ubunganga, nokuphakamisa ukulingana kweziphumo zesini kulomaphulo.

Intiyo ejoliswe kwabathandanayo besinisinye

Ukucaphukela, ukukruquka, ukoyika abathandanayo bewesini esinye nje ngabantu basethyini onanye amadoda athandanayo. Ucalucalulo oluloluhlobo alufuneki kuba lukhokhelela eku bulaweni nokuhlukunyezwa kwabantu abathandana ngokwesini esinye.

ALSO KNOWN AS

Ukucaphukela nokonyanya okujoliswe kwabathandanayo besinisinye.

Ukuthandana nesini esinye

Umntu oziva enomtsalane nomdla ebantwini besini esinye ngokwase mphefumleni, emzimbeni nangokwasengqondweni.

AFRIKAANS

Sosiale geslag-transformatiewe programmering

Sosiale geslag-transformatiewe programmering is projekte wat daarop gemik is om ongelykhede tussen geslagte te verander deur mense te help dink, leer en optree op 'n manier wat meer regverdig en gelyk is. Anders as programme wat net sê "vroue moet bemagtig word", wil geslag-transformatiewe programmering die hele stelsel van magsverhoudings en geslagsrolle verander.

Homofobie

Homofobie is wanneer iemand 'n negatiewe houding, vrees, haat of vooroordeel het teenoor gay, lesbiese of queer mense – net omdat hulle van dieselfde geslag hou of nie in tradisionele geslagsrolle pas nie. Dit kan wys in dinge soos beledigings, spot, uitsluiting, diskriminasie, of selfs geweld teen LGBTIQ+ mense. Soms is dit openlik, maar dit kan ook stil en indirek wees – soos wanneer mense sê "dis net 'n fase" of iemand verwerp omdat hulle uit die kas kom. Homofobie maak mense voel asof hulle nie veilig of aanvaar word nie.

Homoseksueel

'n Homoseksuele persoon is iemand wat romanties of seksueel aangetrokke is tot mense van dieselfde geslag. Dit kan gebruik word om te verwys na beide mans en vroue wat aangetrokke is tot mense van die selfde geslag, maar word dikwels gebruik om mans wat verlief is op ander mans te beskryf.



ENGLISH

Heteronormativity

Heteronormativity is what makes heterosexuality seem coherent, natural and privileged. It involves the assumption that everyone is “naturally” heterosexual, and that heterosexuality is an ideal, superior to homosexuality or bisexuality.

Heterosexism

Heterosexism is the discrimination or prejudice against people who are not heterosexual. It includes the belief that heterosexuality is the only valid or “right” sexual orientation, and can lead to the marginalization or exclusion of LGBTQI+ people. Heterosexism is about the unfair treatment of people based on their sexual orientation.

Human rights-based approach

An approach based on the respect for and pursuit of human rights. The key elements include: accountability, participation, non-discrimination, equality and transparency. Human rights (political, civil, social, economic and cultural) as enshrined in international/national legislation can be invoked when advocating for and claiming equality, human dignity and opportunities for all people to receive education, healthcare and to fight poverty, violence, discrimination and exclusion.

ISIXHOSA

Isiqhelo sokuthandana kwabo banesini esahlukileyo

Oku kukubona ukuthandana phakathi kwabanesini esahlukileyo njengeyonanto efanelekileyo, eyamkelekileyo nedaliweyo. Iquka ingcinga zokuba wonke umntu ufanele ukuthandana nesini esahlukileyo ngokwendalo.

Isiqhelo sokubazini zibini

Ucalucalulo lwabantu abangathandani ngokwesini esahlukileyo kuphela. Kuquka iinkolelo zokuba ukuthandana nesini esahlukileyo kuko kodwa okulungileyo. Oku kumalunga nocalucalulo lwabantu ngokwesini sabo kuquka icalucalulo lwabantu be LGBTQI+.

Amalungelo oluntu

Inkqubo esekelwe ekuhlonipheni amalungelo oluntu. Lenkqubo ineziseko ezithile umzekelo: Uxanduva, ukungabikho kocalucalulo, umakulinganwe, nokunyaniseka. Amalungelo oluntu (kwezepolitiki, ekuhlaleni, uphuhliso, amasiko nenkcubeko) njengoko ebhalilwe kumgaqo-siseko angasetyenziswa ukulwela umakulinganwe, isidima soluntu namathuba ophuhliso ukuze bonke abantu bafumane imfundo, ezempilo kwaye nokulwa indlala nobundlobongela.

AFRIKAANS

Heteronormatiewiteit

Heteronormatiewiteit of heteronormaliteit verwys na die oortuiging of verwagting dat heteroseksualiteit (aangetrokke tot die ander geslag) die “normale” of “regte” manier van seksueel wees is. Dit is die idee dat almal op ‘n natuurlike manier heteroseksueel behoort te wees, en mense wat nie heteroseksueel is nie, word dikwels as “abnormaal” beskou. Heteronormaliteit druk die idee uit dat die wêreld en samelewing gestruktureer is rondom heteroseksuele verhoudings en ervarings.

Heteroseksisme

Heteroseksisme is die diskriminasie of vooroordeel teenoor mense wat nie heteroseksueel is nie. Dit sluit in die opvatting dat heteroseksualiteit die enigste geldige of “regte” seksuele oriëntasie is, en kan lei tot die marginalisering of uitsluiting van LGBTQI+ mense. Heteroseksisme gaan oor die onregverdigte behandeling van mense op grond van hul seksuele oriëntasie.

Mense regte benadering of raamwerk

Menseregte is die basiese regte wat elke persoon het net omdat hulle mens is – ongeag hul geslag, kleur, godsdiens, taal, kultuur, seksuele oriëntasie of waar hulle woon. ‘n Menseregte-benadering is ‘n manier van werk, dink en beplan wat seker maak dat alle mense se regte gerespekteer, beskerm en bevorder word – veral dié van mense wat gemarginaliseer of onderdruk word.



ALSO KNOWN AS

Heteronormatiewe diskriminasie of heteroseksuele vooroordeel



Yindlela yokuqonda ukuba nangona sibonakala ngathi siyafana kodwa bakhona abanokuthi bacalucalulwe okanye bafumane inyweba ngenxa yeemeko ezahlukeneyo. Umzekelo: intlupheko nokuphila nokukhubazeka kunga kokelela ukucalucalulweni oku-worse kunomntu onemali abe engaphili nokukhubazeka.



ENGLISH

Intersectionality

A framework for understanding how aspects of a person's social and political identities combine to create different modes of discrimination and privilege. It considers factors such as race, gender, class, and sexuality. At work people may experience more than one form of discrimination, for example, a black woman or a disabled woman may experience combined forms of discrimination based on the intersections of racism, gender inequality and ableism.

Intersex

People born with any of several variations in sex characteristics, including chromosomes, reproductive organs, sex hormones or genitals that fall outside of typical binary classifications of "male" or "female" bodies.

Lesbian

Women who are primarily attracted romantically, erotically, and/or emotionally to other women.

ISIXHOSA

Ilthiyori yohlalutyomeko yezophuhliso ngokwesini nobuhlanga

Oku kukubona ukuthandana phakathi kwabanesini esahlukileyo njengeyonanto efanelekileyo, eyamkelekileyo nedaliweyo. Iquka ingcinga zokuba wonke umntu ufanele ukuthandana nesini esahlukileyo ngokwendalo.

Talasi

Abantu abazelwe neempawu ezahluka hlukeneyo zesini sokuzalwa ngokubangelwa ziikhromozomi okanye zichili ezimisela isini sokuzalwa ezayamaniswa nesini sokuzalwa namalungu angasese angekho kuluhlu lwesiduna okanye isikhomokazi.

Ibhinqa elithandana namabhinqa, i-lesbhiyeni

Abantu ababhinqileyo banomtsalane kubanye abantu ababhinqileyo ngokwezothando nangokwasemoyeni.

AFRIKAANS

Interseksionaliteit

Interseksionaliteit beteken dat mense meer as een soort identiteit het (soos geslag, ras, seksuele oriëntasie, klas, ensovoorts) en dat hierdie identiteite saam beïnvloed hoe hulle behandel word en watse uitdagings hulle ervaar. Byvoorbeeld, 'n Swart vrou ervaar dalk diskriminasie anders as 'n wit vrou of 'n swart man, omdat haar ervaring gevorm word deur beide haar ras én haar geslag — en miskien ook deur haar sosiale klas of ander faktore.

Interseks of interseksueel

Interseks verwys na mense wat gebore word met geslagskenmerke (soos geslagsorgane, chromosome of hormone) wat nie netjies pas by die tipiese definisies van "manlik" of "vroulik" nie.

Lesbiër of lesbiese vrou

'n Lesbiër of lesbiese vrou is 'n persoon wat as vrou identifiseer en wat emosioneel, romanties of seksueel aangetrokke is tot ander vroue. Die term lesbiër verwys nie net na cisgender vroue nie, maar sluit ook transgender vroue en nie-binêre mense in wat hulself as vroulik identifiseer of verbind voel tot die lesbiese gemeenskap.

ENGLISH

LGBTIQ+

An acronym used to refer to individuals who are, and identify, as lesbian, gay, bisexual, transgender, intersex, queer and more. Sometimes people add a "+" at the end in an effort to be more inclusive. Different communities use different acronyms because LGBTIQ+ communities are diverse and because language and terminology are constantly evolving. It should be noted that these acronyms include identities related to sex, gender and sexual orientation. LGBTIQ+ persons experience many forms of discrimination and rejection from their families and society, and experience human rights violations in terms of access to health and other services.



Medical affirmation

Medical affirmation involves healthcare-related steps to support a person's gender identity. This can include hormone therapy (like testosterone or estrogen), puberty blockers, or gender-affirming surgeries. Access depends on personal choice, age, health system, and legal frameworks.

ALSO KNOWN AS

iRainbow Nation

ISIXHOSA

iLGBTIQ+

Igama elishunqulelweyo elibhekisa likwaquka abantu abathandana nesini esinye, italasi nabanye nabanye. i-LGBTQI ishunqulela amagama angekhoyo ubunzi bawo esiXhoseni, kungoko ke kusetyenziswa i-LGBTQI. Abantu abakwiLGBTQI bafumana ucalucalulo ngendlela ezahlukeneyo kuquka ukungamkeleki ekhaya, ekuhlaleni nakwindibano zonqulo maxawambi namasiko.



Inkxaso nentlonipho yesini ebandakanya ezempilo

Inkxaso nentlonipho yesini ebandakanya ezempilo; kuquka inkonzo zempilo, iihormoni. Ukuxhamla lenxaso kuxhomekeka kubudala, iinqkubo ezikhoyo zempilo okanye imithetho.

AFRIKAANS

LGBTIQ+

LGBTIQ+ is 'n afkorting wat gebruik word om mense se verskillende seksuele oriëntasies en geslagsidentiteite te beskryf wat nie altyd by tradisionele verwagtinge van "man/vrou" of "reguit" pas nie. Dit staan vir Lesbies, Gay, Biseksueel, Transgender, Interseks, Queer en ander identiteite (+).

Mediese afirmasie

Mediese afirmasie behels gesondheid- sorgstappe om iemand se geslags-identiteit te ondersteun. Dit kan hormoon-behandeling (soos testosteron of estrogeen), puberteitsblokkers of geslagbevestigende chirurgie insluit. Toegang hang af van persoonlike keuses, ouderdom, die gesondheid-stelsel en wette.

ENGLISH

Men who have sex with men

Men who have sex with men (MSM) is a public health and research term used to describe males who engage in sexual activity with other males, regardless of how they identify (e.g., gay, bisexual, straight). It focuses on behavior rather than identity.

Non-binary

(Also see gender diverse)

An umbrella term to reflect a variety of gender identities that do not align with a binary understanding of gender, such as man or woman. Non-binary individuals may identify as both genders, neither, or a different gender altogether. Identities that may fall under this category include genderqueer, genderfluid, agender, bigender or pangender.

Pansexual

Pansexual refers to someone who can be attracted to people of any sex, gender or gender identity, including non-binary, gender-diverse, or intersex individuals. It means that a person is not limited to being attracted to just men or women, but can be attracted to anyone regardless of their gender.

ISIXHOSA

Amadoda awabelana ngesondo namanye amadoda

Eliligama lisetyenziswa kwezempilo nakwezophando ekuchazeni abantu abangamadoda ababelana ngesondo namanye amadoda. Umzekelo i-Gay okanye indoda eyabelana ngesondo nabantu ababhinqileyo namadoda ngokudibeneyo.

ALSO KNOWN AS

After nine

Ukungakholelwa kwisini esintlantlombini

Igama elisetyenziswa ukuquka ingqokelela yezini ezahlukeneyo ezi ngekho kuluhlu olukumda wobudoda okanye ubufazi kuphela. Abantu bangazazisa ngesini esahlukileyo kubudoda okanye ubufazi. Umzekelo isini esingesosigxina.

Pensexual

Pansexual ngumntu onomtsalane ebantwini basonasiphi na isini kuquka abantu abanesisini esingesosigxina. Oku kuthetha ukuba abanamtsalane kubantu ababhinqileyo okanye amadoda kuphela kodwa banomtsalane nakubanina onasonasiphi na isini.

AFRIKAANS

Mans wat seks het met mans

Mans wat seks het met mans (MSM) is 'n term wat in openbare gesondheid en navorsing gebruik word om mans te beskryf wat seksueel aktief is met ander mans, ongeag hoe hulle hulself identifiseer (byvoorbeeld as gay, biseksueel of hetero). Die fokus is op gedrag, nie identiteit nie.

Nie-binêr

Nie-binêr sluit alle mense in wat nie ten volle identifiseer as manlik of vroulik nie. Dit sluit nie-binêre, genderfluïed, agender, en ander geslagsidentiteite in wat nie beperk is tot die binêre verstaan van man of vrou nie.

Panseksueel

Panseksueel beteken dat iemand aangetrokke kan wees tot mense van enige geslag – of sosiale geslagsidentiteit of die persoon nou manlik, vroulik, nie-binêr of enige ander geslagsidentiteit het. Die idee is dat geslag nie bepaal wie iemand aantrek nie.



ENGLISH

Patriarchy

A social system of in which men as a group are constructed as superior to women as a group and as such have authority and power over them.

Pride

Pride refers to the celebration and recognition of the identity and rights of LGBTIQ+ individuals. It is an opportunity to be proud of one's sexual orientation and gender identity and to advocate for equality and inclusivity. The term is often associated with Pride parades, where people openly celebrate their LGBTIQ+ identity and challenge discrimination such as homophobia, transphobia, and other forms of marginalization.

Pronoun

Pronouns refer to the words that individuals prefer others to use when referring to themselves. Pronouns reflect a person's gender identity (how they see themselves) and are important for recognizing and respecting their identity. For example, a person may prefer to be called "he", "she", "they" or another set of non-binary pronouns. "He" or "him" is typically used for someone who identifies as male.

ISIXHOSA

Ubunganga bamadoda

linkqubo zasekuhlaleni eziphakamisa ukuba ubudoda bongamele ubufazi okanye abantu ababhinqileyo.

Umngcelele wokuzingca

Umngcelele wokuzingca, le yimibhiyozo eqaqambisa ukuzazi namalungelo abantu be-LGBTIQ+. Lithuba lokuba abantu bazingce ngobuni babo, bamele umakulinganwe nokubandakanywa ngokupheleleyo. Kulemingcelele abantu bacela umngeni ngokuchasene nocalucalulo olufana nokuchaswa ngokwesini.

Izimelabizo

Amagama abantu abathanda okubizwa ngawo. Ubukhulu becala awanxulumananga nesini kulwimi lwesixhosa kodwa kulwimi lwesingesi ayakwazi ukunxulumana nesini. Uzekelo, bona okanye yena okanye wena.

AFRIKAANS

Patriargie

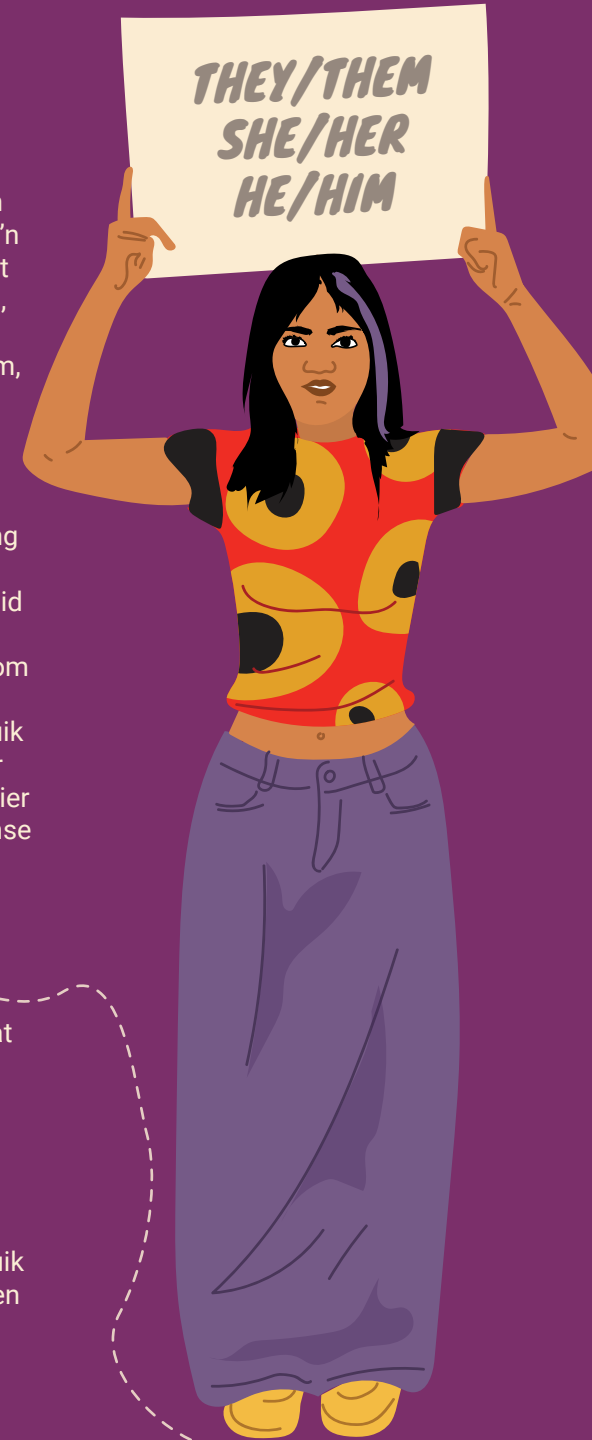
Patriargie is die idee of sisteem waar mense wat as manlik beskou word meestal meer mag, beheer en invloed het in 'n samelewing. Dit is 'n stelsel wat dikwels veronderstel dat mans die leierskaprolle in die gesin, die werkplek, die politiek en ander aspekte van die samelewing inneem, terwyl vroue en ander geslagte minder aandag of mag kan kry.

Pride (Trots)

Pride (of Trots) verwys na die viering en van die identiteit en regte van LGBTIQ+ mense. Dit is 'n geleentheid om trots te wees op jou seksuele oriëntasie en geslagsidentiteit, en om vir gelykheid en inklusiwiteit op te staan. Die term word dikwels gebruik in verband met Pride parades, waar mense openlik hul LGBTQI+ regte vier en op regte en vryheid van alle mense aandrang, sowel as homofobie, transfobie en ander vorme van diskriminasie uitdaag.

Voornaamwoorde

Voornaamwoorde is die woorde wat mense verkies om gebruik te word wanneer ander na hulle verwys. Voornaamwoorde weerspieël 'n persoon se geslagsidentiteit (hoe hulle hulself ervaar) en is belangrik vir die erkenning en respek van hul identiteit. "Hy" of "hom" word gebruik vir mense wat as man identifiseer en "sy" of "haar" na 'n vrou.



ENGLISH

Queer

An umbrella term to describe individuals who don't identify as straight and/or cisgender. Due to its historical use as a derogatory term, and how it is still used as a derogatory term in many communities, it is not embraced or used by all LGBTIQ+ people. The term "queer" is however often still used interchangeably or a shorthand/umbrella term for a LGBTIQ+ (eg "queer people" instead of "LGBTIQ+ people").

Sexuality

Human sexuality is a central aspect of being human throughout life and is the way people experience and express themselves sexually. This involves biological, psychological, physical, erotic, emotional, social, or spiritual feelings and behaviors.

Sexual fluidity

Sexual fluidity is a concept that suggests a person's sexual orientation can change over time or depending on circumstances and time.

ISIXHOSA

Abohlukileyo ngokwesini sesiqhelo

Igama elimbaxa elisingisela kubo bonke abantu abazazisa ngesini esahlukileyo kwisini semvelo. Ngenxa yemvelaphi embi yalo eligama alamkelekanga kubo bonke abantu abakwi-LGBTIQ+. Abanye balibona lisisithuko.

Ubuni

Icala elingundoqo lomntu eliquka isini sendalo, ukuzazisa ngesini, uxanduva ngokwesini, ulonwabo, ukuthandana nenzala malunga nesini.

Ukungabi nomtsalane ngezesondo okusisigxina

Ukungabi nomtsalane ngezesondo okusisigxina, otshintshayo ngenxa yexesha okanye imeko ethile. Olutshintsho lwenzeka kwinqanaba lokuzazisa ngesini okanye imbonakaliso yesini.

AFRIKAANS

Queer

Queer is 'n breë en inklusiewe term wat gebruik word om seksuele oriëntasies, geslagsidentiteite en uitdrukkings te beskryf wat nie in tradisionele norme pas nie. Dit kan verwys na mense wat nie binêre, heteronormatiewe geslagsrolle of seksualiteite volg nie, en sluit mense in wat nie in die man/vrou of heteroseksueel/ homoseksueel binêre stelsel wil pas nie.

Seksualiteit

Seksualiteit gaan oor hoe jy voel, dink en optree rondom liefde, seks en aantrekking – dit is persoonlik en verskil van mens tot mens.

Seksuele vloeibaarheid

Seksuele vloeibaarheid is die idee dat 'n persoon se seksuele oriëntasie oor tyd kan verander, of dit kan afhang van spesifieke omstandighede. Dit beteken dat iemand nie per se vir die hele lewe aan dieselfde seksuele oriëntasie gebind is nie en dat hulle aantrekking tot mense kan wissel op grond van verskillende ervarings en situasies.

ENGLISH

Sexual orientation

Each person's capacity for profound emotional, affectional and sexual attraction to, and intimate and sexual relations with, individuals of a different gender, the same gender or more than one gender.

Sexual preference

Sexual preferences refer to an individual's attraction to another person, encompassing emotional, romantic, and/or sexual attraction. These preferences can vary greatly and are often described using terms like heterosexual, homosexual (gay/lesbian), bisexual, and asexual, among others.

Ukucwangcisa

Sexual and reproductive health and rights (SRHR)

Sexual and reproductive health and sexual and reproductive rights are centred around individual autonomy and the ability to make choices regarding individuals' own reproduction and sexuality to enjoy the highest attainable standard of health.

Sexual and reproductive health refers to a broad range of services that cover access to contraception, fertility and infertility care, maternal and perinatal health, menstrual health, prevention and treatment of sexually transmitted infections (STIs), prevention and treatment of reproductive cancers, protection from sexual and gender-based violence, and education on safe and healthy relationships throughout the life course of an individual.

ISIXHOSA

Imvakalelo ngokobuni

Isakhono somntu ngamnye sokuba akwazi ukwakha budlelwane obunzulu ngokwasemphefumleni, kwezothando nokwabelana ngesondo nabantu besini esinye, isini esahlukileyo okanye isini esingesosigxina.

ALSO KNOWN AS

Ukujola ngokobuni

Umdla wesini othandana naso

Ukuthanda iimpawu ezithile kwabanye abantu ngokugqwesileyo nangokukhethekileyo malunga nezesondo, ngokwayemphefumleni nasemzimbeni.

Inzala, ezesondo namalungelo

Impilo malunga nenzala, ezesondo namalungelo ngokujoliswe ekubeni umntu akwazi ukuthatha isigqibo kwaye azikhethile ngobume bakhe kwimpilo ngokobuni, inzala, ezesondo, namalingelo. Oku kuquka ukufumana iinkonzo ezifana nokucwangcisa, ubume benzala, ukuhlukuhla, nenkonzo emvakukubeleka, ukukhusela izifo zangaphantsi, ukukhusela ukuhlukunyezwa ngokwesini, ulwazi nobanobudlelwane obuphilileyo.

Ukufumana ezinkonzo kuthetha ukuba umntu ukwisimo sempilo esipheleleyo emzimbeni, engqondweni, kwimeko zaseskuhlaleni nezobomi. Kwaye uyoneliseka, ukhuselekile kwimpilo yakhe yezesondo. Kuquka ulwazi lokuba nokukhulelwa kukhuselekile kwaye uyakwazi ukuthatha izigqibo ngenzala. Ukufumana ezinkonzo lilungelo loluntu elifanelekileyo.

Seksuele en reproduktiewe gesondheid en regte

Seksuele en reproduktiewe gesondheid en seksuele en reproduktiewe regte is gesentreer rondom individuele outonomie en die vermoë om keuses te maak rakende individue se eie voortplanting en seksualiteit en om die hoogste bereikbare standaard van gesondheid te geniet.

Seksuele en reproduktiewe gesondheid verwys na 'n wye reeks dienste wat toegang tot voorbehoeding, vrugbaarheids- en onvrugbaarheidsorg, moeder- en perinatale gesondheid, menstruele gesondheid, voorkoming en behandeling van seksueel oordraagbare infeksies (SOI's), voorkoming en behandeling van reproduktiewe kankers, beskerming teen seksuele en geslagsgebaseerde geweld, en opvoeding oor veilige en gesonde verhoudings dwarsdeur die lewensloop van 'n individu dek.

AFRIKAANS

Seksuele oriëntasie

Seksuele oriëntasie verwys na 'n persoon se romantiese, emosionele of seksuele aantrekking tot ander mense – dit kan wees tot mense van dieselfde geslag, 'n ander geslag, meer as een geslag, of geen geslag nie.

Seksuele voorkeur

Seksuele voorkeure verwys na 'n individu se aantrekkingskrag tot 'n ander persoon, wat emosionele, romantiese en/of seksuele aantrekkingskrag insluit. Hierdie voorkeure kan baie wissel en word dikwels beskryf met terme soos heteroseksueel, homoseksueel (gay/lesbies), biseksueel en ongeslagtelik, onder andere.

Gesondheid en reproduktiewe gesondheids regte

ENGLISH

Social affirmation

Social affirmation refers to the non-medical ways a person's gender identity is respected and supported. This includes using their chosen name and pronouns, changing clothing or hairstyle, and being recognized in their gender by family, school, work, and community.

SOGIESC

This is an acronym which stands for for sexual orientation, gender identity, gender expression and sex characteristics.

Toxic masculinity

Toxic masculinity refers to harmful and restrictive behaviors or attitudes traditionally associated with being a man. It involves things like thinking men must always be tough, aggressive, or unemotional, and that showing vulnerability or kindness is a sign of weakness. This kind of thinking can hurt men themselves and the people around them by promoting unhealthy ways of dealing with emotions, relationships, and stress.

Transgender

A term for people whose gender identity differs from the sex they were assigned at birth. Transgender people may or may not choose to alter their bodies hormonally and/or surgically.

ISIXHOSA

Ukuqinisekisa isini ekuhlaleni

Ukubonakalisa nkxaso nentlonipho yesini ekuhlaleni kuquka ukwamkeleka ngokwembonakalo (isinxibo, amagama) nokwamkeleka kwiindawo ezifana nezikolo, icawa njalo njalo.

SOGIESC

SOGIESC ligama elishunqulelweyo elithetha: sexual orientation, gender identity, gender expression and sex characteristics.

Ubungaga bobudoda obunokungcola nobungozi

Ubungaga bobudoda obunokungcola nobungozi obusukela kwimithetho yasekuhlaleni enxulumene nokuphakamisa ubudoda. Oku kubandakanya iingcinga zokuba amadoda ngabantu abaqinileyo, aba nobundlobongela, umsindo okanye abangenamvakalelo nabangafanelekanga ukubonakalisa iimpawu zobabuthathaka okanye ububele. Oluhlobo lweengcinga lungonzakalisa amadoda kwakunye nabantu ababangqongileyo lukhulise noxinizelelo kubudlelwane bamadoda nasezigqondweni zabo.

Umtshintshisini

Igama elibhekisa ebantwini abazazisa ngesini ngokwahlukileyo kwisini semvelo. Oluluhlu lwabantu lungakhetha ukungatshintshi okanye batshintshe imizimba yabo ngamachiza okanye ngotyando.

AFRIKAANS

Sosiale affirmasie

Sosiale affirmasie verwys na die nie-mediese maniere waarop 'n persoon se geslagsidentiteit gerespekteer en ondersteun word. Dit sluit in die gebruik van hul gekose naam en voornaamwoorde, verandering van kleredrag of haarstyl, en erkenning in hul gemeenskap, werk of skool.

SOGIESC

SOGIESC staan vir seksuele oriëntasie, geslagsidentiteit, geslagsuitdrukking en sekskenmerke.

Toksiese manlikheid

Toksiese manlikheid verwys na skadelike en beperkende gedrag of houdings wat tradisioneel met die idee van "manlik wees" gekoppel word. Dit behels dinge soos die idee dat mans altyd hard, aggressief of onemotioneel moet wees, en dat om kwesbaarheid of vriendelikheid te wys 'n teken van swaakheid is. Hierdie manier van dink kan nie net mans self seergemaak nie, maar ook die mense rondom hulle, omdat dit ongesonde maniere van omgaan met emosies, verhoudings en stres bevorder.

Transgender

Transgender verwys na mense wie se geslagsidentiteit verskil van die geslag wat aan hulle by geboorte toegewys is. Byvoorbeeld, iemand wat as 'n seun gebore is, maar hulself as 'n meisie voel en identifiseer – of andersom, of iewers op die sosiale geslags spektrum.



ALSO KNOWN AS

Manlike oorheersing,
hardebaard-manlikheid
of oormaskuliniteit



"Yindlela umntu aziva ngayo ngobuyena bakhe okanye ngumntu ozibona esemzimbeni ongefanelekanga malunga nesini sakhe sokuzalwa. Umzekelo: ndizalwe ndingumjita kodwa mna ndiziva ndiyi medi."

ENGLISH

Transition

Transition refers to the personal process that some transgender or gender-diverse people go through to live as the gender they identify with. This can involve (socially and medically) changes in name, pronouns, clothing, medical treatment (like hormones or surgery), or social roles—but not everyone chooses or has access to all of these steps.

Transition is often politicised because it challenges rigid ideas about gender. Access to gender-affirming healthcare, legal gender recognition, and public acceptance varies widely and is often shaped by laws, cultural norms, and power structures. In many places, trans people still face discrimination, restricted rights, or medical gatekeeping.

Women who have sex with women

Women who have sex with women (WSW) is a term used in public health and research to describe females who engage in sexual activity with other females, regardless of how they identify (e.g., lesbian, bisexual, straight). Like MSM, it focuses on behavior rather than identity.

ISIXHOSA

Inguqu yesini

Le yinqkubo yokuba abantu abanesini esingesosigxina bathi bangene kuyo ukuze baphile ngokwesini abazazisa ngaso. Oku kuquka indlela umntu abizwa ngayo, igama, utyando nehomoni.

Ababelana ngesondo namanye ababhinqileyo

Eliligama elisetyenziswa kwezempilo nakwezophando ekuchazeni abantu ababhinqileyo ababelana ngesondo namanye ababhinqileyo. Umzekelo i-Lesbian okanye owabelana nawo namadoda.

ALSO KNOWN AS

i-Lesbhiyeni

AFRIKAANS

Transisie

Transisie verwys na die persoonlike proses waardeur sommige transgender of geslagsdiverse mense gaan om as die geslag waarmee hulle identifiseer te leef. Dit kan veranderinge in naam, voornaamwoorde, klere, mediese behandeling (soos hormone of chirurgie), of sosiale rolle insluit—maar nie almal kies of het toegang tot al hierdie stappe nie. Transisie is dikwels polities omdat dit vaste idees oor geslag bevraagteken. Toegang tot geslagbevestigende gesondheidsorg, wetlike erkenning van geslag, en publieke aanvaarding verskil baie en word beïnvloed deur wette, kultuurnorme en magsverhoudings. In baie plekke ervaar trans mense steeds diskriminasie, beperkte regte, of mediese hindernisse.

Vroue wat seks het met vroue

Vroue wat seks het met vroue (WSW) is 'n term wat in openbare gesondheid en navorsing gebruik word om vroue te beskryf wat seksueel aktief is met ander vroue, ongeag hoe hulle hulself identifiseer (soos lesbies, biseksueel of hetero). Die fokus is op gedrag, nie identiteit nie.



ENGLISH

Brief history of LGBTIQ+ and SOGIESC terminology

The term LGBTIQ+ emerged to acknowledge a wide range of identities related to sexuality and gender, aiming for inclusivity, but its ever-expanding and complex nature has proven problematic for the clarity required in international human rights law. In contrast, the term SOGIESC — which stands for sexual orientation, gender identity and expression, and sex characteristics — has gained traction among global human rights advocates as a more precise, inclusive, and universally applicable framework. Rather than listing identities, SOGIESC centers shared human experiences and rights, much like freedom of religion protects beliefs without naming specific faiths. This shift avoids exclusion, respects cultural diversity without imposing Western labels, and better serves legal, policy, and grassroots activism by offering stability and adaptability in defending the rights of all people, regardless of how identities evolve or differ globally.

ISIXHOSA

Imbali emfutshane ye-LGBTIQ+ kunye nesigama se-SOGIESC

Igama u-LGBTQIA+ lavela ngeenjongo zokuveza iindlela ngeendlela ezahlukeneyo zokuzazi, nokuzazisa ngokwesini ukuze kubekho ukwamkeleka kwaye lungabikho ucalucalulo ekuhlaleni. Kodwa ukwanda kweligama nokubambaxa kwalo kuveze umcelimngeni malunga nokulicacisa ngakumbi kwiinkundla zomthetho wamalungelo oluntu kuzwelonke jikelele. Ngokuchaseneyo noku, igama u-SOGIESC elithetha: imvakalelo ngokobuni, ukuzazisa nokuzazi ngokwesini, imbonakaliso yesini neempawu zesini sokuzalwa- lona libonakala lisamkeleka kuninzi lwamatsha ntliziyo amalingelo oluntu kuba licacile kwaye libandakanya bonke abantu. U-SOGIESC uphuhlisa amava, imvakalelo namalungelo wabantu ngokufanayo nenkululeko yenkolo ekhusela iinkolelo ngaphandle kokukhetha uhlobo oluthile lwenkolo. Oku kuthintela ucalucalulo, lukwahlonipha nokwahluka kwamasiko ngaphandle kokunyanzela iindlela zaseNtshona. Ukusebenzisa u-SOGIESC kukwa sebenzisana bhetele nomgaqosiseko kwa nomzabalazo oncedisa imeko yozinzo nokukhuselwa kwamalungelo oluntu jikelele ngaphandle kokwahluka okanye ukufana kwesini.

AFRIKAANS

Kort geskiedenis van LGBTIQ+ en SOGIESC terminologie

Die term LGBTIQ+ het ontstaan om 'n wye reeks identiteite wat met seksualiteit en geslag verband hou, te erken en insluiting te bevorder, maar die voortdurend uitbreidende en vae aard daarvan het problematies geblyk vir die duidelikheid wat internasionale menseregterwette vereis. In teenstelling hiermee het die term SOGIESC — wat staan vir seksuele oriëntasie, geslagsidentiteit en -uitdrukking, en geslagskenmerke — steeds meer steun gekry onder globale menseregte-aktiviste as 'n meer presiese, inklusiewe en universeel toepasbare raamwerk. In plaas daarvan om spesifieke identiteite op te som, plaas SOGIESC die fokus op gedeelde menslike ervarings en regte, soortgelyk aan hoe godsdienstryheid beskerming bied sonder om spesifieke gelowe te benoem. Hierdie benadering voorkom uitsluiting, respekteer kulturele diversiteit sonder om Westerse etikette op te dwing, en dien regs-, beleids- en gemeenskapsaktiwisme beter deur stabiliteit en aanpasbaarheid te bied in die beskerming van almal se regte, ongeag hoe identiteite oor tyd ontwikkel of kultureel verskil.



REFERENCES & RESOURCES

Read more about some of the key gender terms and concepts from the following resources used to develop No Label:

Glossary of terms related to Gender Equality and Inclusion

International Development Research Centre, IDRC

https://idrc-crdi.ca/sites/default/files/2023-10/GEI%20Glossary%20EN_1.pdf

Gender Equality Glossary

UN Women Training Centre

<https://trainingcentre.unwomen.org/mod/glossary/view.php?id=36>

The Genderbread Person

Sam Killermann

www.itspronouncedmetrosexual.com/2018/10/the-genderbread-person-v4

Gender Terminology Booklets

South African Commission for Gender Equality

<https://cge.org.za/pei-department>

LGBTQIA Glossary

LGBTQIA Resource Center, University of California, Davis

<https://lgbtqia.ucdavis.edu/educated/glossary>

Pocket Queerpedia: an illustrated glossary of LGBTQIA+ terms

Tshisimani Centre for Activist Education

In English, isiXhosa and Afrikaans

www.tshisimani.org.za/pocket-queerpedia-download

The sexual orientation and gender identity (SOGI) universe

Desmond Tutu Health Foundation

<https://desmondtutuhealthfoundation.org.za/the-sogi-universe/>

Frequently asked questions on sexual and gender diversity, health and human rights: an introduction to key concepts

World Health Organization, WHO

www.who.int/publications/m/item/frequently-asked-questions-on-sexual-and-gender-diversity--health-and-human-rights--an-introduction-to-key-concepts

Language Matters

International AIDS Society, IAS

www.iasociety.org/language-matters

Gender-transformative approach toolkit –

Module 1: six interrelated components

Rutgers

<https://rutgers.international/resources/rutgers-gta-toolkit-module-1>

Gender-transformative approach explainer video

Rutgers

www.youtube.com/watch?v=-DNMFZG8n7E



REFERRALS

Reading about some of the concepts and phrases in this glossary might trigger uncomfortable or painful memories and/or feelings for some. We want to be sure that you are supported if this is the case.

If you need to talk, these helplines are useful:

AIDS Helpline

0800 012 322

Lifeline South Africa

0860 322 322

National GBV Helpline

0800 150 150

Triangle Project Helpline

021 712 6699

**South African Depression
& Anxiety Group (SADAG)**

0800 121314

