

GENDER AND SEXUALITY TERMS

Creating Accessible Neighbourhoods (CAN) does our work on the stolen land of the [skwxwú7mesh](#) (Squamish), [xʷməθkʷəy̓əm](#) (Musqueam) and [sel̓ífwitulh](#) (Tseil-Waututh) peoples. CAN recognizes that this acknowledgement is a tiny piece in the larger context of the ongoing work that must be done to challenge the legacies of colonialism and create palpable disruptive change and true reconciliation. We commit to centering decolonization in our work. We also utilize an intersectional lens and disability justice framework.

It is important to acknowledge that a damaging part of colonization was the attempted erasure of experiences that didn't fit into a narrow definition of gender and sexuality. Thankfully there is now more recognition and education about the broad spectrum of gender and sexuality. This terminology guide is an attempt to help inform about the broad spectrum of ways people express, live, and experience gender and sexuality.

Language is ever evolving. This has been proven with the ever increasing rainbow alphabet: 2SLGBTQIA+ (Two-Spirit, lesbian, gay, bisexual, trans, queer, intersex, asexual/aromantic/agender, plus). This guide is a living document that will be updated as terms are created, rediscovered, and shared. Please let us know if there is terminology that needs to be added, updated, or which is outdated.

The terms within this guide are important to affirming, validating, and recognizing our various identities and experiences. However, not all people use labels, are comfortable with labels, or yet know what their labels are. Please be mindful that language preference is independent to the person. If you are unsure which terms to use, ask the person.

If you have any questions about these terms, please contact us by email: info@canbc.org or phone/text: 604.437.7331

For more information about Creating Accessible Neighbourhoods, visit: www.canbc.org

(Spectrum: Some of these definitions use the word spectrum. Spectrum means that the experience of identifying within that label is individual and varies from person to person.)

2SLGBTQIA+: Initials used to refer to Two-Spirit, Lesbian, Gay, Bisexual, Trans, Queer, Intersex, Asexual/Aromantic people plus other sexual orientations and gender identities. This initial has many variations LGBTQ, LGBTQ2S, LGBTQ+, LGBTQ2S+, LGBTQIA2S+, LGBTQ2+, LGBTQ2IA+, etc.

Agender: People who do not identify as having a gender. Some see themselves as gender neutral, others see themselves as genderless.

Allosexual: A person who does experience sexual attraction.

Ally: A person who is supportive of 2SLGBTQIA+ people, whether personally and/or as an advocate. Allies are active, they challenge bias, oppression, and discrimination. Allies explore and confront their own conscious and unconscious bias and call others in on their biases. Allies support the rights of 2SLGBTQIA+ people. Allies believe that all people should be treated with dignity and respect. Allies recognize when offensive jokes and/or comments are being made and address them. Allies speak up for those who are marginalized and/or oppressed. Allies understand it is important to not speak over those they are trying to help, that there are times when the focus should be on listening and learning from those with lived experience.

Amatonormativity: “Amatonormativity is a kind of harmful stereotyping. It also encourages structuring law and society on the assumption that amorous relationships are the norm. This discriminates against, and at worst creates barriers to making other kinds of relationships – friendships, asexual romances, some kinds of polyamory or non-monogamy – central to one’s life.” Term coined by, and quote by, Elizabeth Brake

Androgyny: Stems from Greek words andros (meaning male) and gyn (meaning female), referring to the presentation of both female and male characteristics. Often used to describe the appearance of someone who doesn’t appear masculine or feminine, possibly a person who is gender non-conforming. (Please note that androgyny is not necessarily an indicator of a person’s gender identity.)

Androgynous: Gender expression that has elements of masculine and feminine characteristics and traits and do not conform to either gender.

Aromantic/Aro: Person who experiences little or no romantic attraction. Aromantics are on a spectrum.

Asexual/Ace: Similar to aromantic except asexuals experience little or no sexual attraction. This is also on a spectrum.

Attractions: Aesthetic (appearance), platonic (nonsexual, nonromantic), romantic (desire for romantic contact or interaction), sensual (desire to be touched or touch another but necessarily sexual in nature), sexual (desire sexual contact), emotional (a strong bond), intellectual (desire to engage in an intellectual manner)...

Bi+: Created as an umbrella term or shorthand for bisexual, pansexual, omnisexual, plus more.

Binary: In reference to gender, western society has classified this as man/woman

Bi-Erasure: Bisexuality is a valid sexual identity. Unfortunately, bisexual erasure has led to misperceptions, including the denial and questioning of bisexuality. Bisexual erasure can include the belief that bisexual people are confused, in a phase, or in a transitional stage and will eventually choose a side between being heterosexual or homosexual. The misperception that bisexuals are simply undecided isolates and marginalizes. Other stereotypes include believing a female bisexual in a relationship with another female is a lesbian or a male bisexual person in a relationship with a woman is heterosexual. This type of thinking erases the reality that a bisexual remains a bisexual no matter the gender of their partner.

Bigender: Bigender people have two distinct gender identities. The gender identities can be binary (male, female) or non-binary identities. Bigender people may experience the two gender identities simultaneously or fluctuate between the two.

Binding: Binding is done to flatten the appearance of a person's breasts. It can be done by wearing tight clothing, layering clothes, using bandages, using a binder (typically elastic and wrap around a body part, with velcro straps for closure, sometimes called compression vest) and/or compression garments (usually elastic or spandex, more variable to different body parts and more like pieces of clothing). Binding must be done carefully with appropriate force and materials or it can lead to discomfort, pain, and negative health impacts, including broken ribs, problems with breathing, overheating, and/or skin damage.

Bioromantic: Bioromantics are people who are romantically attracted to people of more than one gender.

Bisexual: Bisexuality is a diverse sexual orientation with multiple meanings. Bisexuality is being emotionally, romantically, and/or sexually attracted to more than one gender. It can also include the following definitions: attraction for at least two genders, attraction to their own gender and genders different to their own, attracted to two genders, and/or being attracted to all genders.

Bottom Surgery: Surgery on a person's reproductive system, it can be part of gender-affirming surgery. Not all trans people have medical interventions as part of their transition. Whether a trans person has or has not had surgery is private, personal medical information and should not be asked about. Having or not having surgery does not define a person's gender.

Chosen Family: A family that is chosen not biologically related. Also called a found family. This family creates the community that supports and affirms the person. Unfortunately, all too often, 2SLGBTQIA+ folk lose relationships with family members when they come out. Chosen families are created because 2SLGBTQIA+ people are displaced and seeking safety, support, and love. Chosen family is an example of community care, people connected by shared identities and/or experiences looking after one another.

Cis: means of "on this side of"

Cisgender: Individuals who identify with the gender they were assigned at birth.

Ciscentrism/Cisnormative/Cissexism: Pervasive system of attitudes, bias, and discrimination that treat identities other than cisgender as less than and outside of the social norm. Includes stereotyping, discrimination, and prejudice to transgender and gender non-conforming people.

Colonialism: Colonialism is the practice of one population exerting control over another, valuing certain people as less than and attempting to erase culture, language, history and people. Colonialism affected how we perceived gender. Individuals were severely punished for expressing any gender or gender expression outside of the accepted norm of two genders and two sexes.

Coming Out: 1) The internal process of coming to terms with and/or self-acceptance of one's identity. 2) Disclosing one's sexual and/or gender identity. This may be telling one or many people or disclosing in certain spaces (at school but not home, at home but not work, etc.). Some people come out all at once, others do it slower and person by person, and some come out by using social media.

Community Care: Community care is care and support provided by fellow community members, individually (friends, neighbours, colleagues) or groups of people (members of organizations, support groups, care collectives) that does not place the responsibility on a single individual to care and support themselves. By creating community care, we can better support our individual well-being and the well-being of others in our community. Community care takes many forms, including support groups, checking in on one another, supportive and compassionate listening, leaving sticky notes of encouraging words, organizing protests and/or events, sitting with someone, checking in regularly, asking for support, helping one another prioritize rest, intervening if you see discrimination or prejudice, doing errands for one another, supporting someone at appointments, donating to those in need, advocating for rights, and holding space with one another. Community care can be done in person, online, by mail, etc.

Dead Name: A name given at birth, which is no longer used. A dead name quite often misgenders a person. Do not ask a person what their dead name is. Use the name they present you with. The word dead denotes the seriousness of the end of using that name and how offensive it is to use that name.

Deadnaming: When a person refers to a transgender or gender non-conforming person with a name they used at a different time in their life. This may be intentional or by accident. Deadnaming can cause trauma and be a safety risk.

Demi: The prefix demi means “divided in half”. When used with sexual or romantic, as in demisexual and demiromantic, it means a person who only experiences sexual attraction and/or romantic attraction after they form a strong emotional bond.

Demiboy: A person who experiences their gender as partly boy and partly another gender.

Demigirl: A person who experiences their gender as partly girl and partly another gender.

Demigender: An umbrella term for nonbinary people who feel a partial connection to one gender (for example, demiboy or demigirl).

Demiromantic: People who only experience romantic attraction once a strong emotional or sexual connection is formed. Demiromantic is on the aromantic spectrum.

Demisexual: People who only experience some sexual attraction in certain situations, like forming a strong romantic or emotional connection. Demisexual is on the asexual spectrum.

Drag: A performance, can take many forms, where one dresses, often elaborately, in clothing, make-up, and hair that imitates and exaggerates gender identity. Drag can refer to a man wearing woman's clothes (drag queen), a woman wearing men's clothes (drag king) or performers who don't identify within the binary (drag things). Drag is a diverse art form and has many other subcategories of performers. Drag is used as self-expression, pride, and celebration. Drag can include lip-syncing and dance. Some libraries have drag queen/king story times. Drag performers have been around since ancient Greece through Shakespearean times and up into the present.

Gay: A person who is sexually, romantically, and/or emotionally attracted to the same gender as themselves. This is most often used in reference to men who are attracted to men.

Gender: Refers to socially and culturally constructed concepts of behaviours, activities, and norms that are used to create concepts such as masculinity and femininity in culture. One may identify as being a man, woman, or another gender. It involves gender assignment (the gender designation of someone at birth), gender roles (the expectations imposed on someone based on their gender), gender attribution (how others perceive someone's gender), and gender identity (how someone defines their own gender). Definitions of gender and gender roles can be limiting and rigid which results in stereotypes and expectations that people do not live up to.

Gender Affirming: This term can be used for a variety of things, including gender affirming clothing, gender affirming language (including pronouns), and gender affirming surgery, all of which affirm a person's identity. These are actions, words, supports, and behaviours that validate and recognize a person's gender identity.

Gender Binary: The socially constructed system that states there is a binary of two genders, male and female. The gender binary requires everyone to identify with and express, as well as be raised, as one of the two genders. However, throughout time, location, and cultures of the world, there is, and has been, a recognition that more than two genders exist, including gender fluidity.

Gender Creative: People, typically children, who don't conform to stereotypical gender norms. Sometimes also called gender non-conforming.

Gender Dysphoria: Refers to the internal conflict and distress experienced by some people whose sex assigned at birth does not align with their gender. Not all transgender and gender non-conforming people experience gender dysphoria.

Gender Euphoria: The euphoric feeling of comfort and joy that comes from one's gender being acknowledged, respected, and recognized by others. For example, when a person's pronouns are used, they may feel gender euphoria at being acknowledged and recognized as their true gender.

Gender Expansive: Describes a more flexible and expanded range of gender expression and/or identity, outside of the binary system.

Gender Expression: The way we express our gender, including voice, clothes, hair, make-up, pronouns etc. For some, their gender expression may not be the same as society's expectations of that gender. One should not rely on gender expression to determine a person's gender identity, particularly as some people are fluid and/or have more than one gender identity.

Gender Fluid: A gender identity that is not fixed and may move among genders. Gender fluidity means different things to different people. For some, gender fluidity may be a means of exploring their gender before landing on their appropriate gender identity. For others, their gender expression, including mannerisms, tone of voice, and appearance, are on a spectrum and fluctuates hour by hour, day by day, or situation by situation. Gender fluidity embraces the adaptable nature of gender identity and expression.

Gender Identity: This is the way that we see ourselves, it is both individual and internal. Gender identity can be rigid or fluid depending on the person.

Genderism: A social system or cultural belief that there are, or should be, only two genders, that gender is rigid, and that one's gender has aspects that are inherently tied to their sex assigned at birth.

Gender Neutral: Not gendered (as in a gender neutral washroom or gender neutral title).

Gender Non-Conforming: This term is used by people who do not conform to society's expectations of gender roles and/or expression. This term may be used by trans people, but not all identify with it.

Gender Policing: Gender policing is when people impose and enforce what they perceive as “normal” gender expressions and/or roles. Gender policing can happen at an individual level or by society, law, and policies.

Genderqueer: Individuals who identify outside of the male/female binary. This is an umbrella term, people who are gender queer may identify as somewhere in between genders, beyond the genders, moving along the spectrum of genders, within a combination of genders, blurring the lines of gender, and/or with no gender.

Gender Questioning: A person who is exploring and/or questioning their current gender identity and presentation.

Gender Roles: Beliefs and expectations about what is appropriate behaviour and appearance for males and females, based on a set of cultural and social assumptions. Gender roles vary in different cultures. Strict gender roles can limit a person’s achievements, well-being, and development.

Gender Socialization: The process that teaches and instructs individuals how one “should” behave in their gender. Gender socialization is taught by parents, teachers, faith organizations, peers, and media. What the socialization looks like depends on culture, location, and a variety of intersecting identities.

Gender Spectrum: The concept that gender is a broad and diverse spectrum that exists beyond the binary of female/male.

Gendervoid/Voidgender: Refers to lack of gender identity but also a void, a sense of loss, in not feeling gender identity. Where an gender identity should/would be, they have an empty place. Similar to agender.

Greysexual/Graces/Grey A’s: People who don’t feel asexual fits them but don’t completely fit into allosexual either. They may experience sexual attraction but not very often. Others have only experienced it once or twice.

Greyromantics: Individuals whose romantic attraction exists within the gray area between romantic and aromantic. This may mean that they experience romantic attraction less often or less strongly.

Heteronormative: When heterosexuals (people attracted to someone of a different sex who is not queer) are held up as the normal (normative) and/or superior and all else are considered less than. This is reinforced by social roles, individuals, and/or structures such as law and policies.

Heterosexism: This system of oppression assumes that heterosexuality is the norm and superior to 2SLGBTQIA+ folk.

Heteroromantic: Someone romantically attracted to people of a different sex.

Heterosexual: A person who is emotionally, romantically, sexually, affectionately, or relationally attracted to people of a different sex. Also known as a straight person.

Homophobia: Hate, fear, violence, bullying, and/or aversion to or towards anyone who is homosexual or who has perceived homosexual behaviour. Homophobia can be done via individual, cultural, institutional, interpersonal, and/or internal ways.

Homoromantic: A person who is romantically attracted to people of the same sex.

Homosexual: A homosexual is a person who is sexually attracted to their own gender. The term is not as widely used as it once was.

Hormone Replacement Therapy (HRT): Treatment that may be part of the gender affirmation process for trans and gender non-conforming people. For trans women, it may include estrogen and testosterone-blockers. For trans men, testosterone (also known as T). HRT can improve mental health, reduce anxiety, reduce gender dysphoria, and increase gender euphoria.

Intersex: A term for variations in natural biological variations, sex characteristics, chromosomal patterns, hormonal levels, genetic make-up, reproductive and/or sexual anatomy. Some people may go their entire lives without knowing they are intersex. Other Intersex individuals have non-consensual, oppressive, and unnecessary surgical and medical decisions forced on them by medical professionals, although there has been a lot of work to move away from these practices, including legislation. Intersex is a socially constructed category that reflects real biological variation. These variations have always existed but social and medical judgements have labelled them.

JQT: Initials, pronounced “jay-cutie”, that stand for Jewish/Queer/Trans.

Lesbian: A woman who is romantically, sexually, and/or emotionally attracted to another woman. The origin of the name is from the Greek island of Lesbos, once home to Sappho, a poet and teacher who was also a woman who loved other women.

Metamour: A person who is in an intimate (romantic or sexual) relationship with an intimate partner of yours.

Misgender: To refer to a person (especially a trans person) by something that does not correctly reflect the gender they identify with. This can be done by using incorrect pronouns, a form of address such as sir or ma'am, or deadnaming a person. Misgendering can be done accidentally or with purpose, intention, and malice. If you do it accidentally and are corrected, thank the person for correcting you and say that you will try to do better in the future.

Mono-amorous: Having only one sexual and/or romantic partner at a time.

Monogamy: A relationship with one partner at a time, instead of with multiple partners.

Monogamous: A person who is sexually, romantically, and/or emotionally intimate with one person at a time.

Mx: Used in place of Miss, Ms, or Mr for someone who doesn't identify as male or female.

Neutrois: Individuals who identify as having a neutral or null gender.

Nibling: A gender-neutral term for niece/nephew.

Non-Binary/Nonbinary: Is gender that lies outside of the binary of male and female, this exists on a spectrum. Also known as enby. Non-binary can be a specific or umbrella term. Other umbrella terms for people outside of the binary include gender creative and gender expansive people.

Non-Monogamy: An umbrella term for those who do not have monogamous relationships.

Omnigender: Someone who identifies as a mixture of multiple genders or all genders at the same time. Pangender is similar.

Opposite Sex: An inaccurate descriptor that assumes there are only two genders and that they are opposite one another. Use instead: different gender.

Outing: Revealing another person's gender, sexual orientation, trans status, and/or relationship status without their consent, whether accidentally or purposefully. Outing

has consequences that can affect a person's privacy, emotions, physical safety, social status, and/or economics.

Panromantic: People who can be romantically attracted to people of all genders.

Pangender: Pan means "all". This refers to people who identify and/or express their gender all along the spectrum.

Pansexual: Pan means "all". Individuals who are sexually, romantically and/or emotionally attracted to others regardless of gender identity. This includes cisgender, transgender, agender and gender nonconforming individuals.

Passing: A term used to denote that someone's sexual orientation and/or gender identity is perceived as matching the gender identity they identify with. Passing refers to not being visibly recognizable or being "read" a certain way, for example, as trans. Those who "pass" may experience less hate, prejudice, violence, harassment, and discrimination. For some, passing is important to their safety while others choose not to pass as an act rejecting the societal and cultural ideals that hold certain gender identities and sexual orientations as the "norm". Passing is a complicated subject. For those who feel the need and/or pressure to pass, it can be exhausting to perform a gender that does not match theirs. It can also feel like a weight because they want to be out and proud but have to center their safety and comfort. For trans folk that use it as a survival tactic, it can be a constant reminder of how dangerous it is to be your true self. Passing speaks to the danger that still exists for people to live proudly as who they are, something that is just not possible for everyone. Passing can also reinforce the idea that a trans or gender non-conforming person need to or should look or sound like someone that fits within the gender binary of male/female. Also, passing is often not a conscious choice but rather an individual and societal assumption about what certain genders look like. A trans person may not do anything purposely but others don't see them as trans. The term word passing makes it seem like it is a deliberate action. Alternatives to "passing" are: read (as in being read as cisgender or trans) and clocked (as in being clocked as gender non-conforming).

Polyamorous/Polyam: A term for people who have more than one consensual relationship, whether romantic, emotional and/or sexual. Involves multiple partners. Also known as ethically non-monogamous.

Pronouns: Words that refer to a person without using their name. These words reflect their gender identity. Some people use common pronouns, some use neopronouns (gender neutral), and some use no pronouns. Common pronouns: they/them, she/her,

and he/him. Neopronouns (neo means new, a new category of pronouns): xe/xem, ze/zir and fae/faer.

Privilege: Refers to the advantages and benefits that are held by and extended to particular people, typically those from dominant or majority groups. These advantages are often the result of oppressing and suppressing minority and non-dominant groups.

QTBIPOC: Initials, pronounced “cutie bi-poc”, that stand for Queer & Trans Black/Indigenous/People of Colour.

Queer: An umbrella term to refer to all 2SLGBTQIA+ people. It is a word that once was a derogatory term (and sometimes still is) but that has been reclaimed by the community who it was once weaponized against. Not every queer person is comfortable with using it or being labelled with it. The word can also be used in regard to sexual orientation and/or gender being fluid.

Questioning: People who are exploring, experimenting and discovering their gender identity, gender expression and sexuality. The point of life at which a person begins to question, and the speed at which they discover the appropriate terms while questioning, is independent to the person. Questioning is sometimes used by someone who has not yet found term that fits or by someone who has concerns about using a certain term.

Read As: People use criteria such as voice, clothing, stride, gender expression, make-up, hair, and other identifiers to read a person as a certain gender, sexual identity, and/or sex assigned at birth.

Romantic Fluidity: Romantic attachments that have fluidity to them, ones that have the capacity and space to form organically (without exertion or intention that is has to be this or that). The fluidity may be affected by various factors such as culture, age, geographical location, relationships, environment, and/or access. Romantic fluidity also happens between 2SLGBTQIA+ people who don't know what their attraction to another person means. Romantic fluidity allows people to try and see what works.

Romantic Orientation: Describes the gender identity of those who a person romantically loves and/or is emotionally intimate. A way of identifying a person's romantic orientation. There are a variety of terms: aromantic, biromantic, homoromantic, heteroromantic, panromantic, etc.

Sapphic: Is a woman or woman-identified, person who is romantically or sexually attracted to other women or women-aligned people. This is a nod to lesbian poet Sappho, who lived on the Greek island of Lesbos (where the word Lesbian originates from). Sapphics aims to unify women who love other women and promote solidarity among women of all identities, this includes lesbians, bisexual women, and pansexual women. There is a masculine counterpart (achillean) and a nonbinary counterpart (diamoric) but these are not used as often.

Sex: Refers to the biological structures of our bodies, including chromosomes, hormones, reproductive organs, and physical attributes such as outward appearance of genitalia. Sex also includes physical traits such as growing breasts and getting hairy. Sex is typically assigned at birth.

Sexual Orientation: Describes the sexuality of a person, who they are sexually attracted to. There are a variety of terms: asexual, bisexual, homosexual, heterosexual, pansexual, etc.

Sexuality: How you identify and how you experience sexual feelings, attractions, behaviours, thoughts, and fantasies about other people (if you do feel them). Sexuality has multiple parts, including who you find physically, sexually, and/or emotionally attractive. There is a broad spectrum of sexuality.

Sexual Fluidity: Sexuality that has the capacity for change. The fluidity may be affected by various factors such as culture, age, geographical location, relationships, environment, and/or access. (Sexual fluidity does not mean that sexuality can be changed through therapy or by will.)

Sexual Orientation: Emotional, romantic, and/or sexual feelings toward other people or no people (asexual). Terms include asexual, bisexual, heterosexual, gay, lesbian, and pansexual.

SGM: Initials for Sexual and Gender Minorities.

SOGI: Acronym for Sexual Orientations and Gender Identities.

SOGIESC: Initials stand for sexual orientation, gender identity and expression, and sex characteristics.

Stealth: Stealth is when a transgender person decides not to disclose that they are transgender. This may be important to a person's safety or they may choose to do it to experience less hate, prejudice, violence, harassment, and discrimination. This may look like switching jobs and/or towns after a gender affirming. Some people are only stealth in certain situations. For example, their friends may know their gender identity but they don't disclose it at work.

TERF: (pronounced turf) Acronym for Trans Exclusionary Radical Feminist. People in feminism (spaces, organizing, rights) who exclude trans people and only considers people who were assigned female at birth as women.

Top Surgery: Surgery on a person's breasts/chest, could be reduction, removal, or increase. It can be part of gender-affirming surgery. Not all trans people have medical interventions as part of their transition. Whether a trans person has or has not had surgery is private, personal medical information and should not be asked about. Having or not having surgery does not define a person's gender.

Trancestors: A term for trans elders, combining the words "transgender" and "ancestors."

Trans: means "on the other side of". It is used as a shortened version of transgender.

Transgender: Umbrella term for a person whose gender identity and/or expression is different to that which was assigned them at birth or those who do not conform to gender stereotypes. Often shortened to trans.

Transition: Term for the process that one may go through to affirm their gender identity. People can transition in a variety of ways, including social (pronouns, make-up, appearance, clothing, etc.), legal (name, ID, titles, etc.), and/or medical (laser hair removal, hormone therapy, bottom and/or top surgery, and other gender affirming surgery/surgeries). Not all transgender people transition, for a variety of economic, medical, and personal reasons. This does not make one more "real" than the other trans people who do not.

Two-Spirit/2 Spirit/2S: An Indigenous term to describe sexual, gender, and/or spiritual identity. Traditionally, for centuries, Indigenous Two-Spirit people have been a distinct, alternative gender status. This term is individual to the person and what it means to them, there is no one definition. It is important that we recognize that one of the damaging parts of colonialization was the attempted erasure of Two-Spirit people, who

were singled out for violence, abuse, criticisms and condemnation. Two-Spirit traditions and practices were forced to go underground and, in some bands, it disappeared altogether. Fortunately, today, Two-Spirit people are reviving their role and traditions while growing in size and visibility. Two-Spirit people were/are included and respected in most Indigenous communities, and they often took on important roles as healers, meditators, and warriors. This term is not used by all Indigenous people who are sexually and gender diverse. This term is Indigenous and should not be used by non-Indigenous people.