

It's OK not to know.

We can't know everything, it's just not possible, and it's absolutely ok to get things wrong. Yes, we sometimes feel embarrassed, but that is often because we feel that others are judging us on our actions.

We can help with that, by being open and curious. Ask, in a compassionate way, what does that mean? How do I use that in a sentence?

What is important however, is that we try.

There are so many terms.

This is just a few terms that I get asked more regularly about, but there are so many it can be hard to keep up. I try and keep an up to date list on my website. Please feel free to visit using the QR code above, or visiting

<https://www.hedgehogcounselling.co.uk/post> and looking at "What did you say?"



For more information on a variety of topics, please visit the website www.hedgehogcounselling.co.uk or use the QR code below.

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Queer Terminology



There are so many queer terms and words. Where do you start to learn what they mean?

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AroAce

Aro is an abbreviation Aromantic, someone who feels little to no romantic drive. This is a spectrum, so they may have some romantic feelings at times. Ace, is short for Asexual, meaning little to no feelings of sexual attraction. again a spectrum and some do still enjoy sexual contact at times. Aroace is someone who is aromantic and asexual.

Binder

A binder is an item of clothing used to disguise the appearance of breasts. For a lot of trans men, they help alleviate some feelings of gender dysphoria. If you are looking into this, please research safe use and good quality binders. You can also get packers, which simulate the experience and image of having a penis.

Cisnormative (Hetnormative / mononormative)

Cisnormative is the experience that the world is designed for cisgendered people, that media has a disproportionate representation of cisgendered people and that there is an unspoken expectation that someone is cisgendered. Hetnormative is the same for heterosexuality and mononormativity for monogamy. An example of hetnormativity, is the way that young children are referred to, with boys often being called lady killers, and girls being told they will have to fend boys off with a stick.

Deadname

An individual's deadname refers to the name they used to go by in the past. During a transgender or non-binary person's transition, they may choose a name that truly reflects their identity, making their previous names obsolete. It's not necessary to know someone's deadname, and it should never be used. For many individuals, their deadname can evoke painful memories and experiences of trauma.

Demisexual

A demisexual individual needs to establish an emotional bond with someone before experiencing sexual attraction. This emotional connection is a crucial element in their attraction.

Dysphoria

Gender dysphoria refers to the discomfort experienced when an individual's gender identity does not align with their physical body, how they are perceived and treated, and their life experiences. On the contrary, gender euphoria is the joy felt when acknowledged as or identifying with one's true gender.



Ethical / Consensual Non-monogamy

CNM or ENM, is a relationship configuration that allows those in the relationship to engage with sexual activities with other people outside the relationship. It is different to polyamory in that it isn't about additional relationships, although, polyamory is a non-monogamous relationship configuration too.

GRC - Gender Recognition Certificate

A GRC is a document that legally recognises a person's gender. It can be used to update legal documents, such as birth certificates. It is not a requirement, and many transgender people choose not to go through this process.

Intersex

Individuals who are intersex possess genitals, chromosomes, or reproductive organs that do not align with the male or female sex binary. This can manifest as a mismatch between their genitals and reproductive organs, or the presence of both male and female traits. Intersex variations may be apparent at birth, during childhood, later in life, or may never become evident. It is estimated that around 2% of the global population is intersex.

MLM / Sapphic

MLM means male loving male, often used to describe literature, and sapphic, named after Sappho a Greek poet, is lesbian or female loving female based.

Pupplay

Pupplay is a type of role-play, usually about power dynamics. Many will wear leads or pup hoods. There are many ways people can interact with pupplay, with some operating an owner / pet dynamic, others operating pack dynamics with alphas etc, and others engaging in a way that works for them. Though for some there are sexual aspects to it, but others it's about self-expression, relaxation or escapism.

QTIPOC

QTIPOC stands for queer, trans, intersex, person of colour. It's important due to the fact there is discrimination within the queer community as well as a huge lacking in diverse representation of queer people with in the media.

Undetectable

When someone states they are undetectable, this is usually in reference to HIV. This means that the viral count in their body is so low, it can't be detected and effectively means they cannot transmit it.