Gender Identity and Expression Terminology

Gender Identity or Expression – Connecticut General Statutes § 46a-51 defines “gender identity or expression” as a person’s gender-related identity, appearance, or behavior, whether or not that identity, appearance, or behavior differs from that traditionally associated with the person’s physiology or sex assigned at birth. Someone’s gender identity may be expressed or shown in many ways, including, but not limited to:

- Medical history, care, or treatment
- Consistent and uniform assertion; or
- Any other evidence that the gender identity is sincerely held and part of person’s core identity.

Sex Assigned at Birth – Sex assigned at birth refers to the sex designation recorded on an individual’s birth certificate at birth based on biological characteristics.

Transgender – Transgender is a broad term to describe people whose gender identity, expression or behavior is different from those typically associated with their sex assigned at birth.

Cisgender – Cisgender refers to individuals whose gender identity, expression, or behavior conforms with those typically associated with their sex assigned at birth.

Gender Fluid - Gender fluid may be a form of both gender identity and gender expression. It generally describes individuals who may not identify as the same gender all the time, and whose gender expression may change accordingly.

Gender Minority – An umbrella term referring to individuals not identifying as cisgender.

Gender Transition – Gender transition refers to the process in which transgender individuals begin asserting the gender that corresponds to their gender identity instead of the sex they were assigned at birth. During gender transition, individuals begin to live and identify as the sex corresponding to their gender identity and may dress differently, adopt a new name, and use pronouns consistent with their gender identity. Transitioning may or may not include medical and legal aspects, including taking hormones, having surgery, or changing identity documents (e.g. driver’s license, Social Security record) to reflect one’s gender identity.

Gender Dysphoria – Gender dysphoria may be used either as a general term referring to an individual’s distress with their assigned gender or as a specific medical diagnosis referring to an internal conflict between a person’s assigned sex and the gender with which they identify. Gender dysphoria is not the same as gender nonconformity, which refers to behaviors not matching common gender norms and stereotypes.