

The ABC's of the LGBTQ+ Initialism



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Lesbian:

A woman whose enduring physical, romantic, and/or emotional attraction is to other women. Some lesbians may prefer to identify as gay (adj.).

Gay:

The adjective used to describe people whose enduring physical, romantic, and/or emotional attractions are to people of the same sex (e.g., gay man, gay people).

Bisexual:

A person whose enduring physical, romantic, and/or emotional attracting is to both men and women.

Transgender:

A person who lives as a member of a gender other than that assigned at birth based on anatomical sex.

Queer:

Once used as a derogatory insult against those with same-sex sexual desires the word was reclaimed in the late 80's by queer scholars and activists to establish community and assert an identity distinct from the gay identity.

Questioning:

The questioning of one's gender, sexual identity, sexual orientation, or all three is a process of exploration by people who may be unsure, still exploring, and concerned with applying a social label to themselves for various reasons.

Intersex:

People who are born with any of several variations in sex characteristics including chromosomes, gonads, sex hormones, or genitals that "do not fit the typical definitions for male or female bodies."

Asexual:

An adjective used to describe people who do not experience sexual attraction. A person can also be aromantic, meaning they do not experience romantic attraction.

Agender:

A person with no (or very little) connections to the traditional system of gender, no personal alignment with the concepts of either man or woman, and/or someone who sees themselves as existing without gender.

Two Spirit:

Is a third gender found in some Native American cultures, often involving birth-assigned men or women taking on the identities and roles of a different gender. It is a sacred, spiritual and ceremonial role recognized and confirmed by the Elders of the Two Spirit ceremonial community.

Founder of Speaking Of Happy

Eli Rigatuso is an Omaha, Nebraska Native and has more than 25 years of experience in the broadcast news & production arena. He has owned & operated a video production company since 1995 and has worked for local TV affiliates KMTV 3 & KPTM Fox 42. He is an outspoken advocate and committed to creating open and affirming spaces for LGBTQ+ folks through his podcast Speaking Of Happy as well as through facilitating presentations.

Rigatuso has been active in the Omaha community first lending his fundraising expertise to the campaign against the Nebraska Defense of Marriage Amendment, Initiative 416. Eli also served as the President of Heartland Pride, a local 501c3 non-profit organized in 2010, which hosts The Pride Festival in Omaha. Rigatuso currently serves on the Mayor's LGBTQ+ Advisory board and facilitates workshops focused on creating open/affirming spaces for transgender, non-binary, and gender non conforming people.

Rigatuso is determined to make a difference and use his skills to tell the amazing stories of our local LGBTQIA+ Community! If you or someone you know has a story they would like to share send an email to elirigatuso@catchcreative.com to setup a time to talk more.

Note: with identity terms, trust the person who is using the term and their definition of it above any dictionary. Also this is not a complete list of terms.

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