

Definitions

What are we talking about?

First of all it should be noted that there is not only one common definition of the terms that we use in the Heroes of Football toolkit, which are described below. The following list should give you an overview of central terms to gain a deeper understanding of this topic. However, it does not represent a complete list of all used terms in light of a plurality of descriptions and terms in the context of sexual orientation and gender identity. This illustrates the diversity of human feelings and expressions.

What does LGBTIQ mean?

LGBTIQ:

- **Lesbian:** a female or someone who identifies as female is physically, emotionally and/or spiritually attracted to other females or those who identify as female
- **Gay:** a male or someone who identifies as male is physically, emotionally and/or spiritually attracted to other males or those who identify as male
- **Bisexual:** a person who is physically, emotionally and/or spiritually attracted to persons of the same or opposite sex or gender identity
- **Trans:** an umbrella term that can be used in various ways, some people use it to point out that their gender identity is not the same as the birth-assigned gender; it is i.a. used for “transgender” or “transsexual”; one example for a trans person would be someone who was born in the body of a girl but has the feeling to be a boy
- **Intersex:** an umbrella term that describes a person who is born with sex characteristics which do not comply definitely with the medical norm of “male” and “female”
- **Queer / Questioning:**
 - originally “queer” was used in a derogatory way, but many LGBTIQ people have reclaimed the term; nowadays it is a broad umbrella term for a person who may identify as being diverse in terms of the own sexual orientation and/or gender identity
 - the term “Questioning” is used for a person who is questioning or currently in the process of exploring the own sexual orientation and/or gender identity





Which other terms are important in this context?

- **Discrimination:** disparaging or insulting language or behaviour towards an individual or a group of persons, for example excluding people or disadvantaging people based on certain characteristics that they have or groups they belong to; for example not letting someone be part of a team due to their sexual orientation
- **Heterosexual:** a person who is physically, emotionally and/or spiritually attracted to persons with the opposite sex or a different gender identity
- **Homosexual:** a person who is physically, emotionally and/or spiritually attracted to other persons with the same sex or gender identity
- **Homophobia:** a person has negative attitudes and fears towards homosexuality in general or people who are identified or perceived as being LGBTIQ which can lead to different forms of discrimination such as violence, insults and disdain
- **Sexism:** prejudices (affective) or discrimination (behaviour) based on sex and/or gender and associated with the (implicit) aim to demonstrate

the superiority of one sex or gender; sexism can refer to any sex or gender, but it is often linked with stereotypes and gender roles and focuses on girls and women.

Selected Literature

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