

# Inclusion of rainbow rangatahi in community sport

## What are the key terms?

**Gender** refers to the social and cultural roles, expectations and assumptions we are socialised into. Although gender is a vast spectrum, we are often assigned a binary gender of boy or girl at birth based on our sex characteristics.

**Transgender** is a word that is used to describe someone whose gender does not align with the sex or gender they were assigned at birth.

**Non-binary** is the preferred umbrella term for all genders other than female/woman/girl or male/man/boy.

**Cisgender** is a word used to describe someone whose gender is aligned with the sex or gender they were assigned at birth (i.e. not trans or non-binary).

**Sex** is used to describe how a person's body is classified based on characteristics such as genitals, hormones, chromosomes, and gonads. People often conflate sex and gender, or wrongly assume that a person's sex always determines their gender.

**Intersex** is a word used to describe a person born with natural variations of sex characteristics such as chromosomes, reproductive anatomy, genitals, and hormones.

**Endosex** is a word that describes a person who has sex characteristics (ie. genitals, gonads) that would have them classified as male or female at birth.

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**If organisations had really strong policies around inclusivity for rainbow people, that would make me feel more comfortable. ”**

Non-binary, 26yo.