

Instead of....

Try...

Boy parts

Testes, penis, phallus

Girl parts

Vagina, Ovaries, Vulva

Men produce sperm

Testes produce sperm

Males produce sperm

Women produce eggs

Ovaries produce eggs

Females produce eggs

When women menstruate, their bodies prepare the uterus for fertilized egg to implant itself so a baby can form

For those with ovaries, the pituitary glands and ovaries interact to start menstruation

Boys and men produce sperm every day

For those with testicles, sperm cells are produced daily

Male or female hormones

Testosterone or estrogen

Male reproductive organs

Penis and testicles

Female reproductive organs

Vulva, vagina, uterus, and ovaries

When the mom gives birth to the fetus or infant

When the baby exits the womb

Mom

Birth parent
Carrier; pregnant person

Men and boys ejaculate when...

Ejaculation happens when...

Women normally menstruate at age...

Menstruation most often begins at...

Mom gave you her genes. Dad gave you his.

You received a mix of genes from sperm and egg.

Females choose the best genes.

Organisms choose the best resources.

Women should get regular PAP tests.

People who have a cervix should get PAP tests.

Normal/natural/typical

Most common/frequent/many people

Gender Inclusive Language

Clinical settings with new clients



TRANS CARE BC
Provincial Health
Services Authority

Below are terms you can use when providing care for gender diverse people. Once you know the words a person uses to describe their body, use their words in a respectful & professional manner.

Anatomy

Try	Instead of
Upper body	Breast / Chest
Erogenous or erectile tissue / External genitals / Genitals	Penis
Erogenous or erectile tissue	Clitoris
External genital area	Vulva
Opening of the genitals	Introitus / Opening of the Vagina
Internal genitals / Genitals	Vagina
External gonads	Testes / Testicles
Internal gonads	Ovaries
Internal reproductive organs	Female reproductive organs

Focussing on anatomy, conditions & symptoms (Instead of gender)

Try	Example	Instead of
Person with _____ People with _____ Anyone with _____	If a person with a prostate has urinary symptoms, they should speak with their doctor.	man with... males with... male-bodied people...
Person who has _____ People who have _____ Anyone who has _____	We recommend that anyone who has a cervix consider having a pap test according to the recommended guidelines.	woman who has... females who have... female-bodied people...
_____ may occur _____ can begin You may experience _____	<u>Pregnancy</u> may occur without contraception. <u>Hair loss</u> can begin at any age after puberty. You may experience cramps as a side effect.	women may become... male pattern balding... women may experience...

Setting a welcoming tone

With new clients, it can be helpful early on (ie. beginning of a history exam) to let them know you welcome gender & sexually diverse clients. Even if this does not apply to them directly, they may have a family member or friend who is in need of this care provision.

"I let all my new patients know early on that I work with many diverse people. Therefore, I welcome you to share anything that you feel is relevant for me to know, in order to make sure I provide you with the best possible care. If there is ever anything about your body, your gender, your identity, or your sexual health that you want to discuss or ask questions about, please don't hesitate to do so."

Person-centered care

Many exams, tests, treatments, and medications are specific to a person's current anatomy and presenting concerns. Therefore, a gender diverse person's legal sex marker or sexual orientation are not fool proof criteria for assessing what care provision is most suitable.

When it's relevant to know, ask the person respectfully & confidentially. It is helpful to let the person know why & how your question is relevant to the care you will provide for them.

Additional gender inclusive terms

Try	Instead of
Assigned female / Assigned male	Biological female / Biological male
Cisgender	Not trans / Normal / Real
Phenotypical development	Natural / Normal development
Common	Regular / Correct / Right
Hair loss	Male pattern balding
Sexual health screening / Internal exam / Cervical screening	Pelvic exam / Well woman exam
Looks healthy	Looks normal
Thinning of the internal genitalia tissue	Vaginal atrophy
Monthly bleeding	Period / Menses
Physical arousal / Hardening or stiffening of erectile tissue	Erection
External condom / Internal condom	Male condom / Female condom
Receptive IC / Insertive IC (IC = Intercourse)	Vaginal sex
Pregnant person	Pregnant woman
Parenthood	Motherhood / Fatherhood
Chestfeeding (for non-binary & transmasculine people)	Breastfeeding