

# Lingo Bingo:

## Activity for Trans Awareness Workshop

This activity is very simple, and an excellent way to introduce participants to the topic of your workshop. We use this activity as an icebreaker at the beginning of our workshops and training sessions. You may also wish to alter the content of the cards, or to add your own terms and descriptions.

### Materials:

- Printer
- Paper in 2 different colours
- Scissors / Guillotine

### What you do:

Print pages x – x of this document. It works best if you can print the 'Terminology' cards on one colour paper and the 'Description' cards on another colour paper. Cut out all of the cards. It's best to have one set of cards (Terms and Descriptions) per five workshop participants.

Also remember to print or save a copy of the 'answers' on page, in case anyone gets stuck!

### What the participants do:

We usually allow 5 – 10 minutes for this activity, depending upon participants' familiarity with the subject.

In small groups, the participants match the Term Cards to the Description Cards. You can choose whether to reward the first group to correctly match the cards.

## **Lingo Bingo ‘Cheat Sheet’**

### **Title**

How we formally address a person, e.g. Ms, Mr, Mrs, Miss, etc.

### **Pronoun**

The gendered terms we use to refer to a person, e.g. she/her, he/him, they/them, etc.

### **Gender**

The socially constructed roles, behaviours, activities and attributes that a given society assigns to people.

### **Gender identity**

A person’s inner sense of self as male, female, or somewhere in between or outside of male and female.

### **Gender dysphoria**

Distress, unhappiness and discomfort experienced by someone about their physical body not matching their gender identity. This is the diagnosis people currently need from a gender specialist in order to be approved for medical treatments that assist in bringing a person’s body into line with their internal view of themselves.

### **Intersex**

A term used to describe people born with biological sex characteristics (such as their genitals, internal reproductive system or chromosomes) that are medically detectable as differing from what is considered clearly male or female.

### **LGBTQ+**

Lesbian, Gay, Bisexual, Trans, Queer. The ‘plus’ is often used to denote the many other sexual and gender identities that people may have.

### **Non-binary gender**

A term used by people who identify their gender as not conforming to the traditional western model of gender as a binary.

### **Trans / Transgender**

An umbrella term referring to a range of gender identities of those who find their gender identity or expression differs from the sex and gender assumptions attributed to them at birth. This term is *not* indicative of gender expression, sexual orientation, hormonal makeup, physical anatomy, or how one is perceived in daily life.

### **Transition / Transitioning**

A term primarily used to refer to the process a trans person undergoes when changing their bodily appearance either to be more congruent with the gender/sex they feel themselves to be and/or to be in harmony with their preferred gender expression.

### **Cross-dresser / Dual Role**

A person who – occasionally or regularly – wears clothing traditionally associated with another gender. They usually do not seek to socially or medically transition to another gender.

### **Trans man**

An identity label sometimes adopted by individuals who are assigned female at birth and identify as men.

### **Trans woman**

An identity label sometimes adopted by individuals who are assigned male at birth and identify as women.

### **Transphobia**

The fear of, discrimination against, or hatred of trans people, the trans community, or gender ambiguity / gender variance.

### **Transsexual**

A person who consistently self-identifies psychologically as a gender/sex other than the gender/sex they were assigned at birth.

## **Queer**

A reclaimed term used by some people of marginalised gender identities and sexual orientations, who are not cisgender and/or heterosexual. Historically, this was used as a derogatory slur to identify LGBT+ people.

## **Cis / Cisgender**

Adjective that means “identifies as their sex assigned at birth”, derived from the Latin word meaning “on the same side.”

## **Gender Expression / Presentation**

The physical manifestation of one’s gender identity through clothing, hairstyle, voice, body shape, etc. (typically referred to as masculine or feminine).

## **Sex Assigned at Birth**

The assignment and classification of people as male, female, intersex, or another sex assigned at birth often based on physical anatomy at birth and/or chromosomes.

## **Sexual Orientation**

A person’s physical, romantic, emotional, aesthetic, and/or other form of attraction to others.

## **Binary gender**

A term to describe the genders of female/male or woman/man.

## Lingo Bingo: Terminology Cards

<b>Title</b>	<b>Pronoun</b>
<b>Gender</b>	<b>Gender identity</b>
<b>Gender dysphoria</b>	<b>Intersex</b>
<b>LGBTQ+</b>	<b>Non-binary gender</b>
<b>Trans / Transgender</b>	<b>Transition / Transitioning</b>
<b>Cross-dresser / Dual Role</b>	<b>Trans man</b>
<b>Trans woman</b>	<b>Transphobia</b>
<b>Sexual Orientation</b>	<b>Transsexual</b>
<b>Queer</b>	<b>Cis / Cisgender</b>
<b>Gender Expression / Presentation</b>	<b>Sex Assigned at Birth</b>
	<b>Binary gender</b>

## Lingo Bingo: Description Cards

<p>A person who – occasionally or regularly – wears clothing traditionally associated with another gender. They usually do not seek to socially or medically transition to another gender.</p>	<p>A term primarily used to refer to the process a trans person undergoes when changing their bodily appearance either to be more congruent with the gender/sex they feel themselves to be and/or to be in harmony with their preferred gender expression.</p>
<p>The gendered terms we use to refer to a person, e.g. she/her, he/him, they/them, etc.</p>	<p>How we formally address a person, e.g. Ms, Mr, Mrs, Miss, etc.</p>
<p>The socially constructed roles, behaviours, activities and attributes that a given society assigns to people.</p>	<p>An identity label sometimes adopted by individuals who are assigned female at birth and identify as men.</p>
<p>A person’s inner sense of self as male, female, or somewhere in between or outside of male and female.</p>	<p>An identity label sometimes adopted by individuals who are assigned male at birth and identify as women.</p>
<p>Distress, unhappiness and discomfort experienced by someone about their physical body not matching their gender identity. This is the diagnosis people currently need from a gender specialist in order to be approved for medical treatments that assist in bringing a person’s body into line with their internal view of themselves.</p>	<p>The fear of, discrimination against, or hatred of trans people, the trans community, or gender ambiguity / gender variance.</p>
<p>A term used to describe people born with biological sex characteristics (such as their genitals, internal reproductive system or chromosomes) that are medically detectable as differing from what is considered clearly male or female.</p>	<p>A person who consistently self-identifies psychologically as a gender/sex other than the gender/sex they were assigned at birth.</p>
<p>Lesbian, Gay, Bisexual, Trans, Queer. The ‘plus’ is often used to denote the many other sexual and gender identities that people may have.</p>	<p>An identity label sometimes adopted by individuals who are assigned female at birth and identify as men.</p>

<p>A term used by people who identify their gender as not conforming to the traditional western model of gender as a binary.</p>	<p>A person who – occasionally or regularly – wears clothing traditionally associated with another gender. They usually do not seek to socially or medically transition to another gender.</p>
<p>An umbrella term referring to a range of gender identities of those who find their gender identity or expression differs from the sex and gender assumptions attributed to them at birth. This term is not indicative of gender expression, sexual orientation, hormonal makeup, physical anatomy, or how one is perceived in daily life.</p>	<p>A term primarily used to refer to the process a trans person undergoes when changing their bodily appearance either to be more congruent with the gender/sex they feel themselves to be and/or to be in harmony with their preferred gender expression.</p>
<p>An identity label sometimes adopted by individuals who are assigned male at birth and identify as women.</p>	<p>A reclaimed term used by some people of marginalised gender identities and sexual orientations, who are not cisgender and/or heterosexual. Historically, this was used as a derogatory slur to identify LGBT+ people.</p>
<p>The fear of, discrimination against, or hatred of trans people, the trans community, or gender ambiguity / gender variance.</p>	<p>Adjective that means “identifies as their sex assigned at birth”, derived from the Latin word meaning “on the same side.”</p>
<p>A person who consistently self-identifies psychologically as a gender/sex other than the gender/sex they were assigned at birth.</p>	<p>The physical manifestation of one’s gender identity through clothing, hairstyle, voice, body shape, etc. (typically referred to as masculine or feminine).</p>
<p>The assignment and classification of people as male, female, intersex, or another sex assigned at birth often based on physical anatomy at birth and/or chromosomes.</p>	<p>A term to describe the genders of female/male or woman/man.</p>
<p>A person’s physical, romantic, emotional, aesthetic, and/or other form of attraction to others.</p>	

Lawrence, M. (2017) *Lingo Bingo: Activity for Trans Awareness Workshop*.  
 TransEDU Online resource. Available from:  
[www.trans.ac.uk/supportingstaff/training](http://www.trans.ac.uk/supportingstaff/training)