Table 4: Terminology used in studies[i]

Gender expression: people's manifestation of their gender identity. Typically, people seek to make their gender expression or presentation match their gender identity/identities, irrespective of the sex that they were assigned at birth.

Gender identity: each person's deeply felt internal and individual experience of gender, which may or may not correspond with the sex they were assigned at birth.

Gender reassignment: the process through which people re-define the gender in which they live in order to better express their gender identity. This process may, but does not have to, involve medical assistance including hormone therapies and any surgical procedures that trans people undergo to align their body with their gender.

Gender recognition: a process whereby a trans person's preferred gender is recognised in law, or the achievement of the process.

Gender variant: someone whose gender identity differs from normative gender identity and the gender roles/norms assigned at birth**.**

Gender fluid: denoting or relating to a person who does not identify themselves as having a fixed gender.

Gender non-conforming: A term used to refer to people who do not conform to the stereotypical or social expectations of their gender or sex assigned at birth. A label that can be used for all cisgender, transgender or non-binary people. This could be realised through using different pronouns such as a female going by he/him, dressing differently or challenging stereotypes that match other genders, by being androgynous, feminine or masculine non-binary.

Non-binary: A term for people who feel their gender identity cannot be defined within the margins of gender binary. Instead, they understand their gender in a way that goes beyond simply identifying as either a man or woman. This may include identifying a gender which is in-between or beyond the two categories 'man' and 'woman, as fluctuating between 'man' and woman', or as having no gender, either permanently or some of the time. The term is incredibly diverse and an identity category in its own right, may be fixed or fluid, seeks to avoid simplicity or reductivism.

Transsexual: refers to people who identify entirely with the gender role opposite to the sex assigned to at birth and seeks to live permanently in the preferred gender role. This often goes along with strong rejection of their physical primary and secondary sex characteristics and wish to align their body with their preferred gender. Transsexual people might intend to undergo, are undergoing or have undergone gender reassignment treatment (which may or may not involve hormone therapy or surgery). The term *transgender* is now more common, and many transgender people prefer the designation *transgender* and reject *transsexual* which is seen as a medicalised term and concerned that it implies something to do with sexuality when it is actually about gender identity.

Two-spirited: is a modern, pan, umbrella culturally relevant term used by some indigenous, First Nation people to describe certain people in their communities who fulfil a traditional third-gender or other gender variant ceremonial role in their cultures and are respected and honoured as having a gift and seen as visionaries and healers by their communities. Some have described the body hosting both a masculine spirit and a feminine spirit, It comes from a rich background of history and importance.

Cis-normative: The assumption that all human beings. have a gender identity which matches the sex they were assigned at birth and often manifests itself in the form of misgendering, which occurs when a person is referred to by the incorrect pronouns or other gendered terms.

MtF: A person who was assigned a male sex at birth and whose gender identity is girl/woman

FtM: A person who was assigned a female sex at birth and whose gender identity is boy/man.

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[i] Any attempt to explain terms can imply simplistic and reductive definition, which is neither helpful nor accurate. Asking people how they identify as well as what language they use to describe themselves is almost always best.