

BASICS OF LGBTIQ+

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Basics of LGBTIQ

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LGBT

1.Tswana: Ka mangwe mafoko a khutsafatso a a rayang mosadi yoo ratanang le basadi ba bangwe, monna yo o ratanang le banna ba bangwe, kana a nale bokgoni jwa go ratana le batho ba ba farologaneng ka nako ele nngwe, a tshotswe ele mme mo mmeleng wa rre,kana ele rre mo mmeleng wa mme. Le fa go ntse jalo boitshupo jo bo harologaneng bo gantsi bo go bakiwa (go neelanwe ele modi wa kgethololo ya bong), go nale matlhoko kana dilo tse di amang le mongwe le mongwe mo go tse di sa tswang go nankolwa.

2.English: Acronyms for Lesbian, Gay, Bisexual, Transgender, Queer and Questioning. Usually grouped as “LGBT” (with shared oppression), they all have different experiences and needs.

3.Kalanga: Ne mangwe matama a no gwadza a no dwa nkadzi u no dhanana ne bangwe bakadzi,nlume u no dhanana ne bangwe balume,kene ana simba le ku dhanana ne bathu ba njinji ne i ngompela,aka zwagwa ali thu tjikadzi mu mbili we nlume,kene ili nlume ali mu mbili we nthu tjikadzi. Pezhugwi kwa ikoko linginko ya khona ino leyana leyana ku ikhwa ne (kgethululu ye bathu kene ye buzwadzi),kuna zwingwe zwithu zwino panda moyo kene zwi no whisa nmwe ne nemwe wa kaiwa zo gwadza.

4.Mbukushu: Mo a mweya maye o ko yuvetha chitjo o ko tuya haka nawe uho hana karanka no haka nawe ha mweya,haka tate uho hana karanka no haka tate ha mweya kana uho hana karanka no hoku chakachaka mo ruvhevhe ru fhutji ,mana twa ko ha muna vhene shene o yune moka nawe kana o yune moka tate.

5.Herero: Omambu ngatikunisiua nge ungurisiua oku isana Omukazendu omutunduke ovakazendu ovakua, omurumendu omutunduke ovarumendu ovakua, omutunduke o vakazendu no varumendu poo otjikaza.

Sexual Orientation

1.Tswana: Ke maikutlo a motho a a amagolo a lerato kana a tsa thobalano mo mothong yo mongwe.

2.English: Someone's innate emotional, romantic and/or sexual attraction to another person(s).

3.Kalanga: Ka mazwiio e nthu ma kulu e ludu kene ili kgani dze lalana ne nmwe nthu.

4.Mbukushu: Uwo nne makuyuvhu mhakuru o dhihakethu mo mughuva u mweya .

5.Herero: Ozunduma no mbango jo rusuvero jo mundu mo mundu omukuaao ,poo omuano o mundu mbue nanukirua,tjimuna omukazendu tjepeja ananukirua omukazendu omukuaao.

Bisexual

1.Tswana: Ke motho yo o nang le maikutlo, kgotsa ana le lerato la tlhakanelo dikobo le batho ba bong bo bo tshwanang ele mme kana rre.

2.English: Someone with emotional, romantic, or sexual attraction for people of more than one gender.

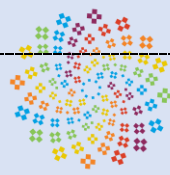
3.Kalanga: I nthu una mazwiio ,kene ana ludu le shanganila ngubo ili nthu tjikadzi kene nthu tjikadzi.

4.Mbukushu: Moguvha a de noeyethekera yoku haka ha haguvha haka nawe kana haka thate.

5.Herero: O Mundu nguno ozunduma no mbango jo rusuvero mo Vakazendu no Varumendu moire imue.

Gay or Lesbian

1.Tswana: Ke motho yo o nang le maikutlo a magolo a lerato,keletso ya tlhakanelo dikobo le batho ba bong jo bo tshwanang le jwa bone.



2.English: Someone with emotional, romantic or sexual attraction for people of the same sex.

3.Kalanga: I nthu una mazwiio makulu e ludu ,kene shaka ku shanganila ngobone nthu u nonga iye kogha.

4.Mbukushu: Moghuvha o e yethekera yoku ko kara na moghuva o sheka da akara(moka nawe o ko kara no moka nawe kana mo ka thate o ko kara no mo ka thate).

5.Herero: Omukazendu poo omurumendu nguno ozunduma no mbango jo rusuvero mo mukazendu poo omurumendu omukuaa.

Heterosexual

1.Tswana: Ke motho yo o kgathegelang bong bo bongwe (kana bong jo bo harologaneng le bo ene a tshotsweng ka bone).

2.English: Someone who is attracted to another person of the opposite gender (or, biological sex).

3.Kalanga: I nthu uno khatiwa ne (mbumbiko ye nmwe nthu kene ino leyana ne ya a ka zwagwa nayo).

4.Mbukushu: Moghuvha o kara no moghuvha o shakanya nendi.

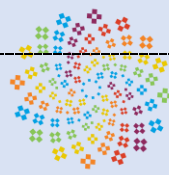
5.Herero: Omundu nguno ozunduma no mbango jo rusuvero mo mundu ovinapo mbivuahazanene tjimuna omukazendu no murumendu.

Gender/Gender Identity

- 1.Tswana: Ke ka fa re ipona ka teng gosa kgathalesege gore a re itemoga rele batho ba bong ba borre, bomme, kana bobo tlhakantseng, kana go sena go sa kgathelesege gore re tsotswe ka mmele o ntse jang.
 - 2.English: How someone perceives their identity as man, woman, both, neither, regardless of physical anatomy
 - 3.Kalanga: Ndiko seko ti zwii bona tili bathu be tjilume kene be tjikadzi naibo baka shanganyila,kene ku singa shetekale kuti wa ka zwagwa ne mbili wa katini.
 - 4.Mbukushu: Du thinakumonanka shene no mo ka thate kana no mo ka nawe, kana na takanya e rama ophu ke ta ningashene dhaha thewana.
 - 5.Herero: Omuano mbi omundu mbue ritjinda poo muerijakura nao penje no kutja oove omukazendu , omurumendu poo otjikaza , otja ko kuritjinda nuko kara nokurituapo kue.
-

Cisgender

- 1.Tswana: Ke motho yo bong jwa gagwe bo tshwanelanang le se setshaba se se solofetseng ka fa motho a lebegang ka teng.
- 2.English: Someone whose gender identity matches society's expectations of someone with their physical sex characteristics
- 3.Kalanga: I nthu we iling kuti mbumbiko iye ino leyana ne mbunga wa u no shaka I lingika.
- 4.Mbukushu: Mughuvha oku nengashene koko edethanha noye rama yende pohaguvha shamokenge.
- 5.Herero: O mundu ondungiru njikaendasana kuna itji tji jakurua ijo ruvara.



Cis-man

1.Tswana: Ke motho yo o tshotsweng ka tlhago ele rre a bo a tswelela a itemoga ele motho wa rre.

2.English: Someone assigned male at birth, living and identifying as a man.

3.Kalanga: I nthu wa ka zwagwa ali ngwanana e ko tjila kogha seko bathu bi ziba ali itjo.

4.Mbukushu: Moghuvha o yo ha wana nu mothwe o mo ka thate ene naye akora ako dhemoka shene moka thate.

5.Herero: O mundu ngua tungua poo a kuatua a eri omurumendu, no noho ngurituora otjo murumendu

Cis-woman

1.Tswana: Ke motho yo o tshotsweng ka tlhago ele mme a bo a tswelela a itemoga ele motho wa mme.

2.English: Someone assigned female at birth, living and identifying as a woman.

3.Kalanga: I nthu wa ka zwagwa ali mtshana e ko tjila kogha seko bathu bi ziba ali itjo.

4.Mbukushu: Moghuva o yo ha wana nu mothwe o mo ka nawe ene naye ako dhemoka shene moka nawe.

5.Herero: O mundu ngua tungua poo a kuatua a eri omukazendu, no noho ngurituora otjo mukazendu.

Trans/Transgender

1.Tswana: Ke lefoko kakaretso lele rayang batho baba itemogang ba harologana le bong jo ba tshotsweng ka bone.Tswee-tswee lemoga gore le foko "terasi"ha se lefoko lele siameng ka yaana le kaya ha motho a iragaketswe ke sengwe gore a felele a le se a leng sone.

2.English: An umbrella term for a person whose gender identity does not match society's expectations of someone with their physical sex characteristics.

3.Kalanga: I dhama lino akaretsa lino dwa bathu bano zwiiziba kuti bano harulugana ne seko baka zwagwa.Tswee-tswee zibani kuti dhama "terasi"ha te dhama laka lulwama ndiko li dwa nthu wa shingikaligwa ne tjingwe kuti a pelele a be itjo tja a siitjo.

4.Mbukushu: Dheywe dweku tuya haghuvha huhaheya hugo nenga shene hamweya kadha ha shana kumunha adi kemo karu kadhe hashana komuna moghuvha o kemo.

5.Herero: Embo ndi ungurisiua ko vandu otja kundero jao imba vomuano mbuvakuatua nao mbua hakaendisana kueno omeritjindiro jao.

Trans/Transgender Man

1.Tswana: Ke phetogo go tswa ko bong jwa mme go ya ko go jwa rre(motho yo o neng a tshotswe ele mme,a itemoga ele rre).

2.English: A female-to-male trans person (a person who was assigned the female sex at birth, but identifies as male).

3.Kalanga: I shanduko ko dwa ku bukadzi ku nobe nthu tjilume(nthu waka zwagwa ali nkadzi, ikoti shule ka zwiziba ili nlume).

4.Mbukushu: E peruke ya moghuvha ku shwaya ko mokanawe koyenda ko moka thate(mana mha mowana adhe moka nawe ayene ko ko nakumuna adhe muka thate)

5.Herero: O mundu ngua pandukua a eri o omukazendu na atjenje oku rira omurumendu, mo meretjindiro ue poo mo muanu mbue ungura nao ovina.

Trans/Transgender Woman

1.Tswana: Ke phetogo go tswa ko bong jwa rre go ya ko go jwa mme(motho yo o neng a tshotswe ele rre,a itemoga ele mme).

2.English: A male-to-female trans person (a person who was assigned the male sex at birth, but identifies as female).

3.Kalanga: I shanduko ko dwa ku bulume ku nobe nthu tjikadzi(nthu waka ali nlume,ikoti shule ka zwiziba ali nkadzi).

4.Mbukushu: Moghuvha o Moka thate ko mo ka nawe(moghuvha ha wana adhe moka thate,mara komonare era moka nawe).

5.Herero: O mundu ngua pandukua a eri omurumendu na a tjenje oku rira omukazendu mo meretjindiro ue poo mo muano mbue ungura nao ovina.

Biphobia

1.Tswana: Ke maikutlo a letlhoo kana a kilo ee lebaganeng le motho kana batho baba ratanang ka bong bo bongwe fela kana ba ratana le batho ba bong botlhe.Biphobia ke modi wa kgethololo kgatphanong le batho ba ba ratanang ka bong bo bongwe fela ebile go kgona go dirisiwa kgethololo eo go ba akanyetsa ka seo ba seng sone kana go sa tshwarweng.

2.English: An aversion toward bisexuality and bisexual people as a social group or as individuals. People of any sexual orientation can experience such feelings of aversion. Biphobia is a source of discrimination against bisexuals and may be based on negative bisexual stereotypes or irrational fear.

3.KaIanga: Mazwiio e thowa kene e yila kwaka lingisanane nthu kene bathu bano dhanana ne bukwabu.Biphobia I ndzi we khethululomo mu bathu bano dhanana ne bu kwabo kakale ko khona shingisiwa khethululu iyeyo ku ba kumbulila zwithu zwa ba siizo.

4.Mbukushu: Ko phera ku dehakethu mohaghuva ha karanga pufutje mara haka thate kana haka nawe ha heya.Yenu yuyi heya yene mothi o phera dihakhethu nu kuku nyenga mu haghuvha ha kara pofutje.mokuethekera mothenu thu ku nenga shene kadi hathitetanga.

5.Herero: Ondumbiro ohasemba ko vandu amba bo ovatunduke vo varumendu no vakazendu, I ungurua no muano ominge otjo okuvehumba nu omambu oku veisana omana ngehere otja ko ndero jao.

Heterosexism

1.Tswana: Ke boitshwaro bo batho ba ba ratanang ka bong bobo farologaneng ba tewang ka teng, ba gatelela gore batho baba ratanang ka bong bobo tshwanang ba nale boleng jo bo ko tlase go nale batho baba ratanang le batho baba harologaneng kana ba ikgatholosa ebile ba dumela ha batho ba mofuta yoo ba seyo.

2.English: A behaviour that grants preferential treatment to heterosexual people, reinforces the idea that heterosexuality is somehow better or more “right” than queerness, or ignores/doesn’t address queerness as existing.

3.Kalanga: I mazwiibato e bathu bano dhanana ili nkadzi ne nlume be dwiwa ndiko, ba no tshambilidza kuti bathu bano dhanana ne bukwabo ba pasi pana bathu bano dhanana bas inga fanane,kene be zwi libadza kakale be dumila kuti bathu be nthamo iwoyo ha bapo.

4.Mbukushu: Kwashwaya vene shene nkipe wa ko kwatha wa ko kare no mokathate o mweya mo e hamba yawa ghuvha o hu ha tawa shene haghuvha hu sheka uha ka diko mo didunga.

5.Herero: O muano ovandu imba mbeno o zonduma no mbango jo rusuvero mo vandu mbeno vinepo poo ozongaro ndeha sanene kuzao, ve tarera ovikaze no ovitundukazena kehi orundu veitavera kutja kapeno omukazendu poo omurumendu nguaso oku rarasana peno omurumendu omukuaao.

Homophobia

1.Tswana: Ke poifo,go tlala bogale,go sa amogele,tshwara sekgopi kana go sa phuthologa fa o nale batho baba ratanang ele rre le rre,bomme ba ba ratanang ka bo bone,borre kana bomme ba ba kgonang go ratana le bong botlhe,bontsi jwa nako go iragalela gore batho ba eleng gore ba ipotsa ka dikgathego tsa bone tsa morobalo.

2.English: Fear, anger, intolerance, resentment, or discomfort with gay, lesbian, bisexual, and queer people, often focused inwardly as one begins to question their own sexuality.

3.Kalanga: Ndiku tja, ku zhala bugale, ku sa amutjila, ku be ne shungu kene ku sa shaladuka apa u na bathu ba dhanana ili nlume ne nlume,bakadzi bano dhanana ne bukwabo,balume kene bakadzi bano khona dhanana ne nthamo ose,bunjinji gwe nako ko shingikala kuti bathu ba no zwii buzwa ne ko no ba shathisa mo ko shanganila ngubo.

4.Mbukushu: Wumar ,wupatar,guthertha kuku tawethar muyenu yuyi heyha vhene yu ku kara nu mokathate mara o mokathate, mo ka nawe a ku kara nu moka nawe o mweya, yudheyu yenu haghuvha hana kwepuranka kehu no e ko rara yahu.

5.Herero: Omburuma no Mazenge ngere muvarumendu no vakazendu imbu ovatunduke vo vakuaao mena ru kutja kavejakurua kuitaverua kutja ovina mbi veungura kaviko ko uje.

Questioning

1.Tswana: Ke tsela ya ha motho a leka go itlhaloganya ka maikutlo a gagwe,a dira ditshekatsheko tse bontsi jwa nako di tlhotlhelediwang ke ba lwapa,kgodiso ya kereke le maikutlo a rona mo teng.

2.English: The process of exploring one's own sexual orientation, investigating influences that may come from their family, religious upbringing, and internal motivations.

3.Kalanga: I zila ye nthu u no gwisa go ziba ne kwe mazwiio a we,I thama dzi shakisiso dze bu njinji gwe nako dzi be thusiwa ne buzwadzi,ne nge dzi kereke,ne mazwiio e dhu mukati.

4.Mbukushu: Nthera tha mughuvha thuku muna shene ka raura dekhu dwende duhana kumushemba,nu nthera thu kereke dwa mu thawa naye dhaana ku shembanka.

5.Herero: Omeripurira nge kara mo mundu nderi kutja ovandu munganda,ko kereka poo keviungura tji vehe mujakura tjire otjikaza.

Same Gender Loving

1.Tswana: (SGL) ke polelwana e e dirilweng ke MaAforika/ MaAmerika,Batho bantsho e dirisediwa batho ba borre baba ratanang ka bong le batho ba bomme baba ratanang ka bong ke batho baba bonang ha batho ba mofuta yoo ele batho ba morafe wa sekgowa.

2.English: (SGL) is a phrase coined by the African American/Black queer communities used as an alternative for "gay" and "lesbian" by people who may see those as terms of the White queer community.

3.Kalanga: I ndebeleko yaka legwa ne MaAforika/MaAmerika,bathu ba tema be shingisiwa, bathu be tjilume bano dhanana ne bu kwabo ne bakadzi bano dhanana ne bu kwabo I bathu bano bona bathu be nthamo iwoyo ili we makhuwa.

4.Mbukushu: (SGL) Morawu wa dendewa moAfrorica no Amerika ko tukumena haka thate o hu hana karanka nu haka thate ha mweya nu haka nawe uhu hana karanga nu haka nawe ha mweya kaore yeno ya shwaya ku makuwa vhene .

5.Herero: Omatjangua ngatjangua ovandu vouje ua Africa na America ovahungirirepo vo ovandu ombu ovitundukazena, omuatjangua uatjangua otjo njivisiro ko uje kutja ovandu

ovazurundu uena omuvere mbe nanukirua ko vakua orundu aku itaverua kutja ovina vio vajapa.

Binary Gender

1.Tswana: Ke ka fa ngwao e lebang bong ka teng seo se fokotse bokgoni jwa motho wa mme kana wa rre.

2.English: A traditional and outdated view of gender, limiting possibilities to “man” and “woman”.

3.Kalanga: Ndiko seko ngwao I linga nthamo iwoyo ndiko ,I tjetjo tjo tapudza simba le nthu tjilune kene we tjikadzi.

4.Mbukushu: Nthera thu ngwao hana kekethanka o khune o mo ka thate kana mo ka nawe .

5.Herero: Omvano o mbazu mukuhana outume no okaze otja po mbutiro jayo.

Binary Sex

1.Tswana: Ke ka fa ngwao e lebang tsa tlhakanelo dikobo ka teng seo se fokotse bokgoni jwa motho wa mme kana wa rre.

2.English: A traditional and outdated view of sex, limiting possibilities to “female” or “male”.

3.Kalanga: Ndiko seko ngwao I linga khani dze shanganila ngubo ndiko , itjetjo tjo tapudza simba le nthu we tjikadzi kene we tjilume.

4.Mbukushu: Ngwao thune thena kenkeranga o khune o ko ko rara mo moka nawe kana thate.

5.Herero: Omuano o kutja o mbazu itara vi ovina mbashama ko mararasaneno pokati ko murumendu no mukazendu, popengi omukazendu kakara no mbango po murumendu

Biological Sex

1.Tswana: Ke tebego ya dikarolo tsa mmele ka fa motho a tshotsweng ka teng,gantsi ele motho wa mme,gantsi batho ba tlhalosa ele monna,mosadi kana motho yo o nang le bong jwa mme le rre le ha motho a tsiediwa ke bong.

2.English: is the physical anatomy and gendered hormones one is born with, generally described as male, female, or intersex, and often confused with gender

3.Kalanga: I lingiko ye mbili se ko a ka zwa gwa ndiko,ka njinji I nthu tjikadzi,bathu bano thalusa ili nlume ,nkadzi kene nthu u na tshinga ye tjikadzi.

4.Mbukushu: Dhuthena kekanga yenu yerama ya munu twaha muwana,wenke thu nako ha ka nawe mana ku momuna nuwenga muka thate, kana muka thate oku faneka muka nawe.

5.Herero: Ombuniko jo rutu ro mundu otja po nguateru je popengi omundu okuatua e iri omurumendu, omukazendu poo omundu nguanekera ovinepo.

Cis-man*

1.Tswana: Ke motho yo o tshotsweng ka tlhago ele rre a bo a tswelela a itemoga ele motho wa rre.

2.English: A person who was assigned male at birth who ends up going through life identifying with male pronouns, and as a man.

3.Kalanga: Mughuvha ha kwaretha shene muka thate o pu ha mowanene,mara kuko na kara a dhe no maano o ko kara no muka thate u mweya.

Cis-woman*

- 1.Tswana: Ke motho yo o tshotsweng ka tlhago ele mme a bo a tswelela a itemoga ele motho wa mme
 - 2.English: A person who was assigned female at birth who ends up going through life identifying with female pronouns, and as a woman.
 - 3.Mbukushu: Mughuvha ha kwaretha shene muka nawe o pu ha mowanene, mara kuko na kara a dhe no maano o ko kara no muka nawe umweya.
 - 4.Herero: O mundu ngua tungua poo a kuatua a eri omukazendu, no noho ngurituora otjo mukazendu
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Cissexism

- 1.Tswana: Ke tumelo e e borai ya gore fa o tshotswe ka bong bo o tshotsweng ka bone ke bone hela bo amogelesegang ebile ele "jwa tlholego".
- 2.English: A harmful belief that being cisgender (i.e. non-trans) is the only acceptable and "natural" form of gender expression.
- 3.Kalanga: I tumelo I sa ka lulwama ye kuti se ko wa ka zwagwa ndiko seko waka fanila tjika butjilo gugo gose.
- 4.Mbukushu: Matwaethu o ma manko nko ha ku wana mara uwe kuko shemba thatho nthera wa ku mona shene nkepi e rama yoyi mara kadiko ngepi karo o ko denda yeno yo twereho.
- 5.Herero: Ongamburiro jo kutja tji uapandukua aure omurumendu mojakurua otjo murumendu aku hena okutarerua kutja ove ori muna poo oritjinda vi.

Gender Expression

1.Tswana: Ke ka fa motho a itshwarang ka teng ka kapari le kafa a amanang le batho ka teng mo sechabeng gantsi go metwang ka nonofo ya bonna le bosadi.

2.English: Is the external display of gender, through a combination of dress, demeanor, social behavior, and other factors, generally measured on a scale of masculinity and femininity.

3.Kalanga: Ndiko seko nthu I zwi bata ndiko ne mbala ne shingidzana ne bathu ndiko mo itjaba ,ka njinji go metwang ne simba le tjilume ne tjikadzi.

4.Mbukushu: Nthera tho mughuvha dwa ana ko kwadanka kana dwa ana vhadankamakatlje ka ghuvha, thekumathekuma ku mo ka thate.

5.Herero: O muano imbui omundu mbue ritjinda poo mbue rizara nao po pengi pupekaurika kutja ouve omukazendu poo omurumendu.

Genderqueer/Gender non-conforming

1.Tswana: Ke mafoko a a dirisiwang go farologanya motho yo bong ba gagwe bo sa tlwaelesegang mo sechabeng.A dirisiwa ke batho bangwe ba leka go ikgatholosa dithibedi tsa bong.Bong jo bo sa tseyeng letlhakore bo akaretsa:He,Her,His,They le Them.

2.English: An umbrella term that describes a person whose gender identity does not fit into socially constructed gender norms associated with “male” or “female”. Used by some people to defy gender restrictions and/or to deconstruct gender norms. Gender neutral pronouns include: He, Her, His, They, and Them.

3.Kalanga: I matama a no shingisiwa ko leanya nthu we kuti nthamo uwe ha u zo wolobeka mo itjaba.A no shingisiwa ne bathu bangwe be lika ku zwiithokomolosa,nthamou singa dhiwa ndiu no nga:He,Her,They ne Them.

4.Mbukushu: Mahuku o o hana thendathanka ku dhemuketha ha ghuvha ohu hana karanka nu hamweya mara haka thate ha heya kana haka nawe ha heya mo dhehanaka. Thikumakuma ha ghuvha uhu ha thera ku haka yenu ye ne hudheyo vhana a dendethankaa thikiuma kaore kadhe haku dhemuka shene enye ha kudenda.

5.Herero: Omambo nge ungurisiua o ku hana ovandu vozo ngaro poo ovinepo mbaha sanene ku vakua, po pengi tji maveisaneua ku ungurisiua o omambu nga, He, Her, His, They poo Them.

Intersex

1.Tswana: Lefoko la kakaretso le le dirisiwang go tthalosa motho yo ka tebe go le dipopego di sa nyalaneng le ditlhaloso tsa tlolego ya motho wa bong jwa rre kana mme.

2.English: Is an umbrella term used to describe a person whose physical sex characteristics or chromosomes don't fit traditional medical definitions of male or female.

3.Kalanga: I dhama lino kubunganya lino shingisiwa ku thalusa nthu we lingiko ne mbumbiko dzi singa yendidzane ne dze no thalusa dze tholego ye nthu we tjilume kene we tjikadzi.

4.Mbukushu: Dheywe dhuku akaretsa yuyi heya ku neya mughuvha o ko monara shene moka dwaha modenda nyambi mo o nganga shene mo ka thate kana moka nawe.

5.Herero: Embo ndi ungurisiua ko vanda otja ko ndungiro jao mbeno vinepo poo ozongaro nde he veeninisa o ku haneua ko ukazendu poo ou rumendu.

Stealth

1.Tswana: Ke fa motho yo o tshotsweng ka dirwe tsotlhe tsa bong jwa motho wa rre le mme a tshela ka fa ene a itlhophetseng go itsiwe ka teng kontle ga kitso ya ga ope(ga se batho botlhe baba itemogang ele terase,ke sone se bangwe ba tshelang botshelo jwa sephiri).

2.English: Occurs when a transgender person lives as their self-identified gender without other people knowing that they are/ever were trans (not all trans people identify as trans, which is why some people are stealth).

3.Kalanga: Ndi hapa nthu waka zwagwa ne phasili dzose dze nthu tjilume ne nthu tjikadzi I tjila seko iye I shaka ku zigwa ndiko kuzhe kwe sina uno ziba(ha te bathu bose bano zwii ziba ili dzi terase,ndizo bangwe be tjila butjilo gwe ghutughutu).

4.Mbukushu: Ku mughuvha hawana a dhe muka thate kana muka nawe nako thufutje mara ako para sheka dwaaku shanakana dwaaku shanashene hamweya shene hamudhemuke(kadhe haghuvha ha heya ha dhemuka shene ahune ha takanya ye yovhu.

5.Herero: Omvano o mundu ngua pandukua no vinepo vio vakazendu no varumendu mbue ritjinda nao otja pondero no mbango je.

Sex (biological sex)

1.Tswana: Ke letshwao le re le filweng go tlhalosa mebele ya rona le bokgoni jwa yone.Dipopego tse di dirisiwang go tlhalosa bong di akaretsa dirwe tsa tsalo le ditebego ka fantle.

2.English: A label we are given to describe our physical bodies and reproductive abilities. Characteristics of the body used to determine sex may include genitals, gonads, hormones, chromosomes, and secondary sex characteristics.

3.Kalanga: I tjilakidzo tja tino piwa ku thalusa mibili ye dhu ne simba le dhu.Dzimbumbikodzi no shingisiwa ku thalusa nthu,dzi dwa kose ne phasilinelingiko kozhe.

4.Mbukushu: Nthera o thu hatenda shene the dhemuke hamweya shene o yo muka nawe kana muka thate twa ku muna erama yahwu noye yedenda yawu kana e denda yawu.

5.Herero: Embo ndi ungurisiua o ku hana outume no ukase mo mundu otja po ndungiro no ngaro jo mundu.

Transphobia

1.Tswana: Ke poifo,go tlala bogale,go sa amogele,tshwara sekgopi kana go sa phuthologa fa o nale batho ba terase,ba itsege ele di terase kana baba harologaneng le se sechaba se se solohetseng.

2.English: Is an irrational fear and/or hatred and/or intolerance of people who are trans, perceived to be trans, or who cross societal gender norms.

3.Kalanga: I ku tja ,ku shala bugali,ku sa amutjila ,ku be ne shungu kene ku sa shaladuka hapa u na bathu be terase.

4.Mbukushu: Huma kana upatha kothera ku dhawa ye hamaba yawa ghuvha ngu dhe nuhamweya nko ha dhemuka shene wa thakanya huka nawe nu huka thate.

5.Herero: Omburumba, no mazenge nge kara mo vikaza no vitundukekazena mena ru ndumbiro ohasemba nje vetumbuiua najo.

Transition*

1.Tswana: Ke go fetola ditebego tsa motho gore go nyalane le ka fa ene a iponang ka teng.

2.English: The process trans people go through to overcome physical, legal, and social barriers so they can express their self-identified gender.

3.Herero: Onjira njere kutja ovandu imbu ovikaza vei ungurisa okutja ve je nene oku hupa ohupo javo noku hino ouma.

Third Gender

1.Tswana: Motho yo osa kgoneng go itemoga mo bong jo bo itsegeng jwa ngwao eleng jwa mme kana rre mme ba itemoga ka bong jo bongwe ;(b)bong jo bo leng teng mo sechabeng bo lemoga bong bole boraro kana go heta.

2.English: A person who does not identify with the traditional genders of “man” or “woman,” but identifies with another gender; (b) the gender category available in societies that recognize three or more genders.

3.Kalanga: Nthuu si nga khone ku zwii bona nthamo uwo we ngwao we kuti nkadzi kene nlume ngono be zwi bona ne ngwe nthamo ;(b)nthamo u yapo mo itjaba u no ziba mei thamo ili mi tatu kene I pinda.

4.Mbukushu: Mughuvha o ku nnenga shene kadi ku kuna kumo kaohanya shene moka thate kana muka nawe; (b) mara mo dembo ha ghuvha ha dhemoka maera ma hatwu u ha ghuvha.

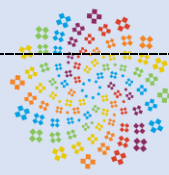
5.Herero: Omundu nguha zeru okuheua okutja o mukazendu poo o murumendu posi o zera oku isaneua no muano ue omuine mbo mazeri otja po mbango je

Transgender

1.Tswana: Ke lefoko kakaretso lele rayang batho baba itemogang ba harologana le bong jo ba tshotsweng ka bone.Tswee-tswee lemoga gore le foko "terasi"ha se lefoko lele siameng ka yaana le kaya ha motho a iragetswe ke sengwe gore a felele a le se a leng sone.

2.English: An umbrella term for people whose gender identity and/or gender expression differs from what is typically associated with the sex they were assigned at birth. Please note that transgendered is not acceptable term to use as it implies that something happened to the person to make them transgender.

3.Kalanga: I dhama lino kubunganya lino dwa bathu bano zwii ziba be leyana ne mingwe mi thamo.Tswee-tswee ziba kuti dhama “terasi”ha te dhama laka lulwana seko le dwa nthu wa shingikalila ngwe kuti a dzine a be the ali dzo.



4.Mbukushu: Dweye u dhu dwa thuya ha ghuvha ha ku dhemoka shene kadhe haku vhaneka nohamweya sheka dwaha ha wana.Kwudwa ku kumbera shene mu dhemoke “terasi” kadhe dwaruya kagore dwa neya shene ka dhe e thenda ako tenda kemo.

5.Herero: Embo ndi ungurisiua ko vandu otja kundero jao imba vomuano mbuvakuatua nao mbua hakaendisana kueno omeritjindiro jao

Ally

1.Tswana: Ke motho yoo thamaletseng mme a eme nokeng batho baba ratanang ka bong le terase.

2..English: A straight person who supports queer and trans people.

3.Kalanga: I nthu waka tambunoka ngono i lebeleleka bathu bano dhanana ne bukwa le terase.

4.Mbukushu: Mughuvha a ku dhwemuka shene aye muka thate kana muka nawe mara aku dhemuka karu shene kuhadwe hakuvha hana karanka pufutji mara haka thate ha heya.

5.Herero: O mundu ngu here otjikaza no ngu rura ongutukiro jo vandu imbo ovitundukekazana no ovikaza.

Androgyny

1.Tswana: (a) Ke bong jo bo nang le bong jwa rre jo bo tiileng le bong jwa mme jo bo tiileng (b) dinako tse dingwe le dirisa boemong jwa motho yoo tshotsweng ka bong jwa rre le mme.

2.English: (a) A gender expression that has elements of both masculinity and femininity; (b) occasionally used in place of “intersex” to describe a person with both female and male anatomy.

3.Kalanga: (a) I nthamo una bathu tjilume wa ka sima ne nthamowe bakadzi waka sima(b)dzi nako dzingwe to shingisa nthu waka zwagwa ne nthamo we tjilume ne tjikadzi.

4.Mbukushu: (a) Mughuvha aku dwemuka adhe nuokhune yoku tenda hana; (b) mayuwa ano hana tendethanka kuneya mughuvha dwa kara kana dwaha muwana.

5.Herero: Embo ndi ungurisiua ko vandua mba pandukua no vinepo vio vakazendu no varumendu.

Asexual

1.Tswana: Ke motho yo gantsi a sa nneng le kgathego ya tsa thakanelo dikobo(kana gole gonnye) mo setlhopheng sa batho.

2.English: A person who generally does not experience sexual attraction (or very little) to any group of people.

3.Kalanga: I nthu u ka njinji ase ngabe nekhathegoye khani dze shanga nila ngubo(kene kuli ku tukuno)mu mbunga iwoyo.

4.Mbukushu: Mughuvha uku nenga shene aye kadhe a dwe numakuyuvhu o ku kara nu moka nawe kana muka thate popaheya (kana ka mperu vene)mwa ghuvha.

5.Herero: O mundu ngue hino o mbango no njune jo ko rarasana.

Bigender

1.Tswana: Botlhe(nako tse dingwe ka bong jwa boraro) ke motho yoo fetogang jaaka leru ka boitshwaro jwa gagwe jwa bong jwa mme kana rre,a itlhalosa ka bong.

2.English: Is a person who fluctuates between traditionally “woman” and “man” gender-based behavior and identities, identifying with both genders (and sometimes a third gender).

3.Kalanga: Bose (nako dzingwe ne mi thamo mi tatu)I nthu waka shanduka se ghole ne mazwiibato awe e nthamo we nkadzi kene nlume,ino thalusa ne mithamo.

4.Mbukushu: Mughuvha o ku thera kudhwemuka shene ayene paphe ana ku wera paka the kumuka nawi kana muka thati nuku nyandekiwa shene ka adhemuka shene pape a ku wera(kana muka o hatwu)

5.Herero: Avihe (rumue ondungiro imbue poo onguao) o mundu ngu tanauka uriri mo meritjindiro no muano mbue ungura nao ovina.

Closeted

1.Tswana: Ke lefoko lele rayang motho yoo tshelang ka go fitlha gore o kgathegela batho ba bong ba mofuta ofe mo mothong kana batho,a santse a tlaa bolelela batho a tswa mo sekgapheng.

2.English: A term to describe someone who is keeping their sexuality or gender identity a secret from many (or any) people, and has yet to “come out of the closet”.

3.Kalanga: I dhama lino dwa nthu u no ghala a ka zwisumbika kuti u no dha bathu be nthamo u no fanana naye mu nthu kene mu bathu ,a tjo budza bathu.

4.Mbukushu: Denah kana dewye do hana tendethanka

5.Herero: O mundu nguahavanga o ku riraisa kutja uvangasana kuno ovakendu, no pekara oire nje raera ovandu otja po mbango no ndero je.

Coming Out

1.Tswana: Ke thulaganyo e mo go yone motho a tsayang tshwetso ya go itlhalosetsa batho gore kgathego ya gagwe ya tsa thakanelo dikobo kana go itlhalosa gore bong ba gagwe bo wela.

2.English: The process of revealing your sexuality or gender identity to individuals in your life; often incorrectly thought to be a one-time event, this is a lifelong and sometimes daily process; not to be confused with “outing”.

3.Kalanga: I yendiso ye nthu u mo ili u no tola nkubulo we budza bathu tje ali itjo mu khani dze shanganila ngubo kene I zwiileba kuti iye uno tjila tjini.

4.Mbukushu: Turaganyu tha mughuvha o yu ana kuko twenkwerwa mwa a mwaya shene aye nne moka ku takanyena mankuwu nu haghuvha w uku fana nende.

5.Herero: O njira jo mundu njeungurisa tjeja poku raera ovandu kutja ije omundu ngo zera noku vanga tjike mo vina vio tusuvero.

Crossdresser

1.Tswana: Ke motho yoo aparang kapari e e farologanyeng ka dinako dingwe le bong ba gagwe e le tsela nngwe ya go tlhalosa bong jwa bone.

2.English: Someone who occasionally dresses in the clothing of the “opposite” gender as part of their gender expression

3.Kalanga: I nthu u no mbala tjiambalo tja ka harulugana ne nako dzi ngwe ili zila ingwe yeku thalusa mithamo yabo.

4.Mbukushu: Mughuvha o ku vhata evhata kaure kadhe ako shana ko vhata dwaruera kuvhata, mara akuvhata etere yayonayo.

5.Herero: O mundu ngu peja e ri huki ke otja pondero je a ire onjira jo koriurika kutja eje o zera tjike, tjimuna o murumendu nguzara ohurokova nao.

Cross-dressing

1.Tswana: Ke motho yoo aparang kapari e e farologanyeng ka dinako dingwe le bong ba gagwe e le tsela nngwe ya go tlhalosa bong jwa bone.

2.English: Wearing clothing that conflicts with the traditional gender expression of your sex and gender identity (e.g., a man wearing a dress) for any one of many reasons, including relaxation, fun, and sexual gratification.

3.Kalanga: I nthu unop mbala tjiambalo tjaka harulugana ne nako dzingwe ili zila ye zwiithalusa mithamo yabo.

4.Mbukushu: Kuvhata evhata yuku nenga shene hamweya mo ngwau ya neaya shene ka di waruera u evhate,(moka thate oku vhata mosheshe) mo mabaka nde ku kare shene ,kaana ku urura,moutwuwe kana dwa akara.

5.Herero: O mundu ngu peja e ri huki ke otja pondero je a ire onjira jo koriurika kutja eje o zera tjike, tjimuna o murumendu nguzara ohurokova nao

Drag queen or Drag King

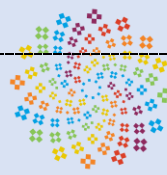
1.Tswana: Ke motho yo o aparang kaparie e fapaaneg le bong ba gagwe le mabapi le tsa bokgoni le bo.

2.English: Someone who dresses in the clothing of their “opposite” gender for performance.

3.Kalanga: Ke nthu uno mbala tjiambalo tji no leyana ne nthamo uwe.

4.Mbukushu: Moghuvha aku vhata evhata yoku nenka shene “kadye yawu” mara aye muka nthera themweya.

5.Herero: O mundu tjimuna o mukazendu nguzara otjirumendu rumue tji maungura oviungura mbi ma vi muundura kutja a zare nao.



Fluid(ity)*

1.Tswana: Gantsi ke lefoko lele tlaleleditsweng jaaka bong jo bo tlolheleditsweng,thobalano e e thotheleditsweng,thotheletso.Go tlhalosa bong jo bo tlhakantseng thobalano e e farologaneng(sekai monna le mosadi,rre yoo robalang le borre ba bangwe le motho yoo o robalanang le batho ba bong jo bo harologaneng);go sa tlhakatlhakannngwe le fa motho a fetoga.

2.English: Generally used with another term attached, such as, gender-fluid or fluid-sexuality, fluid(ity). Describes an identity that is a fluctuating mix of the options available (e.g., man and woman, gay and straight); not to be confused with “transitioning”.

3.Kalanga: Ka njinjii I dhama la zwidhananigwa.ko thalusa nthamo wa ka shanganya nzelano yaka leyana(saikoko:nlume ne nkadzi,nlume uno izela ne bangwe balume ne nthu u no izela ne bathu be methamo yaka harulugana);ku singa shangashanganyiwe li ha nthu I Shanduka.

4.Mbukushu: Wenke thu nako dweye u dwu ko wethera ku thuya ku mughuvha shene kadhe aku dhemuka shene pape aku wera thiwana thiwana (mo ka thate kana mo ka nawe,huku takanyena mmankuwu haheya);mara wa takanya no “mughuvha a ko peruka”.

Genderless

1.Tswana:Ke fa motho a sa ikgaoganye ka bong bope.

2.English: A person who does not identify with any gender.

3.Kalanga: Ndi hapa nthu a singa ngine mu khani dze shanganila ngubo.

4.Mbukushu: Mughuvha o thera ku khona ko dhemoka shene moka nawe kana moka thate.

5.Herero: O mundu ngue he ri hana kutja o mukazendu poo o murumendu.

Outing

1.Tswana: Ke fa motho a tlhalosa boitshwaro jwa yo mongwe gore o tlhakanela dikobo le batho ba bong bofe a tlhalosetsa mongwe kana setshaba,bontsi ba nako yaabo ele ko ntle ga teseletso ya motho wa teng,ga go tshwane le ha motho a "tswa ".

2.English: Someone is when someone reveals another person's sexuality or gender identity to an individual or group, often without the person's consent or approval; not to be confused with "coming out".

3.Kalanga: Ndi hapa nthu ithalusa nmazwiibato e ngwe kuti ku shanganila ngubo ne ba batho be nthamoe thalusila itjaba ,bonjinji gwe nako inobe ili kuzhe kwe ndaulo ye nthu wa mukati, ha ku tonga nthu I budha.

4.Mbukushu: Mughuvha o thwaya hamweya shene hana takanyeranka mangowo pakatje pawa mweya ,kadi a nna kombera thera thou ko nenka shene a hambe kemo mwa e thenda ; mara ya ko tjakana "noku shwaera ko nunda"

5.Herero: O mundu tji maraere o ruvara kutja o mbango jo mundu omuao jo rusuvero o nguaje penje no ondero jo mundu omuini.

Pansexual

1.Tswana: Ke motho yoo o lekeletsang kana yoo tlhakanna dikobo,maikutlo ka senamana kana semoa le batho ba bong botlhe bobo harologaneng.

2.English: A person who experiences sexual, romantic, physical, and/or spiritual attraction for members of all gender identities/expressions.

3.Kalanga: I nthu uno shanganila ngubo,mazwiio ne tji nyama kene tji meya ne bathu be nthamo ose bano harulugana.

4.Mbukushu: Mughuvha a shwaya ,takanyena mankuwu no ha heya haka nawe no haka thate.

5.Herero: O mundu ngu kara mo rusuvero poo ngu nanokirua o vandu pekepeke.

Queer

1.Tswana: Ke lefoko le le dirisiwang go kaya bong jwa motho kana gore o amana le batho ba mofuta ofe. Ga le dirisiwe ke mang le mang.Le kgona go tla ele sekgopi mo bathong bangwe.

2.English: An umbrella term used by some people to defy gender or sexual restrictions. Not used by all. Can be considered offensive.

3.Kalanga: I dhama lino kaya nthamo we nthu kene kuti u no shangana le bathu baka tini. Ha li to shingisiwa ndi yan nay an.Lo khona buya ili ikhopi mu bathu bangwe.

4.Mbukushu: Dweywe dwu da tuya ha ghuvha uho haku tjakana ,mara ka di wa kudithendetha mo haheya,kaore kukara morandu.

5.Herero: Embo ndi ungurisiua o kuisana ovandu otja ko ndero jao ndi vehana ko okaze no o rumendu, no ka ri ungurisa i kangamua mundu mo tjibetjokutja re peja a re rire evi ko mundu umue.