Let's start with terminology:

Don't try and fit people into a mold

Pay attention to people's language. Much variability exists and terminology is ever-changing. People have the right to describe their gender and sexuality however they choose. You should be open to new terms and feel comfortable asking for their meaning. For example, here are some descriptors that you may come across:

You can never go wrong by following the patient's lead and using the terminology that they use.

Each person is unique!

Information presented on these right panels supplement concepts within the graphic - refer to these pages for further learning!

Let's start with terminology

While these terms make up the LGBTTQQIPS2SAA (often abbreviated as LGBTQ+) banner, they DO NOT represent the full spectrum of identifiers and terms that individuals in the community may use to identify themselves.

Don't try and fit people into a mold

People come in all shapes, sizes, sexes, sexualities, and genders!

Each person is unique!

PRO-TIP!

You can never go wrong by following the patient's lead and using the terminology that they use.

Gender, sex, and sexuality are concepts that are intertwined but distinct from one another. For example, YOU CANNOT INFERR someone's sexual attraction based on their gender identity or vice versa!

Sexual Attraction
Gender Identity
Sex
Gender Expression

Dyke is another word for a lesbian woman. It is a reclaimed word that is used primarily within the queer community.

A person whose gender identity is comprised of all or many gender identities and/or expressions.

Alternate pronouns that are gender neutral and preferred by some gender variant persons. Pronounced /zee/ and /here/ they replace "he"/"she" and "his"/"hers" respectively.

Sexual Attraction
attraction on the basis of sexual desire or interest
(e.g. to women , to men , sexual , pansexual ,

Sex
Refers to physical aspects of our body, including genitalia, hormones etc.
(e.g. XX , XY , intersex ,

Gender Identity
your internal experience of gender
(e.g. woman , man , agender , genderfluid)

Gender Expression
the way you publicly present your gender identity, including dress and behavior
(e.g. feminine , masculine , agender , androgynous )

How to use this Infographic:
Information presented on these right panels supplement concepts within the graphic - refer to these pages for further learning!
Gender and sexual orientation can be fluid over the course of a person’s life

Sex

Sexual and gender minorities face covert and overt forms of oppression in Canada and around the world. The precise ways in which oppression manifest differ across space and time.

Discrimination - at home and abroad

Sexual and gender minorities can be victimized by discriminatory acts at home and abroad. In a recent poll, more than half of adults supported protecting the civil rights of LGBT people.

Gender is a construct!

Gender is a social construct and varies depending on time, location and culture. Gender roles and expressions vary greatly between generations and geography. Many people reject the traditional binary of male and female and describe their gender for themselves.

Many more have reported that they have engaged in same-sex sexual behavior (8.2%) or acknowledge at least some same-sex sexual attraction (11%).

Let them play!

Children are naturally curious and may wish to explore their gender through play. Whether or not a child considers their hobbies to be an expression of their gender identity is something only they can decide for themselves.

Gender Identity (male)

Sexual Attraction (masculine)

Gender Expression (masculine)

Gender and sexual orientation can be fluid over the course of a person’s life

Why is this important?

We should respect one another regardless of sexuality or gender identity!

In the US, an estimated 0.6% of adults are transgender.

In a recent poll, more than half of adults supported protecting the civil rights of LGBT people.

Gender Expression (masculine)

Sexual Attraction (asexual)

Sex (XY)

Gender Identity (gender fluid)

Roughly 1 in 1500 people do not fall into the binary classification of male and female. Many people are intersex with the biological characteristics of both sexes due to variations in physiology/anatomy/genetics.

Sex Assigned At Birth

is based on physical characteristics observed at birth and may not necessarily correspond with a person’s gender identity!

Let them play!

A child’s interests, hobbies and toys may or may not be an expression of their gender identity. Although many cultures consider certain activities and hobbies to be gendered, it is important to remember that these are social constructions.

Ultimately, a child’s gender identity is for them alone to decide.
Encompasses a variety of Indigenous gender identities and sexual orientations which are diverse across communities.

Respecting a person's right to define themselves means respecting their philosophies and ways of understanding the world.

The term “two-spirit” emerged, in part, as a form of resistance against the racism experienced by Aboriginal peoples in white-dominated, mainstream LGBTQ circles. It also emerged due to a lack of English vocabulary capable of adequately describing Indigenous peoples’ experiences of non-binary gender and sexuality. Although Indigenous languages likely had their own terminology describing concepts of gender and sexuality, much of this was lost as a consequence of colonization. For some, identifying as two-spirit symbolizes a form of resistance against the injustice of past and ongoing colonialism. It may therefore be considered offensive when non-Indigenous folks use the term two-spirit to describe themselves.

Central to the concept of two-spirit is one’s Indigeneity and one’s connection to the community, the Earth, and the spiritual world. This is in contrast to Western thought which places greater priority on sexuality and sexual orientation as foundations of identity formation. Mainstream LGBTQ narratives of “coming-out” are not an experience with which many two-spirit people necessarily identify. Rather than open declarations of one’s sexual and/or gender identity, Indigenous individuals may experience a process of “coming-in” to their identity as a two-spirit person. Ideas of gender and sexuality presented here are primarily Western social constructs which may or may not apply for Indigenous peoples.

Ultimately, sex, gender, and sexuality are social constructs and vary across time, place, and culture.

PRO-TIP! Respecting a person’s right to define themselves means respecting their philosophies and ways of understanding the world.
PARTNERS  Current and past,  How many and what gender(s)  Casual, regular, and others  Partner risks (e.g. IV drug use, HIV, abuse/violence)

PRACTICES Oral, anal, vaginal  Receive and/or perform  Sex toys (use, sharing, cleaning)

PREGNANCY Plans for pregnancy  Pregnancy prevention

PROTECTION Type of protection (from STIs)  Consistency of Use (e.g. with whom, when)

IN D I V I S I O N Y T H E R E I S B E A T U Y A N T E R

SHARPS

Thank you for helping to create a safe, welcoming clinical environment for EVERYONE!

Get to know your patient

Moving beyond the examining room

Do not underestimate the weight of your words!

Appreciate that many people are sensitive about their body

Leave the examination room when patients are undressing.

Echo patient’s terminology when discussing body parts – especially in the trans population (e.g. chest vs breasts).

Open Ended Questions are Inclusive!

Closed-ended questions often involve assumptions

Open

How would you describe your sexual orientation? With whom are you sexually active? Can you please describe your gender?

Are you sexually active with men, women or both? Are you male or female?

Closed

VS.

Notice that the closed-ended questions can make patients feel that their identity and experiences are not recognized or valued.

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