

YOUTH
PROJECT!

2SLGBTQIA+ WORD BANK

CREATED BY THE YOUTH PROJECT

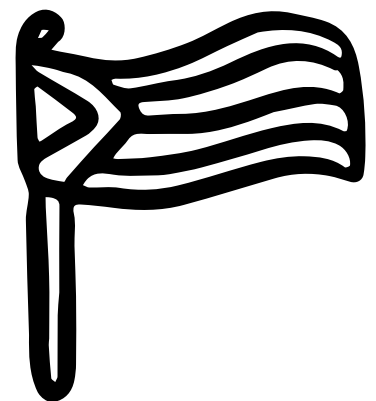


At this time in history, incredible community leaders, global social movements, local changemakers, and youth everywhere are working to not only reimagine a more equitable world, but to carve intentional space for marginalized people. Learning spaces have the potential to respond to this liberatory movement by empowering young people to realize their full authentic selves, aligning themselves as allies to the communities they aren't immediately a part of, and working to create a classroom and school that includes, affirms, and celebrates everyone.

To foster safer, inclusive, and affirming spaces it is important that we educate ourselves about the experiences of individuals and groups that experience and move through the world in a different way because of their identities. The purpose of this word bank is to create confidence in folks when talking about and supporting people in the 2SLGBTQIA+ community (Two-Spirit, Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Intersex, Asexual, and all other identities under this umbrella).

In this word bank, we have first defined words that are important to the whole community, followed by defining words pertaining to sexual orientation, and then definitions of words pertaining to gender. In each of the sections, we will also be addressing words that are no longer acceptable to use, with a brief explanation as to why.

If there are any questions, or you are looking for further resources, browse our website www.youthproject.ns.ca, our social media @nsyouthproject, or send an email to nik@youthproject.ns.ca.



2SLGBTQIA+
WORDS

ALLY

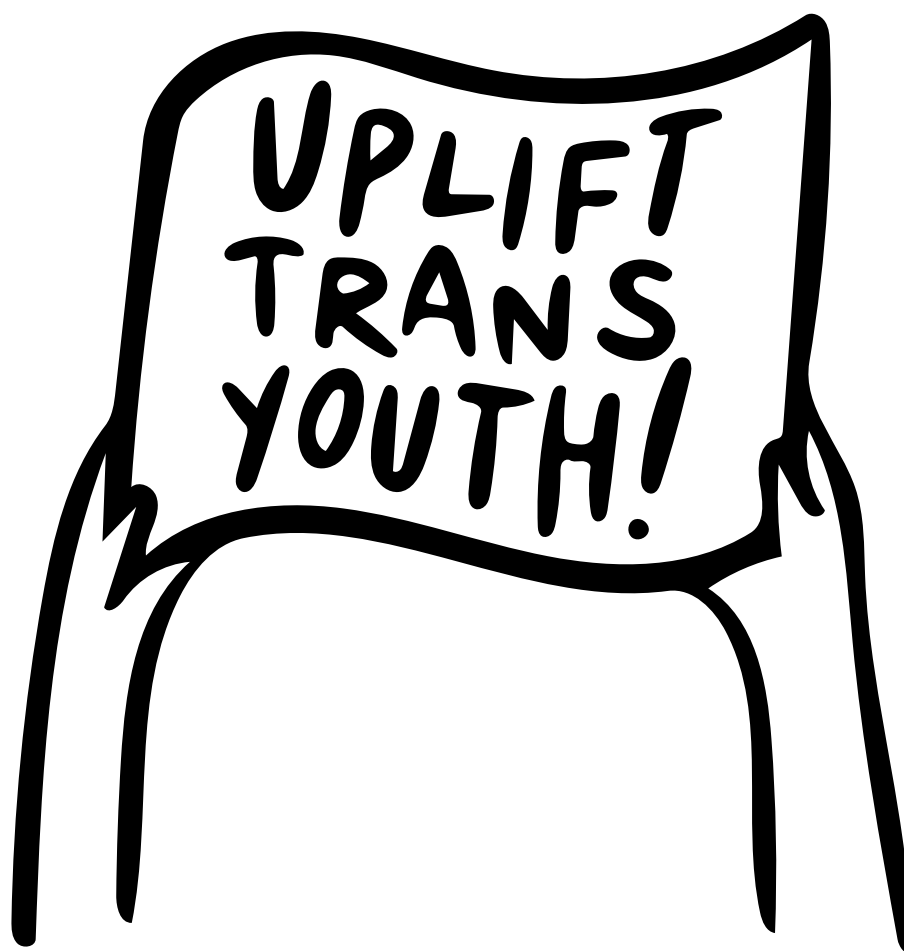
An ally is someone who is not part of a community but actively supports, advocates for, and celebrates the community.



CONSENT

Voluntary, enthusiastic and ongoing communication around someone's needs, desires, and boundaries. While typically discussed in the context of sexual intimacy, consent is critical in all relationships and can regard a wide range of physical, emotional, and practical needs.





In this context, an ally is someone who is straight and cisgender but works toward equity and liberation for 2SLGBTQIA+ people. Being an ally requires an understanding of your privilege and power, educating yourself on the discrimination and issues faced by 2SLGBTQIA+ people, supporting and showing up for 2SLGBTQIA+ in your life and community, resisting assumptions based on heteronormative and cisnormative understandings, and disrupting homophobia and transphobia.



COMING OUT

Because it is typically assumed that people are cisgender and straight, coming out is an often ongoing process of telling someone, something*, or groups of people your sexual orientation and/or gender identity. Not everyone is safe or ready to come out, and that's okay. Not coming out, for whatever reason, does not make your identity invalid, unimportant, or less real! Some folks choose to never come out, only come out to some people or online communities, or just tell one really trusted person. None of these realities make someone less part of the 2SLGBTQIA+ community.



Coming out to a pet, object, photograph, or plant is a great way to build radical self-acceptance, courage, and confidence in your coming out journey.


How to support someone coming out:

While coming out can be a really beautiful celebration, it can also be a stressful experience because we don't always know how someone will respond. This makes the person coming out vulnerable to rejection, violence, loss and grief. If someone comes out to you, know that this is a symbol of great trust and care. It's important that you first thank them for trusting you with this information, let them know that you care for them the same and are there for them, ask them how they would like you to support them, and check in about who else they are out to so that you don't accidentally out them to people, or in spaces, that they aren't ready or feel safe to be out in.



GSA (GENDER SEXUALITY ALLIANCE)

A GSA is a student-led group in schools that offers a safe space for 2SLGBTQIA+ youth and allies. How a GSA operates and what a GSA does is typically in response to the needs of the 2SLGBTQIA+ students in the school. It can be a social space, supportive space, or advocacy and activism group. Formerly called the Gay Straight Alliance)

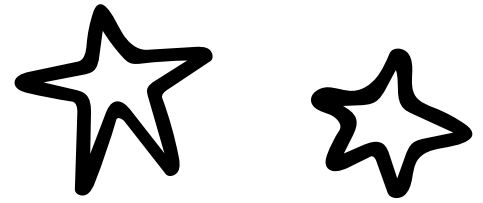


GENDER
SEXUALITY
ALLIANCE

Join
THE
GSA

ROOM 306

EVERY MON.
@ LUNCH



INTERSECT- IONALITY

Coined by Kimberlé Crenshaw (1989), intersectionality is a lens or framework to talk about the ways that people can experience more than one form of oppression and/or privilege. Crenshaw used this as a tool to describe her experience as being a Black woman, and the ways that she experiences a combination of misogyny and anti-Black racism in her life, seeing them as inseparable experiences.

KIMBERLE CRENSHAW



For example, in the 2SLGBTQIA+ community, queer and trans white people are afforded more privilege than queer, trans, and Two-Spirit Black, Indigenous, and people of colour because of racism, xenophobia, and discrimination.

MARGINALIZATION

the treatment and positioning of groups of people as less than, less valuable, less deserving of care/ safety, and unimportant or inferior. This means that people experiencing this marginalization often have less access to autonomy, safety, employability, representation, and security around their basic needs like food and housing.



OUTING

When someone's identity is shared without their consent/permission.



It is never appropriate to out someone as this can put someone in a compromised, vulnerable, and unsafe situation.

OPPRESSION

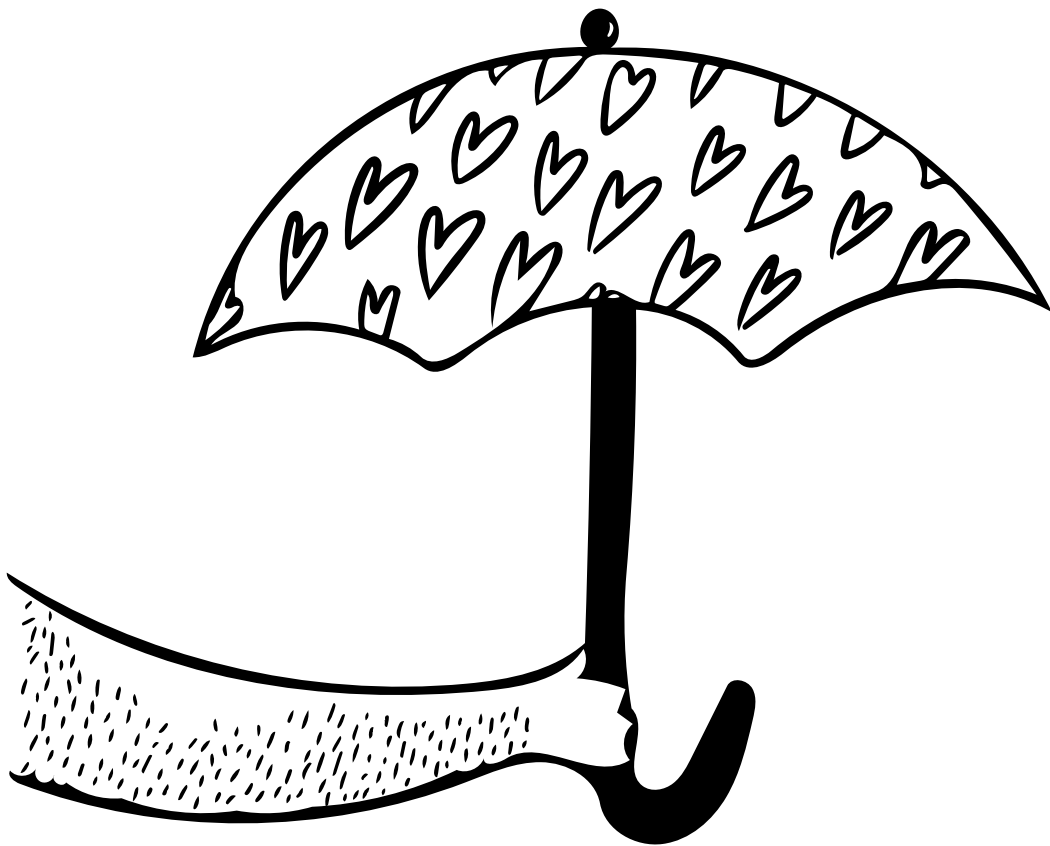
Systemic, institutional, interpersonal, and historically precedented unjust, discriminatory, and violent treatment towards marginalized communities and people.

PRIVILEGE

A set of unearned advantages, benefits, opportunities, resources and wealth that you are born into or acquire throughout your lifetime given to you based on the social group(s) that you belong to.

POWER

The capacity to influence the actions, beliefs, access, and conduct of other people. Power can be utilized to empower and uplift people with less access to power, or it can be used to further marginalize, oppress, and restrict access to resources.



QUEER (Q)

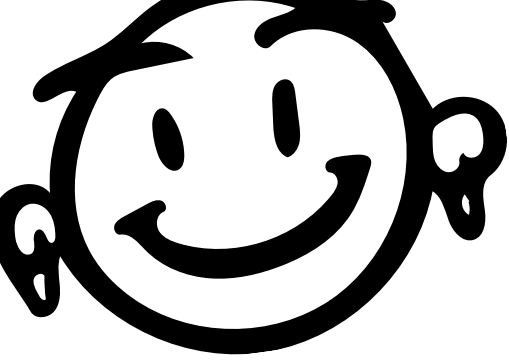
The word queer has a long history with many meanings, experiences, and feelings attached to it.

Initially, queer was defined as 'strange', 'different', or

'weird'. This word became a derogatory slur when people outside of the 2SLGBTQIA+

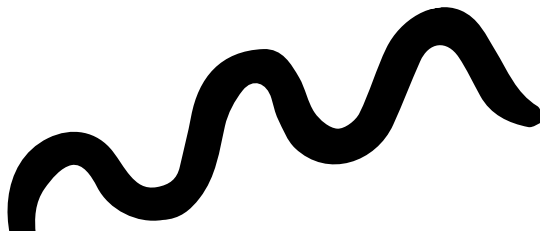
community started to use it to other, discriminate against, and marginalize 2SLGBTQIA+ people, equating their experience with gender and sexual orientation as something that is not okay,

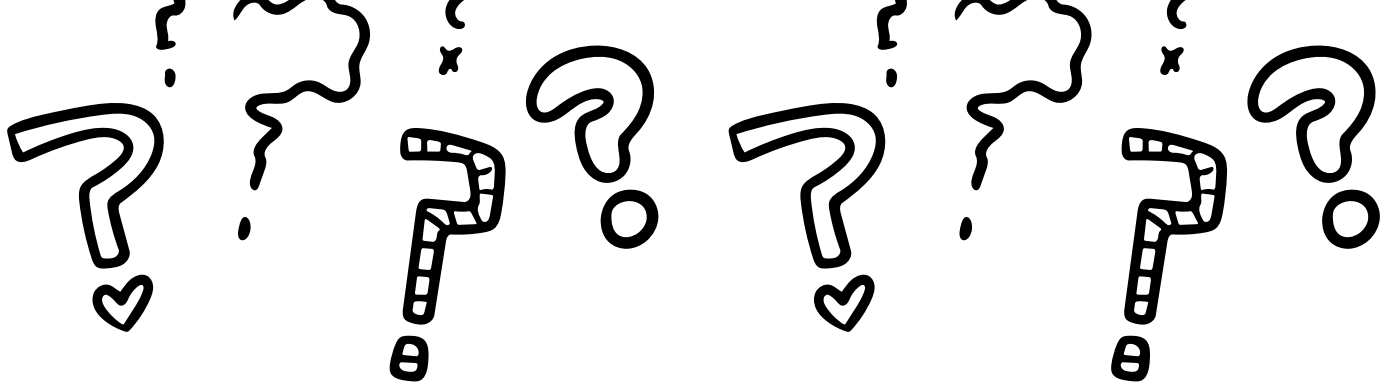
abnormal, and can be 'fixed'. Some 2SLGBTQIA+ community members have reclaimed "queer" as an identity and/or as an *umbrella* term for the whole community.



QUEER (CONTINUED)

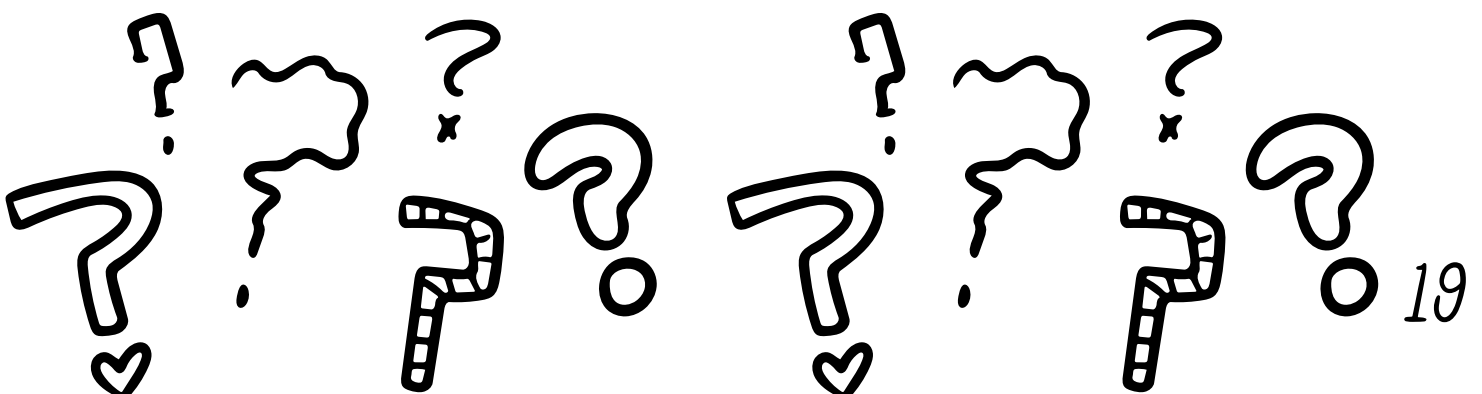
In this context, queer is an infinite, non-specific, flexible way to identify as part of the 2SLGBTQIA+ community. However, because of the history of this word as a derogatory slur, not everyone has reclaimed this word and it can feel very painful for some to be reminded of it. It is important that we mirror the language that someone uses for themselves. If they don't use queer as a self-identifier, we shouldn't assign that label to them.





QUESTIONING (Q)

Questioning your gender identity or sexual orientation can happen at any point in your life, can happen for as long as you need it to, and can happen more than once! The experience of not knowing, or figuring out, your gender identity and/or sexual orientation is as valid and important as knowing and having figured out your gender identity and/or sexual orientation.



SEXUAL ORIENTATION WORDS

Everyone has a sexual orientation! This is how someone experiences attraction to other people.

Attraction can be divided into different categories, such as sexual, romantic, physical, and emotional and someone's experience with attraction can differ for each of these categories.

AROMANTIC

This is an experience of having little to no romantic attraction to anyone.

ASEXUAL (A)

This is an experience of having little to no sexual attraction to anyone.

BISEXUAL (B)

This is an experience of being attracted to two kinds of people, people who have the same gender as you and people whose gender is different than yours.

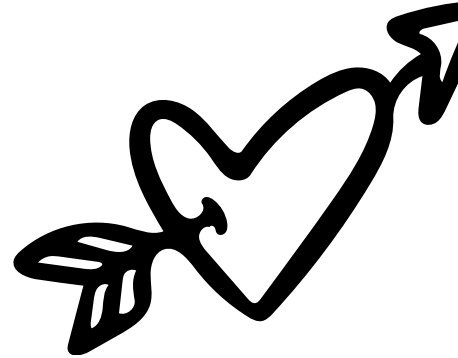


BIPHOBIA

A specific kind of oppression that erases and holds negative attitudes towards bisexual people.

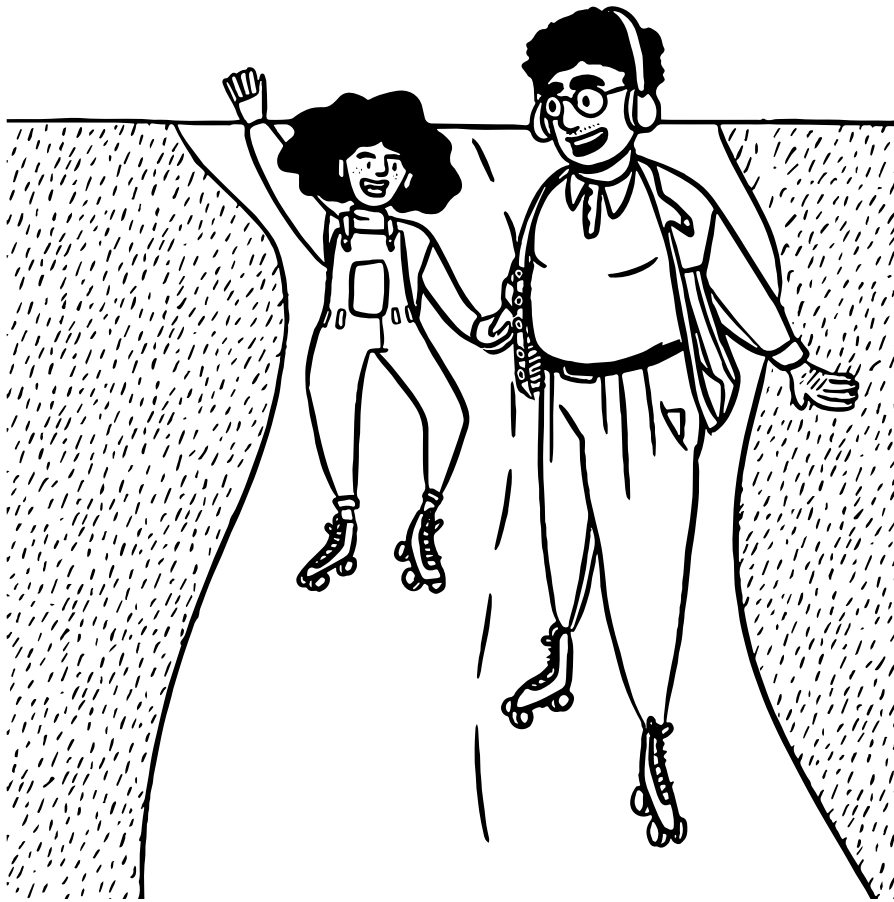
DEMISEXUAL

This is an experience of needing an emotional connection to someone before experiencing sexual attraction to them.



GAY (G)

Gay can either be an umbrella term for anyone whose sexual orientation is not straight, but it can also be specifically for men who are attracted to other men.



"That's so gay!"

This is a common phrase that we hear people using to express that they find something boring or annoying, that they don't like it, or that they wish it didn't exist. While the intent in using this phrase might not be homophobic, the impact is inherently homophobic because it is using a whole group of people, an identity, to describe something that is undesirable.

HETERO- NORMATIVITY



The assumption that everyone is heterosexual and that heterosexuality is more normal, more moral, and superior to other sexual orientations.

HETEROSEXUAL OR STRAIGHT

This is an experience of attraction to people whose gender is different than yours.

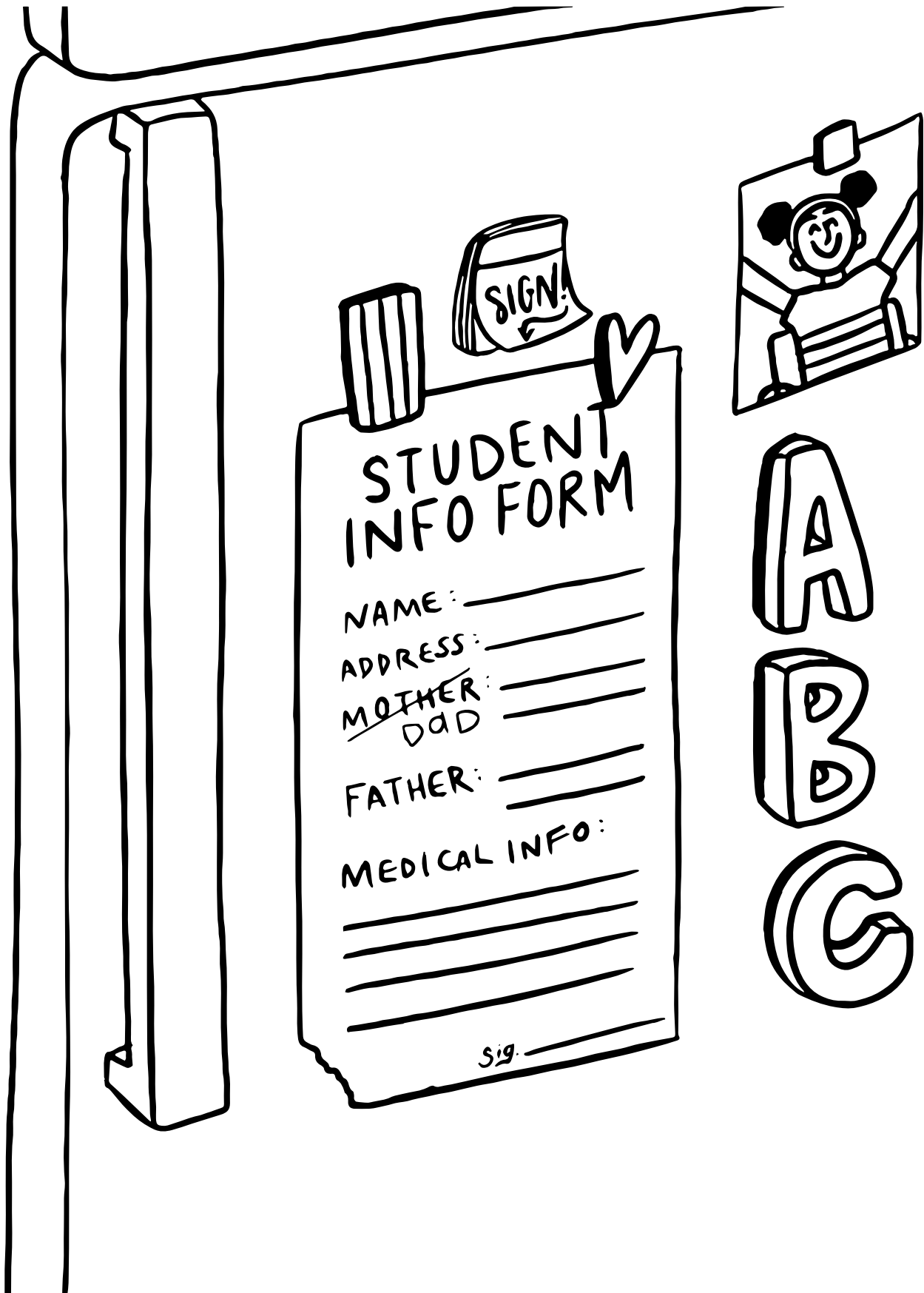
Typically, this is a sexual orientation that is for men who are attracted to women, and women who are attracted to men.

HOMOPHOBIA

Homophobia is learned beliefs and attitudes that place people who are not straight as inferior, irrational, unwell, and abnormal thus intolerant of their livelihood and well-being.

Homophobia can manifest in a variety of either intentional or unintentional ways, but regardless the impact can be devastating.

Examples of homophobia: erasure (the removal of or refusal to acknowledge identities, practices, and histories from society), misrepresentation, inequitable rights, less access to resources, opportunities, and wealth, derogatory language and slurs, physical and sexual violence.



STUDENT INFO FORM

NAME: _____

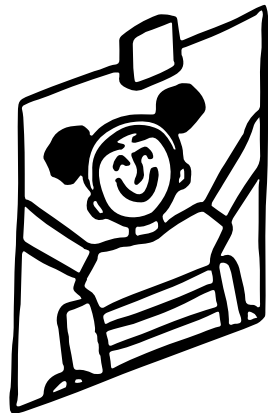
ADDRESS: _____

MOTHER: _____
DAD: _____

FATHER: _____

MEDICAL INFO:

Sig. _____



A

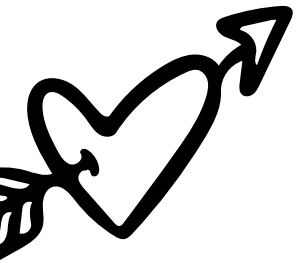
B

C

HOMOSEXUAL

This is a term that groups together anyone who is attracted to people of the same gender.

Historically, this was a term that was used to other, criminalize, medicalize and diagnose 2SLGBTQIA+ people (for example, it was illegal to be homosexual in Canada until 1969, and homosexuality was in the Diagnostic and Statistical Manual of Mental Disorders until 1973). Due to this violent history, we are moving away from using this terminology outside of using it within this historical context.





MONOGAMY


This is a relationship style of having only one partner at a time.

LESBIAN (L)

This is a term for women who are attracted to other women.

PANSEXUAL

This is an experience of being attracted to any kind of person, regardless of their gender identity.



POLYAMORY

This is a relationship style where people can or do have multiple romantic and/or sexual partners at the same time who are all informed and consenting.



GENDER
WORDS

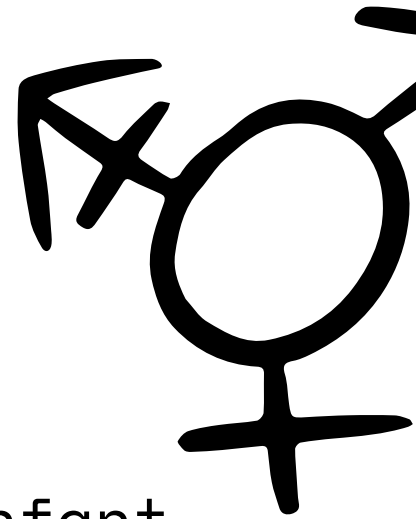
Gender refers to the socially constructed roles and expectations, behaviours, expressions, and identities of women, men, and gender diverse people.

ANDROGYNY

A gender expression neither specifically feminine or masculine, but somewhere in-between or outside of them.

ASSIGNED SEX AT BIRTH

Based on the body that an infant is born into, they will be assigned biologically male, female, or intersex. Sex, while primarily based upon reproductive anatomy, is also influenced by chromosomes and hormones. While sex is assigned to us at birth, it is not fixed and can be changed over the course of someone's lifetime.



ALOK VAID-MENON



Alok (they/them) is a gender non-conforming writer and performer, and the creator of the #DeGenderFashion movement.

CISGENDER

When someones gender identity aligns with their assigned sex at birth.

CIS MAN

A person who was assigned male at birth and is a man.

CIS WOMAN

A person who was assigned female at birth and is a woman.

It is important to always have a space between the adjective, cis, and the gender.

CISNORMATIVITY

The expectation and assumption that someones gender identity will align with their assigned sex at birth, and that people who are cisgender are superior to people who are Two-Spirit, trans, or non-binary.

DEADNAMING

Using a name for a trans person that they no longer use for themselves.

If you accidentally deadname someone, it is important that you are receptive and open to being corrected, without defending your mistake, offer an apology, and then use the correct name moving forward.



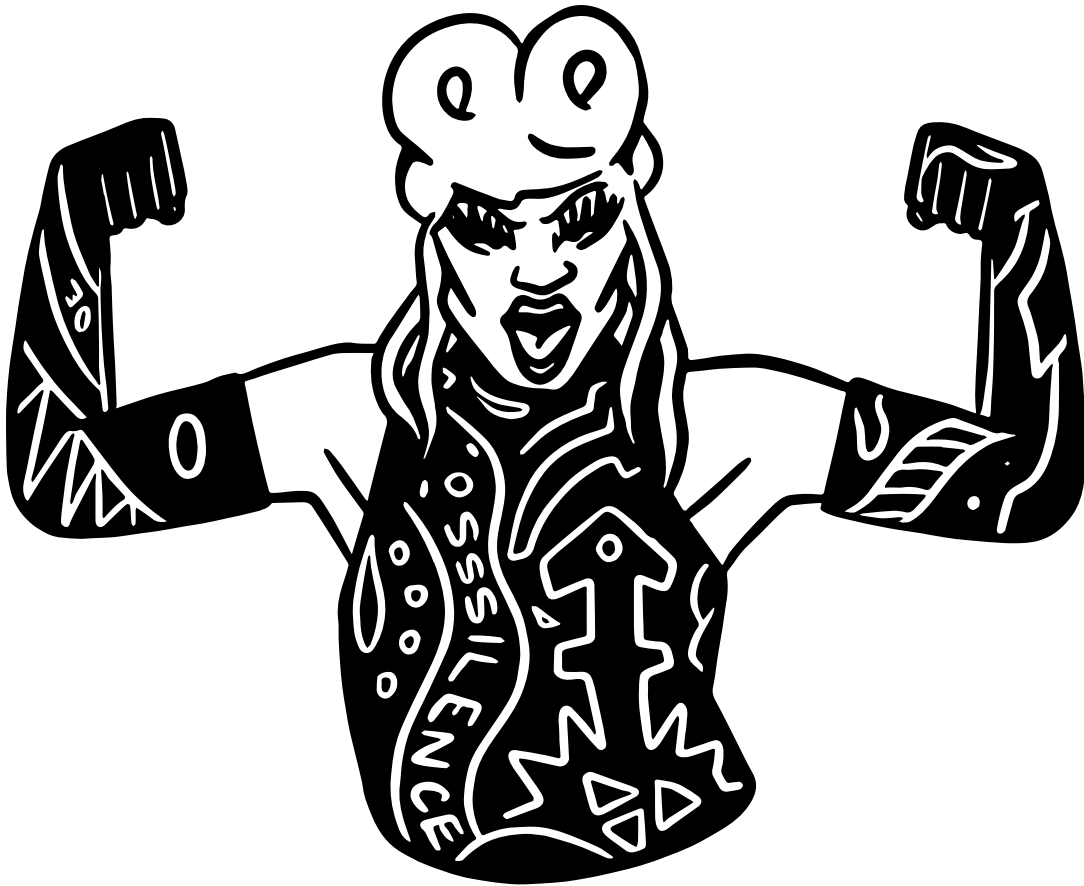
DRAG

Drag is a style of performance that often, but not always, involves the presentation of exaggerated stereotypical gender characteristics that differ from their lived gender identity.

Drag performance can be a form of art, entertainment, activism, or parody.

Drag Kings typically perform through exaggerated masculinity, and Drag Queens typically perform through exaggerated femininity. However, some drag is more androgynous, fluid, and non-binary.

GÖTTMIK

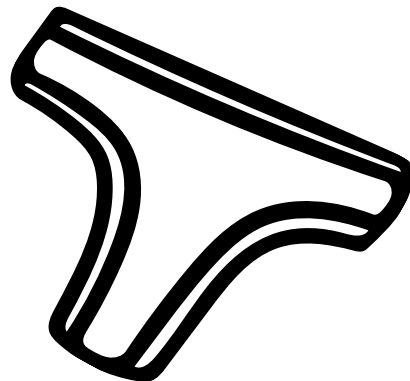
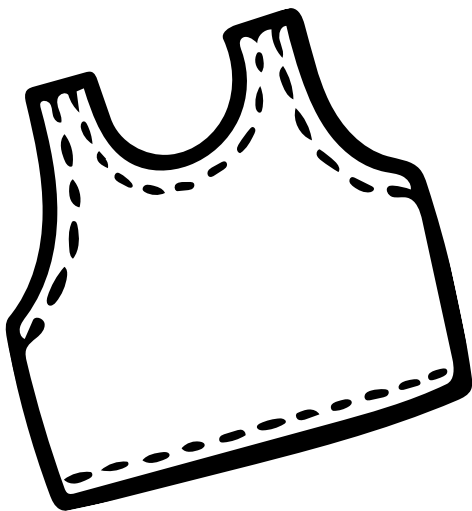


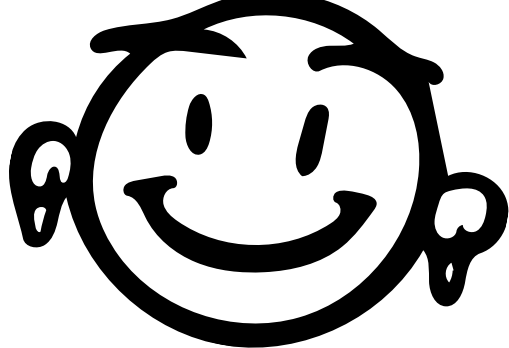
Gottmik (she/her) is the drag name of Kade Gottlieb (he/him), a trans man drag performer and make-up artist who competed on RuPaul's Drag Race: Season 13.

GENDER- AFFIRMING GARMENTS

Garments worn under the clothing to non-permanently alter the shape of the body.

Examples of these garments are binders (chest compression shirts) and gaffs (compression underwear) which the Youth Project offers to youth in Nova Scotia free of cost.





GENDER- AFFIRMING HORMONES

Administration of testosterone or estrogen to promote secondary sex characteristics that affirm someone's gender identity.

GENDER- AFFIRMING SURGERY

Medical procedures that remove, add, or modify someone's body to affirm their gender identity.



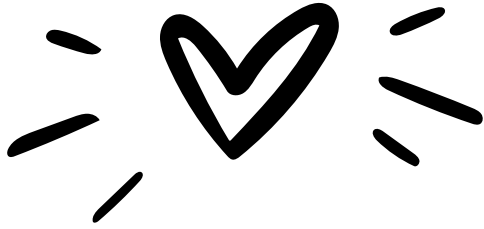
GENDER BINARY

The colonial concept that there are only two genders, men and women, who are complementary of each other, opposite of each other, and have specific expectations and meanings attached to being men and women.

GENDER EXPRESSION



The choices that you make in your outward appearance (publicly or privately) to express your gender identity through clothing, hair cut or style, ways of walking and talking, etc.



GENDER EUPHORIA

A feeling of ease, comfort, and joy when your gender identity is affirmed and perceived correctly.

GENDER DYSPHORIA

A feeling of stress or discomfort when a) your gender identity does not align with your body, assigned sex, or expression, or b) the world perceives you and expects you to act and behave in ways that do not align with your gender identity.



GENDER IDENTITY

A personal experience of how you feel and think about your gender.

INTERSEX (I)

An umbrella term used to describe a wide range of natural bodily variations whose characteristics do not fit typical sex binary notions of male or female.

"Hermaphrodite" is a medical term that is no longer appropriate to use because of the historical violent relationship between intersex people and the medical system.

MISGENDERING

Using pronouns or gendered language for someone that doesn't align with their gender identity.

If you misgender someone it is important not to defend your mistake, pretend it didn't happen, or express feelings of guilt. Instead, apologize, correct yourself, move on, then practice and get it right the next time!





NON-BINARY

An umbrella term for gender identities that falls outside of the binary genders. The experience of being non-binary is not universal, people can feel like both a man and a woman, like neither or that they have no gender at all, or more fluid in their gender identity and expression. This is why there are many other specific labels that non-binary people might use to articulate their experience such as, genderqueer, gender non-conforming, agender, bigender, genderless, gender-creative, etc.

INDYA MOORE



Indya Moore (she/they) is a transfeminine and non-binary actor and model. They play Angel Evangelista on the TV show Pose.



PRONOUN

a word used to refer to someone without using their name ie. he, she, they, ze, etc.

'Ze' is one example of a neo-pronoun, for more information about neo-pronouns and how to use them, we suggest playing the pronoun practice game by Minus 18: pronouns.minus18.org.au

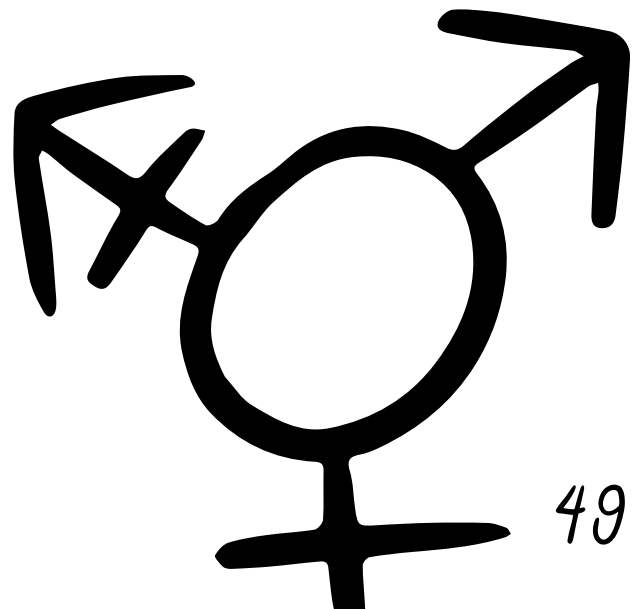
SECONDARY SEX CHARACTERISTICS

The development of certain physical characteristics at puberty or with gender affirming hormone therapy.

TRANSGENDER OR TRANS (T)

an umbrella term for anyone whose gender identity does not align with their assigned sex at birth.

Transgender is an adjective that describes the relationship between someones assigned sex at birth and gender identity, thus saying Transgendered or Transgendering are grammatically incorrect. Other terms that are inappropriate to use are Transsexual (this term was used to medicalize the experience of being trans) and Tranny (a derogatory term towards trans people).





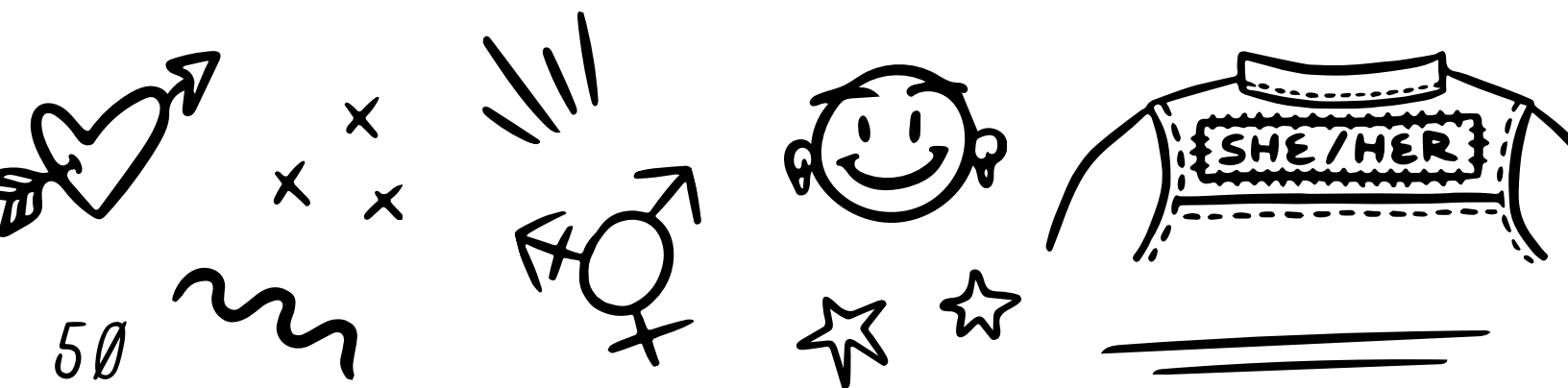
TRANS MAN

A person who was assigned female
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TRANS WOMAN

A person who was assigned male
at birth and is a woman.

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space between the adjective,
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TRANSPHOBIA

Transphobia is learned beliefs and attitudes that place people who are not cisgender as inferior, irrational, unwell, and abnormal thus intolerant of their livelihood and well-being. Transphobia can manifest in a variety of either intentional or unintentional ways, but regardless the impact can be devastating.

Examples of transphobia: erasure (the removal of or refusal to acknowledge identities, practices, and histories from society), misrepresentation, inequitable rights, less access to resources, opportunities, and wealth, misgendering and deadnaming, derogatory language and slurs, physical and sexual violence.



TWO-SPIRIT

Created by a group of elders and band leaders at a conference in Winnipeg in 1990, Two-Spirit is a term used within some Indigenous communities that encompasses cultural, spiritual, sexual and gender identity.

From Trans Care BC, “The term reflects complex Indigenous understandings of gender roles, spirituality, and the long history of sexual and gender diversity in Indigenous cultures. Individual terms and roles for Two-Spirit people are specific to each nation.

Due to its cultural, spiritual, and historical context, Two-Spirit is to be used only by Indigenous people. However, not all Indigenous people who hold diverse sexual and gender identities consider themselves Two-Spirit”.

It is important to learn and understand the history of colonialism and the impacts that assimilation, residential schools, and child protective services had on erasing the legacy of the wide gender and sexual diversity within Indigenous communities nationally and all over the world. This is why the term “Two Spirit” can only be used by Indigenous people.

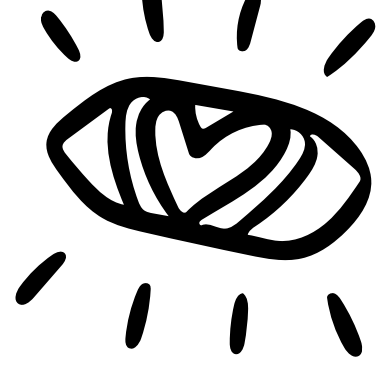
GEØ NEPTUNE



Geo Soctomah Neptune (they/them) is a member of the Passamaquoddy Tribe from Indian Township, ME, and a master basketmaker, drag queen, activist, educator, and two-spirit. (VIA UNITED STATES ARTISTS 2021)

*For more information, please
see this directory for more
resources:*

*nativeyouthsexualhealth.com/
twospiritdirectory.html
w2sa.ca*



TRANSITION

An individual's unique process of changing aspects of their expression and/or body and/or name and pronouns to affirm their gender identity. This can be through social, physical, legal, or medical processes. Not all trans people want, need, or can access means of transition, no one is more or less trans because of how they choose to, or can, transition.



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