

Smashing Stigma

A Guide to 2SLGBTQI+-friendly Language



Key Terms and Definitions¹⁻⁵

2SLGBTQI+: An acronym for Two-Spirit, Lesbian, Gay, Bisexual, Trans/transgender, Queer/questioning, Intersex and other sexually diverse identities.

Ally: A person who defends the cause and the rights of a marginalized community to which they do not belong and that is recognized as such by the members of the community in question.

Asexual: A person who feels little or no sexual attraction.

Be in the closet: Conceal one's sexual orientation or gender identity.

Bisexual: People who experience sexual and/or emotional attraction to more than one gender.

Cisgender: A person whose gender identity *does* match the gender they were assigned at birth.

Come out: Voluntarily reveal one's sexual orientation or gender identity.

Deadname: A birth name of a transgender or non-binary person that they no longer use. As a verb, to deadname means to refer to someone by said name.

Gay: Someone who is attracted to others of their own sex. Can be used to refer to men or women. Is occasionally used as a term representing the 2SLGBTQI+ community.

Gender expression: Public expression of gender, which can include behaviour, clothing, hairstyle, voice inflections and body language. A person's gender expression is not necessarily associated with their gender identity.

Gender dysphoria: The distress many transgender people experience associated with a misalignment in their sex they were assigned at birth and their internal gender identity.

Gender identity: One's own internal sense of being along the gender spectrum. Gender identity is different from and not related to one's sexual orientation.

Intersex: Having sex characteristics that differ from the medical description of the average characteristics for males or females. Being intersex does not determine your gender identity and those with intersex characteristics may identify in a variety of ways.

Lesbian: Woman who is attracted to other women.

Misgender: Attribute to a person, intentionally or not, a gender that does not correctly reflect their gender identity.

Non-binary: A person whose gender is neither male nor female (e.g., agender, bigender, gender fluid, etc.).

Outing: Exposing a person's sexual orientation or gender identity without their permission.

Pansexual: An individual who is fluid in sexual orientation and is attracted to others regardless of gender.

Sex assigned at birth: The sex of a person based on their primary sexual characteristics at birth.

Sexual behaviour: Generally expressed through an individual's sexual activity. Does not inherently determine an individual's sexual orientation.

Sexual orientation: A person's physical, romantic, emotional, aesthetic and/or other form of attraction to others.

Straight: Someone who is attracted to people of another gender.

Queer: Formerly used as a derogatory slang term to identify 2SLGBTQI+ people. This term has been reclaimed by some as a non-specific identifier with positive connotations.

Questioning: When a person is investigating their gender identity, sexual identity, and/or sexual orientation.

Trans/transgender: A person whose gender does not match the gender they were assigned at birth, including those who identify as non-binary, trans men and trans women.

Trans man: A person assigned female at birth who transitions to live as a man or somewhere on the masculine spectrum.

Trans woman: A person who is assigned male at birth who transitions to live as a woman or somewhere on the feminine spectrum.

Two-Spirited: A person who identifies as having both a masculine and a feminine spirit and is used by some Indigenous persons to describe their sexual, gender and/or spiritual identity.

1. Bourns, A. (2015). *Guidelines and Protocols For Hormone therapy and Primary Health Care for Trans Clients*. Sherbourne Health Centre, Toronto.

2. Government of Ontario, Ministry of Children and Youth Services, C. (2018). *LGBT2SQ Resource Guide*.

3. The 519. *The 519 Glossary of Terms* (n.d.). Retrieved from <https://www.the519.org/education-training/glossary>

4. Sostar T. *Speaking with Care: LGBTQIA2S+ Inclusive Language*. Cumming School of Medicine - uCalgary. Accessed September 11, 2023. <https://cumming.ucalgary.ca/sites/default/files/teams/7/Inclusive%20Language%20Handout%20long.docx>.

5. 1. Government of Canada. *2SLGBTQI+ terminology - Glossary and common acronyms*. Women and Gender Equality Canada. August 28, 2022. Accessed September 11, 2023. <https://women-gender-equality.canada.ca/en/free-to-be-me/2slgbtqi-plus-glossary.html>.



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Resources

CATIE: Canada's source for information on HIV and Hepatitis C. Their website includes an resource ordering centre for you to provide free materials to your patients on various health-related topics. <https://catie.ca/>

CPATH: The Canadian Professional Association for Transgender Health provides resources and educational opportunities for professionals. It also has links under 'Resources' to province-specific 2SLGBTQI+ health centers. <http://cpath.ca/en/>

Egale: Canadian human rights trust that provides resources to inform policy, research and education. They also provide a variety of equity training programs. <https://egale.ca/>

The Gilbert Centre: Provides several services to the Simcoe County community in Ontario, including support for those living with HIV, anyone facing addiction and individuals in the 2SLGBTQI+ community. This organization also provides a Safer Spaces Training program for any business or group across Canada. <http://www.gilbertcentre.ca/>

Human Rights Campaign: Advocacy group in the United States promoting equal rights for 2SLGBTQI+ persons. HRC provides pharmacy-specific resources entitled Providing LGBTQ-Inclusive Care and Services at Your Pharmacy and Transgender and Gender Diverse Pharmacy Resource Guide. <https://www.hrc.org/>

PFLAG: Organization for parents and friends of the 2SLGBTQI+ community created to help families be a better support system. There are local chapters across Canada. <https://pflagcanada.ca/>

Rainbow Health Ontario: Provided by the Government of Ontario, this resource provides reliable and up-to-date health resources for 2SLGBTQI+ communities and health care professionals. Materials can also be ordered through their website. <https://www.rainbowhealthontario.ca/>

Trans Care BC: Provincial website that includes information on hormones, support and surgery. Resources for patients and health care professionals. <http://www.phsa.ca/our-services/programs-services/trans-care-bc>

The Trevor Project: Organization in the United States that provides crisis intervention and suicide prevention for 2SLGBTQI+ youth under 25. They also host TrevorSpace, an international, safe, online supportive community for 2SLGBTQI+ members under 25. <https://www.thetrevorproject.org/>

Youthline: Peer support is available for youth in Ontario under 29 years old online and via the phone. Individuals can also search for local 2SLGBTQI+ support programs across Canada. <https://www.youthline.ca/>

The519: A queer community center at Church and Wellesley in Toronto that provides resources, education and training, as well as safe space and programs for 2SLGBTQI+ people. <https://www.the519.org/>

