

Smashing Stigma

A Guide to LGBT2SQ-friendly Language



Key Terms and Definitions^{1,2,3}

LGBT2SQ: An acronym for Lesbian, Gay, Bisexual, Trans/transgender, Two-spirited, and Queer. This is one of many acronyms that identify the diverse communities with sexual orientations or gender identities that have been/are marginalized.

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.

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 LGBT2SQ 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.

Lesbian: Women who are 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 behavior: 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 LGBT2SQ people. This term has been reclaimed by some as a non-specific identifier with positive connotations.

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>



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Resources

CATIE: Canada's source for information on HIV and Hepatitis C. Their website includes an order resource 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 education opportunities for professionals. It also has links to province-specific LGBT2SQ 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 LGBT2SQ 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 LGBT2SQ persons. HRC provides a pharmacy-specific resource entitled Providing LGBTQ-Inclusive Care and Services at Your Pharmacy.

<https://www.hrc.org/>

PFLAG: Organization for parents and friends of the LGBT2SQ community. 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 LGBT2SQ communities as well as 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 LGBT2SQ youth under 25.

<https://www.thetrevorproject.org/>

Youthline: Peer support is available for youth online and via the phone. Individuals can also search for local LGBT2SQ 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 space and programs for LGBT2SQ people.

<https://www.the519.org/>

