

Discovering your identity within the LGBTQI+ Community

STUDENT COUNSELLING UNIT
MENTAL HEALTH AWARENESS SERIES

Identity can be defined in terms of a person's sense of belonging to a specific social group or community (e.g. belonging to the Queer Community).

Cis Gender

Cisgender describes a person whose gender identity and sex assigned at birth are the same.



Intersex

Intersex is a general term used to refer to individuals that are born with or who develop naturally in puberty, biological sex characteristics which are not typically male or female.



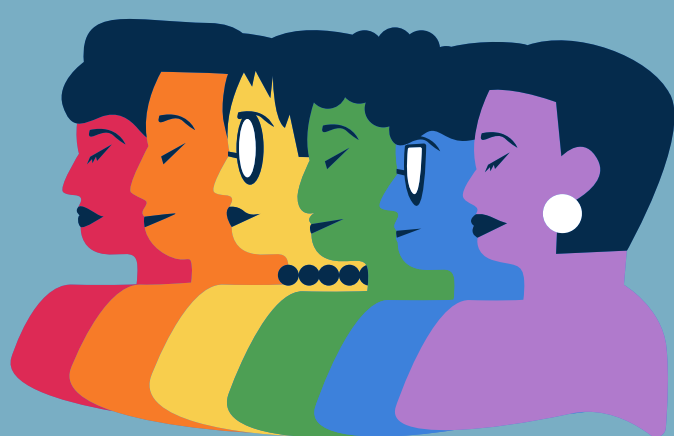
Asexual

A term used to describe someone who does not experience sexual attraction toward individuals of any gender.



Lesbian and Gay

Woman/Man who has a romantic and/or sexual attraction towards the same gender as themselves.



Take your time...

Sexuality is a spectrum, therefore give yourself time to figure it out. Do not feel pressured to have answers if you are still not sure.



Transgender

Transgender is a broad term that refers to people who experience their gender identity or express their gender in ways that do not conform to societal expectations based on the gender or sex they were assigned at birth.



Bisexual, Pansexual, or Omnisexual

Bisexuality is an umbrella term for having romantic and/or sexual feelings for more than one gender. Bi people may identify with one or more of a wide range of terms, including, but not limited to, omnisexual, pansexual queer, and some other non-monosexual and non-monoromantic identities.



LGBTI Myths : Don't fall for this!

- Homosexuality is a "Western phenomenon."
- Depriving LGBTI people of their human rights can be justified on grounds of religion, culture or tradition.
- LGBTI people are "not normal," they are a creation of the modern age; their identity is a "trend."
- LGBTI people are requesting "special rights."
- By repealing laws that criminalize same sex activity we are "promoting homosexuality."

