

LGBTQIA+ AWARENESS

FIND YOUR LABEL / BECOME A BETTER ALLY



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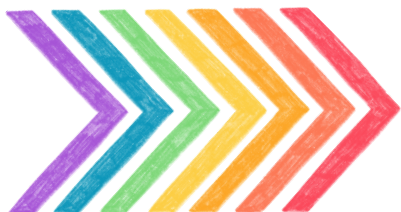
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LGBTQIA+ AWARENESS

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WHAT IS LGBTQIA+?

L

LESBIAN (a non-man who is sexually / romantically attracted to other non-men)

G

GAY (a non-woman who is sexually / romantically attracted to non-woman)

B

BISEXUAL (someone who is sexually / romantically attracted to more than one gender)

T

TRANSGENDER (someone who does not identify as their assigned gender at birth)

Q

QUEER (term reclaimed by the LGBTQIA+ community to represent their wider community)

I

INTERSEX (blanket term for people who are born with sexual characteristics that do not fall into the typical "male" or "female")

A

ASEXUAL/AROMANTIC (someone who experiences little to no sexual/romantic attraction to others)

+

THE 'PLUS' (used to signify all of the gender identities and sexual/romantic orientations that are not specifically covered by the other seven initials)

WHAT ARE PRONOUNS?

Pronouns are words used to refer to a person rather than using their name.

You cannot necessarily tell what pronouns or what their gender identity is by looking at them.

Using the right pronouns for someone is super important because it affirms the way that person sees themselves and avoids gender dysphoria.

Some people, including those who identify as trans and gender diverse, may ask others to change the pronouns used to refer to them to affirm their gender.

How to use people's pronouns?

He/him: That belongs to *him*. *He* prefers hanging out by *himself*.

She/her: She is going shopping with her friends. She normally goes by herself.

They/them: They visited me today. They brought a cake with them that they made themselves.

He/they: He's over there with their friends.

She/they: She's over there with their friends.

He/she/they: She's such a great friend, I'm so glad to have met him. Later I'm going to the shops with them.

Neopronouns or Noun Pronouns are pronouns beyond the typical he/him, she/her or they/them. If someone you know uses neopronouns or noun pronouns, it is important to have an open mind and ask them how to use their pronouns



MULTISEXUALITY

MULTROMANTIC

Umbrella term referring to sexual/romantic orientations that are attracted to more than one gender identity.

Bisexual/Romantic:

Someone attracted to genders similar and different from their own, they may or may not have a preference.

Pansexual/Romantic:

Someone attracted to people regardless of their gender identity and presentation and lacks a preference.

Omnisexual/Romantic:

Similar in concept to pansexuality instead with preferences.

Polysexual/romantic:

Suggests a variety of sexual / romantic orientations than traditional gender binaries. Not the same as polygamous people.

ASEXUALITY

AROMANTIC

Asexuality is someone who has no sexual attraction regardless of gender, this exists on a very diverse spectrum.

Aromantic orientation describes people who experience no romantic attraction, regardless of someone's gender.

GRAYSEXUAL

ROMANTIC/ROMANTIC

People who may experience some sexual/romantic attraction but not on the same level or as frequently as people outside of the asexual/aromantic spectrum.

There are 3 major types of Graysexuality:

Sex Repulsed:

Someone who is completely repulsed or disinterested in the idea of sex.

Sex Neutral:

Someone who isn't repulsed by sex but don't seek it out.

Sex Positive:

Someone who doesn't feel sexual attraction to others but would have sex for pleasure.

Demiseuxal/Romantic:

These are people only experience sexual / romantic attraction under specific circumstances, such as after building a strong emotional relationship.

Ace/Aroflux:

Refers to someone who's capacity for sexual / romantic attraction changes (fluctuates) overtime but still exists in the asexual / aromantic spectrum.

Cupiosexual:

Refers to people who don't experience sexual attraction but still desire to being a sexual relationship/engaging sexual behaviour.

Reciprosexual/Romantic:

Refers to when someone doesn't experience sexual /romantic attraction to someone until they know that person is attracted to them.

Akoisexual/Romantic:

Refers to when someone may experience sexual /romantic attraction by that attraction fades if that attraction is mutual

GENDER VS SEX

Sex is characterised by someone's biological attributes (e.g. reproductive organs) whereas gender is often characterised physically constructed gender roles, behaviours, expressions and identities.



GENDER IDENTITIES

Genderqueer:

Someone that doesn't subscribe to gender distinctions but identifies with neither, both or a combination of male and female.

Bigender:

Someone who identifies as two gender identities.

Gender Identities continued:

Trans Masculine:

Someone who was born a female at birth (AFAB) but is transitioning to be more "masculine". Trans men fall into this.

Trans feminine:

Someone who was born a male at birth (AMAB) but is transitioning to be more "feminine". Trans women fall into this.

Nonbinary:

Commonly used as an umbrella term for all people with genders outside of the seen binary of male and female, but is also used as an identity on itself by a lot of people.

Genderfluid:

Somebody whose gender isn't fixed to a certain identity and "flows" between two or more different identities.

Demigirl:

Someone who partially identifies as a girl.

Demiboy:

Someone who partially identifies as a boy.

BE A BETTER ALLY

1. Be an active listener.
2. Be open-minded.
3. Be willing to talk, even if it makes you uncomfortable
4. Be inclusive and invite LGBTQIA+ friends to hang out with your friends and family.
5. Don't assume that all your friends and co-workers are straight. Someone close to you could be looking for support in their coming-out process. Not making assumptions will give them the space they need.
6. Anti-LGBTQIA+ comments and jokes are harmful. Let your friends, family and co-workers know that you find them offensive.
7. Confront your own prejudices and bias, even if it is uncomfortable to do so.
8. Defend your LGBTQIA+ friends against discrimination.
9. Believe that all people, regardless of gender identity and sexual orientation, should be treated with dignity and respect.

