

# LGBTQ 101

## Definitions

**Sexual Orientation:** Everyone has a sexual orientation – a physical, romantic and/or emotional attraction towards other individuals. Gay men and Lesbian women are attracted to people of the same sex and Straight men and women are attracted to people of the opposite sex. Bisexual people may be attracted to both males and females. There are some people who feel no sexual attraction; they are asexual.

**Gender Identity:** Everyone has a gender identity – an internal and individual experience of gender. A person's gender identity is who they feel they truly are, male, female or other. This could be the same or different from the sex they were determined to be at birth.

**LGBTQQ2SA:** This is part of the range of human sexual orientation and gender identity, including people who identify as Lesbian, Gay, Bisexual, Transgender, Transsexual, Intersexed, Queer, Questioning, 2Spirit, Asexual or Allies of LGBTQ people.

**Homophobia:** Homophobia is a learned dislike, fear or hatred of LGBTQ people.

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**DIVERSITY**

**4 Q** Why do some people want to change their sex or gender?

**4 A** Transgender people feel that their inner selves are different from the sex and gender that others see. They may want to change their clothing or bodies to match their inner selves.

**5 Q** Do people in Canada have the right to have same sex relationships?

**5 A** Yes. Canadian law recognizes the right of consenting adults to have private sexual relationships. Canadian law also recognizes same sex marriage.

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**HUMAN RIGHTS**

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**3 Q** Is homosexuality a sickness? Is there a cure?

**3 A** A person's sexuality is not a disease. Most people feel that they were born with their sexual orientation, and trying to change what is natural can cause them great harm.

**6 Q** Do LGBTQ people want more rights than other people?

**6 A** No. LGBTQ people want the same rights as all people in Canada – to live their true lives free from discrimination.

**7 Q** Are children safe around LGBTQ people?

**7 A** According to the United Nations, there is no link between homosexuality and child abuse. LGBTQ people all over the world can be excellent parents, teachers and role models.

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**INCLUSION**

**2 Q** Why are there so many LGBTQ people in Canada?

**2 A** LGBTQ people live in all countries and communities. Canadian laws respect their rights, so many LGBTQ people feel it is safe to be open about their sexual orientation and gender identity.

**8 Q** Does LGBTQ threaten the traditional family?

**8 A** No. Many LGBTQ people have strong family values. They want to marry, have children and have strong relationships with their extended families. Love makes a family.

**1 Q** What does LGBTQ mean?

**1 A** LGBTQ means Lesbian, Gay, Bisexual, Transgender and Queer. These are some of the ways that people express their sexual orientation and gender identity.

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**FAMILY VALUES**

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**FAMILY VALUES**

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St. Stephen's  
Community House

Wellness Promotion

## In Canada

Canadian society respects the values of Diversity, Inclusion, Human Rights and Family Values. The Canadian Charter of Human Rights and Freedoms protects us all from discrimination and harassment.

Here are some of the major changes since 1969 that protect the rights of LGBTQ people in our society:

**1969** Canadian laws changed to allow sex between consenting adults

**1978** Immigration Act allows gays and lesbians to immigrate to Canada

**1986** Ontario Human Rights Code bans discrimination based on sexual orientation

**1995** Ontario first province to allow same-sex couples to adopt children

**1996** Canadian Human Rights Act bans discrimination based on sexual orientation

**2005** Civil Marriage Act legalizes same-sex marriage across Canada

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### Folding Instructions:

*Tear off bookmark before folding paper game.*

- 1 Fold exactly along dotted line, crease.
- 2 Fold again to make square, crease.
- 3 Unfold, turn over, this side up.
- 4 Fold 4 corners to meet at centre, crease.
- 5 Turn over, fold 4 corners to centre, crease.
- 6 Fold in half, crease.
- 7 Put fingers in openings and play!

*You can find more LGBTQ information online:*

United Nations Office  
for Human Rights  
[www.ohchr.org](http://www.ohchr.org)

Amnesty International (search for  
LGBT Rights)  
[www.amnesty.ca](http://www.amnesty.ca)

Settlement.Org (search for LGBTQ)  
[www.settlement.org](http://www.settlement.org)

Ontario Council of Agencies  
Serving Immigrants  
[www.positivespaces.ca](http://www.positivespaces.ca)

