



SEXUAL ORIENTATION 101



what is sexual orientation?

innate emotional, romantic, or sexual feelings toward other people. sexual orientation is part of the human condition. typically, attraction helps determine orientation.



*people do not need to have sexual/romantic experience in order to know who they are attracted to.

PRIDE IS EVERYDAY

2SLGBTQIA+

the "+" represents the countless other ways that people in the community identify. Each identity is valid and should be respected.

coming out

coming out is the process of self-identifying and self-acceptance that entails the sharing of their identity with others. There are many different degrees of being out, and coming out is a lifelong process.



Two-Spirit is a term used within some Indigenous communities, encompassing cultural, spiritual, sexual and gender identity. The term reflects complex Indigenous understandings of gender roles, spirituality, and the long history of sexual and gender diversity in Indigenous cultures.

Lesbian: A woman who is emotionally, romantically or sexually attracted to other women. Women and non-binary people may use this term to describe themselves.

Gay: A person who is emotionally, romantically or sexually attracted to members of the same gender. Used broadly in the community, and for men who are attracted to men.

Bisexual: A person emotionally, romantically or sexually attracted to more than one sex, gender or gender identity.

Transgender: A term describing a person's gender identity that does not necessarily match their assigned sex at birth. Being trans does not imply a specific sexual orientation, it is a gender identity.

Queer: reclaimed by some members of the community, queer is a term used to express a spectrum of identities and orientations that are counter to the mainstream.

Questioning: A term used to describe people who are in the process of exploring their sexual orientation or gender identity.

Intersex: Intersex is the current term used to refer to people who are biologically between the medically expected definitions of male and female. It is not a sexual orientation.

Asexual: asexual refers to a complete or partial lack of sexual attraction or lack of interest in sexual activity with others. Asexuality exists on a spectrum.