

# LGBTQIA+ 101

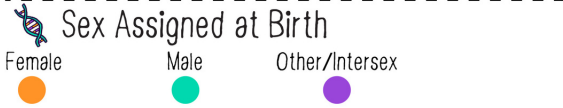
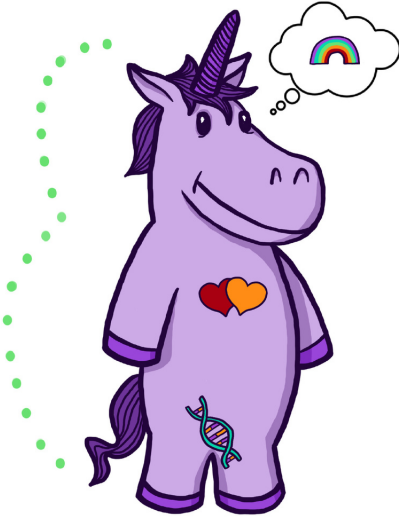
with



**Big Brothers  
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OF ISLAND COUNTY

# The Gender Unicorn

Graphic by:  
**TSER**  
Trans Student Educational Resources



To learn more, go to:  
[www.transstudent.org/gender](http://www.transstudent.org/gender)

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**Gender Identity** - One's internal sense of being male, female, neither of these, both, or another gender(s). Everyone has a gender identity. For transgender people, their sex assigned at birth and their own internal sense of gender identity are not the same. Female, woman, and girl and male, man, and boy are also not necessarily inked to each other but are just six common gender identities

**Gender Expression/ Presentation** - The physical manifestation of one's gender identity through clothing, hairstyle, voice, body shape, etc.

**Sexual orientation** - who you are physically attracted to. It is important to note that sexual and romantic/emotional attraction can be from a variety of factors including but not limited to gender identity, gender expression/presentation, and sex assigned at birth

**SEX ASSIGNED AT BIRTH** - THE ASSIGNMENT AND CLASSIFICATION OF PEOPLE AS MALE, FEMALE, INTERSEX, OR ANOTHER SEX BASED ON A COMBINATION OF ANATOMY, HORMONES, AND CHROMOSOMES

**Romantic/emotional orientation** - There are other types of attraction related to gender such as aesthetically or platonic. These are simply two common forms of attraction.

## BEHAVIORS THAT HELP...

Tell your LGBTQ / gender diverse child that you love them	Support your child's gender expression	Talk with your child or foster child about their LGBTQ identity and listen respectfully – even when you feel uncomfortable or think that being gay or transgender is wrong	Require other family members to treat your child with respect	Show affection when your child tells you or when you learn that your child is LGBTQ
Ask your child if – and how – you can help them tell other people about their LGBTQ identity	Welcome your child's LGBTQ friends to your home	Use your child's chosen name and the pronoun that matches their gender identity	Bring your child to LGBTQ groups and events	Get accurate information to educate yourself about your child's sexual orientation, gender identity and expression
Find a congregation that welcomes your LGBTQ / gender diverse child and family	Participate in family support groups and activities for families with LGBTQ and gender diverse children to get support for yourself and your family and guidance for supporting your LGBTQ child	Talk with your religious leaders to help your congregation become supportive of LGBTQ people	Tell your LGBTQ / gender diverse child that you're proud of them	Speak openly about your child's LGBTQ identity
Tell your LGBTQ / gender diverse child that you will be there for them – even if you don't fully understand	Connect your child with LGBTQ adult role models	Express enthusiasm for your child having an LGBTQ / gender diverse partner when they're ready to date	Stand up for your child when others mistreat them because of their LGBTQ identity or gender expression – at home, at school, in your congregation and in the community	Believe that your child can be a happy LGBTQ adult – and tell them they will have a good life
Welcome your child's LGBTQ partner to family events and activities				

## Family Resources



QLaw - legal consultation and resources on LGBTQ2S+ issues



COLAGE - Unites people with one or more LGBTQIA+ parent



TransYouth Family Allies (TYFA) - organization supportive of trans, gender expansive and questioning youth and their families



PFLAG - Uniting LGBTQ+ people with their families, friends, and allies



Trans Families - For families of trans and gender diverse children (Seattle based)



Gender Spectrum - organization that works to create gender sensitive and inclusive environments for all children and teens. Lots of digital resources

## Youth Resources



Ryan's House - assists youth ages 12 to 24 experiencing homelessness in Island County



The Jim Collins Foundation - funds gender-confirming surgeries for trans people in need



The Trevor Project - Crisis Intervention and suicide prevention



Trans Lifeline - offers emotional and financial support to trans people in crisis



The NW Network - provides counseling, safety and support planning, legal advocacy, resources, and referrals to survivors and LGBTQ youth for free



GLSEN - Local WA chapter providing resources and programming across the state



Support The Girls - Whidbey Island chapter that provides SLASH kits to non-cisgender individuals in need. Kits can include menstrual products, toiletries, and chest binders