

LGBTQ2S+ Population
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Course Outline

- Define Sexual Orientation
- Define Gender, Gender Identity and Gender Expression
- Identify Important Lesbian, Gay, Bisexual, Transgender, Queer or Questioning and Two-Spirited plus (LGBTQ2S+) Terminology
- Identify LGBTQ2S+ Stressors and Health Disparities



Sexual Orientation

Sexual orientation

How a person describes their emotional and physical attraction to others.





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Gender

Gender

The set of social, psychological, and/or emotional traits, often influenced by societal expectations, that classify an individual as man, woman, a mixture of both or neither.





Gender Identity

Gender identity

Our internal experience and naming of our gender.
It can correspond to or differ from one's sex assigned at birth.





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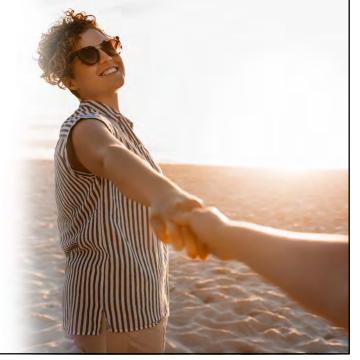
Gender Identity & Sexual Orientation

Gender Identity

is your inner sense of your own gender.

Sexual Orientation

is about the gender of your romantic and sexual partners.





LGBTQ2S+ Population



Lesbian

Gay

Bisexual

Queer or Questioning

Two-Spirit

+



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Lesbian

A person who identifies as a woman who is physically, sexually, romantically and/or emotionally attracted to other women and who identifies as lesbian.





Gay

A person who identifies as a man who is physically, sexually, romantically and/or emotionally attracted to other men and who identifies as gay.



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Bisexual

A person who is physically, sexually, romantically and/or emotionally attracted to people of their own gender, as well as other genders and who identify as bisexual.





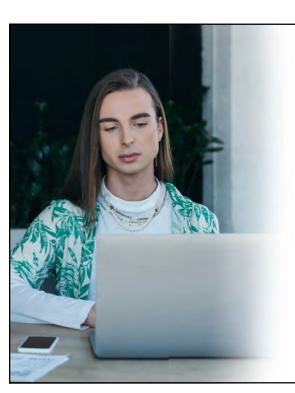
<u>Transgender</u>

An umbrella term for people who do not conform to conventional notions of male or female gender.

Generally, transgender refers to a person whose gender identity does not match their sex assigned at birth.



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Queer or **Q**uestioning

Queer is a broad term that includes all sexual orientations and gender identities within the LGBTQ2S+ community, including those who don't identify with any other identity in the LGBTQ2S+ acronym.

Questioning describes some people who may feel unsure about their sexual orientation and/or gender identity and view themselves as questioning.





2S (Two-Spirit)

An important term within some Indigenous cultures and for some Indigenous people, meaning a person with both a feminine and a masculine spirit living in the same body.



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+(Plus)

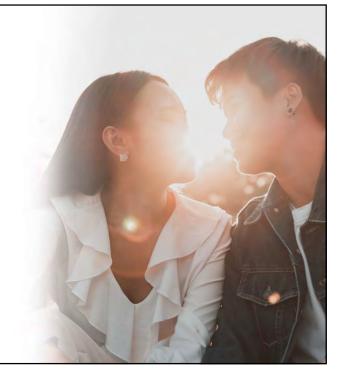
A way to include additional sexual orientations and gender identities under the LGBTQ2S+ umbrella.

For some, the plus stands for love and acceptance.



Sexual Orientation

- Asexual (Ace)
- Demisexual
- Gray asexual
- Pansexual (Pan)





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Gender Identity

- Agender
- Androgynous
- Cisgender
- Gender fluid
- Genderqueer
- Non-binary





Dos and Don'ts



- **Do** use updated terminology
- Do align to someone's preferred terminology if defined
- Don't use outdated, offensive terms



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Dos and Don'ts

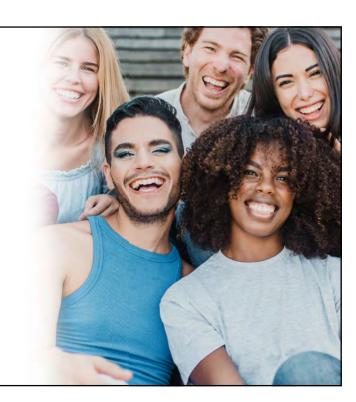
DO NOT say homosexual**DO** say Gay or Lesbian



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Dos and Don'ts

DO NOT say transgendered, transvestite or a transgender **DO** say transgender man, woman or person





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Dos and Don'ts

DO NOT say sexual preference or lifestyle**DO** say sexual orientation





Dos and Don'ts

DO NOT ask about "real" name **DO** ask for name listed in

official documents when

needed





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Dos and Don'ts

DO NOT say sex change **DO** say gender affirmation process





LGBTQ2S+ Concepts



- There is no single LGBTQ2S+ Community.
- LGBTQ2S+ represents how these concepts are understood and described within the dominant culture.
- LGBTQ2S+ experience minority stress.



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LGBTQ2S+ Minority Stressors

LGBTQ2S+ people are a minority within a primarily straight and cisgender society.

LGBTQ2S+ people encounter bullying, rejection, violence discrimination and more.



LGBTQ2S+ Health Outcomes

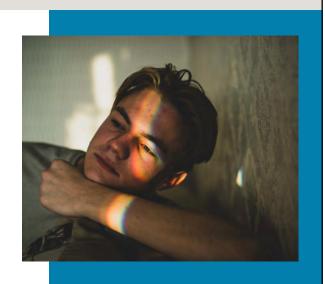
LGBTQ2S+ people encounter

- Bullying
- Rejection
- Violence victimization
- Discrimination

This can lead to

- Anxiety
- Depression
- Substance abuse
- Increased sexual risk-taking





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LGBTQ2S+ people experience *higher* health disparities related to

- Their mental health
- Substance abuse
- Violence victimization
- HIV/STIs
- Preventive health care





LGBTQ2S+ Addressing Health Equity

- Foster a welcoming and affirming atmosphere.
- Interact in ways that do not assume sexual orientation, gender identity and sexual development.
- Gather sexual orientation, gender identity and sexual development information from the people you serve and use it to improve access to health care.
- Provide up-to-date care for the LGBTQ2S+ community.
- Promote the wellness and resilience of the LGBTQ2S+ community.



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LGBTQ2S+ Advisory Board

- The Board provides recommendations regarding LGBTQ2S+ health issues and topics to the NDHHS
- The Board consists of a diverse group of individuals that represent various backgrounds
- The Board has assisted in working with state agencies and stakeholders and has developed initiatives to better support the LGBTQ2S+ communities in North Dakota.
- · This consists of:
 - BeYOU Taskforce Subcommittees
 - · Panel discussion hosted by the NDHHS
 - · Guidance of Information to NDHHS and Stakeholders





Summary

You should now be able to:

- Define sexual orientation.
- Define gender, gender identity and gender expression.
- Summarize and identify important LGBTQ2S+ terminology.
- Identify and summarize LGBTQ2S+ stressors and health disparities.



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Thank You

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