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NAVIGATING LGBTQIA+ TERMINOLOGY

The LGBTQ+ community encompasses a diverse range of identities, and various terms are used to describe individuals within this community. Here are some key terms:

Sex

The medical classification of people as male or female based on physical aspects of the body. It is usually assigned at birth.

Intersex

A person born with biological and/or physical characteristics that are not easily characterized by medical definitions of male or female.

Gender

This is how we perceive our identity as woman, man, both or neither, regardless of our physical bodies.

Trans

An umbrella term referring to people with diverse gender identities and expressions that may differ from stereotypical gender norms.

Cisgender

A person whose gender identity is in alignment with their sex assignment at birth.

Gender Queer/Gender Non-Conforming

Individuals who do not follow gender stereotypes based on the sex they were assigned at birth. They may or may not

identify as trans.

Two-Spirit

A cultural and spiritual identity used by some Indigenous peoples who have both masculine and feminine spirits.

Transitioning

Refers to a range of social, legal and medical changes that some trans people may pursue to affirm their gender identity.

Gay

A person man who is emotionally, physically, spiritually, and/or sexually attracted to people of the same gender.

Lesbian

A woman who is emotionally, physically, spiritually, and/or sexually attracted to women.

Bisexual

A person who is emotionally, physically, spiritually, and/or sexually attracted to people of more than one gender.

Queer

An umbrella term used and reclaimed by some whose sexual orientations and/or gender identities defy the norm.

Ally

A person who supports and advocates for the rights and well-being of LGBTQ+ individuals, even if they do not personally



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identify as part of the community.

These terms are continually evolving, and individuals may use different labels to express their identities. It's important to be respectful and use the terms that individuals use for themselves.

Canada protects the rights of the LGBTQ+ community through comprehensive legal frameworks at both federal and provincial levels. Anti-discrimination laws, recognition of same-sex marriage, and explicit protections for gender identity contribute to a robust legal environment promoting equality and inclusivity for LGBTQ+ individuals in the country.