

Health Hints



Sexual orientation is...about whether someone is attracted to males, females, or both.

Gender identity is...about whether someone feels like a girl or a boy on the inside

About one in every 10 people identify as LBTT2IQ, an acronym standing for lesbian, gay, bisexual, transgender, transsexual, two-spirit, intersex, queer and questioning. **Here is what these terms** mean:

L – Lesbian Women who are attracted to other women

G – Gay Men who are attracted to other men

B – Bisexual People who are attracted to both men and women

T – Transgender This is a term that covers anyone whose behavior or identity crosses the gender roles assigned to them by society based on their sex at birth. This includes a wide range of identities: transvestites, cross-dressers, two-spirit people and drag queens and kings. Transgender people may identify as heterosexual, homosexual or bisexual.

T-Transsexual A transsexual is a person who feels like they were born into the wrong body. For example, this means that if they are born with the body of a girl, they might actually feel like a boy on the inside.

2- 2 Spirit, This is the term by which many First Nations LBTT2IQ people identify themselves. Two-spirit is a term that can include a mixing of sexuality and gender with Native spirituality.

I-Intersex "Intersex" refers to a series of medical conditions in which a child's genetic sex and genital appearance do not match, or are somehow different from the "standard" male or female. About one in 2,000 babies are born visibly intersexed, while some others are detected later.

Q Queer a gender neutral umbrella term that is inclusive of all people who don't fit social norms.



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Q – Questioning Some people feel unsure about their sexual orientation. They may describe themselves as “questioning”.

If your child has questions about their sexuality there are excellent resources available for them and for you. Here are a few:

PFLAG Canada is Canada's only national organization that helps all Canadians with issues of sexual orientation, gender identity and gender expression. PFLAG Canada supports, educates and provides resources to all individuals with questions or concerns, 24 hours a day, 7 days a week <http://pflagcanada.ca/> or 1 888-530-6777

Community Groups and Services for LGBT Youth in BC

<https://www.kidshelpphone.ca/Teens/InfoBooth/LGBTQ/SexualOrientation/links.aspx>

<http://pridenet.ca/wp-content/uploads/community-groups-and-services.pdf>

Kids Help Line <http://www.kidshelpphone.ca/Teens/InfoBooth/LGBTQ.aspx>

1-800-668-6868 or to reach out via Live Chat [kidshelpphone.ca/Teens/AskUsOnline/Chat-counselling.aspx](http://www.kidshelpphone.ca/Teens/AskUsOnline/Chat-counselling.aspx)



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<http://www.interiorhealth.ca/YourHealth/SchoolHealth/Pages/default.aspx>