

Building Competence, Building Capacity: A 2SLGBTQ+ Competent Trauma-Informed Care Workshop for Service Providers

Glossary Module 3: 2SLGBQ Identities

Language is dynamic, always shifting and changing over time. These definitions are not meant to be understood as exhaustive, absolute, exact, or static. Think of these definitions as approximations that may be used differently by various people and communities. This exercise is a starting place; there are many more terms in existence than we have space to discuss. In particular, there are terms that are specific to diasporic cultures, and Indigenous communities within Canada as well as terms commonly used outside of Canada that we have not included here. It is important to respect how someone self-identifies and use the language they use to describe themselves.*

Terms	Definition
Asexual	A person who does not experience sexual attraction. Unlike celibacy, which is a choice to abstain from sexual activity, this term refers to an intrinsic part of identity, just like other sexual orientations. There is considerable diversity among this community in the needs and experiences often associated with sexuality including relationships, attraction, and arousal.
Biphobia	Prejudice and discrimination against bisexual people. Can include erasure of bisexual identity, or the belief that bisexuality is not real, or temporary.
Bisexual	A person who is emotionally, physically, spiritually and/or sexually attracted to people of more than one gender, though not necessarily at the same time.
Butch	A term that has historical and ongoing significance in queer/bi/lesbian women's communities. Used to describe gender identity/expression and/or social and relationship roles that are perceived as being masculine.

Colonization	The process and practice of domination, control, and forced subjugation of one people over another. In the context of Turtle Island (specifically Canada), European settlers began the process of the colonization of Indigenous peoples as early as the 1600s and continuing to this day, including through residential schools, violent assimilation tactics such as the 60's Scoop, policies that prohibited cultural roles and practices (including the attempted erasure of Two-Spirit people), and limiting or criminalizing access to land and resources.
Femme	A term that has historical and ongoing significance in queer/bi/lesbian women's communities. Used to describe gender identity/expression and/or social and relationship roles that are perceived by many as being feminine.
Gay	A man who is emotionally, physically, spiritually and/or sexually attracted to men. Can also refer to women, though some women prefer other terms such as 'lesbian' or 'queer.' Is sometimes used as an umbrella term for the 2SLBGTQ community.
Homophobia	Negative attitudes, discrimination, erasure, and violence towards lesbian, bisexual, gay, and queer people at individual and systemic levels. Can also be a form of gender-based discrimination (e.g., feminine men are often presumed gay and discriminated against for not aligning with expectations of what it means to be a heterosexual man).
Heterosexism	A system of attitudes, bias, and discrimination in favor of heterosexual sexuality and relationships. This includes the assumption that everyone is, or should be, heterosexual and that heterosexuality is inherently superior to queerness. It also

	refers to organizational discrimination against people who are not heterosexual, or against behaviours not stereotypically heterosexual.
Indigiqueer	A person who identifies as Indigenous and queer.
Lesbian	A woman who is emotionally, physically, spiritually and/or sexually attracted to women.
Non-Monogamy	An umbrella term to describe a practice of maintaining more than one romantic and/or sexual relationship at the same time.
Pansexual	An individual who is attracted to and may form relationships with any or all genders.
Polyamory	The practice of maintaining more than one romantic and/or sexual relationship simultaneously, and in a consensual manner (all parties are aware of the situation).
QTIPOC	An acronym for Queer, Trans, and Intersex People of Colour. Queer people of colour often experience intersecting oppressions on the basis of race, gender, sexual orientation and other factors, including within queer and trans communities. Some literature may also use QTIBIPOC (Queer, Trans, and Intersex, Black and Indigenous People of Colour) to call attention to the specific mechanisms and impacts of oppression experienced by Black and/or Indigenous communities.

<p style="text-align: center;">Queer</p>	<p>A term that has been used as an insult, which has been reclaimed and used proudly. For many it also signifies resistance to the idea that there are binary genders and sexualities. Is sometimes used as an umbrella term for the 2SLGBTQ community.</p>
<p style="text-align: center;">Two-Spirit</p>	<p>A term used by many Indigenous communities on Turtle Island (typically known as Canada & US) to describe people with diverse gender identities, gender expressions, gender roles, and sexual orientations, who were included and respected in most Indigenous communities, sometimes considered sacred and highly-revered. They often took on important roles as healers, mediators, and warriors. One of the devastating impacts of colonization was the attempted erasure of this identity and way of life from Indigenous societies.</p>

***Some of these definitions are taken verbatim from: *Queer Terminology from A to Q* by QMunity, accessed at https://qmunity.ca/wp-content/uploads/2019/06/Queer-Glossary_2019_02.pdf. Other resources consulted include The Asexual Visibility and Education Network <https://www.asexuality.org/?q=overview.html>**

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