



# SEXUAL DIVERSITY

## What is sexual orientation?

It is the sexual and/or romantic attraction that we feel towards certain people.

It is not a choice, but something that we feel and that is personal to everyone.

We talk about **homosexuality** when a person is attracted to a person of the same sex, **heterosexuality** when a person is attracted to a person of the opposite sex, and **bisexuality** when a person is attracted to both. Some people also define themselves as pansexual, which means that a person feels attraction regardless of gender.

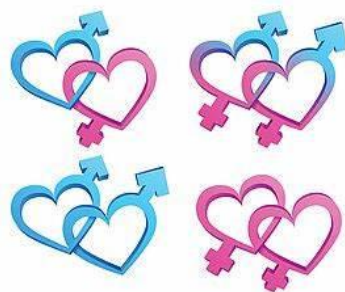
It's also possible not to feel sexual and/or romantic attraction, or very little (**asexuality** and / or **aromantic**).

## What is gender identity?

It is the intimate and personal experience of feeling like a man or feeling like a woman and of identifying with these two genders, identifying with no gender or identifying with another gender.

Gender identity may be different from a person's biological sex or gender expression. When that's the case, a person might identify as **transgender** or **non-binary**.

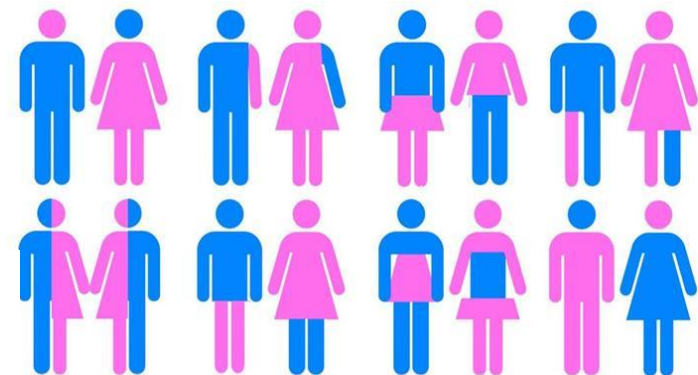
Gender identity refers to how a person perceives themselves (a feeling, an identity, tastes, etc.) and no one can question the gender of another person.



**REMEMBER!**

Gender identity and sexual orientation are not binary concepts.

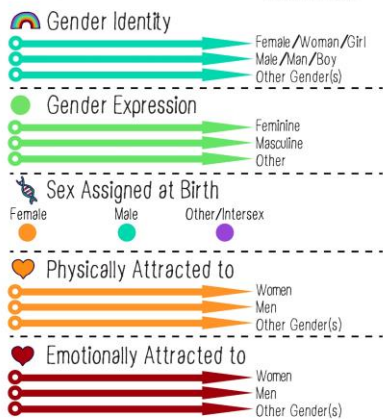
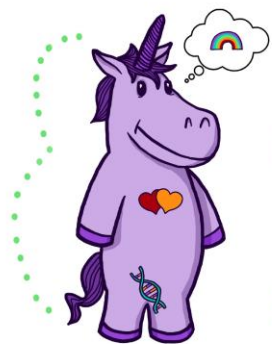
It's not either all pink or all blue!





# The Gender Unicorn

Graphic by: **TSER**  
The Student Experience Resource



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

Design by Landyn Pan and Anna Moore

To talk about sexual orientations and gender identities we must see each component as **a continuum rather than a binary concept** (I am either one or the other, I like either one or the other).

As each concept is **independent**, we can be located in different places on each of the axes (I'm a bit like this, and a little like that), or we can not find our place at all either.

This explains why there are a multitude of ways to define oneself and others! We have to be open and inclusive to how a person wants to be defined.

## Homophobia and transphobia

### Derogatory comments and mockery

Derogatory comments and jokes are the most common forms of homophobia and transphobia. Despite their innocuous appearance, these comments can hurt LGBTQ people or those who are the targets of them and affect their self-esteem. They can also reinforce the difficulties a person may have in accepting or disclosing their sexual orientation or gender identity.

### Rejection / Isolation

It is not uncommon for LGBTQ people or people perceived as such to experience rejection. In addition, after revealing their sexual orientation or gender identity, the person may be:

- excluded from his group of friends;
- denied by her family;
- dismissed by her employer.

### Discrimination

Discrimination is a distinction, exclusion or preference that may be based solely on a person's sexual orientation, gender identity or expression. Discrimination is prohibited under the Charter of Human Rights and Freedoms.

### Harassment and bullying

Harassment and bullying related to homophobia or transphobia are specific forms of discrimination that can occur against a person, including words, isolated actions or repeated actions of an irritating or condescending nature.

Gouvernement du Québec (<https://www.quebec.ca>)

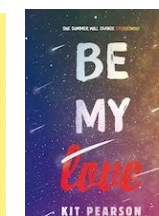
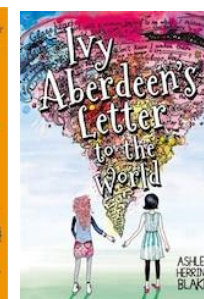
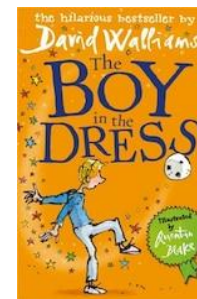
Équipe Santé Mentale Jeunesse  
Youth Mental Health Team  
CIUSSS-ODIM

**Douglas**  
FONDATION  
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- <https://atq1980.org/contact/>
- <http://astteq.org/fr/index.html>
- <https://interligne.co/>
- <https://kaleidoscope.quebec/>
- <https://le-neo.com/sae/>
- <https://familieslgbt.org/>
- <http://p10.qc.ca/>

- <https://fondationjasminroy.com/>
- <https://www.miels.org/prisme/>
- <https://alterheros.com/>
- <https://www.gris.ca/ressources-lgbt/>
- <http://transitionner.info/>
- <https://centremeraki.com>
- <https://www.mcgill.ca/musicmentalhealth/fr/nos-services>
- <https://gatus.association.usherbrooke.ca/>



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Last update: 2021/08/13 – Please note that some information or resources may have changed since the last update.

