

# Empowering Your Sex -Esteem: By exploring the language related to sexual orientation, gender identity and gender expression

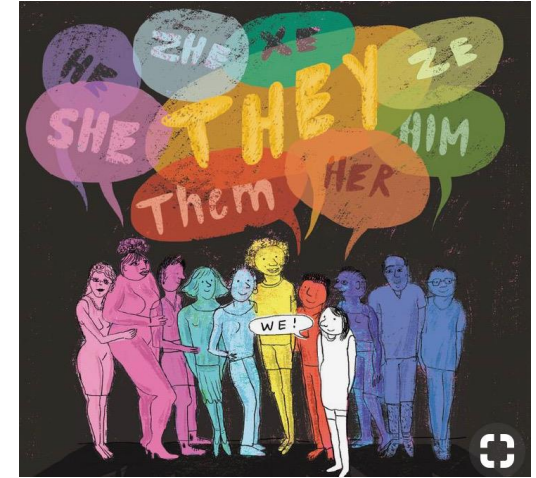
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Deanna Djos, Sexual Health Promoters, (she/her)

Michelle Anbar-Goldstein, MSW, RSW (she/her)

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Gabe Wertman-Parris, Self Advocate (he/him)



**Relationship Group**  
Sexual Health. Education. Community

# Who Are We?



Deanna Djos, Sexual Health Promotor for the Relationship Group in Toronto. She has spent over a decade teaching the importance of Empowering Sex-esteem by ensuring everyone understands the value of self awareness, love and celebrating their sexuality. Deanna provides the tools and resources to ensure that everyone has the power to prevent abuse, advocate with assertiveness while ensuring that everyone is aware of Domestic Human Trafficking in Ontario. Deanna believes that knowledge is power and access to sex education is a basic human right and she is passionately teaching for people with developmental and intellectual disabilities within Toronto and across the province.



Michelle Anbar-Goldstein, MSW, RSW, Social worker, advocate & educator . Michelle works at CAMH providing support to people with IDD within the Forensic Mental Health System. She is also a faculty member for the Developmental Services Worker program at Humber College, and an instructor for Living Work's Applied Suicide Intervention Skills Training. Prior to working in Mental Health, Michelle worked in the developmental services sector for over a decade. Michelle has a passion for the prevention of abuse, criminalization and exploitation of people with developmental and intellectual disabilities through the facilitation of workshops, groups and educational initiatives.



Gabe Wertman-Parris, Self advocate, son, brother, friend, athlete, musician and a huge Raptor and Leaf's fan! Gabe believes that all Lives Matter. Gabe is supported at Montage in his own apartment in Toronto. He is proud of his independence and the difference he makes in his community, everyday!

# Relationship Group

Sexual Health. Education. Community.



**Purpose:** To identify effective practices that support productive relationship building across one's entire life. To recommend and create practical tools that will support the identified practices in order to influence positive change. To work collaboratively and respect the expertise of peoples lived experience.

## Guiding Principles and Values:

- We believe that relationships offer safety, support, value, purpose and a sense of belonging
- We believe that human development is a lifelong process
- We respect, value and learn from diversity
- We believe that we have a responsibility to inspire the development of relationships
- We believe that relationships are a right to all human beings

A stylized sun graphic on the left side of the slide. It features a solid yellow circle representing the sun's disk, with several short, curved yellow lines radiating from its top-left edge to represent sunbeams. The background is a solid orange color, and a large white semi-circle is positioned on the right side, framing the text.

# **Sexual Identity, Orientation & Gender Expression**

**Introduction to the LGBTQ+ Community**

# First Impressions of LGBTQ+ People

When's the first time you can remember learning that some people are lesbian, gay, bisexual, or queer?

Where did most of the influence of your initial impressions/understanding of lesbian, gay, bisexual, and queer people come from? (e.g., family, friends, television, books, news, church)

How have your impressions/understanding of LGBTQ (lesbian, gay, bisexual, transgender, and queer/questioning) people changed or evolved throughout your life?



## LGBTQ+

Lesbian

Gay

Bisexual

Transgender

Queer

Questioning

+ 2/Two Spirited  
+ Intersex  
+ Asexual  
+ Ally  
+ Pansexual

+ Agender  
+ Gender Queer  
+ Bi Gender  
+ Gender Variant  
+ Pangender



lesbian • gay  
bisexual • trans  
two spirit • queer



this is a  
**POSITIVE SPACE**  
that welcomes and  
supports everyone

## LGBTQ is an acronym

meant to encompass a whole bunch of diverse **sexualities** and **genders**. Folks often refer to the Q (standing for "queer"\*) as an **umbrella term**, under which live a whole bunch of identities. This is helpful because **lesbian**, **gay**, and **bisexual** aren't the only marginalized sexualities, and **transgender\*** isn't the only gender identity. In fact, there are many more of both!



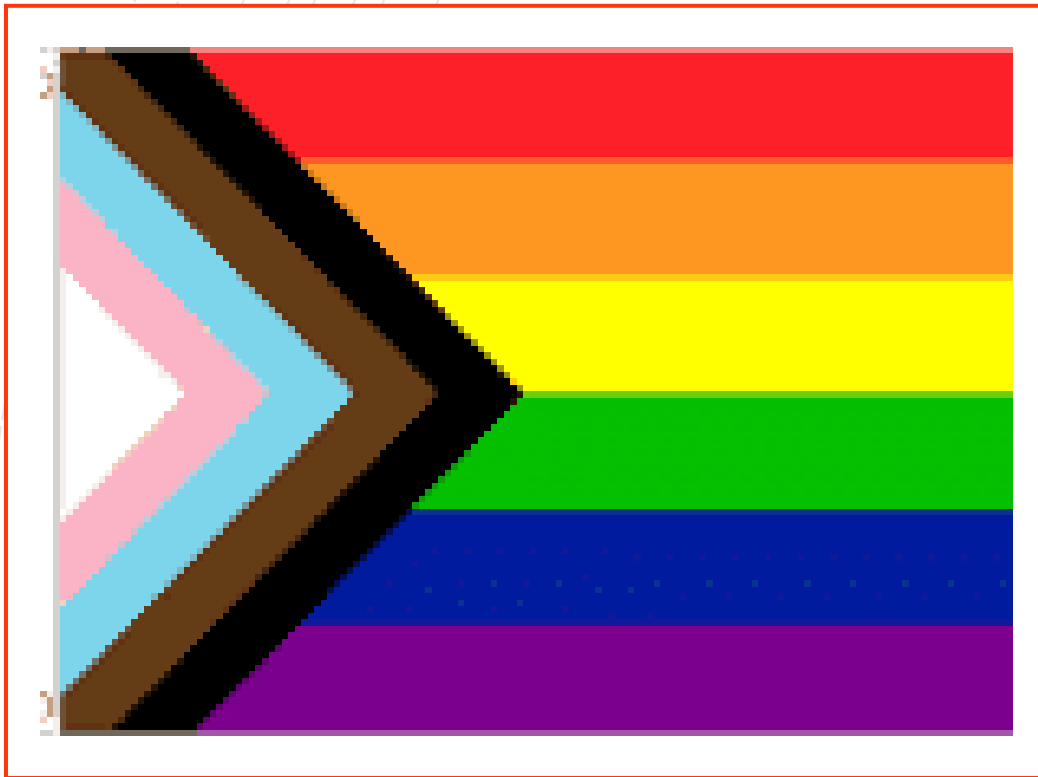
\* The "Q" sometimes stands for "questioning" and "transgender" is often thought of as an umbrella term itself (sometimes abbreviated "trans"; or "trans\*" in writing). Lots of asterisks, lots of exceptions, because hey – we're talking about *lots* of different folks with different lived experiences to be inclusive of.



“**Two-spirit**” refers to a **person** who identifies as having both a masculine and a feminine **spirit and** is used by some Indigenous people to describe their sexual, gender and/or **spiritual** identity.

Two-Spirit

# The Pride Progress Flag



The **flags** five horizontal-coloured stripes represent the diversity of gender fluidity, genderfluid identity, and the genderfluid community. Genderfluid people may also identify as a part of the non-binary community, transgender community, or as multigender.

In 2018, [Daniel Quasar](#) designed the Progress Flag as a symbol for the community which features black and brown stripes to represent people of colour, and baby blue, pink and white to include the trans flag in its design.



# Three Dimensions of Sexual Orientation

A diagram illustrating the three dimensions of sexual orientation. It features three overlapping circles: a red circle at the top right, a green circle at the bottom left, and a yellow circle at the bottom right. To the left of these circles is a purple rectangular box with a blue border and a wavy bottom edge. The text is distributed as follows: the title is in the purple box; 'Sexual Identity' is in the red circle; 'Sexual behaviour' is in the green circle; and 'Sexual Attraction' is in the yellow circle.

Sexual Identity:  
how you label  
your sexual  
orientation

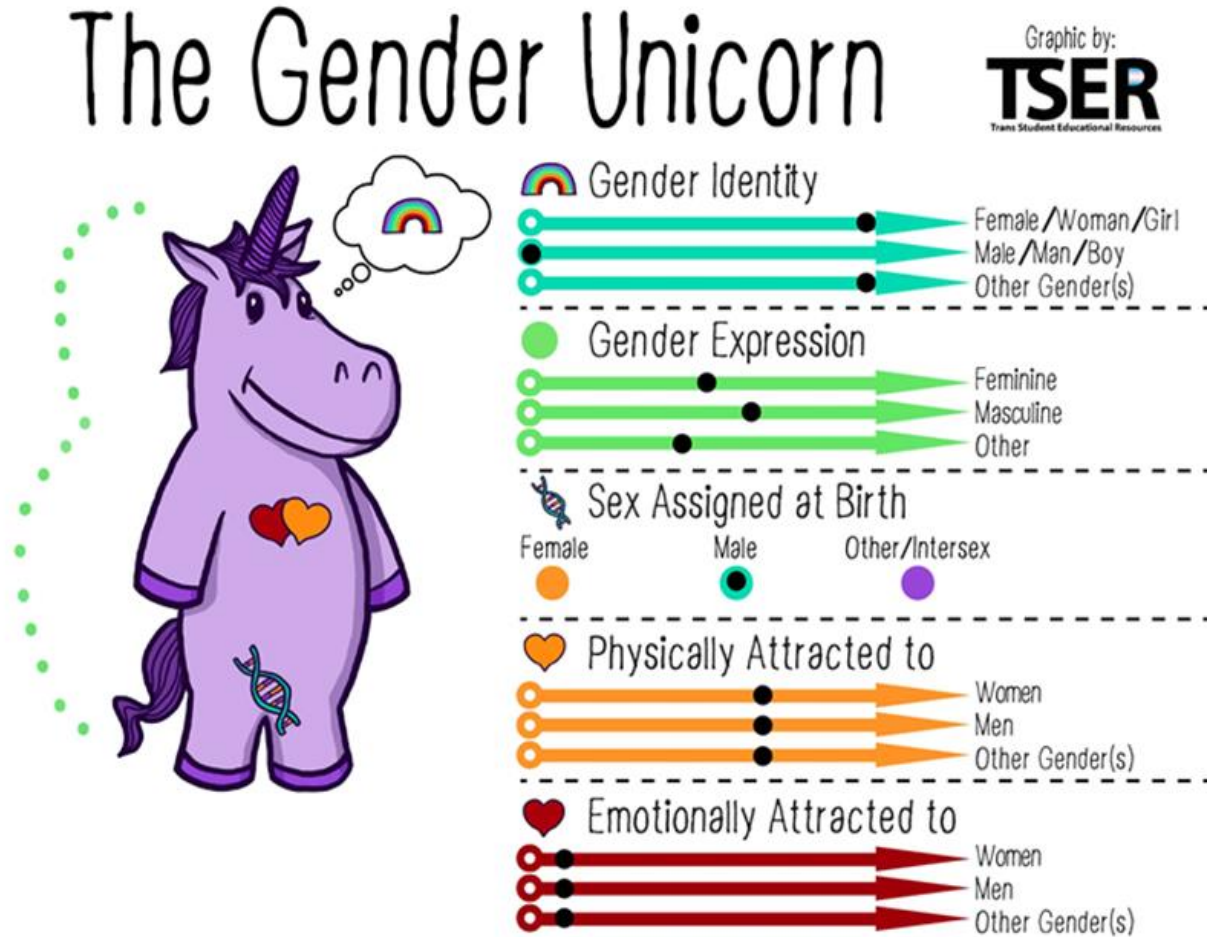
Sexual behaviour:  
what you do  
sexually with others

Sexual Attraction:  
who you are  
attracted to

# The Gender Unicorn

**CIS- Gender-** The gender that you were assigned at birth corresponds with their sex.

**Trans- Gender-** people who have a gender identity or gender expression that differs from their sex assigned at birth



Non-binary-or genderqueer is a spectrum of gender identities that are not exclusively masculine or feminine.

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1. Nonbinary is an umbrella term that covers every gender identity outside of the binary (man & woman).
2. Nonbinary people are every age, ethnicity, sexuality, religion, size, neurotype, disability, & expression.
3. Not every Nonbinary person is genderless.
4. Some genders under Nonbinary are: Genderfluid, Genderqueer, Genderflux, Bigender, Pangender, Polygender, Demiboy, Demigirl, Autigender, Agender, Neutrois, Greygender, Maverique, Two-Spirit, and sometimes people just want to be called Nonbinary or Queer.

\* Nonbinary people have always existed & will always exist. \*



# ORIENTATIONS

a-	romantic	does not experience ____ attraction towards anyone.
	sexual	
gray-	romantic	rarely experiences ____ attraction towards anyone.
	sexual	
demi-	romantic	experiences ____ attraction towards someone only after developing a very strong bond.
	sexual	
hetero-	romantic	experiences ____ attraction towards gender(s) other than their own.
	sexual	
homo-	romantic	experiences ____ attraction towards the same gender as their own.
	sexual	
bi-	romantic	experiences ____ attraction towards the same gender as well as to other gender(s) than their own.
	sexual	
pan-	romantic	experiences ____ attraction towards all genders / regardless of gender.
	sexual	
poly-	romantic	experiences ____ attraction towards multiple (but not necessarily all) genders.
	sexual	

note: orientations are listed in no particular order.





# Sexual Orientation

	<p><b>Gay</b></p> <p>Males who are sexually, romantically, or emotionally attracted to other Males. Also used as an umbrella term to describe any male or female who feels attraction to the same gender.</p>		<p><b>Demisexual</b></p> <p>A person who does not feel sexual attraction until a strong emotional bond has been formed.</p>
	<p><b>Gay Bear</b></p> <p>Gay male Subculture. Generally focus heavily on masculinity. Some bears are described as bulky, hairy, and cuddly.</p>		<p><b>Autosexual</b></p> <p>A person who prefers self gratification over other types of sexual activities.</p>
	<p><b>Androphilia</b></p> <p>A person who is sexual attraction to men or masculinity, regardless of their gender identity.</p>		<p><b>Bisexual</b></p> <p>A person who is attracted to both males and females.</p>
	<p><b>Lesbian</b></p> <p>Females who are sexually, romantically, or emotionally attracted to other Females.</p>		<p><b>Pansexual</b></p> <p>A person who is sexually, romantically, or emotionally attracted to people of all genders.</p>
	<p><b>Lipstick Lesbian</b></p> <p>Lesbians that tend to fall heavily in the feminine gender spectrum.</p>		<p><b>Polysexual</b></p> <p>A person whose gender identity is non-binary and who is sexually, romantically, or emotionally attracted to others regardless of their gender identity.</p>
	<p><b>Gynephilia</b></p> <p>A person that is sexual attraction to women or femininity, regardless of their gender identity.</p>		<p><b>Skoliosexual</b></p> <p>A person who is romantically and/or sexually attracted to non-binary identified individuals</p>
	<p><b>Asexual</b></p> <p>A person who feels little or no sexual attraction to anyone or any gender identity.</p>		<p><b>Lithsexual</b></p> <p>A person who experiences sexual attraction but does not desire reciprocation for their attraction.</p>





# Self Expression

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Self-expression is the expression of your personality, feelings, or opinions, for example art, acting, or dancing.

Why is self expression important? Because it allows people to distinguish themselves from others, to reflect their own beliefs and needs, and validate their own self.

‘Self-expression’ might be one – if not the most important ways for people to connect, navigate and grow with each other.

Source: Psychology today



How the LGBT community created Voguing

What is Vogue?

Vogue, or voguing, is a highly stylized, modern house dance originating in the late 1980s that evolved out of the Harlem ballroom scene of the 1960s. It gained mainstream exposure when it was featured in Madonna's song and video "Vogue", and when showcased in the 1990 documentary Paris Is Burning.

# Romantic Attraction

	<b>Aromantic</b> A person who does not experience romantic attraction. This has nothing to do with sexuality. Community members can fit anywhere on the sexuality spectrum.
	<b>Greyromantic</b> Umbrella term for Lithromantics and Demiromantics
	<b>Lithromantic</b> A person who feels attraction but does not want their feeling to be returned in any way.

	<b>Demiromantic</b> A person who only feels romantic attraction after a strong emotional bond has been formed. Generally described as only feeling romantic attraction a few times in their life, if ever.
	<b>Bioromantic</b> A person who feels romantic attraction to both male and female identified individuals.
	<b>Panromantic</b> A person who feels romantic attraction regardless of the other person's gender.

	<b>Polyamorous</b> A person who accepts, desires, or practices the acceptance of having more than one intimate and/or sexual partner at a time, with the consent of all individuals involved.
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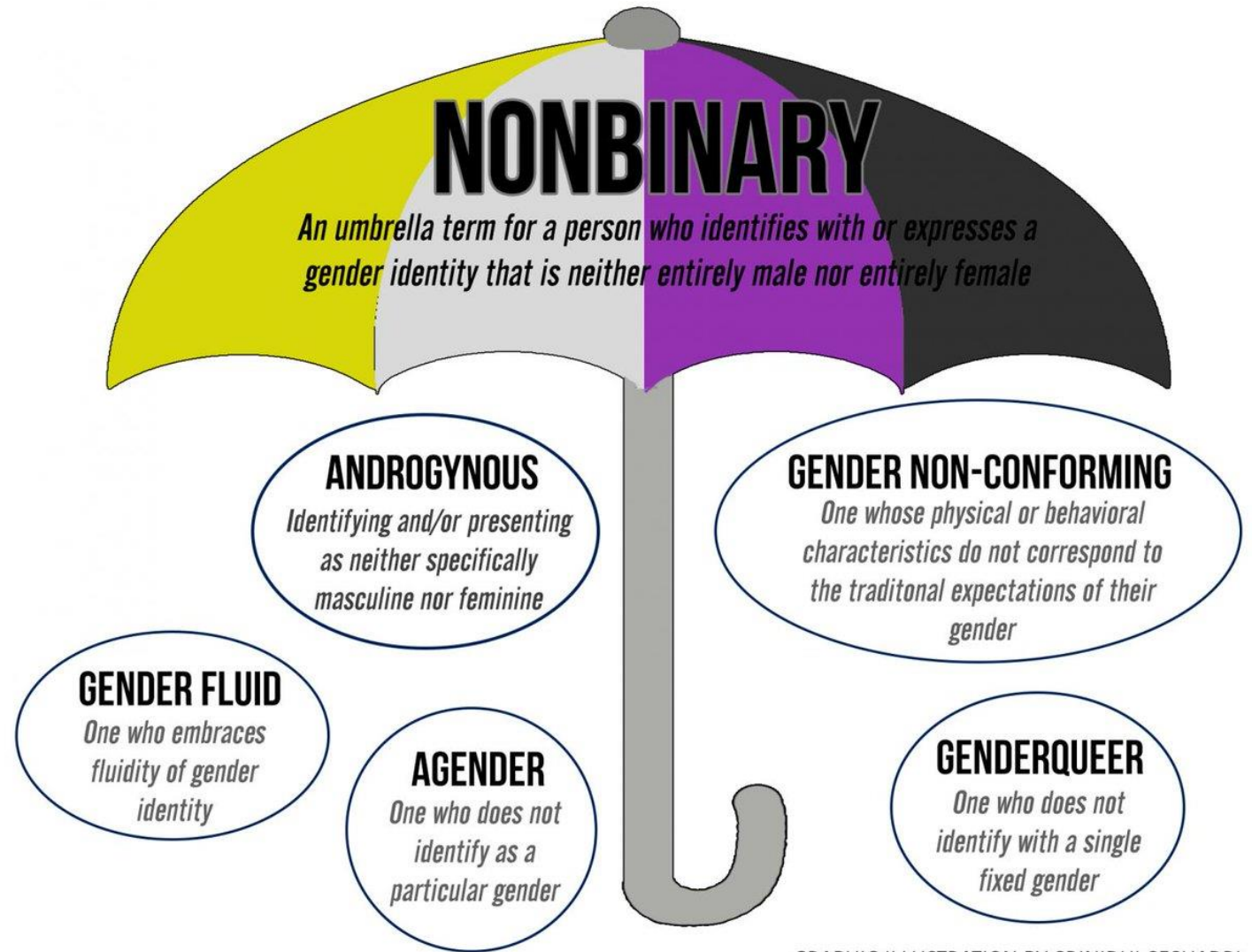




# *In a Heartbeat*

NEWGATE  
JUNIOR HIGH SCHOOL  
FOUNDED 1885














# Gender Expression



GRAPHIC ILLUSTRATION BY SRINIDHI SESHADRI



# Gender Identity

	<b>Gender Fluid</b> <i>A person whose gender identity fluidly changed between male, female, and neutral.</i>		<b>Intersexual</b> <i>A person who is born with characteristics or genitalia that are neither male nor female.</i>
	<b>Androgynous</b> <i>An umbrella term for a person who exhibits both male and female characteristics and gender identities.</i>		<b>Neutrois</b> <i>A person who does not identify with gender and often feel that they fall neutrally between male and female.</i>
	<b>Drag / Feather</b> <i>A person who dresses in clothing opposite their gender. This is usually done for personal expression and/or entertainment.</i>		<b>Transsexual</b> <i>A person who emotionally and psychologically feels that they belong to the gender opposite of their birth assignment.</i>
	<b>Genderqueer</b> <i>An umbrella term for people whose gender identity is different from that assigned at birth.</i>		<b>Transgender</b> <i>A person whose gender identity is different than that assigned at birth.</i>
	<b>Bigender</b> <i>A gender identity structure that allows for only male and female gender identities.</i>		<b>Two-Spirit</b> <i>A Native America term for gender-queer individuals within their communities.</i>
	<b>Gender Non-Binary</b> <i>A gender identity structure that embraces a rainbow of genders instead of strictly male and female.</i>		<b>Trigender</b> <i>A person whose gender identity changes between male, female, and thirdgender.</i>
	<b>Hermaphrodite</b> <i>A person with both male and female genitalia.</i>		

# Gender pronouns sets a tone of allyship

Never assume a person's pronouns

Asking and correctly using someone's preferred pronoun is one of the most basic ways to show your respect for their gender identity.

Introduce yourself with your own pronouns



The goal of [gegi.ca](http://gegi.ca) is to equip all Ontario students and teachers – whether transgender or cisgender – with the tools to advocate for the right to express and live their gender in their own way without experiencing discrimination, harassment or violence, and without being told they have to change.

Recognizing that **gender expression** and **gender identity** have been protected grounds in the Ontario Human Rights Code since 2012, [gegi.ca](http://gegi.ca) indirectly supports schools in learning about how their structures, practices and curricula may have to change.

[gegi.ca](http://gegi.ca)

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**Hi! I'm Gegi!**

I'm here to help you advocate  
for your gender expression  
and gender identity human



love  
has  
no  
labels



**Questions?**  
**Comments?**  
**Thank you 😊**



## References

Gegi.ca <https://www.gegi.ca/>

How the LGBTQ community created voguing [https://youtu.be/XJ6fqQX\\_e9U](https://youtu.be/XJ6fqQX_e9U)

Love has no Labels <https://youtu.be/PnDgZuGIhHs?t=1>

In a heartbeat <https://youtu.be/2REkk9SCRn0>

What Does "Two-Spirit" Mean? | InQueery | them.

<https://www.youtube.com/watch?app=desktop&v=A4IBibGzUnE&feature=youtu.be>

Inqueery 1 season, 11 episodes Inqueery is the series that takes a deeper look at the meaning, context, and history of LGBTQ+ vocabulary and culture. <https://www.them.us/video/series/inqueery>