



LEARNING MORE ABOUT 2SLGBTQ+ IDENTITIES

January 2022

What is 2SLGBTQ+?

Let's remember what 2SLGBTQ+ stands for:

2S=Two-spirit, L=Lesbian, G=Gay, B=Bisexual
T=Transgender, Q=Queer & Questioning, += And so many more other identities too! The acronym 2SLGBTQ+ refers to gender and sexual identities and is the most commonly used, but as the plus indicates there are many other ways folks identify within the spectrum of gender and sexual identities. If you'd like to learn more check out: (ok2bme.ca)



Two-Spirit Community



“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. As an umbrella term it may encompass same-sex attraction and a wide variety of gender variance, including people who might be described in Western culture as gay, lesbian, bisexual,

transsexual, transgender, gender queer, cross-dressers or who have multiple gender identities. Two-spirit can also include relationships that could be considered poly. The creation of the term “two-spirit” is attributed to Elder Myra Laramie, who proposed its use during the Third Annual Inter-tribal Native American, First Nations, Gay and Lesbian American Conference, held in Winnipeg in 1990. The term is a translation of the Anishinaabemowin term niizh manidoowag, two spirits.

It is hoped with up and coming research projects and in partnership with Indigenous communities to use research as a tool to make visible and address the impacts of colonization on Indigenous LGBTQ2S+ people. Many LGBTQ2S agencies are in the process of identifying LGBTQ2S among the Indigenous people as a key area of research.

Racialized and Indigenous populations

Two-Spirit, Indigenous, and racialized LGBTQ populations often face systemic racism in addition to homophobia and transphobia when seeking medical and mental health care. For Two-Spirit and Indigenous LGBTQ populations, historic trauma through colonization in Canada has led to a deeply-held mistrust of service providers, which can cause reluctance to access care when needed. Additionally, a lack of cultural competency in practitioners has made it difficult for Two-Spirit, Indigenous and racialized LGBTQ people to access culturally appropriate care. For Indigenous peoples, a key determinant of health is their connection to their culture. Colonial policy in Canada attempted to assimilate Indigenous children through residential schools. The result was that Indigenous languages, cultures and traditions were not passed down, including Two-Spirit teachings

What About Pronouns?

Pronouns are the words we use when referring to someone, rather than using their name. The pronouns she/her and he/him are what most people are familiar with, however there are also gender neutral pronouns such as they/them that can be used to refer to an individual person. When someone comes out as transgender they may change their pronouns to reflect the gender they identify with. You can affirm their identity by using the right pronouns. If you don't use the correct pronouns you could be signaling to the person that you don't believe their identity or that you don't see them as the gender they are. Whether in a family setting, school setting, or professional setting, misgendering someone can damage a relationship. If you are unsure of a person's pronouns, simply ask "Can I ask what pronouns you use?"

GENDER-SPECIFIC & GENDER-NEUTRAL PRONOUNS

GENDER-SPECIFIC PRONOUNS

are the ways we refer to each other in the third person. People who are transitioning in some way **might choose to change their pronouns.**

SHE

HIS

HE

HERS

GENDER-NEUTRAL PRONOUNS

THEY
THEM
THEIR



I saw Lauren come to work today and **they** seemed really happy. I wonder if it has anything to do with **their** weekend. I hope I see **them** soon to hear all about it!

ZE [ZEE]
SIE [SEE]
ZIE [ZEE]
HIR [HEAR]



I saw Lauren come to work today and **ze** seemed really happy. I wonder if it has anything to do with **hir** weekend. I hope I see **hir** soon to hear all about it!

ASK



You cannot tell someone's name or pronoun just by looking at them.

RESPECT



If someone takes the time to let you know their name and pronoun, use and respect it. It's not up to you to decide someone else's identity.

PRACTICE



If you have difficulty using someone's pronoun and name, practice. Ask co-workers, peers, and friends to point out when you've made a mistake.

Hi everyone, my name is Lauren. My pronouns are she and her.

Start meetings with everyone introducing themselves and stating their pronoun.

ASK! If you find yourself unsure of someone's pronoun, be attentive to how others refer to this person. If you are still unclear or concerned that people might be using the incorrect pronoun, politely and **privately** ask that person what pronoun they use.

All name tags and name plates can also have a spot to show someone's pronouns.

HELLO
my name is

LAUREN

PRONOUNS: She & Her

#TRANSINCLUSION

INFOGRAPHIC DESIGN BY:
LIGHTUPTHESKY.CA

HEAR STOP
IT! IT!
#PROVSTANDERS

THE 519
SPACE FOR CHANGE

Resources



FYREFLY SASKATCHEWAN

fYrefly Saskatchewan is an organization that runs an annual camp, Camp fYrefly, for gender and sexually diverse youth. Camp fYrefly-Saskatchewan is an educational, social, and personal learning retreat for gender and sexually diverse youth (lesbian, gay, bisexual, trans-identified, two-spirited, intersexed, queer, questioning, and allied). It focuses on building and nurturing their leadership potential and personal resiliency in an effort to help them learn how to make significant contributions to their own lives and to their schools, home/group-home environments, and communities. The camp is designed for gender and sexually diverse youth between the ages of 14 and 24.

fYrefly also runs an educational program called fYrefly in Schools, which is a provincial program bringing education on gender and sexual diversity to students in elementary and high schools.



TransSask is a non-profit that exists to serve the transgender community in Saskatchewan. TransSask provides peer-to-peer support as well as information and resources around social and medical transition in Saskatchewan.

QTBIPOC

A social space for Two Spirit, Queer and Indigenous community members, and allies to come together, eat a hot meal, talk, meet new friends, and partake in different activities and workshops. Every Friday, 6:00 - 9:00pm. For more information, contact: hubcoordinator@outsaskatoon.ca

HOMOPHOBIA IS OFTEN ROOTED IN IGNORANCE SURROUNDING QUEER IDENTITIES AND EXPERIENCES !

THE TREVOR PROJECT
LGBTQ CRISIS HOTLINE
CALL 1-866-488-7386

The Trevor Project offers 24/7 crisis support for LGBTQ+, including online chat and text options. Learn more at TheTrevorProject.org

#YouveGotOptions



TRANS LIFELINE

In Canada Call: (877) 330-6366

LGBT YOUTH LINE

LGBTQQ22SI peer support

1-800-268-9688

Text 647-694-4275

CRISIS SERVICES CANADA

1-833-456-4566 English

911

911 (Emergency services)

FREE DOWNLOADABLE APPS:

[Mood Tools](#) app (Includes safety planning diary. Helpful for those living with depression and/or thinking about suicide and how to stay safe.)

[Super Better](#) app (A resilience builder. This app motivates users through simple games that have achievable goals. The tools learned can be applied to life when the going gets tough.)

[Calm](#) app (Mindfulness app rated “#1 app for sleep and meditations”.)

[7 Seven](#) app (Mental, physical, emotional, and spiritual health are all connected and interconnected. Which is why we've included this app which helps you move your body using 7 minute workouts. You don't need any special equipment. Just a wall, chair, and your body.)

WEBSITES:

Life Voice Canada safety planning guide www.LifeVoice.ca
PFLAG <http://pflagcanada.ca/>

The Trevor Project (for LGBTQ+ Youth) www.TheTrevorProject.org

LGBT Youthline www.Youthline.ca/

Canadian Mental Health Association (across Canada) www.cmha.ca

Canadian Association for Suicide Prevention (CASP) www.suicideprevention.ca

IMAlive www.imalive.com

Lifeline Crisis Chat www.crisischat.org/chat

Befrienders Worldwide [www.befrienders.org/need to talk](http://www.befrienders.org/need_to_talk)

To Write Love On Her Arms www.TWLOHA.com

Hashtag Hope www.HashtagHope.ca

Jack Project www.Jack.org

Project Semicolon www.ProjectSemicolon.org

Canadian Association for Addictions & Mental Health (across Canada) www.camh.ca

ADDITIONAL SUPPORTS:

ASIST trained community member

For kids 14 and younger someone trained in The “ASK” Workshop (Assessing for Suicide in Kids 5-14) can assess their risk of suicide

Mental Health First Aid trained community member (these individuals are trained to help support someone who is having a mental health crisis from:

- Depression
- Anxiety
- Substance use
- Trauma, including PTSD (Posttraumatic Stress Disorder)
- Psychosis
- Pastor / faith-community member
- Trusted friend
- Neighbor
- Educational supports such as a teacher, child and youth worker, social worker, guidance counsellor, etc.
- Social workers
- Mental Health Therapist

