

## Is your child LGBTQ2S+?

It's normal to feel confused. It's okay to not have all the answers, but your child needs your love and support as they begin to more authentically express their identity.

They told you because they trust you. Honor that trust.

LGBTQ2S+ individuals from supportive families are much less likely to suffer from anxiety, depression, and substance use disorders (SUD). Connection to culture and being on the land can also give individuals a sense of pride and belonging.

A transgender or Two Spirit transition can take some time to get used to, and that's okay. **Right now, your child needs your support and love.**

**“Take Care of Others -  
You Cannot Live  
Without Them.”**

- *Universal Alaska  
Native Value*

## Resources

### Alaska

Identity Alaska  
[identityalaska.org](http://identityalaska.org)

Southeast Alaska Gay & Lesbian  
Alliance  
[seagla.org](http://seagla.org)

### Websites

Two Spirit and LGBTQ Health  
[npaih.org/2slgbtq](http://npaih.org/2slgbtq)

The Trevor Project  
[thetrevorproject.org](http://thetrevorproject.org)

Scarleteen: Sex Ed for the Real  
World  
[Scarleteen.com](http://Scarleteen.com)

### Hotlines

Alaska Careline: Suicide  
Prevention/Someone to Talk to  
[1-877-266-4357](tel:1-877-266-4357)

The Trevor Lifeline: Saving Young  
LGBTQ Lives  
[1-866-488-7386](tel:1-866-488-7386)

Gay, Lesbian, Bisexual and  
Transgender National Hotline:  
[1-888-843-4564](tel:1-888-843-4564)

Visit [iknowmine.org](http://iknowmine.org) for many more  
resources!

“Respect for Others”  
– Traditional Iñupiaq  
Value

## LGBTQ2S+ The Basics

### Let's define a few terms:

**Sex** is the label assigned to describe someone's anatomy when they're born.

**Gender** is how someone sees themselves, including thoughts, behavior, and gender roles.



If your sex is the same as your sense of gender, then the difference between these two terms might not seem to matter! However, if your gender identity doesn't match up with your sex assigned at birth, it can be stressful and confusing to figure this out. People who have a gender identity different from their assigned sex may identify as transgender or genderqueer.

Your **sexual orientation** is who you are attracted to – it's not affected by your gender identity.

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# What Is..?

*This guide covers the more common terms used to discuss sexuality and gender. Everyone's experience is unique, so these terms can mean something different to every person.*

**Lesbian:** women sexually or romantically attracted to other women

**Gay:** sexually or romantically attracted to the same gender

**Bisexual / Pansexual:** sexually or romantically attracted to more than one gender: men, women, or non-binary genders

**Queer:** a historically negative term that is now used positively, often to describe the LGBTQ2S+ community or someone who is non-heterosexual or gender non-conforming

**Asexual:** not sexually attracted to anyone; can experience romantic attraction

**Aromantic:** not romantically attracted to anyone; can experience sexual attraction

**Straight:** heterosexual; sexually or romantically attracted to people of a different gender

**Transgender:** someone whose gender identity does not align with their sex assigned at birth – can be male, female, both, in between, or neither. There are many gender-expansive identities, like *non-binary*, *genderqueer*, *gender-fluid*, and *agender*

**Two Spirit:** a term used by American Indian and Alaska Native people to refer to sexual orientation and gender identity as well as cultural and spiritual identity. The meaning varies between people and cultures, but Two Spirit usually describes a combination of masculine and feminine characteristics

**Intersex:** someone born with genitals that don't fit the typical definitions of male or female

**Questioning:** not sure of or exploring sexual orientation or gender identity

**Cisgender:** someone whose gender identity aligns with their sex assigned at birth

## Who am I?

If you're not sure, that's okay! Everyone's journey to finding themselves is different. There are many different terms we can use to describe our experiences, and our identity can change over time. Some people know right away, but others take many years to figure out who they are.

The labels that you feel most comfortable with are **your choice** – not anyone else's. *And remember to respect other's labels.*



## You are not alone.

There are many LGBTQ2S+ people across Alaska. Being LGBTQ2S+ makes you part of a strong and vibrant community. Be kind and patient with yourself. Remember that you carry the strength of your ancestors and that you are worthy of love and respect.

For information and support visit [iknowmine.org/lgbtq](http://iknowmine.org/lgbtq).

## Safer Sex

**Sexually transmitted infections (STIs) and HIV are real, but there are ways to prevent them.**

**Remember** – No matter who you are intimate with, always practice safer sex!

- **Use condoms or dental dams** for oral, vaginal, and anal sex
- **Make sure your partners have been tested** for STIs
- **Use water-based lube** to reduce friction



**To get a free at-home STI testing kit go to**

[www.iwantthekit.org](http://www.iwantthekit.org)