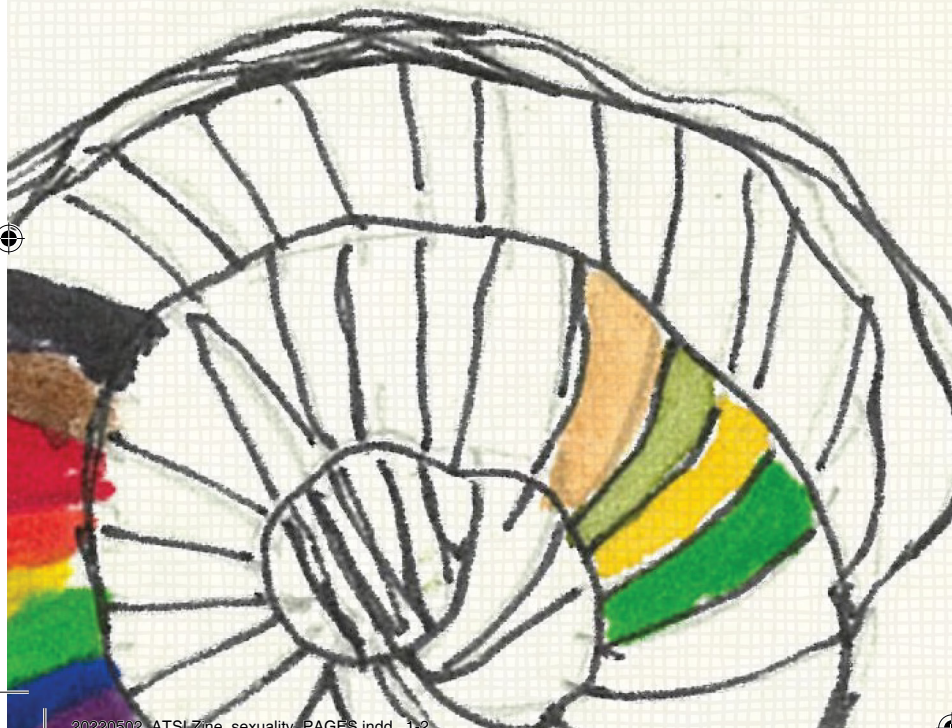


thorne
harbour
health*



HEY, YOU MOB!

A SHORT GUIDE TO
UNDERSTANDING SEXUALITIES
WITHIN THE COMMUNITY



thorne
harbour
health*



Additional resources and support can be found at:

www.thorneharbour.org | LGBTIQ+ and HIV Support

www.13yarn.org.au | First Nation's Support Line

www.kooriepridevic.org.au | Koorie Pride Victoria

Qlife 1800 184 572 | 3pm-Midnight

Rainbow Door 1800 729 367 | 10am-5pm

Yarning SafeNStrong: 1800 959 563

Brother To Brother: 1800 435 799



WHAT IS LGBTIQA+ ?

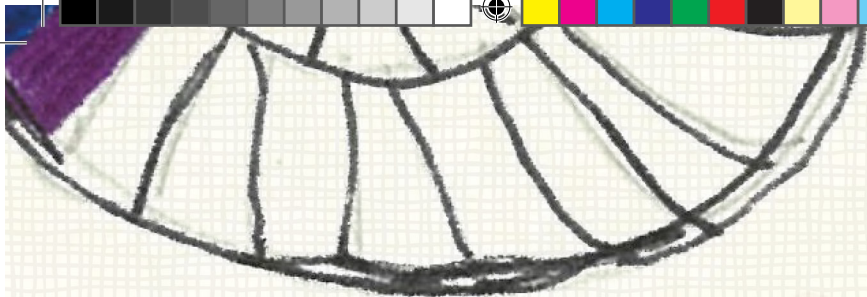
You might have seen the term LGBTIQA+ or some variation of the letters in recent time and wondered what they represent. They represent the various ways people would like to describe their gender and sexual orientation, and how they would like to be identified by others. In this resource we will try to simply explain some of the meanings and terms associated with different sexualities and genders.



WHAT'S THE DIFFERENCE BETWEEN SEXUALITY AND GENDER?

Sexuality is a term that describes a person's sexual, emotional or romantic attraction in relation to the genders they're attracted to.

People are familiar with the term heterosexual - someone who is attracted to the opposite sex. When it comes to the LGBTIQA+ community, we have different terms that we use to describe our sexuality.



Gender, meanwhile, refers to a person's internal sense of being male, female, or otherwise. Everyone has a gender identity. Gender expression is the way someone presents themselves in relation to gendered concepts like masculinity and femininity.





LESBIAN

A term typically used by women who are physically, emotionally, sexually and/or romantically attracted to other women.

GAY

Likewise, a term often used by men who are attracted to other men in the same way. This term can also be used by anyone attracted to the same gender.



BISEXUAL

A term typically used by people who experience attraction to more than one gender. Bi+ can refer to people who identify as pansexual, where they are not attracted to a particular gender – they are attracted to the individual person regardless of that person's gender or sexual orientation.

For example, a woman can be attracted to a person because of their personality or the way they look – it is not linked to their gender. Some Bi+ people also use the term multi-gender attracted.





ASEXUAL

A term used to describe someone who does not feel sexual attraction between themselves and another person, regardless of gender.

People who do not feel romantic attraction are sometimes described as being aromantic as well.





QUEER

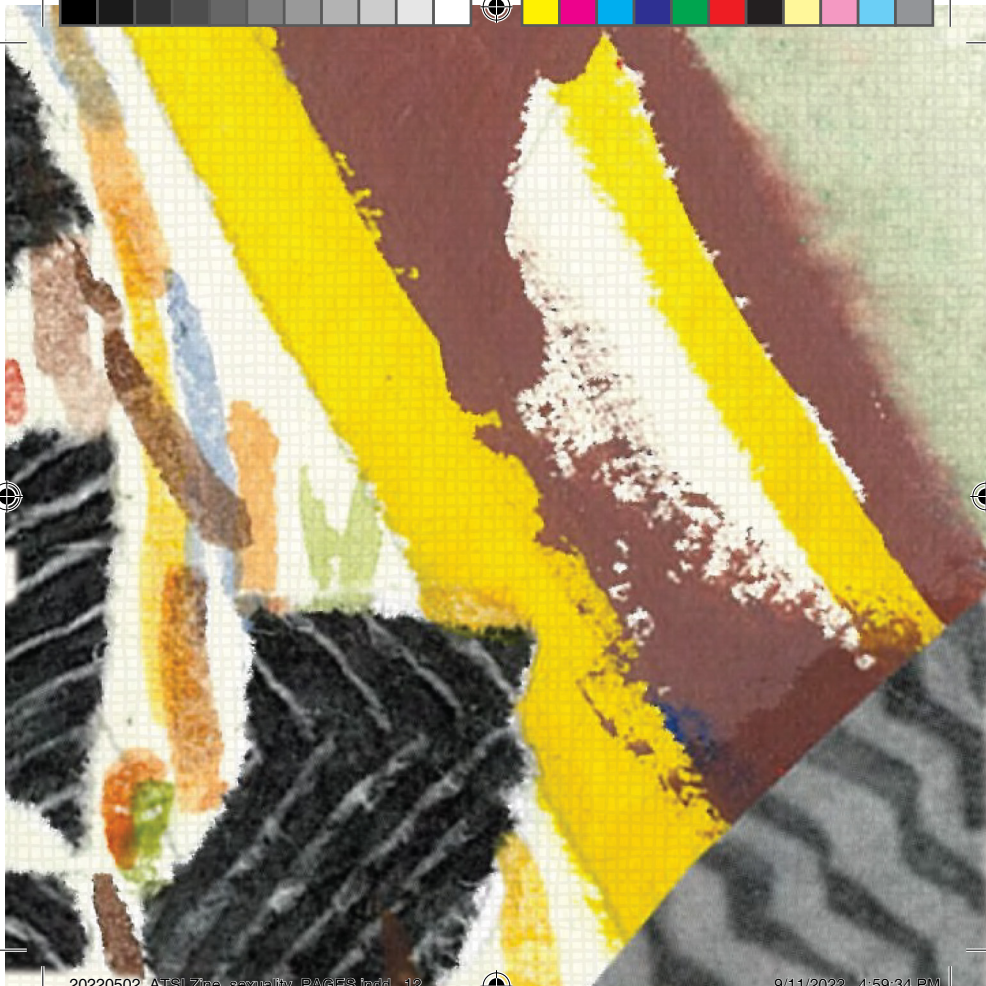
An umbrella term that includes a range of alternative sexuality and gender identities. Queer is sometimes used to break away from being defined by who you are sexually attracted to or by your gender. It can be used by younger people, whose sexuality is not exclusively heterosexual and/or their gender is not cisgender.

QUESTIONING

A term generally used by someone who is still uncertain about their sexuality and/or gender identity.

The + in LGBTIQ+ is used to include a host of other sexualities and gender identities that individuals feel describe them best.







Published 2022

©Thorne Harbour Health

**Aboriginal and Torres Strait Islander Project,
200 Hoddle Street, Abbotsford, VIC AUS 3067**

Artwork by Peter Waples-Crowe and Tarsha Jago

