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This document will address the first three letters of the LGBTQ+ acronym, those being lesbian, gay and bisexual.

First, important facts about sexuality.

- Sexuality in this context would refer the type of person someone would find attractive either romantically and/or sexually. The type of person refers to gender identity.
- Sexuality is not the same as gender identity. Someone being gay for example does not mean that they are now a different gender than what they once were. Sexuality refers to who you like, gender refers to who you know you are.
- Sexuality is not a binary between straight and gay. It is a spectrum going between homosexual and heterosexual, with different identities covering a range of area
- Sexuality fluidity is ok and those who may be experimenting with their sexuality or identifying one way only to identify differently later are completely valid and should be supported and accepted.

Explanations of what lesbian, gay and bisexual identities mean.

- Lesbian: A woman, or a female identified person, who experiences exclusive romantic and/or sexual attraction to other women.
- Gay: A man, or a male identified person, who experiences exclusive romantic and/or sexual attraction to other men.
- Bisexual: Unlike gay or lesbian, bisexual does not refer to a person of a single gender and both men, women, and non-binary folk can be bisexual. Bisexual refers to a person who experiences romantic and/or sexual to those of their same gender and other genders.

This document serves as supplementary material for the EFCL video series "Identity Education". To access that series please visit:



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Things to Know:

- Three categories can be seen when looking at sexuality. These would be heterosexuality, homosexuality and bisexuality.
 - Heterosexual refers to exclusive attraction towards someone of a different gender
 - Homosexual refers to exclusive attraction towards someone of the same gender
 - Bisexual refers to attraction that is not limited by a single gender.
- The use of the word "gay":
 - In terms of the LGBTQ+ acronym, gay refers to the previously mentioned identity of a lesbian. The use of the word "gay" within the LGBTQ+ community is far more general and open.
 - An example of this could someone who is bisexual calling themselves gay when attracted to someone of the same gender. These are not wrong uses at all but important to note.
- Bisexual Nature:
 - Being bisexual does not mean that someone is "half gay, half straight". Rather bisexual is its own unique and valid identity that is not a combination of two other identities.
 - As well attraction for someone who is bisexual is not a simple 50/50 split between liking men and liking women. In most cases someone experiences more attraction to one gender than another.
 - Finally, someone who is bisexual may only be in relationships with someone who is the same gender or someone who is a different gender. This does not mean they are no longer bisexual, their identity is what they feel and is valid

For more information, please consider viewing the following links:

- <https://www.glaad.org/reference/lgbtq>
- <https://www.healthlinkbc.ca/health-topics/abj9152>

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