

Myth: Letting trans people use the bathroom or locker room matching their gender identity is dangerous

Fact: There is not a single piece of evidence that could support this claim. Not a single trans person has ever used a bathroom or changing room as an opportunity to assault cisgender people

Myth: Trans people always want to or are going to get surgery

Fact: Being trans doesn't mean that someone will undergo medical transition or would want to. Some trans people hormone therapy or surgeries would be the right choice, Some may choose to simply change their name, come out to others and dress differently.

Myth: A person can only identify as male or female

Fact: A person's gender is not simply limited to male and female or man and woman. Gender exists along a spectrum and someone's identity can be in between male and female. T

Myth: Transgender people are unnatural and what we are assigned at birth is our real and correct gender

Fact: The gender that someone identifies with is independent from their sex. Someone's biological sex generally refers to the sex characteristics that one had at birth, such as type of gonads, and internal and external genitalia. Gender is an internal sense one has about themselves and the social role they inhabit. Sex and gender are two separate things. A trans person is not unnatural as a person's sex does not determine their gender and a person is allowed to identify in the way that makes them feel most comfortable.



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**For more information
visit: efcl.org**

LGBTQ+ MYTHBUSTING

*A Resource Developed by the
Edmonton Federation of
Community Leagues*

This pamphlet was created for the purpose of informing about common misconceptions that exist about the LGBTQ+ community. Some of the more common myths are highlighted in this pamphlet and the correct information about the myth is provided as well. For a more in depth guide to this topic please visit the LGBTQ+ Project on the EFCL website.

Link: <https://efcl.org/events--projects/lgbtq-project/>



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Myth: Bisexual people like both genders equal amounts

Fact: The idea that all bisexual people like both genders equally is actually not true. It is extremely common for someone who is bisexual to prefer one gender over another

Myth: Transgender people are just confused or mistaken about their gender

Fact: A trans person is not confused about their identity by identifying differently than the gender they were assigned at birth

Myth: Someone who is bisexual or pansexual is more likely to engage sexual activity

Fact: Someone who is bisexual or pansexual is not more promiscuous than anyone else. There is nothing inherent about their sexuality that automatically means that they are willing to sleep with anyone

Myth: There are only trans women, not trans men

Fact: Trans men do exist and are far more common than believed. Due to various factors the statistics have been skewed away from the fact that there is an equal amount of trans men and trans women.

Myth: A bisexual person is someone who can't make up their mind about whether or not they are straight or gay

Fact: Bisexuals are not just confused or can't decide. They experience genuine attraction towards both people of their own gender and other genders and they do not have to choose whether they're gay or straight.

Myth: LGBTQ+ people are worse parents and more likely to cause harm to a child or children

Fact: Evidence shows that a child who grows up with an LGBTQ+ parent or LGBTQ+ parents will fare just as well as those children who grow up with heterosexual parents.

Myth: LGBTQ+ people are very rare

Fact: LGBTQ+ people are actually quite common, with an estimated 10% of people identifying in some way as LGBTQ+

Myth: LGBTQ+ people have chosen to be gay and or transgender

Fact: Being LGBTQ+ is not a choice, nor is it caused by peer pressure, poor parenting or trauma

Myth: LGBTQ+ people only ever have to come out once

Fact: LGBTQ+ people actually have to come out continuously throughout their lives. Telling one person or one group of people does not mean that everyone now knows automatically.