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**This document will address the identities of Two Spirit and Pansexual and will explain important information relevant to said identities .**

### Items of Note:

- This document will explore two different identities, those being Two-Spirit and Pansexual.
  - While someone who is Two-Spirit can be pansexual and vice versa, Two-Spirit and Pansexual are not inherently connected.
  - However, in terms of LGBTQ+ identities, Two-Spirit and Pansexual often find themselves misunderstood or neglected entirely.
  - Thus the the aim of this document will be to clarify and educate on these two identities and show how they fit into the larger LGBTQ+ community and acronym.
- The LGBTQ+ acronym's most common forms are either LGBT or LGBTQ. However, in recent years it has expanded past that to become much longer and to validate other queer identities. Two of those identities would be Two-Spirit (2S) and Pansexual (P).

### Identity Explanations:

- **Two-Spirit:** A term used by some Indigenous people that describes their sexual, gender, and/or spiritual identity. It can refer to a person who identifies as having both a masculine and a feminine spirit. Two Spirit is umbrella term and encompass same-sex attraction and a wide variety of gender differences and identities.
- **Pansexual:** A person whose experiences of romantic and/or sexual are not limited by a person's sex or gender identity, but rather connected to personal attributes such as intelligence, personality or physical attractiveness.

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 - Two Spirit:

- Cultural context:
  - The Two Spirit identity is uniquely connected to the Indigenous community and Indigenous peoples.
  - It is in an acknowledgment of the queer identities that existed amongst Indigenous peoples before colonization by the Europeans
  - It has cultural significance and covers a multitude of resurgent identities based around queerness.
- Not used by all:
  - With the term Two Spirit, it is important to understand that this is not a term adopted by all.
  - Some First Nations and indigenous peoples do not choose to go by this term or may have other cultural terms to describe their sexual and/or gender identity.
  - Two Spirit is not an offensive term and can be used as an umbrella term, however it should not be used if someone does not identify with it or specifically identifies as something else.

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### **Things to Know - Pansexual:**

- Bisexual vs Pansexual:
  - There can be confusion about the validity/significance of pansexuality since bisexuality is a known and common identity.
  - First thing to understand is that the existence of bisexuality does not in anyway invalidate the existence of pansexuality.
  - Bisexuality historically refers to someone who experiences romantic and/or sexual attraction to both men and women. However with this definition people with non-binary or gender minority identities are neglected.
  - Pansexuality's definition serves to be more inclusive and covers attraction for non-binary and trans folk. However, if bisexuality is defined as attraction not limited by one gender then this becomes more inclusive.
  - Again they are both valid identities not matter how they are defined. How someone chooses to label themselves and how they feel is up to them.
- Related to the Gender Binary:
  - Pansexuality has a strong connection to the gender binary as it is an identity specifically pushing back against it. The gender binary is the idea that there are only two genders, those being a man and a woman.
  - Pansexuality revolves around the idea the gender does not matter and more importantly gender is not the determining factor of attraction.

### **For more information, please consider viewing the following links:**

- <https://www.thecanadianencyclopedia.ca/en/article/two-spirit>
- <https://lgbtqhealth.ca/community/two-spirit.php>
- <https://www.insider.com/difference-between-bisexual-pansexual-2018-6>

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