

The background of the image features a textured, greyish surface with several vibrant, diagonal rainbow light patterns. These patterns, resembling light reflecting off a CD or a similar textured material, are spread across the entire frame, creating a colorful and dynamic backdrop. The colors of the rainbows include red, orange, yellow, green, blue, and purple.

# Awareness Week: LGBTQ+



# True or False?

Gender identity is the same as sexual orientation.

It is rude to ask one's pronouns or ask for clarification on one's identity.

You should be afraid to embrace your true identity.

A trans woman who is attracted to women is a lesbian.

If you are part of the community, you are obligated to come out.

Romantic and sexual attraction are the same thing.

Heterosexuality: Sexual attraction to the opposite gender only.

Homosexuality: Sexual attraction to the same gender only.

Bisexuality: Sexual attraction to the opposite and same gender.

Pansexuality: Sexual attraction to any gender on the spectrum, including those outside the binary.

Asexuality: No sexual attraction to any gender.



# Sexuality

# Romantic Attraction

Wanting a relationship with certain genders that is not strictly sexual.

Heteroromantic: Romantic attraction to the opposite gender.

Homoromantic: Romantic attraction to the same gender.

Biromantic: Romantic attraction to two genders.

Aromantic: No romantic attraction.

This doesn't replace sexual attraction. You can have both sexual and romantic attraction.

Gender identity does not have to correlate with biological sex.

Cisgender: Identifying as the gender that matches your biological sex.

Transgender: Identifying as the opposite gender of your biological sex.

Nonbinary: Identifying outside the gender binary, such as both or neither.

Don't be afraid to ask pronouns.  
he/him - she/her - they/them

**If you're unsure about someone's pronouns, use they/them.**



# Gender





# Coming Out

Coming out is a personal experience.

Never feel pressured to come out before you feel comfortable and safe.

You have no obligation to tell anyone about your identity, however, do not let it constrain you to unhappy feelings or a poor mental state.

For genderqueer\* youth, it is important to accept yourself and be safe in all aspects.


\*those who are not cisgender

Thank you to all of the allies in the audience! Each of you being here today signifies the change in the world that we need.

- Treat them as you would treat a straight/cis person.
- Remember that there's more to people than being queer. It's just a small part of a complex person, so it isn't that big of a deal.
- If someone comes out to you, don't spread it to other people unless you have their permission.



## Being an Ally



## Being an Ally: What not to say.

- Avoid using slurs and using “gay” as a derogatory word
- Even if you are friends with someone, please do not use slurs “as a joke”. It can be very damaging.
- When someone who is attracted to your gender comes out to you, don't ask if they like you.
- Avoid asking “when did you find out you were gay.”

**When in doubt, if you wouldn't say it to a straight/cis person, don't say it to a queer person.**





Gender identity is the same as sexual orientation.

**False**

It is rude to ask one's pronouns or ask for clarification on one's identity.

**False**

You should be afraid to embrace your true identity.

**False**

A trans woman who is attracted to women is a lesbian.

**True**

If you are part of the community, you are obligated to come out.

**False**

Romantic and sexual attraction are the same thing.

**False**



What have you  
learned?



# Contact Info

## **LGBT Hotline**

The Trevor Project: (866)-488-7386

**Crisis Hotline:** Suicide Prevention  
Lifeline: (800)-273-8255

**GSA Advisor, Ms. Goiri Virto (Ms. G)**

- Email: [zgoirivirto@opusd.org](mailto:zgoirivirto@opusd.org)

Thank you for  
attending!  
Any questions?