

Health & Wellbeing

May – LGBTIQ+



What does LGBTIQ+ stand for?

LGBTIQ+ is an acronym for Lesbian, Gay, Bisexual, Trans, Intersex and Queer.

Lesbian is a term used to describe women attracted romantically, erotically, and/or emotionally to other women.

Gay is a term used to describe individuals who are primarily emotionally, physically, and/or sexually attracted to members of the same sex. More commonly used when referring to males, but can be applied to females as well.

Bisexual is a term used to describe a person that is emotionally, physically and/or sexually attracted to male/men and females/women. This attraction does not have to be equally split between genders and there may be a preference for one gender over others.

Trans is an umbrella term covering a range of identities that transgress socially defined gender norms. It may mean someone who mentally and emotionally identifies as a different gender to the one they have been assigned by society, often living their lives as that gender, and who may or may not choose to undergo sex reassignment surgery. Or it could be a person who transcends the binary gender systems altogether, so that they identify as neither male or female gender.

Intersex refers to people born with physical, hormonal or genetic features that are neither wholly female nor wholly male; or a combination of female and male; or neither female nor male.

Queer is an umbrella term to refer to all LGBTIQ+ people. A political statement, as well as a sexual orientation which advocates breaking binary thinking and seeing both sexual orientation and gender identity as fluid. Can also be a simple label to explain a complex set of sexual behaviours and desires e.g. a person who is attracted to multiple genders may identify as this.

The '+' sign is used as "plus" in order to describe all the other gender and sexual orientations that don't fit into the letters.

Australian stats

- 75% of LGBTIQ youth experience some form of discrimination.
- 24.4% of lesbian, gay and bisexual people experience depression.
- 61% of LGBTIQ youth experience verbal abuse.
- 19% of LGBTIQ youth experience physical bullying.
- 36.2% of trans Australians experience depression compared to 6.8% of the general population who experience depression.



IDAHOBIT – May 17th

IDAHOBIT is an acronym for the international day against homophobia, biphobia, interphobia and transphobia. IDAHOBIT was created in 2004 to draw attention to the discrimination and violence experienced by LGBTIQ+ people. The date (May 17th) was specially chosen to commemorate the World Health Organisation's declassification of homosexuality as a mental disorder.



For more information/resources visit: <https://www.idahobit.org.au/>



Recognising discrimination

Transphobia - Describes negative feelings or actions towards someone who's trans or gender diverse. You may have heard transphobic language like 'tr*nny'. Transphobia can also include abusive threats or actual physical violence, sexual harassment and deliberately excluding someone because of their gender.

Homophobia - Verbal homophobia is the most common form. Things like name-calling, rumours and abusive words ('fag' or 'dyke'). Phrases like "that's so gay" which compare sexuality to words like 'crap' can have a negative impact. Homophobia also include abusive threats or actual physical violence, sexual harassment and deliberately excluding someone because of their sexuality.

Biphobia - Biphobia is abuse towards someone who is attracted to more than one gender, and even includes when that person's identity is erased. This can be in the form of telling someone that their sexuality is "just a phase", or even telling them to "pick a side."

Intersexism - Intersex discrimination happens when a person is treated less favourably than another person in a similar situation because that person has physical, hormonal or genetic features that are neither wholly female nor wholly male; a combination of female and male; or neither female nor male. This can include exclusion or mistreatment in medical services.

So what can you do?

Speak up - Challenge homophobic, biphobic, intersexist, and transphobic language and behaviour when you feel safe to do so.

Educate yourself - On the experiences of LGBTIQ+ people by reading up and attending professional development and training.

Celebrate LGBTIQ+ diversity - Be proactive and support programs and events that celebrate LGBTIQ+ diversity.

