

A large graphic consisting of a white speech bubble with a tail pointing to the bottom right, centered within a series of concentric rainbow-colored rings. The background of the entire page is a colorful, abstract landscape with soft, blended colors of pink, yellow, blue, and purple.

Discuss
LGBTQ+

*Resource
Book*

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Discuss LGBTQ+ is a brand new resource designed to start positive discussions around LGBTQIAP+ topics and issues, especially with youth and community groups.

LGBTQIAP+ stands for Lesbian, Gay Bisexual, Trans, Queer/Questioning, Intersex, Asexual/Aromantic, Pansexual, and all other queer identities.

The app that goes alongside this pack has been designed to help you have real conversations with others around sexuality and gender.

The app has 100 different questions (some serious, some less so) and displays them at random within each category. They can be worked through with a friend or with a group.

These questions are intended as discussion starters. Whether everyone participating is in agreement on an answer or not, try and use the questions as an opportunity to think about the topics more deeply, or from a different perspective. Remember that these topics can be emotional and difficult for some people to talk about. Be sensitive to others' feelings, and try and keep the discussions kind, balanced, and respectful.

The 100 questions have been split into four categories within the app. Below, you can find a list of all the questions, and some advice around each category and how to approach the questions within it. Remember – if there are any terms you are unfamiliar with, please consult the Rainbow Glossary.

The Questions

General

The general questions are designed as a “warm-up” to the rest of the pack. They are less LGBTQ+ specific, but can be approached from an LGBTQ+ viewpoint.

1. What is your favourite thing about yourself?
2. If you could tell the whole world one thing, what would it be?
3. What one thing would you most like to change about yourself?
4. What do you wish you could tell your younger self?
5. If you could write a new law, what would it be?

6. Would you rather be alone all the time or with other people all the time?
7. What does community mean to you?
8. What does it mean to love someone?
9. How would you describe unconditional love?
10. Have you ever struggled to find a toilet you were comfortable using?
11. Have you ever been mistaken for someone else? How did it make you feel?
12. What is your favourite thing? How would you feel if someone you didn't know mocked it?
13. What's the most extravagant thing you've ever done for someone you cared about?

14. Would you rather punch your best friend in the face or give all your money to your worst enemy?

15. Have you ever tried to tell the truth but no one would listen?

16. What is the most remote location you think you could live in?

17. Have you ever excluded someone? How did you feel?

18. Describe yourself in ten words or fewer.

19. If you had to describe yourself with three objects, what would they be?

20. Which colour best describes you?

21. How do you react when you meet someone with the same interests as you?

22. Why might people want to dye their hair?

23. Do you find it easier to forgive or forget?

24. Do you think it's right to cut out of your life people who have hurt you?

25. Would you rather walk through the rain to see a beautiful rainbow, or stay dry and miss seeing it?

26. Do you think stereotypes are useful?

27. Do you feel like you fit into any stereotypes?

Religion and Discrimination

These questions are probably the toughest in the pack. Remember that for people on both sides of the argument, this can be very emotional to talk about. Try and use these questions to encourage healthy debate, but be aware that the conversation may become one-sided, and people might feel under attack if that happens.

28. Do you think people have the right to discriminate against LGBTQIAP+ people on religious grounds?

29. Do you think it's right that some religious groups are seen as homophobic/transphobic?

30. What do you think God would want to say specifically to LGBTQIAP+ people?

31. Do you think it's ok that people interpret religious scriptures differently?

32. Do you think debating different interpretations of religious scriptures is useful?

33. What do you think LGBTQIAP+ people can teach others about God?

34. What do you think LGBTQIAP+ people can teach others about spirituality?

35. What do you think LGBTQIAP+ people can teach others about love?

36. What do you think LGBTQIAP+ people can teach others about the bible or other religious scriptures?

37. What do you think LGBTQIAP+ people can teach others about prayer?

38. What do you think LGBTQIAP+ people can teach others about social action?

39. What do you think LGBTQIAP+ people can teach others about community?

40. What do you think LGBTQIAP+ people can teach others about living out their faith?

41. What do you think LGBTQIAP+ people can teach others about justice?

42. What do you think LGBTQIAP+ people can teach others about hope?

43. Do you think any of the people written about in the bible/other religious scriptures might have been LGBTQIAP+, and why/why not?

44. Do you think people should be challenged about homophobic, transphobic or offensive things they said or wrote years ago?

45. Do you think the world is a hard place for LGBTQIAP+ people?

46. How would you respond if someone said they didn't like people of the same orientation as you?

47. Would you intervene if you saw homophobic/transphobic bullying taking place?

48. Do you think positive discrimination is right? (e.g. when LGBTQIAP+ people are given more advantages/ opportunities than straight/cissexual people)

49. What do you think might be issues that LGBTQIAP+ couples face?

Gender and Intersectionality

These gender and intersectionality-related questions are important to discuss even if they appear not to apply to anyone involved in the discussion. If there are trans people, non-binary people, people of colour, disabled people, or people of faith present, this may be a good opportunity for them to share their experiences, if they are willing, and for others to listen.

50. Do you think gender is still important?

51. How important is your gender identity to you?

52. Do you think there should be expectations on people because of their gender?

53. How often do you discuss gender with your friends or family?

54. Do you think gender-neutral pronouns like they/them, zie/zir, and sie/hir are important?

55. How important is your gender presentation to you, i.e. the gender that people assume you are when they see you?

56. Why do you think some people like to do drag?

57. Can someone be a feminist if they don't support trans women?

58. Do you think you can tell someone's gender just by looking at them?

59. Do you think certain kinds of clothes are gendered?

60. Philadelphia Pride have added black and brown stripes to the Rainbow Pride flag to recognise the contributions that people of colour make to the LGBTQIAP+ community. Why do you think this is important?

61. How do you think being a person of colour might impact someone's experience as an LGBTQIAP+ person?

62. How do you think having a disability or disabilities might impact someone's experience as an LGBTQIAP+ person?

63. How do you think having a faith/religion might impact someone's experience as an LGBTQIAP+ person?

Pride, Allies, Representation and Coming Out

This section is the most diverse in terms of topics. Remember the Rainbow Glossary is there to help you out if there are any unfamiliar terms.

64. The pink stripe on the original Rainbow Pride flag represents Sex. What does sex mean to you and why do you think it was included?

65. The red stripe on the original Rainbow Pride flag represents Life. What does life mean to you and why do you think it was included?

66. The orange stripe on the original Rainbow Pride flag represents Healing. What does healing mean to you and why do you think it was included?

67. The yellow stripe on the original Rainbow Pride flag represents Sunlight. What does sunlight mean to you and why do you think it was included?

68. The green stripe on the original Rainbow Pride flag represents Nature. What does nature mean to you and why do you think it was included?

69. The turquoise stripe on the original Rainbow Pride flag represents Magic and Art. What do magic and art mean to you and why do you think it was included?

70. The indigo stripe on the original Rainbow Pride flag represents Serenity. What does serenity mean to you and why do you think it was included?

71. The violet stripe on the original Rainbow Pride flag represents Spirit. What does spirit mean to you and why do you think it was included?

72. Do you see Pride more as a celebration or a protest?

73. Do you think people should use the word “queer”?

74. Do you think everyone has a responsibility to educate themselves about LGBTQIAP+ issues?

75. How important is your sexual orientation to you?

76. Do you think LGBTQIAP+ issues should be talked about in primary schools?

77. Do you think that LGBTQIAP+ people should be the ones educating others about related issues?

78. How could people be more inclusive of people who are different to them in day-to-day life?

79. Do you think the media does a good job of portraying/representing LGBTQIAP+ people?

80. Do you think straight/cissexual people should be allowed at Pride events?

81. Why do you think the rainbow was chosen as an LGBTQIAP+ symbol?

82. What do you think of the split-attraction model (where people might use different words to describe their sexual and romantic orientations, like homoromantic asexual)?

83. Why do you think some people prefer to stay in the closet?

84. Do you think someone's gender identity/sexual orientation can change over time?

85. Do you think there should be spaces that are just for LGBTQIAP+ people, without allies?

86. What can allies do to help LGBTQIAP+ people?

87. What does it mean to be an ally?

88. How helpful is it when a celebrity/famous person you admire comes out?

89. How helpful is it when a celebrity/famous person you can't stand comes out?

90. Is identifying as LGBTQIAP+ a form of labelling?

91. Who has the authority to decide what terms such as LGBTQIAP+ mean?

92. When should we stop adding letters to LGBTQIAP+?

93. Do you think famous LGBTQIAP+ people have a responsibility to talk about their sexuality/gender?

94. How important do you think it is for LGBTQIAP+ people to be able to label themselves?

95. What are the best ways to acknowledge and discuss the different experiences within the LGBTQIAP+ community?

96. Why has awareness of intersexuality grown slower than some other aspects of the LGBTQIAP+ community?

97. When one part of the LGBTQIAP+ community gets more attention than another, how could we respond?

98. Do you think you can tell someone's sexuality just by looking at them?

99. Do you think that "gay" should be an umbrella term for anyone (regardless of their gender, or attraction to any other genders as well) who experiences attraction to people of the same gender as them?

100. Are there any fictional characters who you imagine to be LGBTQIAP+, even if it's never stated?

Rainbow Glossary

LGBTQIAP+ stands for:

Lesbian, Gay, Bisexual, Trans*,
Queer/Questioning, Intersex,
Asexual/Aromantic, Pansexual, and all
other queer identities

This glossary is a resource for you to refer to in order to familiarise yourself with terms you might not know already that are in common use within/about the LGBTQIAP+ community.

With the best will in the world, we are only human, and we sometimes get things wrong. If you'd like to raise an issue, suggest an alteration or addition, or flag up something, please do get in touch (contact details at the back of the booklet).

A- : A prefix that means “none”, can be attached to -sexual, -romantic, -gender, -alterous, etc., e.g....

Agender: Refers to a person who identifies as having no gender

Aromantic: Refers to a person who does not experience romantic attraction.

Aromanticism exists on a spectrum with some people experiencing a little romantic attraction (see Demi- and Grey- prefixes)

Asexual: Refers to a person who does not experience sexual attraction. Asexuality exists on a spectrum with some people experiencing a little sexual attraction (see Demi- and Grey- prefixes)

Abrosexual/Abromantic: An orientation that is fluid/constantly changing

Ace: A common abbreviation for asexual

Aesthetic Attraction: Finding someone aesthetically pleasing but not necessarily being attracted to them in any other way

AIDS: Acquired Immune Deficiency Syndrome, the name used to describe a number of potentially life-threatening infections and illnesses that happen when your immune system has been severely damaged by the HIV virus

Alloromantic: The opposite of aromantic, therefore refers to someone who does experience romantic attraction

Allosexual: The opposite of asexual, therefore refers to someone who does experience sexual attraction

Ally: A person who is straight and cissexual, but supports the LGBTQIAP+ community

Alterous Attraction: A type of attraction best described as wanting emotional closeness without necessarily being (at all or entirely) platonic and/or romantic

Amatonormativity: The assumption that everyone wants a romantic relationship or that having a romantic relationship is the norm/default

Androgyne: Refers to someone whose gender identity is androgynous

Androsexual: Refers to someone who is sexually attracted to males and masculinity (see also Masexual)

Assigned Female at Birth (AFAB): Refers to someone who was assigned a female gender at birth based on physical anatomy and/or karyotyping (the pairing and ordering of chromosomes), usually used to refer to people who no longer identify as female

Assigned Male at Birth (AMAB): Refers to someone who was assigned a male gender at birth based on physical anatomy and/or karyotyping (the pairing and ordering of chromosomes), usually used to refer to people who no longer identify as male

Bi- : A prefix that means “two”/”two or more”, can be attached to -sexual, -romantic, -gender, -alterous, etc., e.g....

Bialterous: Refers to a person who is alterously attracted to two or more genders

Bigender: Refers to a person who identifies as two genders

Biromantic: Refers to a person who is romantically attracted to two or more genders

Bisexual: Refers to a person who is sexually attracted to two or more genders

Bottom Surgery: Gender-reassignment surgery that alters someone's genital area to match their true gender

Butch: Usually used to describe a queer woman or non-binary person who expresses themselves in a typically masculine way

Ceterosexual: Refers to a non-binary person who is attracted to other non-binary people

Cisgender/Cissexual/Cis: A gender identity that matches one's assigned gender at birth

Cishet: A person who is cisgender and heterosexual

Cisnormativity: The assumption that everyone is cisgender, or that being cisgender is the norm/default

Cissexism: Prejudice or discrimination against trans or non-binary people (see also transphobia)

Closeted/In the Closet: Refers to someone who chooses not to disclose that they are LGBTQIAP+

Coming Out: Revealing to a person or people that you identify as LGBTQIAP+

Dead-naming: The act of referring to a trans person by the name they were assigned at birth, rather than their chosen name if they have chosen to take one

Demi- : A prefix that means “half”, denoting halfway between asexual and allosexual, or aromantic and alloromantic

Demigender: Refers to someone who identifies 50% or more as one gender and the rest as another/other genders

Demiromantic: Refers to someone who experiences romantic attraction to someone only after a close emotional bond has been formed with them (part of the aromantic spectrum)

Demisexual: Refers to someone who experiences sexual attraction to someone only after a close emotional bond has been formed with them (part of the asexual spectrum)

Demiboy: Someone who identifies as mostly male, but partially another or other genders.

Demigirl: Someone who identifies as mostly female, but partially another or other genders.

Drag: Refers to the culture of cross-dressing which is prevalent in the gay community (an outdated term for drag queens or kings is “transvestite” and is now deemed offensive, especially towards the trans community)

Dysphoria/Dysphoric: The extreme negative and uncomfortable feelings that trans and gender non-conforming people may have with regards to their body/the way they look

Femme: Usually used to describe femininity within queer people

FTM: Stands for “female-to-male”, used to signify a trans person who was AFAB but now identifies as male

Gay: Refers to someone who is sexually attracted to people of the same sex/gender, sometimes also used as an umbrella term for all people who do not identify as heterosexual

Gender Dysphoria/Dysphoric: The extreme negative and uncomfortable feelings that trans and gender non-conforming people may have with regards to their body/the way they look

Gender Euphoria/Euphoric: The positive and comfortable feelings that trans and gender non-conforming people may have with regards to their body/the way they look

Gender Expression/Presentation: The way in which someone projects their gender identity, through the way they self-define, act, dress, etc

Genderfluid: Refers to a person whose gender identification and presentation shifts, whether within or outside of societal, gender-based expectations; being fluid in motion between two or more genders

Gender Identity: The way someone self-identifies their gender, which is defined by their own personal/internal feelings and perceptions

Gender Neutral: Something that does not fit in with a single gender, e.g. gender neutral toilets

Gender Non-Conforming: Refers to a person whose gender does not conform to society's standards of male and female (can be shortened to "GNC")

Genderqueer: Refers to a person whose gender identity and/or gender expression falls outside of the dominant societal norm for their assigned sex

Gender Reassignment: A person's transition between genders, which can include surgery, but also the changing of names, pronouns, gender presentation etc.

Gender Recognition Certificate/GRC: A certificate that allows people to legally be recognised as their true gender and be issued a new birth certificate.

Gillick Competence: A term used in the medical world to assess whether or not a child can consent to their own medical treatment without parental permission or knowledge.

Grey- : A prefix that means “only a little/in a grey area”, can be attached to –sexual, –romantic, –alterous, etc., e.g....

Greyromantic: Refers to a person who experiences very little romantic attraction towards other people

Greysexual: Refers to a person who experiences very little sexual attraction towards other people

GSRM: Stands for “Gender, Sexual and Romantic Minorities”, another way of saying LGBTQIAP+

Gynosexual: Refers to someone who is attracted to women and femininity (see also Womosexual)

Hetero- : A prefix meaning “different”, referring to people who are attracted to different genders/sexes than their own, e.g....

Heteroflexible: A word to describe someone who usually identifies as straight, but is not closed off to the possibility of sex/a relationship with someone of the same gender to them

Heteronormativity: The assumption that everyone is straight or that being straight is the norm/default

Heteroromantic: Being romantically attracted to someone of a different gender to you

Heterosexual: Being sexually attracted to people of a different gender to you (see also straight)

HIV: Human Immunodeficiency Virus, a virus that damages the cells in your immune system and weakens your ability to fight everyday infections and disease

Homo- : A prefix meaning “same”, referring to people who are attracted to the same gender/sex as themselves, e.g....

Homoflexible: A word to describe someone who usually identifies as gay, but is not closed off to the possibility of sex/a relationship with someone of a different gender to them

Homophobia: Discrimination against people who are homosexual

Homoromantic: Being romantically attracted to someone of the same gender to you

Homosexual: Being sexually attracted to someone of the same gender to you

HRT: Stands for “Hormone Replacement Therapy”, a common practice used within a trans person’s medical transition, involving the taking or application of testosterone/ oestrogen

Intersectionality: The inter-connected nature of social categories such as sexuality, gender, race, ability etc.

Intersex: Refers to people who naturally (that is, without any medical intervention) develop primary or secondary sex characteristics that do not fit into society's definitions of male or female (an outdated term for intersex is “hermaphrodite” and is now usually deemed offensive)

Lesbian: A woman who is attracted to other women

LGBTQIAP+: Stands for Lesbian, Gay, Bisexual, Trans*, Queer/Questioning, Intersex, Asexual/Aromantic, Pansexual, and all other queer identities

Masexual: Refers to someone who is sexually attracted to males and masculinity (see also Androsexual)

MLM: Stands for “Men who Love Men”, used as an umbrella term for any man who experiences same sex attraction

MOGAI: Stands for “Marginalized Orientations, Gender Alignments, and Intersex”, another way of saying LGBTQIAP+

Monogamous: Someone who is committed to being in a relationship with one person at a time

Monosexual: Refers to being attracted to one gender only

MTF: Stands for “male-to-female”, used to signify a trans person who was AMAB but now identifies as female

MSM: Stands for “Men who have Sex with Men”, used to include those who engage in homosexual behaviour, but do not necessarily identify as gay

Neutrois: A non-binary gender identity that can also be described as neutral-gender, null-gender, neither male nor female, genderless, or agender

Non-Binary: A gender identity which is outside of the gender binary of male and female, sometimes written as “NB” or “enby”

Outed: Being outed refers to someone revealing that someone is LGBTQIAP+ without their permission

Pan- : A prefix that means “all”, can be attached to -sexual, -romantic, -gender, -alterous, etc., e.g....

Panalterous: Refers to a person who is alterously attracted to all genders

Pangender: Refers to a person who identifies as all genders at once

Panromantic: Refers to person who is romantically attracted to all genders

Pansexual: Refers to a person who is sexually attracted to all genders

Passing: A term used to refer to a trans person who is recognised as their correct gender identity, or used to refer to non-heterosexual people who can pass as straight

Philadelphia Pride Flag: A version of the rainbow pride flag first used in Philadelphia with two extra stripes - black and brown - as a message of solidarity with LGBTQIAP+ people of colour and as a reminder of the need for inclusivity within the LGBTQIAP+ community

Phobia: In this context, the suffix –phobia is used to denote prejudice or discrimination against LGBTQIAP+ people, e.g. homophobia, transphobia, biphobia, etc

Platonic Attraction: A kind of attraction that is defined as strongly wanting someone to be your friend

Poly- : A prefix that means “many”, can be attached to –sexual, –romantic, –alterous, etc., e.g....

Polyalterous: Refers to a person who is alterously attracted to multiple genders

Polyamory/Polyamorous: A polyamorous person is someone who is consensually in or open to multiple loving relationships at the same time (non-monogamous)

Polyromantic: Refers to a person who is romantically attracted to multiple genders

Polysexual: Refers to a person who is sexually attracted to multiple genders

Pride: A positive stance towards the LGBTQIAP+ community, also refers to events celebrating LGBTQIAP+ culture and pride. The events also at times serve as demonstrations for legal rights such as same-sex marriage. Most pride events occur annually, and many take place around June to commemorate the 1969 Stonewall riots

Pronouns: Words substituted for names, some trans and non-binary people will sometimes specify which pronouns they prefer to go by, and sometimes these exist outside of the gender binary (he/she), e.g. they/ze/hir/fae

Quoiromantic: Refers to a person who cannot differentiate between platonic and romantic attraction

Queer: An umbrella term for people whose gender and/or sexuality do not conform to expectations. Still sometimes used as a slur, but many people are now happy using it as a general descriptive

Queerplatonic Relationship: A relationship that is more intense than a normal friendship but not fitting the traditional romantic couple model. Often associated with alterous attraction, asexuality, and aromanticism.

(Can be shortened to QPR)

Questioning: The process of exploring one's own gender identity, gender expression, and/or sexual or romantic orientation

Representation: In this context, this refers to media representation of LGBTQIAP+ people/groups, which is often poor. An example is the "bury your gays" trope, which is a prevalent trope where LGBTQIAP+ characters in film and television are killed off, which enforces the idea that LGBTQIAP+ people cannot live a long and happy life

Romantic Attraction: Being attracted to a person romantically, wanting a romantic relationship with someone, but not necessarily wanting to have sex with them

Sapphic: Refers to women who are sexually or romantically attracted to other women.

Sexual Attraction: Being attracted to a person sexually, wanting to have sex with a person

Skoliosexual: Refers to a person who is attracted to people who identify as nonbinary or to anyone who doesn't identify as cisgender

Split-Attraction Model: A model of thinking whereby someone's sexual attraction and romantic attraction may be different, e.g. homoromantic asexual

Straight: A person who is heterosexual

TERF: Stands for "Trans-Exclusionary Radical Feminist", a "feminist" who excludes the rights of trans people from their "feminism"

Titles: Words such as "Mr" and "Miss", which may be different for trans and non-binary people, e.g. "Mx", "Ser", etc. As with pronouns, this is specified by each individual

Top Surgery: Gender-reassignment surgery that alters someone's chest area to match their true gender

Trans- : A prefix that means "in another state", can be used before multiple words in this context to refer to gender and gender-related terms

Trans Man: A person who now identifies as male, but was assigned female at birth

Trans Woman: A person who identifies as female, but was assigned male at birth

Transgender: Describes a wide range of identities of people whose gender identity and/or expression differs from conventional expectations based on their assigned sex at birth

Transfeminine: Refers to someone who was AMAB, but has chosen to dissociate from having a male gender identity. A transfeminine person may identify more with the female gender identity, or just that particular end of the spectrum

Transitioning: The act of making changes within a trans person's life to reflect their gender identity, through either social transition or medical transition.

Transitioning is not essential to be trans

Transmasculine: Refers to someone who was AFAB, but has chosen to dissociate from having a female gender identity. A transmasculine person may identify more with the male gender identity, or just that particular end of the spectrum

Transphobia: Discrimination against trans or non-binary people (see also cissexism)

Transsexual: An outdated term to describe a trans person who has medically transitioned. Now not in use as it is inappropriate to separate trans people by whether they have medically transitioned or not

Transvestite: An outdated term to describe a trans person, or a drag queen or king. Now not in use as it is deemed offensive to the trans community

WLW: Stands for “Women who Love Women”, used as an umbrella term for any woman who experiences same sex attraction

Womosexual: Refers to someone who is attracted to women and femininity (see also Gynesexual)

WSW: Stands for “Women who have Sex with Women”, used to include those who engage in homosexual behaviour, but do not necessarily identify as gay/lesbian

Contact Us

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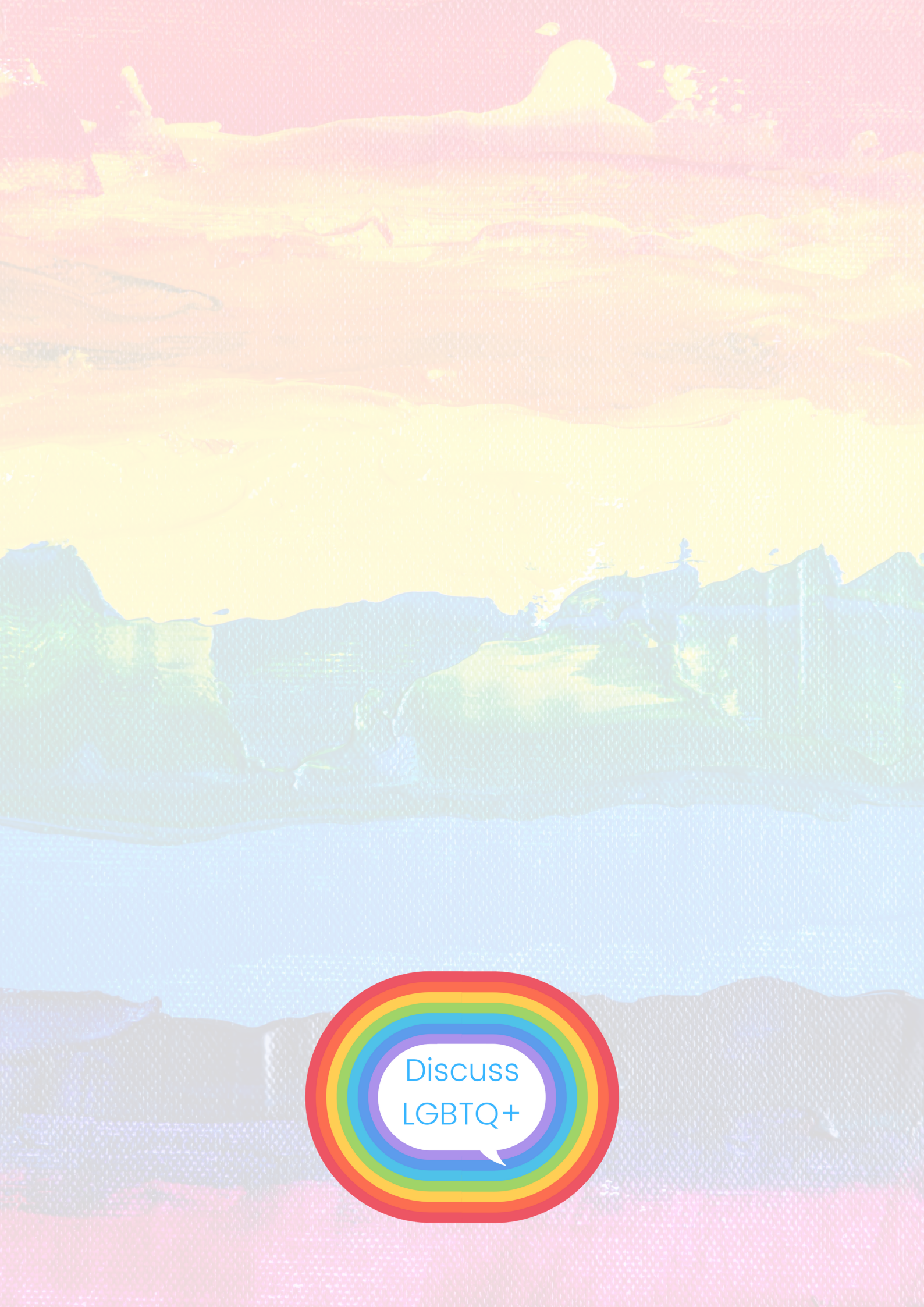
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