

your toolkit about individuals who identify as

LGBTQ+

PARTNERS IN CARE

aloha

Lesbian, Gay, Bisexual, Transgender, Queer/Questioning +

LGBTQ+ is a shorthand acronym for those who are lesbian, gay, bisexual, transgender, queer/questioning, plus many other orientations and identities (p. 6-7). This toolkit is designed to help the O'ahu community understand and feel comfortable talking about the differences in sexual orientation, gender identity, gender expression, and biological sex.

Just as there is no one way to express being female or being male, such as with mannerisms or appearance, there is no one way to express an individual's identity as an LGBTQ+ person. LGBTQ+ encompasses a range of identities, orientations, and body types, and people will identify in a multitude of ways within that spectrum.

This toolkit provides background information on identities, sexual orientation, expression and pronoun use. Also, included are suggested guidelines about how to ask clients about their gender identity and sexual orientation, along with other helpful information about why capturing identity information is so important, not only as a provider but also for our clients. We hope that this toolkit will provide a better understanding of the people around you and help you feel more comfortable in understanding the diversity of the LGBTQ+ community.



Sexual Orientation: an individual's emotional, romantic or physical attraction to another person or people. (p. 6)

lesbian, gay, straight, bisexual, pansexual, queer, asexual ...



Gender Identity: an individual's concept of self as male, female, a blend of both or neither. (p. 7)

- This may or may not align with the sex assigned to them at birth.

female, male, trans, gender non-conforming, non-binary, gender fluid, third gender ...



Gender Expression: external appearance of one's gender identity, usually expressed through behavior, clothing, haircut, speech patterns and social interactions.

- this may or may not align with traditional perceptions of gender identity.



Biological Sex: a person's sex assigned at birth that is defined by genitalia and chromosomes. (p. 7)

male, female, intersex

Cisgender: a person whose gender identity aligns with the sex assigned at birth.

female, male

Transgender / Trans: an umbrella term for people whose gender identity is different from the sex they were assigned at birth.

- Being trans does not imply any specific sexual orientation.
- Having a gender identity other than male or female does not mean one identifies as trans.
- Being trans does not imply that one will transition; transitioning does not make anyone more or less transgender.
 - Transitioning is when an individual takes steps to live according to their gender identity. This varies by individual, possible steps in a gender transition may or may not include changing your clothing, appearance, name, or pronouns.



why is this important?

The information we collect on who is accessing our services impacts how we can best serve our clients and tailor our services to help those in need.

While these questions are personal, they are critical in knowing which minority groups are struggling and if there are ways in which we can assist them.

IN HAWAII

- LGBT youth and adults **frequently drink more alcohol** and are **more inclined to try illegal substances** compared to heterosexual and cisgender youth and adults.
- LGBT youth are more likely to **skip school** due to feeling unsafe and/or bullying.
- LGB youth are 2x's, and trans youth are 8x's more likely to be **unstably housed**.
- LGB youth are 4x's, and trans youth 7x's more likely to **attempt suicide** compared to heterosexual and cisgender youth.
- 38% of LGB adults have 2 or more **chronic conditions**.
- **Partner violence (sexual and physical)** is higher among LGBT youth and adults. Trans youth— 25% , LGB youth—20%, LGB adults — 21%.
- LGB adults are 2x's more likely to have a **depressive disorder**.
 - LGB is often separated from Trans as their experiences differ.

Asking someone their gender:

“For the following question I will read you some answers, please let me know what you identify with most. Do you identify more closely with Male, Female, Trans Female, Trans Male, Gender Non-Conforming (not being male or female) or another gender I have not listed (this would fall under the trans unknown category)?”

Asking someone their sexual orientation:

“For the following question I will read you some answers, please let me know what you identify with most. Do you identify more closely as Straight, Lesbian, Gay, Bisexual, or another sexual orientation I have not listed?”

These questions are not necessarily uncomfortable to answer. The more you are comfortable and confident in asking these questions, and the more you show earnest care in the response, the more comfortable the respondent will be in answering them.

COMMON ANSWER OPTIONS ON QUESTIONS ABOUT:

GENDER:

(AS ON HMIS)

- Male
- Female
- Trans Female
- Trans Male
- Gender Non-Conforming
- Trans Unknown

SEXUAL ORIENTATION:

(AS ON POINT IN TIME)

- Straight
- Lesbian
- Gay
- Bisexual
- Other Sexuality



GLOSSARY

PRONOUNS

Not all people identify as male or female. Using pronouns that align with their identity is extremely important.

Using correct pronouns shows respect towards that person.

he/him/his • she/her/hers

they/them/theirs

Gender expression does not indicate pronoun use. It is always important to ask.

"Hi, my name is ____ my pronouns are _____. What are yours?"

SEXUAL ORIENTATION

Asexual: a person who has little interest in having sex.

Bisexual: a person who is attracted to people of more than one sex and/or gender, not necessarily at the same time, in the same way, or to the same degree.

Gay: a man who is attracted to other men.

*Also used for a person who is attracted to members of the same gender.

Lesbian: a woman who is attracted to other women.

Pansexual: a person who is attracted to individuals of any gender or sex.

Queer: often used to identify people who express fluid identities and orientations.

Straight: a person who is attracted to a person of the opposite gender.

This is by no means a complete list of all sexual orientations or gender identities.

GENDER IDENTITY

Cisgender: a person whose gender identity aligns with the sex they were assigned at birth.

Gender Non-Conforming: a person who does not behave in a way that conforms to the traditional expectations for their gender.

Non-binary: a person who does not identify exclusively as a man or a woman.

Queer: often used to identify people who express fluid identities and orientations.

Third Gender: many cultures recognize more than one gender, a person who embodies both the male and female spirit. **Māhū** (Hawaiian and Tahitian) **Fa'afafine** (Samoan) **Fakaleiti** (Tongan).

Transgender/Trans: an umbrella term for people whose gender identity is different from the sex they were assigned at birth.

Trans Female (MTF): a person who identifies as female but was assigned male at birth.

Trans Male (FTM): a person who identifies as male but was assigned female at birth.

BIOLOGICAL SEX

The sex assigned at birth.

Male • Female • Intersex

Intersex: a person with a range of natural bodily variations in reproductive, genetic and /or sexual anatomy that does not fit the typical definitions of female or male.



SEXUAL ORIENTATION AND GENDER IDENTITY ARE NOT SET IN STONE.

IT IS A SPECTRUM THAT IS FLUID AND CAN CHANGE OVER TIME.

local service providers

GREGORY HOUSE PROGRAMS HAWAI‘I

provide affordable housing assistance and support services to persons living with HIV/AIDS | housing | case management | food basket program

808.522.9036 - info@gregoryhouse.org

www.gregoryhouse.org

RESIDENTIAL YOUTH SERVICES & EMPOWERMENT (RYSE)

24/7 access center to help youth experiencing homelessness | housing & other services

808.498.5180 - info@rysehawaii.org

www.rysehawaii.org

DOMESTIC VIOLENCE ACTION CENTER

provide legal services and advocacy to victims of Intimate Partner Violence | provide LGBTQ+ specific advocates, programs, and support groups

808.531.3771 - dvac@stoptheviolence.org

www.domesticviolenceactioncenter.org

HAWAI‘I HEALTH & HARM REDUCTION CENTER (HHRC)

syringe exchange program | overdose prevention | wound care | HIV testing | HCV testing | PrEP | transgender services | case management

808.521.2437 - info@hhrc.org

www.hhrc.org

YOUTH OUTREACH (YO!) - WAIKIKI HEALTH & HALE KIPA

drop-in clinic & services (food, showers, clothing, case management) to homeless youth 22 and under

drop-in center: 415 Keoniana St in Waikiki

drop in: M, T, Th, F 3pm—6pm

808.942.5858

www.waikikihc.org | www.halekipa.org

& resources

THE LAVENDER CLINIC

non-traditional clinic that is inclusive of all communities and genders | primary care | PrEP services for all ages | counselling & behavioral health services | hormone replacement therapy | medical cannabis

808.744.2543

www.lavendercenterandclinic.org

HAWAI'I LGBT LEGACY FOUNDATION

community projects and events with the mission to support, empower, educate, unify and facilitate LGBT organizations and individuals in Hawai'i | LGBTQ+ Center–Honolulu | Honolulu PRIDE™ Parade & Festival | educational, training, social & cultural events | scholarships, project assistance & more!

808.369.2000

info@hawaiilgbtlegacy.com

www.hawaiilgbtlegacyfoundation.com

UH MĀNOA LGBTQ+ CENTER

center that strives to maintain a safe and inclusive campus environment | direct services for students (advocacy and support) | student drop-in groups | Safe Zone Training Program

808.956.9250 - lgbtq@hawaii.edu

www.manoa.hawaii.edu/lgbtq

ACLU OF HAWAI'I

organization working to defend and preserve the individual rights and liberties that the Constitution and laws of the United States guarantee everyone in this country | legal help for cases that violate civil liberties and rights

808.522.5900

www.acluhi.org

NATIONAL HOTLINES

24/7

If you are feeling depressed or suicidal call

Trevor Project Suicide Hotline

866.488.7386

TRANS Lifeline

877.565.8860

Crisis Text Line

Text HOME to 741741



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www.partnersincareoahu.org

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