lgbtqia+

An interactive coloring/informational workbook

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hey! thanks for checking out our coloring book. please remember that the definitions provided are not all of the sexualities and genders out there. there are so many that people use to describe their identity! gender and sexuality can be one big spectrum, and you can always land anywhere and use whatever feels right to describe yourself!
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what is LGBTQIA+

LGBTQIA+ is the acronym for the homosexual community!
L- stands for Lesbian
G- stands for Gay
B- stands for bisexual
T- stands for transgender
Q- stands for queer or questioning
I- stands for intersexual
A- stands for aromantic or asexual
+- stands for the many other genders and sexualities out there that define other people!
Pronouns!

here is a list of common pronouns you may see people use!
- She/Her/Hers
- He/Him/His
- They/Them/Theirs

Some people use a combination of pronouns!
- She/Her/Hers and They/Them/Theirs
- He/Him/His and They/Them/Theirs
- He/She/They

Some people use neopronouns which might include:
- It/It’s/Itself
- Bee/Bees/Beeself
- Xe/Xem/Xemself

remember to always ask what someone’s pronouns are!
What is sexuality?

Sexuality is best defined by who you are attracted to! Of course, that’s just a shortened answer of what is a very long and complex definition!

Sexuality is different for everyone. Sexuality is things like: Bisexual, Lesbian, Gay, Pansexual, among many other sexuality’s!!

No matter how you identify: you are valid and you have a whole community here to support you!!
sex vs. gender

sex is the biological characteristics of an individual, which includes: sex organs, hormones and chromosomes. this is determined by genetics

Gender is how you present yourself, and identify on the scale of feminine/masculine.

Some examples of gender identity are: boy, girl, non-binary, gender-fluid, transgender man/woman and so many more!

sometimes the sex "assigned" at birth matches a persons gender identity, and sometimes it dosent. Both are okay!
lesbian

lesbian means the attraction of one woman to another woman in the simplest terms!

there are many ‘types’ of lesbian you may identify with!!

they are:

-butch: tends to align with more heavy masculine personality traits and identity, yet the person may still use she/her pronouns

-femme: tends to align more with very feminine personality traits and identity, even if the person uses pronouns that aren’t she/hers

if you don’t identify with one of these—that’s okay!! you do you!

The flag coloring order is: dark orange, light orange, white, light pink, dark pink
gay

gay is the attraction of one man to another man!
gay is also sometimes used as an umbrella term, but here we will be using it as a ‘male loving male’ term!
there are many stereotypes of gay men, and here are a few!
- bears: an imagine of rugged masculinity in bisexual or gay men. usually they don’t associate themselves with ‘feminine’ men
- twinks:
remember: you don’t have to associate with either of those terms to be valid.

the flag color order of the mlm flag is: dark green, medium green, light green, white, light blue, medium blue, dark blue.
bisexual

bisexual is the attraction to more than one gender! A person who identifies as bisexual feels a romantic/sexual attraction to people of their same gender and people of different genders.

bisexual means attracted to multiple genders, which can be sometimes confused with pansexuality (see next page!) which means attracted to all genders.

sometimes these terms overlap, and that's okay! It all comes down to preference of the individual.

the flag color order is: pink, purple, blue.
pansexual

pansexual is a romantic/sexual/emotional attraction to people regardless of their gender identity/sex. This includes cisgender, transgender, agender, and gender nonconforming folk!

Sometimes, pansexual people might say they're "gender blind," which means that gender and sex may not be a factor in their attraction to other people.

Sometimes pansexuality and bisexuality can be confused. But, it's always down to the specific individual and what/how they feel.

Flag order: pink, yellow, blue
transgender

someone who is transgender, is someone who's gender identity is different from the one that they born with. They might feel as if "they were born in the wrong body" and feel that their gender identity is wrong.

transgender folk might express their gender identity in different ways, using dress, behavior to live the way that feels right to them. Others might take hormones or have surgery. Obviously, whatever someone does to feel comfortable in their own skin is totally okay!

flag order: blue, pink, white, pink, blue
queer/questioning

queer/questioning folk might not know the specifics of their sexuality, and just choose to use queer as more of a umbrella term to describe what they are. for some people its a placeholder while they grow and figure out all of the details.

questioning is someone who's questioning their sexuality. this takes time! there's obviously no rush to figure it out, but using a label can be hard for some people.

queer/questioning doesn't have a specific flag, however the rainbow flag that represents all of LGBTQIA+ is: red, orange, yellow, green, blue, purple.
Firstly, intersex is a term used for conditions when a person is born with a reproductive or sexual anatomy that doesn't fit the typical definitions of female or male. Genetics could also be different, (ex.) some cells having XX chromosomes and some having XY.

So in summary, being intersex means that a person might not fit into any of the two 'binary' sexes. Intersex people can be any sexuality! intersex people can identify their body and gender as being intersex, or any other gender too!

flag colors: Circle=purple, flag=yellow
aromantic/asexual

aromantic people have little or no romantic attraction to others. Some might not feel sexual attraction. There are two groups: aromatic sexual people, or aromantic asexual people. Of course, like other sexual orientations, this exists across a spectrum, and there are many terms that people might prefer to use to specify how they identify!

Being asexual means different things to different people. Generally, being asexual means there is a lack of sexual attraction to others, or a low interest in sexual activity. Asexuality can also be an umbrella term which includes, demisexual, queerplatonic, and so much more! Also common for asexual people to have romantic attractions to others.

Aromantic flag:
Medium green,
Light green, white,
Grey, black

Asexual flag: black,
Grey, white, purple
demigirls/demiguys
demigender, is an umbrella term for nonbinary
gender identities that might have a partial
connection to a certain gender
demigirls/demiguys etc.) being demigender is
not how much someone identifies with a
gender, it only depends on if a person
identifies as partially.
demiguy flag:
grey, white, blue,
white, grey
demigirl flag: grey,
white, pink, white,
grey
someone who identifies as genderfluid might have a dynamic gender that shifts over time. genderfluid, means that a person's gender can change. These gender changes might be gradual, or super quick! even if their gender identity has changes, their gender expression/pronouns may not, and that's totally cool.

flag colors:
pink, white,
purple, black,
blue
sometimes, people feel that they don't fit into the categories of "male" or "female." some people might have a gender that blends the two, and some people don't identify with any gender. non-binary is one of the most common terms to describe this.

non binary people are NOT confused about their gender!

flag color order: yellow, white, purple, black
so many more!

Abrosexual
Adrogynosexual
Androsexual
Biromantic
Ceterosexual
Demisexual
Demiromantic
Finnsexual
Gynosexual

Grey-Romantic
Heterosexual
Monosexual
Multisexual
Omnisexual
Panromantic
Pomosexual
Polysexual
Skoliosexual
Sapiosexual

Aliagender
Androgyne
Aporagender
Bigender
Binarism
Cisgender
Demigender
Intergender
Maverique
Multi-gender
Neutrois
Novigender
Polygender
Trigender

please note that these are not all of the sexualities and genders out there... there are so so many more than this that people use to describe their identifies!
you be YOU!

No one knows you—better than you!! However you choose to identify is so incredibly valid and amazing. No one can tell you that you have to be a certain way. If you are pansexual, you are pansexual! If you are gay, you are gay and no one is allowed to change that—only you can. Whether you want to use a label, or you are vibing with no label at all, know you are valid, you are supported, and you just keep being you!
LGBTQIA+ word search!

R M G L S P R O N O U N S O
N E B D Y T I T N E D I N X
O G E N D E R F L U I D A R
N T R A N S G E N D E R A Y
B Q L D T S D E M I G I R L
I B G E R D E M I G U Y B O
N I B U I I A S E X U A L S
A S T S E X U A L I T Y E U
R E Q Y S N L E S B I A N L
Y X I Q U E S T I O N I N G
N U A G A Y N I A R E E U Q
R A R O M A N T I C T R A I
A L E A P A N S E X U A L I
I L A U X E S R E T N I N G

LGBTQIA
QUEER
NON-BINARY
GENDERFLUID
PANSEXUAL
DEMIGUY
QUESTIONING
PRONOUNS
DEMIGIRL
INTERSEXUAL
TRANSGENDER
LESBIAN
AROMANTIC
IDENTITY
ASEXUAL
SEXUALITY
BISEXUAL
GAY