



Queer as Soup



This tool was co-created by the Stars Group at Delisle Youth Services and mindyourmind, a program of Family Service Thames Valley.

Thank you to the Stars Group for the inspiration and hard work in creating this interactive: Kinchy, Savannah, Robyn, Allan, Juliet, Cassy, Amy and Kamika.

The online tool has condensed definitions; this document contains the full definitions, source list, and various support resources.

{ * Definitions * }

Agender This term refers to individuals who have no gender. These folks may have the physical attributes of any sex, (male, female, intersex) and may choose to express themselves with behaviour and clothing of any gender or androgynously. ^{2, 28, 29}

Ally Someone who advocates for and supports members of a community other than their own. An ally is a person who is a member of the dominant group who works to end oppression in his or her own personal and professional life by supporting and advocating with the oppressed population. ^{28, 29}

Asexual People who identify as asexual do not experience sexual attraction. Celibacy and asexuality is not the same thing: while celibacy is a choice not to engage in sexual behaviors, asexuality is simply part of an individual. ^{2, 28, 29}

Battymon/Battyboi Jamaican (patois) is a slur for gay men. “Batty” comes from the word “bottom”, is to insult gay men by referring to the act of anal sex in a demeaning way. This term has been used to belittle people and as far as we know, has not been reclaimed. ^{14, 16}

Bear/Cub People who identify as bears are often but not always, larger, heavy set individuals with both body and facial hair. They express a “hyper-masculine image” through their clothes, grooming and personal expression. People, who fit the description of Bear and are younger or smaller, may identify as Cubs. ^{14, 16}

Bi-Gender Folks usually have 2 genders that can be experienced in different ways. They may experience them at the same time or switch back and forth between 2 genders. This term does not necessarily mean that you identify only as a man and a woman, because many more genders exist. ^{8, 27, 28, 29}

Bisexual A person who identifies as bisexual may be attracted to people of either male or female (sex or gender based on the binary perspective). ^{3, 4, 28, 29}

Butch Someone who identifies as butch is usually an LGBTQ identified person who expresses westernized ideas of masculinity through their behaviour, dress or lifestyle. ^{9, 10, 13}

Cisgender Cisgender refers to a person who identifies with both the gender and sex that they were assigned at birth. ^{8, 27, 28, 29}

Cissexism Cissexism is the belief that being cisgender is more 'normal', and inherently better than not being cisgender. It focuses on the 'rightness' of the cis experience than the 'wrongness' of other experiences such as trans. ^{16, 26, 29}

Contraception Contraception is the medical word for 'pregnancy prevention'. Contraception includes condoms (which also prevent STIs), the birth control pill, IUDs and other methods. Access to contraception information and resources is just as important for queer and trans folks as it is for cisgendered and heterosexual folks. ⁶

Dental Dam This is a barrier, (usually latex) that is used during oral sex to prevent fluid exchange. A dental dam can be used for oral (mouth) contact on the vagina or anus, as well as other areas of body where direct contact with the mouth might be risky (over a wound, a healing tattoo, etc.). If you don't have a dental dam you can cut the top off an un-lubed condom then slice it up the side to make a rectangle piece of latex. ⁷

Drag Queen A drag queen is often, (but not always) a male identified and LGBTQ identified performer who wears female-designated or 'feminine' clothing. ¹³

Doubly Identified Someone who identifies as 'doubly identified' usually has one or more parents who is LGBTQ identified and also identifies as LGBTQ themselves. ¹²

Dyke 'Dyke' was once a derogatory term used to single out and insult 'masculine' women, and to stereotype lesbians as 'masculine'. The word was reclaimed in the 1970's by the LGBTQ community but it is still used as an insult today. ¹⁴

Faggot/Fag This word is a derogatory term that is used to challenge an individual's masculinity and to insult them by labeling them as gay. This word can be considered sexist also because it implies that being 'feminine' or a woman is not as good as being 'masculine' or a man. ^{14, 16}

Fag Hag Refers to a woman who has either mostly or exclusively gay and bisexual men as close friends. It is hurtful because it belittles both gay men (fags) and women (hags). ^{14, 16}

Fairy Fairy is a derogatory term that describes gay men who express themselves in a 'feminine' way. It can also be considered a sexist word because it implies that being 'feminine' or a woman is not as good as being 'masculine' or a man. ^{14, 16}

Femme Someone who identifies as 'femme' is usually an LGBTQ identified person who expresses westernized ideas of femininity through their behaviour, dress or lifestyle. ^{10, 13, 16}

Flamboyant Flamboyant is often used as an adjective to describe a gay male who fits society's stereotypes of gay men being individuals who attract attention because of their liveliness, confidence, stylishness and/or 'femininity'. This word simplifies and stereotypes gay men and can be quite offensive because it does not describe all gay identified men. ^{14, 16}

Flamer Flamer comes from the word flamboyant, meaning being outwardly colourful in your display or behaviour. As with 'flamboyant' this term is considered offensive because of the stereotypes it promotes. ^{14, 16}

Fruit Fly Fruit fly is a slang phrase referring to a woman who either associates mostly or exclusively with gay and bisexual men, or has gay and bisexual men as close friends. This phrase can be offensive on many levels because it is sometimes used to insult both gay men (fruit) and women (fly). ^{14, 16}

Fuck Fuck is a slang term for sex, usually penetrative intercourse (vaginal, anal). We included this word because people love to share lots of urban legends about its origins with us and ask

us to verify them. The history of Fuck is long and complicated so check out our resource page for more info. ¹⁶

Gay People who identify as gay are often attracted to people of the same gender as them. This identity has mostly been associated with men who are sexually and/or romantically attracted to other men but people of all genders can and do identify as gay. ^{3, 6}

That's so Gay! In this phrase the word gay can also be used as an insult meaning "stupid". Using the word gay to mean stupid or dumb, hurts LGBTQ people because it implies that being gay is stupid or dumb and reinforces negative ideas about being gay. ¹⁶

Gender A personal sense of identity regardless of genitalia or assigned sex. Gender is a social idea that dictates how people should act, dress or feel based on their genitals and it can change over time and is different between cultures. In simple terms, a person's sex is what's between their legs (genitals) and their gender is what's between their ears (their identity, behavior etc.). ^{6, 13, 29}

Gender Binary This is the idea that there are just 2 genders, either masculine or feminine and they are based on just 2 sexes-male or female. Gender and sex is not the same thing. Sex is biological while gender is social/societal and not necessarily connected to sex. ^{8, 16, 24}

Gender Fluid People who identify as gender fluid often have shifting gender identities. That means their gender identity can change over time anywhere along the gender diversity spectrum. ^{8, 16, 23}

Gender Queer A catch-all term for gender identities other than male and female. People who identify as gender queer may think of themselves as being both man and woman, as being neither man nor woman, as falling outside the gender binary (man or woman) or as flowing between genders (gender fluid). ^{3, 6, 28}

Gold Star Lesbian A term used to describe a lesbian who has never had sex with a man and has no intention of ever doing so. The 'star' system wrongly implies that there is a hierarchy of lesbians, insinuating that a woman who has never had sex with a man is better than a woman who has. That's messed up. ¹⁴

Hermaphrodite An old medical term describing intersex people, or people born with ambiguous genitalia. Some intersex people use this word as a 'pride word' but non-intersex people should avoid this term because it can be hurtful and offensive. ²²

Heteroflexible This term describes someone who is usually into members of the opposite gender, but is occasionally attracted to members of other genders and/or is able to get pleasure from romantic or sexual encounters with members of the other genders. ¹⁶

Heterosexism Lifestyle standards that society uses to prioritize straight marriage and families, and encourage the idea that straight is the 'normal' or better sexual orientation. Assuming someone is straight and asking if they have an opposite gender 'boyfriend' or 'girlfriend' is one example of heterosexism. ^{3, 11, 13}

Heterosexual Someone who identifies as heterosexual is usually attracted to folks of the 'opposite' gender (in the gender-binary perspective of gender). ^{3, 13}

Homoflexible A person who is usually attracted to members of the same gender, but who is occasionally attracted to members of the other genders and/or is able to derive pleasure from romantic or sexual encounters with members of other genders. ¹⁶

Homophobia Homophobia is a range of negative feelings about LGBTQ people such as contempt, prejudice, aversion and hatred. An action can be homophobic if it belittles or erases LGBTQ people's experience, even if that's not the intention of the person who's doing it. ^{3, 11, 13}

Homosexual A person who is attracted to people of the same sex. This word is not used as an identity term by LGBTQ people because it used to be a 'medical diagnosis' to label LGBTQ people as mentally ill. ^{3, 6, 13, 28}

Intersecting Identities Your identity is a core part of who you are, but we are all made up of lots of different parts. For example, I might identify as a queer, Canadian, Asian, musician. All those parts of me are important and although they are somewhat separate, they are all interconnected with each other. The term "Intersecting identities" refers to the ways that all the different parts of ourselves are intertwined. Intersecting identities can include your gender, sex, race, class, age, ability, sexuality, size, and other identities. ^{16, 17}

Intersex According to Rainbow Health Ontario: intersex "refers to people whose bodies, reproductive systems, chromosomes and/or hormones are not easily characterized as male or female [sex]. This might include a woman with XY chromosomes or a man with ovaries instead of testes". Intersex characteristics occur in one out of every 1500 births. ^{3, 5, 6, 27}

Lesbian People who identify as lesbian are usually female identified folks who are sexually and/or romantically attracted to other women. ^{3, 6, 28, 29}

LGBTQ An acronym for lesbian, gay, bisexual, trans, two-spirit, queer (and more). It is used as an umbrella term to unite people who identify anywhere on the gender diversity or sexual diversity spectrum. ^{16, 28, 29}

Lipstick Lesbian This term is sometimes used to describe lesbians who present in very 'feminine' ways and therefore do not fit the stereotype of what a lesbian should look or act like (masculine). This term is sometimes used by LGBTQ identified women as a synonym for femme. Using this term can be offensive depending on who is saying it and the context. ^{14, 16}

Metrosexual Metrosexual is usually used to describe a straight, urban man whose lifestyle, concern for personal appearance, and spending habits are compared to those of a stereotypical gay male. Many people find this term offensive because it acts as an excuse for a man to act in a 'feminine' way. This reinforces the stereotype that all gay men are 'feminine', and implies that it's better to be straight than gay. ¹⁵

No Homo 'No Homo' is an expression that some people use when they do or say something that might make them look 'gay', and they want to make sure people know that they do not identify this way. This term is really hurtful to LGBTQ folks because it implies that there is something wrong with being gay. ¹⁶

Pansexual People who identify as pansexual are usually attracted to folks of all genders and/or sexes. A lot of people like the term pansexual because it rejects the idea of gender binary-the idea that there are just 2 opposite genders, male and female. Pansexual supports the idea that there are many genders that a person can be attracted to including trans, gender queer and gender fluid as well as male and female identified folks. ^{6, 8}

Pause Pause is an expression that some people use when they do or say something that might make them look 'gay', and they want to make sure that people know that they do not identify this way. This term is really hurtful to LGBTQ because it implies that there is something wrong with being gay. ¹⁶

Queer Queer is an umbrella term that includes all sexual diverse identities. Many people who identify as queer like the term because it means they don't have to try fit into a narrow definition in terms of their sexuality. Some people include gender diversity under the queer umbrella, but many trans identified folks reject that definition and queer identity. At STARS we use trans as the umbrella term for gender diversity. ^{3, 6, 28, 29}

Questioning Someone who identifies as questioning is often exploring, thinking about or unsure of their sexual orientation and/or gender identity. ^{3, 6}

Queer Spawn Someone who identifies as queer spawn usually has one or more parents who are LGBTQ identified. ¹²

Reclaimed Reclaimed is when a word is used negatively in order to hurt or injure a group of people, and that group of people starts to use that word to describe themselves. When a hurtful word is reclaimed it's an act of resistance that reduces the negative power associated with the word while increasing the positive power by creating community around the word. Queer or Punk are examples of reclaimed words. ^{16, 30}

Sex Sex is the biological distinction of being intersex, female, or male. A person's sex is what's between their legs, whether that is a penis, vagina, or other sexual organs. ⁶

Sexism Sexism is discrimination or prejudice based on sex or gender and is associated with power. Sexism is usually exerted to oppress women and trans/gender queer folks since they have less power (money, jobs, decision making etc.) in society than cis-gendered men do. ^{6, 28}

Sexuality Sexuality is not just about sexual encounters or how they are experienced! It's about recognising that humans are sexual beings regardless of how it is expressed. It can be about our bodies and other people's bodies – what we like and dislike about them. It can be about pleasure, pain, shame and confidence. It can be about our identities, our values and our beliefs. It can be about affection and love. It can be about having babies, or not having them; about safety and health, and about rights and diversity. Sexuality can be spiritual, or sacred or playful and silly. Sexuality is a complex word to define because it can be different things to different people. ^{16, 21}

Silver Star Lesbian This is a term used to describe a lesbian identified person who has had one sexual encounter with a cis-gendered man and that experience convinced her of her unique desire for women. This term is hurtful because the 'star' system wrongly implies that there is a hierarchy of lesbians, insinuating that a woman who has never had sex with a man is better than a woman who has. It also over simplifies sexual and gender identities and the potential for sexual fluidity. ¹⁶

Stereotype A stereotype is usually a belief that certain groups of people display specific characteristics or behaviours based on who they are. The problem is that while a group of people may share common behaviors, no characteristic or behaviour can accurately describe an individual member of any specific group. ^{11, 27}

Stigma Stigma happens when society disapproves of a person based on characteristics they have that are different from the social norm, for example race, mental illness or sexual and gender expression. People who experience stigma can often feel singled out or vulnerable as well as isolated or rejected. ^{16, 19, 20, 31}

Straight Someone who identifies as straight is usually heterosexual and attracted to folks of the 'opposite' gender (in the gender-binary perspective of gender). Some folks find this word offensive because it implies that heterosexual folks are 'straight' while LGBTQ folks are 'crooked'. ^{3, 6}

Trannie Trannie is a derogatory term for a trans or gender queer person. This term is often used as a slur within the LGBTQ community specifically by cis-gendered gay men referring to trans women. ^{16, 18}

Transgender People who identify as transgender generally do not express or identify as the gender assigned to them at birth based on their sex/sexual organs. Instead they often express the gender that society would consider 'opposite' to their biological sex. Folks who identify as transgender may also express non-binary gender or gender fluidity. ^{3, 6, 18, 28}

Transphobia Transphobia is a range of negative attitudes, feelings or behaviours towards people who identify as trans, people who are believed to be trans and people who do not fit into societies' gender stereotypes. Transphobia is manifested in a number of ways, including isolation, violence, harassment, discrimination or the use of harmful language. ^{3, 11}

Transsexual People who identify as transsexual generally do not express or identify as the gender or sex assigned to them at birth based on their sexual organs. Instead they often express the gender that society would consider 'opposite' to their biological sex. They may also express non-binary gender or gender fluid. Like many of the words on this list, the definition of the word 'transsexual' has changed quickly as people who identify as transsexual expand its definition over time. ^{6, 11}

Twinkie A young gay male who has a stereotyped definition of being under 21 years old, attractive, thin, hairless, preppy, shallow, and often considered unintelligent. Many consider a 'twinkie' someone accessed for the sole purpose of sex. This is often used as a derogatory term but can also be considered positive depending on the context and who is using it. ¹⁶

Two-Spirit 2 Spirit is a term referring to First Nations, Metis and Inuit (FNMI) who identify as gay, lesbian, bisexual and transgender. Not just anyone can identify as 2 Spirit: this term belongs to FNMI people, and only they may identify as 2 Spirit. ¹

U-Hauling This term is often used to jokingly describe the stereotype that lesbian relationships move very quickly and lesbians tend to move in together after a few dates. This term is sometimes used playfully within the lesbian community but it relies on a stereotype and can be hurtful depending on the context and the person saying it. ^{14, 16}

{ * Source List * }

1. <http://www.2spirits.com/>
2. <http://www.asexuality.org/home/overview.html>
3. <http://www.rainbowhealthontario.ca/glossary>
4. <http://www.biresource.net>
5. <http://www.isna.org>
6. <http://teenhealthsource.com>
7. <http://teenhealthsource.com/sex/dental-dams/>
8. <http://www.queerdictionary.tumblr.com>
9. Hamberstam, J. (1998). *Female Masculinity*. Duke University Press.
10. Coyote, I.E., & Sharman, Z. (2011). *Persistence: All ways butch and femme*. Vancouver, Arsenal Pulp Press. <http://persistenceanthology.tumblr.com/coeditors>
11. <http://www.torontocas.ca/main.php/?cat=40>
12. <http://throughourroots.org/TOR/Home.html>
13. <http://www.csun.edu/~psp/handouts/terminology.pdf>
14. <http://andrejkoymasky.com/lou/dic/b.html>
15. <http://itspronouncedmetrosexual.com/2011/11/defining-a-metrosexual-male/>
16. Because this is slang term and its meaning is evolving very quickly, there are not good sources for its definition. Our definition was compiled from our experiences in LGBTQ community, and our online research on community forums, blogs, Wikipedia etc.
17. http://oregonstate.edu/womenscenter/intersecting_identities
18. <http://www.glaad.org./reference/transgender>
19. <http://www.heart-intl.net/HEART/Legal/Comp/ConceptualizingStigma.pdf>
20. <http://www.thebody.com/content/art54913.html>
21. <http://www.plannedparenthood.org/ppsfl/what-sexuality-anyway-2480.htm>
22. <http://www.isna.org/faq/hermaphrodite>
23. <http://genderfluidity.tumblr.com/>
24. http://geekfeminism.wikia.com/wiki/Gender_binary
25. <http://www.glbtc.com/literature/gender.html>
26. <http://www.deeplyproblematic.com/2010/08/why-i-use-that-word-that-i-use-cis.html>
27. http://geneq.berkeley.edu/lgbt_resources_definiton_of_terms
28. <http://internationalspectrum.umich.edu/life/definitions>
29. <http://www.amplifyyourvoice.org/u/lexiyouthresource/2011/1/15/Confused-with-Queer-terminology-Hope-this-helps>
30. http://www.colorado.edu/ling/CRIL/Volume17_Issue1/paper_BRONTSEMA.pdf
31. <http://www.hks.harvard.edu/centers/carr/programs/sexuality,-gender-human-rights/research/lgbt-stigma-project>

{ * Youth Resource List *

LGBT Youthline www.youthline.ca 1-800-268-9688 (Ontario)

Kids Help Phone www.kidshelpphone.ca 1-800-668-6868 (Canada)

mindyourmind www.mindyourmind.ca

Trevor Project www.thetrevorproject.org/ 1-866-488-7386 (US)

Rainbow Health Ontario www.rainbowhealthontario.ca

{ * Toronto Programs and Services for LGBTQ Youth *

The STARS Project at Delisle Youth Services theSTARSproject@delisleyouth.org
www.facebook.com/theSTARSproject www.delisleyouth.org 416-482-0081 x265

Supporting Our Youth (SOY) www.soytoronto.org

The 519 Community Centre www.the519.org 416-392-6874

Central Toronto Youth Services (CTYS) www.ctys.org

Griffin Centre www.griffin-centre.org

Queer Asian Youth (QAY) www.qay.ca

Out and Proud program at Toronto CAS www.torontocas.ca/main.php/?p=137

Through Our Roots www.throughourroots.org

Hellenes United Against Homophobia and Transphobia www.hellenesunited.ca

The People Project www.thepeopleproject.ca

The Ten Oaks Project <http://www.tenoaksproject.org/>

{ * Mental Health Support *

mindyourmind www.mindyourmind.ca

Delisle Youth Services (Toronto) www.delisleyouth.org

Griffin Centre (Toronto) www.griffin-centre.org

Central Toronto Youth Services (CTYS) (Toronto) www.ctys.org

Sherbourne Health Centre (Toronto) www.sherbourne.on.ca

{ * Sexual Health Services *

Rainbow Health Ontario www.rainbowhealthontario.ca

Hassle Free Clinic (Toronto) www.hasslefreeclinic.org

Planned Parenthood Toronto www.ppt.on.ca

Women's health in Women's Hands (Toronto) www.whiwh.com

{ * Sexual Health Information *

Go Ask Alice www.goaskalice.columbia.edu

Planned Parenthood Toronto www.ppt.on.ca

Alliance for South Asian Aids Prevention (ASSAP) (Toronto) www.asaap.ca

Black Coalition for Aids Prevention (Toronto) www.black-cap.com

Aids Committee of Toronto www.actoronto.org

{ * Health Services *

Sherbourne Health Centre www.sherbourne.on.ca

Planned Parenthood Toronto www.ppt.on.ca

Women's Health in Women's Hands www.whiwh.com

{ * LGBTQ Settlement *

Ontario Alliance of Agencies Serving Immigrants www.ocasi.org/

Access Alliance (Toronto) <http://accessalliance.ca/>

Black Coalition for Aids Prevention (Toronto) www.black-cap.com

519 Community Centre www.the519.org

{ * Drug Information *

TRIP Project (Toronto) www.tripproject.ca

{ * Training, Education and Research Projects *

My GSA www.mygsa.ca

Transpulse Project (Toronto) www.transpulseproject.ca

Teens Educating & Confronting Homophobia (Toronto) www.ppt.on.ca/Anit-Homophobia_teach.asp

Egale (Toronto) <http://egale.ca/>

Out and Proud Project at CAS www.torontoCAS.ca

TDSB Gender Based Violence Prevention Program www.tdsb.on.ca/