Activate Your Medicine

2SLGBTQIA+ Resource and Activities Booklet

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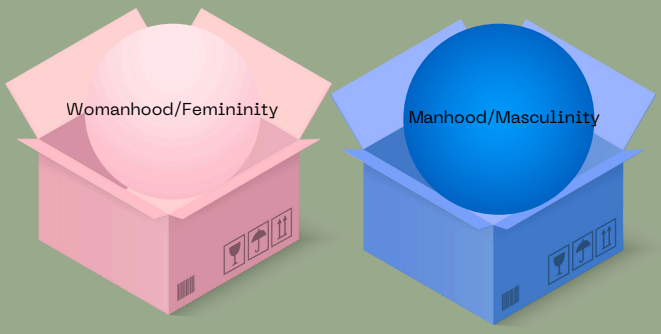
Your greatest gift to your community and to yourself is being **completely authentic.**

Who are you?

How do you see yourself?
How do you like to show up in this world?
How do you like to dress, speak, look, act?
Who are your people?
Who are you attracted to?

Colonial view of gender:



"Progressive" view of gender:

Womanhood/ Femininity

Manhood/ Masculinity

Expansive / Indigenous view of gender:

Femininity, Masculinity, Womanhood, Manhood, and everything Between and Beyond

2S	Two-Spirit	A gender, sexuality, or community role as a queer person who is Indigenous
L	Lesbian	A woman (or non-man) who is attracted to other women (or non-man). Lesbianism has long accepted diverse genders in their umbrella!
G	Gay	An umbrella term for being queer, OR a man who is attracted to other men.
B	Bisexual	Attraction to genders that are the same as yours and genders that are different than yours, OR attraction to men & women (OR another definition! it varies)
T	Transgender	Someone whose gender identity is different from the sex/gender they were assigned at birth.
Q	Queer / Questioning	"Queer" is an umbrella term for anyone in the 2SLGBTQIA+ community. "Questioning" means you're thinking about and exploring your gender or sexuality.
I	Intersex	A medical term for someone whose body doesn't neatly fit into "male" or "female" binaries.
A	Asexual / Aromantic	"Asexual" means you don't experience sexual attraction. "Aromantic" means you don't experience romantic attraction. These are spectrums!
+	And more!	

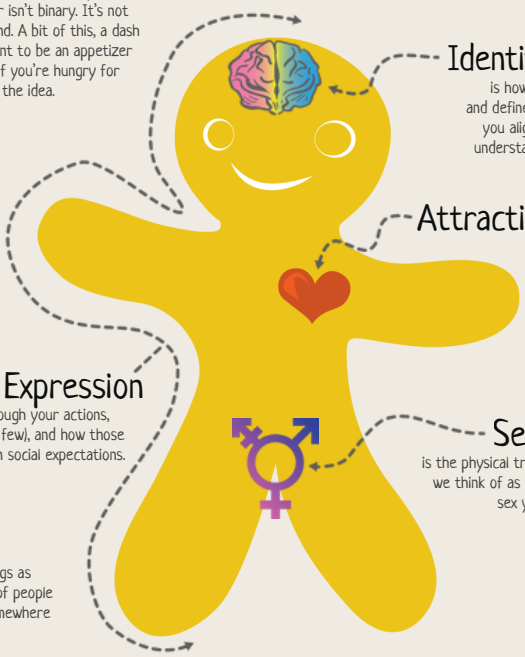
Cisgender	Someone whose gender identity is the same as the sex/gender they were assigned at birth.
Agender	Someone who does not identify as or experience any gender or some parts of gender.
Non-Binary	Someone whose gender identity is between or beyond the gender binary.
Demisexual	Someone who only experiences sexual attraction after forming an emotional connection (can be along the asexual spectrum)
Genderfluid	Someone who's gender identity or expression changes from day to day or moment to moment.
Pansexual	Someone who is attracted to people regardless of their gender identity (gender is not a factor in their attraction)
Transmasculine	An AFAB person whose gender identity is more aligned with masculinity, but who does not fully identify as a binary man.
Transfeminine	An AMAB person whose gender identity is more aligned with femininity, but who does not fully identify as a binary woman.
AMAB	"Assigned male at birth"
AFAB	"Assigned female at birth"
And more!	

*There are many more words that describe gender and sexuality, if none of these fit you, that's okay! Some people define these words differently. You get to define yourself in whatever ways feel more euphoric.

The Genderbread Person

by it's pronounced METROsexual .com

Gender is one of those things everyone thinks they understand, but most people don't. Gender isn't binary. It's not either/or. In many cases it's both/and. A bit of this, a dash of that. This tasty little guide is meant to be an appetizer for gender understanding. It's okay if you're hungry for more after reading it. In fact, that's the idea.



Identity

is how you, in your head, experience and define your gender, based on how much you align (or don't align) with what you understand the options for gender to be.

Attraction

is how you find yourself feeling drawn (or not drawn) to some other people, in sexual, romantic, and/or other ways (often categorized within gender).

Expression

is how you present gender (through your actions, clothing, and demeanor, to name a few), and how those presentations are viewed based on social expectations.

Sex

is the physical traits you're born with or develop that we think of as "sex characteristics," as well as the sex you are assigned at birth.

We can think about all these things as existing on continuums, where a lot of people might see themselves as existing somewhere between 0 and 100 on each

⊘ means a lack of what's on the right side

Gender Identity

⊘ → Woman-ness

⊘ → Man-ness

personality traits, jobs, hobbies, likes, dislikes, roles, expectations

common GENDER IDENTITY things

Gender Expression

⊘ → Femininity

⊘ → Masculinity

style, grooming, clothing, mannerisms, affect, appearance, hair, make-up

common GENDER EXPRESSION things

Anatomical Sex

⊘ → Female-ness

⊘ → Male-ness

body hair, chest, hips, shoulders, hormones penis, vulva, chromosomes, voice pitch

common ANATOMICAL SEX things

Identity ≠ Expression ≠ Sex

Gender ≠ Sexual Orientation

Sex Assigned At Birth

☐ Female ☐ Intersex ☐ Male

Typically based solely on external genitalia present at birth (ignoring internal anatomy, biology, and change throughout life), Sex Assigned At Birth (SAAB) is key for distinguishing between the terms "cisgender" (whenSAAB aligns with gender identity) and "transgender" (when it doesn't).

Sexually Attracted to... and/or (a/o)

⊘ → Women a/o Feminine a/o Female People

⊘ → Men a/o Masculine a/o Male People

Romantically Attracted to...

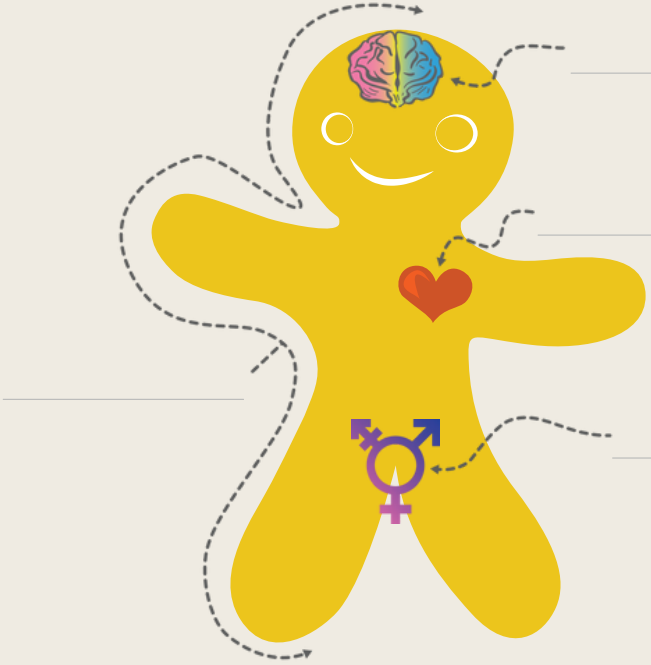
⊘ → Women a/o Feminine a/o Female People

⊘ → Men a/o Masculine a/o Male People

Genderbread Person Version 4 created and uncopyrighted 2017 by Sam Killermann For a bigger bite, read more at www.genderbread.org

Who are you?

Fill in the blanks, if you'd like



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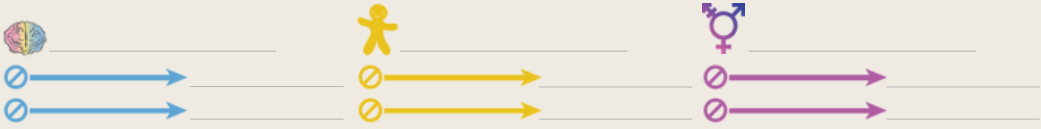

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Pronouns

"Pronouns" are words we use in place of someone's name when referring to them

Calling someone by their correct pronouns every time is a great way to show you respect their identity.

You can't tell someones pronouns just by looking at them! So share your own pronouns when introducing yourself to someone.

Examples of pronouns:

she/her
he/him
they/them
she/they
he/they
they/she/him
ze/zir
per/per
it/its

Labels and pronouns are helpful,
but only you get to decide
what they mean to you.

You are the only one who gets to define who you are and how you express yourself.

You can be non-binary and still like she/her pronouns.
You can be a man who enjoys makeup and skirts.
You can be in a "straight" relationship and still be Queer.
You can be Two-Spirit and Transgender.
You can have an androgynous look and still be a woman.
Your options are endless!

What does "Two-Spirit" mean?

Before colonization, many Indigenous nations held teachings that celebrated queer people as valuable members of the community, bringing their gifts, talents, unique perspectives, and **medicines** to their nation in vital roles to support their kin.

"Two-Spirit" means different things to different people, but it is generally defined as:

- An umbrella term that refers to all 2SLGBTQIA+ First Nations, Metis, or Inuit
- Describing an Indigenous person who has both masculine and feminine spirits within them.
- A ceremonial or community role rooted in nation-specific roles and responsibilities.

Because of residential schools and assimilation, and ongoing effects of colonialism, many of our Two-Spirit teachings went to sleep. But MANY modern Two-Spirit peoples, and Elders, are reclaiming these sacred ways of seeing and knowing gender and sexuality.

The Two-Spirit identity is unique to Indigenous peoples. You cannot be Two-Spirit without being Indigenous. Some people use the word "Indigiqueer" instead of Two-Spirit" - so valid!

To learn more:

- "What does Two-Spirit Mean?"
  - InQueery | them video on YouTube.
- "Ma-Nee Chacaby talks about Two-Spirit Identities"
  - "Our Stories" on YouTube.

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Embracing the teachings of

Two-Spirit is...

healing
decolonial
liberation
resurgence
reconciliation
using your gifts to support your kin

What is "Medicine"?

- An Indigenous way of describing things that are **good, helpful, nurturing, supportive, and promote health and well-being.**
- Medicine can be **external**, like medication or plants, or medicine can be **internal**, like our gifts, talents, passions, interests, diversities, and creativity.
- Medicine can be **remedial**--repairing harm.
- Medicine can also be **resistance**--against colonialism, transphobia, oppression.
- Two-Spirit Teachings tell us that **our authenticity and using our medicine is our greatest gift to ourselves & our community.**
- Using our medicine can be a form of **activism!**
- **You don't have to be Indigenous to use this framework for seeing your activism.**

What makes you mad, passionate, or excited?

What are your gifts and talents?

How can you use them to support your community?

Gift / Talent	How can it support your kin?

HOW TO PICK YOUR MEDICINE:

Is it safe for me to visibly be an activist?

No → **Choose a private form of activism (for now or until it's safe to be visible)** → **Reading, researching, solo creative projects, writing queer topics into assignments.**

Yes ↓

Do I feel confident speaking up in class?

No, but I'll talk to my peers → **Make resources, art, or organize with your classmates.** → **Read banned books / start a bookclub.**

Yes ↓

Bring up queer topics as they relate to your classes (which will be a lot!) & ask hard questions.

Make resources, art, or organize with your classmates. → **Plan a Pride Event, Protest, or activity for your classmates (on campus or off)**

Make resources, art, or organize with your classmates. → **Make zines & distribute them**

Make resources, art, or organize with your classmates. → **Start an activism art group, discuss current events with friends, share resources with each other.**

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You deserve to feel

Gender Euphoria

Finding joy in how your gender is represented, shown, or perceived.

confident

joyful

comfortable

beautiful

authentic

seen

affirmed

understood

whole

safe

Examples of things that might make you feel gender euphoria:

- Someone calling you by your affirmed name.
- Experimenting with makeup.
- Trying a new hairstyle.
- Exploring new styles, colours, or patterns of clothing.
- Trying on new pronouns or a new nickname with someone you trust.
- Shopping from a section of a store you haven't before
    - Ex. the "women's" or "men's" section of clothing, hygiene products, or jewelry.
- Playing a character in a game that's a different gender than you are.
- Wearing gender-affirming gear like a chest binder, bra, or different undergarments.

There's no "wrong way" to experience gender euphoria. Have fun and experiment! Sometimes it's a practice of trial and error. Sometimes euphoria lines up with things usually associated with your sex assigned at birth. Also valid!

What makes you feel **Gender Euphoria?**

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Queer Affirmations

I am exactly who I'm supposed to be.

I am loved and valued just for being me.

I deserve to take up space as myself.

My queerness is sacred.

I am queer enough.

I am the expert of my own experience.

I know myself better than anyone else does.

My body is my home and deserves love and care.

I deserve community that celebrates me.

I am the dreams of my ancestors come true.

My medicine and my activism matter.

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Resources

Fyrefly Institute Website
ualberta.ca/fyrefly-institute

Briteline 24/7 Crisis Line
briteline.ca
1-844-703-7483

Edmonton 2 Spirit Society
e2s.ca

Youth Resource Guide
therainbowpages.ca

Hope for Wellness Helpline
hopeforwellness.ca
1-855-242-3310

Trans Lifeline
translifeline.org
1-877-330-6366

Scan for more resources!

Scan to save a digital copy of this booklet.

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For more information, email wtrm@ualberta.ca