

# Resource Guide

**Sexual Orientation:** Defined as a person's romantic, sexual, and/or emotional attraction to other people. Sexual orientation is an inherent, immutable, and enduring identity. As with any other identity vector, there are innumerable ways that a person may choose to identify their sexual orientation, including none at all. Some common sexual orientations and definitions include:

- **Lesbian or Gay** | A person who is emotionally, romantically, or sexually attracted to members of the same gender.
- **Bisexual or Pansexual** | A person emotionally, romantically, or sexually attracted to more than one sex, gender, or gender identity. Attraction is not necessarily experienced simultaneously, in the same way or to the same degree.
- **Queer** | A fluid or umbrella term often used to express a variety of sexual or romantic identities and orientations outside of heterosexuality.
- **Same-gender loving** | A term some prefer to use instead of lesbian, gay or bisexual to express attraction to and love of people of the same gender.
- **Asexual** | A person who experiences lessened or no sexual attraction. Asexual people typically have the same emotional needs as all other humans and are just as capable of forming intimate and romantic relationships.
- **Demisexual** | A person who does not experience sexual attraction unless they form an emotional connection.
- **Heterosexual or Straight** | Romantic attraction, sexual attraction, or sexual behavior between persons of different genders.

**Gender Identity:** An internal experience of how a person perceives their gender and chooses to describe their felt sense of self. Given that gender is an entirely social construct, it varies widely across cultures and eras based on social and cultural differences in much the same way that any other identity, culture, or custom may. For example, though many contemporary Western constructs of gender are traditionally binary (meaning you only have two options), that is not the case in [many civilizations across the world](#), including *hijra* (South Asia), *aravani* (Tamil Nadu), and *meti* (Nepal), as well as *mashoga* (Kenya and Tanzania), *guevedoche* (Dominican Republic), *fa'afafine* (Samoa), *nádleehí* (Navajo), and *mahu* (Native Hawaiian), just to name a few.

**Gender Expression:** refers to the external appearance of one's gender identity, usually expressed through behavior, clothing, haircut, voice, accessories, jewelry, and other methods of signifying or performing gender. Gender expression may or may not conform to socially defined behaviors and characteristics typically associated with being masculine, feminine, and/or androgynous.

### **Transgender and Gender Non-Conforming (TGNC) People:**

For many people, one's sex assigned at birth of female, male, or [intersex](#) does align with their gender identity (often termed **cisgender** or cis people). However, for many other people, their internal experience of gender does not align with their sex as prescribed at birth. The term **transgender** or trans is often used as an umbrella term for people whose gender identity and/or expression is different from cultural expectations based on the sex they were assigned at birth. Given that gender is limitless, there are many and more gender identity labels that people may use. Some common gender identities include:

- Genderqueer
- Gender non-conforming
- Non-binary
- Genderfluid
- Agender
- Two-spirit (Native/First Peoples)
- Genderless
- Omnigender

## **Additional LGBTQ+ Resources:**

**TRIKONE** | [WWW.TRIKONE.ORG](http://WWW.TRIKONE.ORG)

**DESI LGBTQ HELPLINE FOR OUTH ASIANS** | [WWW.DEQH.ORG](http://WWW.DEQH.ORG)

[Trikone](#), a South Asian LGBT org originally based in the Bay Area, started a peer-support hotline for LGBT Desis, their friends, and family. You can write to [DeQH](#) anytime or call **908-367-3374**.

- Thursdays, 8-10 PM Eastern (5-7 PM Pacific)
- Sundays, 8-10 PM Eastern (5-7 PM Pacific)

**[NATIONAL QUEER ASIAN PACIFIC ISLANDER ALLIANCE](#)** | [WWW.NQAPIA.ORG](http://WWW.NQAPIA.ORG)

The [National Queer Asian Pacific Islander Alliance](#) is a network of Asian, South Asian, Southeast Asian, and Pacific Islander LGBTQ organizations and has some cool resources including [language-specific queer affirming postcards](#).

**[THE MUSLIM ALLIANCE FOR SEXUAL AND GENDER DIVERSITY](#)** | [WWW.MUSLIMALLIANCE.ORG](http://WWW.MUSLIMALLIANCE.ORG)

[The Muslim Alliance for Sexual and Gender Diversity](#) works to affirm that all Muslims have a right to claim their faith and identity—irrespective of sexual identity, gender identity and expression, relationship formation, or spiritual practice or communities—and be fully and meaningfully included in the religious, civic, and social life of Muslim communities.

**[DESI RAINBOW PARENTS & ALLIES](#)**

Desi Rainbow Parents & Allies is an all volunteer network of South Asians in North America who are dedicated to promoting awareness about LGBTQ issues and supporting LGBTQ individuals and their families. They have a variety of virtual support, allied, and educational groups and events you can find at [www.facebook.com/DesiRainbowParents/](http://www.facebook.com/DesiRainbowParents/).

**ALLIANCE FOR SOUTH ASIAN AIDS PREVENTION** | [ASAAP.CA](http://ASAAP.CA)

This is an awesome [resource page](#) for LGBTQ mental health put together by the Alliance for South Asian AIDS Prevention ([ASAAP](#)). Some resources are Canada-specific but many are general.

**CDC LGBT HEALTH** | [WWW.CDC.GOV/LGBTHEALTH/YOUTH-RESOURCES.HTM](http://WWW.CDC.GOV/LGBTHEALTH/YOUTH-RESOURCES.HTM)

Links to a variety of resources for queer youth and friends/supporters.