

A basic guide to orientation, sexuality and etiquette surrounding our community.

Terms you should know:

<p>Heterosexual - The word hetero- has a prefix in biology meaning "other" or "different." Heterosexual people are sexually and/or romantically attracted to people of a different sex or gender.</p>
<p>Homosexual - The word homo- also has a prefix in biology meaning "same." Homosexual people are sexually and/or romantically attracted to people of the same sex or gender.</p>
<p>Heteronormativity - Heteronormativity is the belief that heterosexuality is the default, preferred, and "normal" form of sexual orientation. It assumes that sexual and romantic relations are best fitted between people of different sexes. Heteronormativity permeates our culture in virtually every aspect. Heteronormativity is harmful because of the erasure of queer people; this concept assumes everyone is heterosexual – no one has to “come out” because your sexuality is anticipated from birth as being straight. We can use alternative language to combat heteronormativity in our daily lives by using gender neutral terms such as partner, significant other, spouse, or life partner.</p>

Everyone has an orientation!

Your ORIENTATION is who you are and aren't attracted to! It can be romantic feelings, sexual feelings, or a combination of the two as well as the absence of these feelings altogether.

Your orientation is NOT the sex you were born with or the gender that you currently identify as - it is a completely separate experience. Sexuality can change over the course of someone's life and in different situations. It's understood to be a spectrum instead of a series of mutually exclusive categories.

Everyone's experience with asexuality and aromanticism is different, and remember - they can still be gay, lesbian, etc.

Examples of orientations:

<p>Queer: An umbrella term for someone who is NOT heterosexual and cisgender.</p>
<p>Lesbian: To be a lesbian is to be a woman who is attracted to other women.</p>
<p>Gay: To be gay is to be a man who is attracted to other men. Gay has also been adopted by other SGA (same gender attracted) people to describe their attraction.</p>
<p>Bisexual: To be bisexual is to be attracted to two or more genders.</p>
<p>Pansexual: To be pansexual is to be attracted to all genders - some describe it as 'gender-blind.'</p>
<p>Asexual: To be asexual is to not experience sexual attraction.</p>
<p>Demisexual: To be demisexual is to only experience sexual attraction once you have formed an emotional bond with them.</p>
<p>Grey-Asexual: To be grey-asexual is to only experience sexual attraction some of the time - it is not dictated by an emotional bond like demisexuality.</p>
<p>Aromantic: To be aromantic is to not experience romantic attraction.</p>
<p>Demiromantic: To be demiromantic is to only experience romantic attraction once you have formed an emotional bond with them.</p>

Grey-Aromantic: These terms refer to individuals who fall somewhere in the middle of aromantic and romantic and asexual and sexual.

AroAce: combination of two aromantic/asexual identities. AroAce people can be a combination of any of these identities.

People You May Know

Lil Nas X (he/him)	Lil Nas X is an American rapper and singer, most well-known for his single Old Town Road (2020). He is openly gay and includes many queer themes in his music, through both his lyrics and his music videos.
Kristen Stewart (she/her)	Kristen Stewart is an American actress best known for her role in Twilight (2008). Since then, she has been in many other films and media, and has openly been in long-term same-sex relationships throughout her career.
Angela James (she/her)	Angela James was the first openly queer hockey player inducted into the Hockey Hall of Fame in 2010, as well as the second black hockey player inducted. Her career spanned from 1980 - 2000, and she has been with her long-term same-sex partner since 1994.

About the Youth Project

The Cape Breton Youth Project is a non-profit charitable organization dedicated to providing support and services to youth, 25 and under, around issues of sexual orientation and gender identity. We have a provincial mandate and travel around the province to meet with youth in other communities.

We provide a variety of programs and services including support groups, referrals, supportive counselling, a resource library, educational workshops, social activities & a Gender Affirming Garment program.

We are a youth directed organization. Youth have decision making control over the direction and action of the Project. We promote and nurture an environment that is appreciative of youth from all races, ethnicities, genders, sexual orientations, abilities and socioeconomic backgrounds. We value the contribution and experiences of all youth. All activities and events run by the Youth Project are drug and alcohol free.

Contact

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