Easy Read Edition

Proud and Supported: Definitions and Beyond

Part 10: Changes
Words to Know in Part 10
Conversion therapy

Trying to force LGBTQ+ people to not be LGBTQ+.

Gender

How you feel and see yourself and what you call yourself. For example, “man,” “woman,” “non-binary,” and “genderqueer” are all genders.

Sexuality

Who you are attracted to. Some people are attracted to men. Some people are attracted to women. Some people are attracted to non-binary people. Some people are attracted to more than one gender.
Changes

Your gender might change over your life.

Your sexuality might change over your life.

That is okay.

It happens to lots of people.

It is okay to feel like your gender or sexuality has changed.
But you can’t force someone to try and change their gender or sexuality.

People have tried to do this.

People have tried to force LGBTQ+ people to not be LGBTQ+.

That is called conversion therapy.

Conversion therapy is wrong.
It hurts people.

It teaches them that the way they are is not okay.

That is wrong.
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