



The Rainbow Resource Centre is a non-profit, community-based charitable organization that serves as the central agency offering support, information, counselling, referrals, library, and public awareness on issues related to sexual orientation, gender diversity, and anti-homophobia education.

CONTACT US

General Inquiries: (204) 474.0212 Ext. 201
info@rainbowresourcecentre.org
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Counselling: (204) 474.0212 Ext. 201
info@rainbowresourcecentre.org

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The Rainbow Resource Centre is open:
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Monday 10:00 am to 5:00 pm
Tuesday 10:00 am to 5:00 pm
Wednesday 10:00 pm to 5:00 pm
Thursday 10:00 am to 5:00 pm
Friday 1:00 pm to 5:00 pm
(closed weekends and statutory holidays)

Please visit our website:

www.rainbowresourcecentre.org

The Rainbow Resource Centre envisions a society in which diverse sexual and gender identities are included, valued and celebrated as a result of our active commitment to promote and maintain dignity, human freedoms and human rights.

Homophobia

The acronym LGBTTQ will be used as an umbrella term to reflect the diverse lives of lesbian, gay, bisexual, transgender, Two-Spirit, and queer peo-

HOMOPHOBIA:

The irrational fear, dislike, hatred, aversion, intolerance, and ignorance of homosexuality and of lesbian, gay, bisexual, transgender, Two-Spirit and queer (LGBTTQ) individuals.

HETEROSEXISM:

The promotion and perpetuation of the superiority of heterosexuality, and the assumption that everyone is heterosexual.

HETERONORMATIVITY:

A cultural bias where heterosexual identities and expressions are more valued than other identities and expressions. This bias includes social and legal rules as well as family and cultural expectations that force people to conform to heterosexual standards.

Homophobic Attitudes: Feelings or convictions that being LGBTTQ is wrong, abnormal, sick or a choice.

Homophobic Language: The use of negative vocabulary and expressions that can span from jokes to insults.

Internalized Homophobia: A conscious or sub-conscious form of homophobia that a person feels about *their own* sexual orientation. Internalized homophobia is a product of social values passed down by society.

Individual or Personal Homophobia: A personal aversion toward LGBTTQ people or those perceived to be. This may be conscious or subconscious, deliberate or naïve - nevertheless, the result has negative consequences for everyone.

Institutionalized/Systemic Homophobia: The built-in institutional practices of putting LGBTTQ folks at a disadvantage. For example: Some same-gender spouses may not be recognized as “immediate family” in hospital policies.

Condoned or Passive Homophobia: Silence or a lack of response to the use of homophobic language, behaviour(s), and/or action(s).

Homophobic Violence: An extreme display of homophobia using violence; may range from verbal assault to murder.

- Adapted from the National Day Against Homophobia.
www.homophobic.org, (2006).

For individuals who want to learn more

HOW DOES HOMOPHOBIA AFFECT US?

Homophobia forces us to act "macho" if we identify as a man or "feminine" if we identify as a woman - confining us to inflexible gender roles. This limits our individuality and self-expression.

Homophobia puts pressure on people to act aggressively and angrily towards LGBTTQ individuals and cultures.

Homophobia may make it hard to be close friends with someone of the same-gender and often strains family and community relationships.

Homophobia prevents vital information regarding sex, sexuality, and gender from being taught in schools. This may lead to increased mental and physical health risks like lower self-esteem, depression, and self-destructive behaviour (substance abuse and/or unsafe or risky sexual behaviour).

Homophobia can be used to hurt a straight person if they "appear to be gay."

Homophobia makes it hard to appreciate true diversity and the unique traits that are not considered mainstream or "normal."

Homophobia along with racism, sexism, and many other forms of oppression, makes it hard to put an end to STIs, and HIV.

WHAT CAN YOU DO:

- ◆ Explore your own biases, judgements, stereotypes and homophobic attitudes and/or beliefs.
- ◆ Tell your friends, family & children that you love them no matter what their sexual orientation is.
- ◆ Listen without judgment; don't make assumptions. Be supportive of others and provide them with unbiased support and/or resources.

Remember that identifying as LGBTTQ is not all there is to a person's identity.

- ◆ Educate yourself – ask questions, read a book, watch a film, visit a website, contact LGBTTQ resource centres, talk to LGBTTQ people, research LGBTTQ history, celebrate the lives and achievements of LGBTTQ individuals, remember someone who lost their life to hate, pick up a copy of a local LGBTTQ publication, or attend an LGBTTQ event.
- ◆ Use inclusive language – “Do you have a partner/significant other?” vs. “Do you have a boyfriend/girlfriend?”
- ◆ Speak out or challenge discriminatory jokes, stereotypes, behaviour or dialogues.

- ◆ Embrace and promote diversity including – individuality, age, gender, sexual orientation, ethnicity, and ability.
- ◆ Support equal rights in opposition to sexism, racism, heterosexism, ageism, ableism, classism, and ethnocentrism.
- ◆ Arrange for your school, work, community group or team to have an anti-homophobia or sexuality and gender diversity guest speaker.
- ◆ Have accessible LGBTTQ resources and/or library materials in your place of employment or school.
- ◆ Find out where your local Member of Parliament stands regarding LGBTTQ issues and vote accordingly.
- ◆ Investigate the anti-discrimination policies of corporations and businesses that you frequent and see if their policies are inclusive of LGBTTQ people.
- ◆ Challenge the perception that STIs and HIV are strictly limited to the LGBTTQ community.
- ◆ If you are comfortable coming out as an ally (someone who honours and supports the LGBTTQ community), do so.
- ◆ Become visible as a LGBTTQ person, if you feel safe and comfortable to do so.

COMMUNITY RESOURCES:

Local Links:

**Klinic Community Health Centre
24 Hour Crisis Line:**
(204) 786.8686
1.888.322.3019 (Toll free in Manitoba) or
TTY 784.4097
www.klinic.mb.ca

Teen Talk:
(Youth Health Education Program of Klinic)
(204) 784.4010
www.klinic.mb.ca/teentalk.htm

**Diversity Relations
Winnipeg Police Service:**
(204) 470.7940

National and International Links:

Get It On:
www.getiton.ca

Egale Canada:
www.egale.ca

National Day Against Homophobia:
www.homophobiaday.com

PFLAG Canada:
www.pflagcanada.ca

GLSEN:
(Gay, Lesbian and Straight Education Network)
www.glsen.org