

Awareness helps create safer, more supportive communities

June 28th is internationally recognized as Pride Day, while the entire month of June is a time to celebrate gender and sexual diversity, self-acceptance, inclusion, as well as unity. The 2SLGBTQIA+ acronym brings a wide range of gender identities and sexual orientations together into one supportive community. At the Chinook Sexual Assault Centre, we believe that understanding and respectful awareness help create safer, more supportive communities. Below is an overview of what each letter represents.

Two-Spirit: A culturally specific identity that describes a person whose spiritual identity, gender identity, and/or sexual orientation holds both female and male spirits. This is traditional to many Indigenous cultures.

Lesbian: Refers to women who are emotionally, physically, and/or sexually attracted to women.

Gay: Primarily refers to men who are emotionally, physically, and/or sexually attracted to other men, but it is sometimes used as an inclusive term for 2SLGBTQIA+.

Bisexual: Refers to individuals of any

gender who are attracted to more than one gender.

Transgender: People whose gender identity differs from the sex (female or male) that they were assigned at birth.

Queer or Questioning: Queer is an umbrella term that covers all diverse sexual orientations and gender identities outside of heterosexual or

cisgender (Individuals whose gender identity corresponds with the sex they were assigned at birth) identities. Questioning refers

to individuals who are exploring and questioning their gender identity or sexual orientation.

Intersex: Refers to those born with genetic, hormonal, or physical characteristics that do not fit the typical definitions of female or male.

Asexual: Individuals who experience little to no sexual attraction to others.

The “+” in 2SLGBTQIA+ includes additional identities such as:

Pansexual: Refers to individuals who are emotionally, romantically, and/or sexually attracted to others regardless of their gender identity or biological sex.



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How you can build allyship

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Non-Binary: An umbrella term for gender identities that fall outside of the traditional male/female binary.

Allies: Supporters and advocates for the 2SLGBTQIA+ community, even if they do not personally identify as part of it.

Allyship begins with a willingness to listen, learn, and support others. By advocating for those who are 2SLGBTQIA+, you are practicing being an ally. As defined above, these are individuals who stand up for members in the community. However, it is important to build allyship. Allyship is the process of building trusting relationships and ensuring that your support and advocacy is ongoing.

A few ways that you can build allyship are attending events in support of 2SLGBTQIA+ community. Here in Lethbridge, these are events such as Pride in the Park, located in Galt Gardens on June 20, 2026; Pride Film Series, located at the Lethbridge Public Library on June 30, 2026; and the Trans March beginning at the Galt Gardens on June 14, 2026. It is also important to educate yourself on inclusive language and ways to speak up against discrimination. You can share information on social media to uplift voices and to help prevent misinformation often spread throughout the world.

During the month of Pride, the Chinook

Sexual Assault Centre will support individuals within the community by tabling at Pride in the Park, wearing pride pins, displaying pride flags, and sharing informational posts to the community.

The Chinook Sexual Assault Centre recognizes that individuals who identify as 2SLGBTQIA+ are more likely to experience victimization. They are two times more likely to experience inappropriate behaviour online, and they are three times more likely to be the target of sexualized violence. At the Centre, we create space for all identities to access safe services regardless of gender identity or sexual orientation. We can provide support by providing information about the criminal legal process, skill building to address symptoms of trauma, connecting with specialized therapy services/peer support groups, advocating for victims' rights, and more.

This Pride Month, we encourage everyone to join us in celebrating diversity, practice allyship, and creating spaces where all individuals feel safe, respected, and supported.



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ASSAULT CENTRE**