



# QUEER & TRANS 101

A SUPER SIMPLE COMIC GUIDE

# KIA ORA!

The I'm Local Project is run by RainbowYOUTH to help young queer, intersex & gender diverse kiwis feel supported and valued by their local communities.

We're sending this super simple comic guide to sexuality and gender all around Aotearoa to help explain the basics to anyone who wants to learn. This guide is designed to cover the basics, so if you've got more questions after reading it, that's okay! There's heaps more info on our website, and through the other services listed at the back of this booklet.



RainbowYOUTH (est. 1989) is a national charitable organisation based in Aotearoa, New Zealand that works to support queer and gender diverse young people aged 27 and under.

## **STAY UPDATED**

@RAINBOWYOUTH ON



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# A QUICK GUIDE TO SEXUAL ORIENTATION, SEX, AND GENDER IDENTITY\*

\*A super simple comic guide

Queer is a word I like to use.

But not everyone does, & that's cool.

omnisexual mtf trans  
gay pan lesbian androgynous  
fa'afafine ftm curious camp  
takataapui bi intersex  
questioning genderqueer  
asexual

It's one umbrella term used to describe sexuality & gender/sex identities.

## SEXUAL ORIENTATION

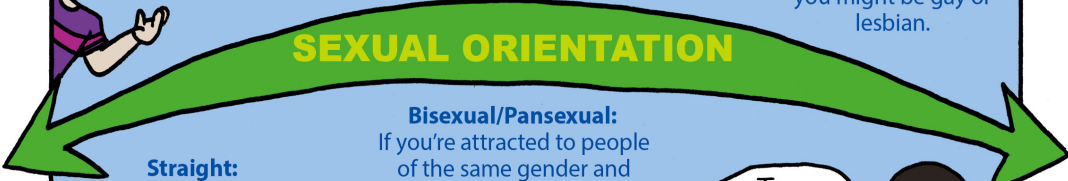
IS ALL ABOUT WHO YOU'RE INTO

It could be who you feel romantic, sexual, or curious towards...

or who you don't!

Most people think of sexuality as a continuum.

**Gay/Lesbian:**  
If you're one gender and you're attracted to that same gender you might be gay or lesbian.



**Straight:**  
If you're one gender and you're attracted to people who are a different gender you might be straight.

**Bisexual/Pansexual:**  
If you're attracted to people of the same gender and people with different gender or genders to you, you might be bisexual or pansexual

Then there'd be people aaaaall the way along.

Some people are pretty set in their place,  
And other people move along the continuum at different times.

Ask me next week!



I'm a girl who likes girls!



straight

gay / lesbian

**SEXUAL ORIENTATION**



And it's WAY more complex than just that!

Which is one reason why spectrums aren't the be all and end all.



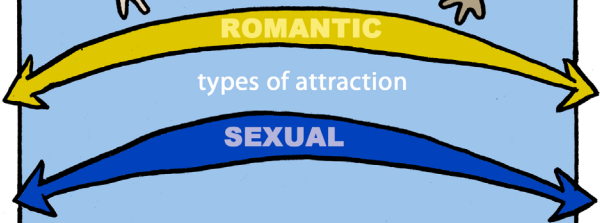
We can break down sexuality a little further...



**ROMANTIC**

types of attraction

**SEXUAL**



So on one spectrum someone might be in one place...

I like menfolk, romantically

And I'm into ladies in a romantic way.



**ROMANTIC**





and on the other they might be in a different place entirely



**SEXUAL**



I'm not into anyone sexually

asexual

Or aren't on any continuums at all!



sexual orientation words are all about who you like

**gay  
straight  
bisexual  
lesbian  
pansexual  
omnisexual**

These last 2 take into account that there're more than 2 genders. Leading us into



**SEX**



Gender/sex can be thought of as continuum too, in lots of ways.

There's the physical stuff - the words that the medical system uses to define people.

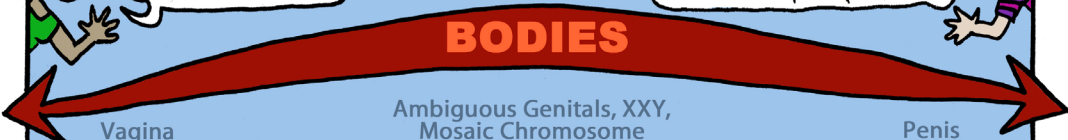


**BODIES**

Vagina  
XX Chromosome  
Oestrogen  
**FEMALE**

Ambiguous Genitals, XXY,  
Mosaic Chromosome  
**INTERSEX**

Penis  
XY Chromosome  
Testosterone  
**MALE**



AN INTRO ABOUT

# INTERSEX

Intersex is an umbrella term that is used to describe people born with variations of internal and/or external sex anatomy. Our bodies can't be classified as typically male or female.\*

\*we got this definition from the wonderful folk at InterACT

I didn't know that I was intersex until my body changed at puberty.

Other people decided to change my body when I was a little kid.

Being intersex is *almost* as common as having red hair.

I chose to change my body when I grew up.

And we're all different.

my diagnosis is important to me.

Don't label me as a medical condition.

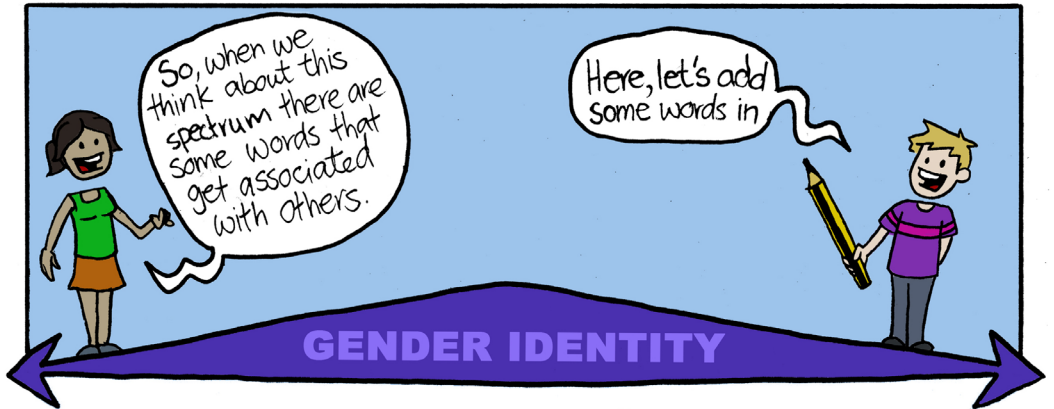
**DIAGNOSES**

check out our extra resource for more info.

Intersex Youth Aotearoa



Gender Identity is all about who you are, and how you identify, regardless of the medical stuff:



# GENDER IDENTITY

## Woman

People down this end might use words like 'girl', 'woman', 'lady' or 'sister'.

For most people down this end you would use pronouns like 'She' or 'Her'.

## Gender Queer/Androgynous Bigendered or Non Gendered

People here may use words like Gender Queer, Androgynous, Bigendered or Non-gendered. This might be because:

- They feel like neither a man nor a woman,
  - They identify as both, or
- Their gender identity is fluid and changes.

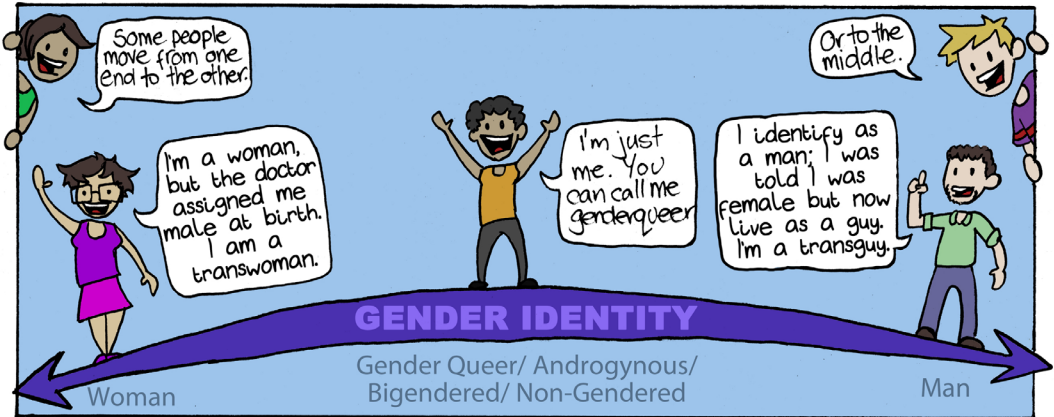
Use gender-neutral words like 'person'. Ask people what pronoun they prefer and be aware it may change. Some people prefer 'he' or 'she' while others may ask you to use 'they' or new pronouns like 'Zhe' or 'Hir'.

## Man

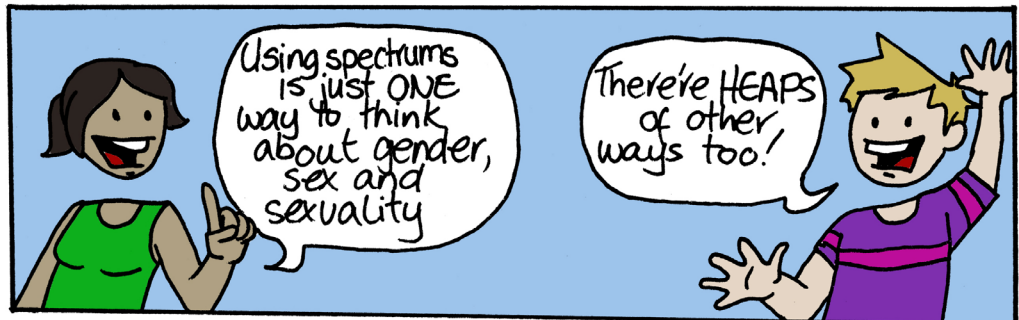
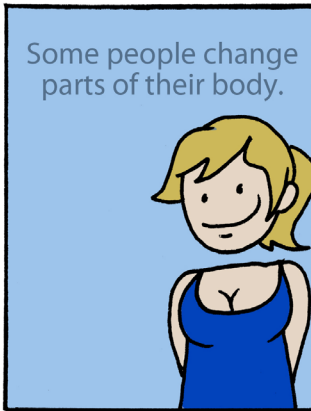
People down this end might use words like 'boy', 'man', 'bro' or 'dude'.

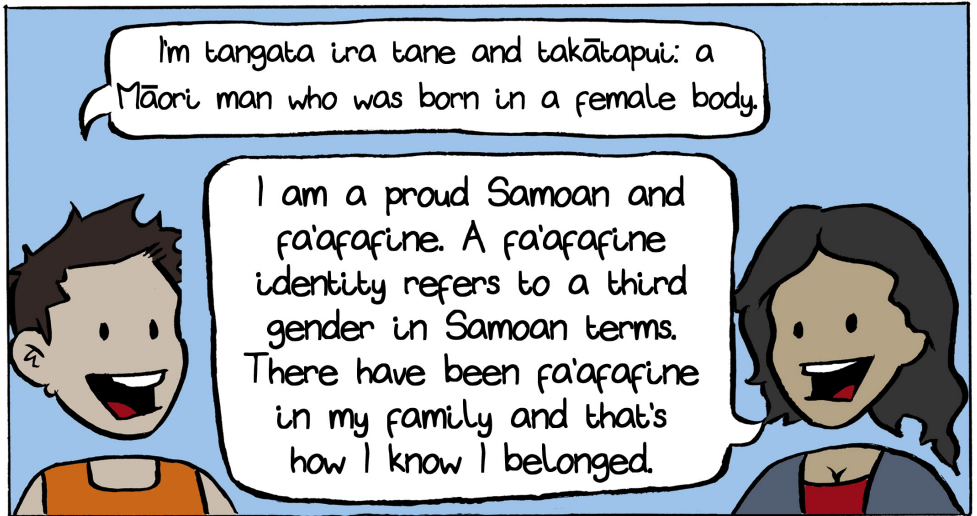
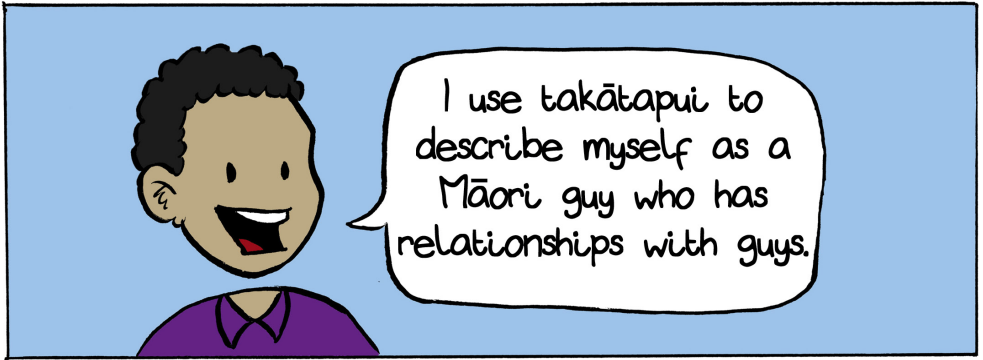
For most people down this end you would use pronouns like 'He' or 'His'.

Transgender and transsexual people can be found at all parts of this continuum









# HELPFUL ORGANISATIONS

## Intersex Youth Aotearoa

*Online*

Share information, find support, network & improve the visibility of intersex youth.

**Email:** [intersexyouthaotearoa@gmail.com](mailto:intersexyouthaotearoa@gmail.com)

**Web:** [intersexyouthaotearoa.wordpress.com](http://intersexyouthaotearoa.wordpress.com)



## Mental Health Foundation

*Nationwide (Auckland Based)*

Towards a society where everyone enjoys positive mental health and well-being.

**Email:** [info@mentalhealth.org.nz](mailto:info@mentalhealth.org.nz) **Web:** [mentalhealth.org.nz](http://mentalhealth.org.nz)

## OUTLine

*Nationwide (Auckland Based)*

Free & confidential rainbow counselling & referral. Face-to-face, by phone or online.

**Phone:** 0800 688 5463 **Web:** [outline.org.nz](http://outline.org.nz)

**Hours:** Mon-Fri (9am-9pm), Sun-Sat (6pm-9pm)

## Tiwhanawhana Trust

*Wellington*

For takatāpui to “tell our stories, build our community and leave a legacy”.

**Email:** [tiwhanawhana.com@gmail.com](mailto:tiwhanawhana.com@gmail.com)

**Web:** [tiwhanawhana.com](http://tiwhanawhana.com)



## Youthline

*Nationwide*

Need to support or want to talk? Youthline works with young people, their families and those supporting them.

**Phone:** 0800 376 633

**FreeTxt:** 234

**Web:** [youthline.co.nz](http://youthline.co.nz)

## Lifeline Aotearoa

*Nationwide*

Free 24/7 Suicide Hotline

**Phone:** 0800 543 354

To find a local group,  
[visit imlocal.co.nz](http://visit imlocal.co.nz)

# FIND YOUR LOCAL

Visit the I'm Local Project's website to find a region-by-region directory of all the queer and gender diverse specific groups around Aotearoa.

Pick your region.  
Find your whānau!

[imlocal.co.nz](http://imlocal.co.nz)



This comic was created by **Sam Orchard**.  
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