

Gay, Lesbian, Bi, Trans, or Queer/Questioning (GLBTQ)

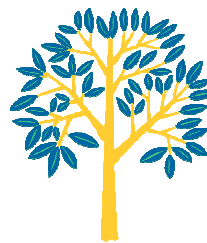
People discover their sexual orientation in different ways. Some are sure from the time they are very young. Some spend years trying to figure things out. Some feel certain for a long time, then have a period of doubt or change.



If you are questioning your sexual orientation or gender identity, you might feel very isolated and alone. Or, if your family, religion, peers, or cultural and ethnic background does not accept your sexual orientation or gender identity, you might feel very isolated and alone.

If this is something you are struggling with,
please know:

At LSSU's Counseling Services, individuals are given the opportunity to explore and learn about their own sexual orientation and gender identity in a safe and supportive environment.



Counseling Services

A Resource for Students

Lake Superior State University

623 W. Easterday Ave.

Monday—Friday

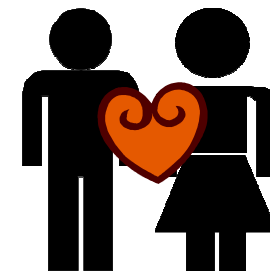
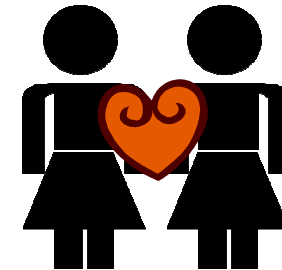
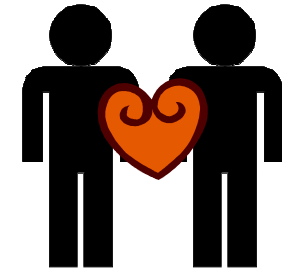
8:00am—4:30pm*

(*hours may vary)



Safe Space

For everyone



LSSU Counseling Services:

We embrace diversity and promote acceptance and respect for all LSSU students.

GLBTQ

The following is a partial list of definitions for common words and phrases that may arise in discussions about sexual orientation and gender identity.

Ally: Typically any non-LGBT person who supports and stands up for the rights of LGBT people.

Bisexual: A person who is attracted to both men and women.

Closeted/"In the Closet": Describes a person who keeps their sexual orientation or gender identity a secret from some or all people.

Coming Out: The process of acknowledging one's sexual orientation and/or gender identity to other people. For most LGBT people this is a life-long process.

Gay: A person who is attracted to members of the same sex.

Gender Expression: The manner in which a person outwardly expresses their gender.

Gender Identity: A person's inner sense of self as male, female, or somewhere in between.

Heterosexual/Straight: A person who is only attracted to members of the opposite sex.

Heterosexism: The attitude that heterosexuality is the only valid or acceptable sexual orientation.

Homosexual: A clinical term for people who are attracted to members of the same sex. Some gay men and lesbians find this term offensive.

Homophobia: Fear of lesbians and gay men.

Lesbian: A woman who is only attracted to other women.

Openly Gay/Lesbian/Bisexual/Transgender: A person who publicly acknowledges their sexual orientation and/or gender identity.

Outing: The act of revealing an LGBT person's sexual orientation and/or gender identity without that person's consent.

Queer: An umbrella term used by some GLBT people to refer to themselves. Some view it as a pejorative term.

Questioning: A person who is unsure about their sexual orientation or gender identity.

Sexual Orientation: A person's attraction to members of the same and/or opposite sex. Includes gay, lesbian, bisexual, and heterosexual.

Transgender: A person whose gender identity does not correspond to their biological sex.

Resources & Supports

LSSU Counseling Services

Library Room #119A

906-635-2752



GLBT National Help Center

Website: <http://glbtnationalhelpcenter.org>

The [GLBT National Help Center](http://glbtnationalhelpcenter.org) provides free and confidential telephone and internet peer-counseling, information and local resources.

GLBT National Hotline

1-888-843-4564

This hotline serves callers of all ages.

Hours: Monday thru Friday, 4pm to midnight (EST)

Saturday, Noon to 5pm (EST)

GLBT National Youth Talkline

1-800-246-7743

Youth servicing youth through age 25.

Hours: Monday thru Friday, 8pm to Midnight (EST)

Gay & Lesbian Alliance Against Defamation

<http://www.glaad.org>