



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

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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.

SEXUAL ORIENTATION

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

SEXUAL ORIENTATION

gay /
lesbian

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



I sleep with ladies, and sometimes with guys too!

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



Some people change their names and pronouns, or dress differently.

'He' for me!



Some people change parts of their body.



And others just know that who they are doesn't match what society assumes.



Plus! There's Gender Expression too!

Which is all about how you express your masculinity or femininity - and we all do it in different ways...



Feminine to me is wearing pink laces in my shoes!

My cat brings out my feminine side.

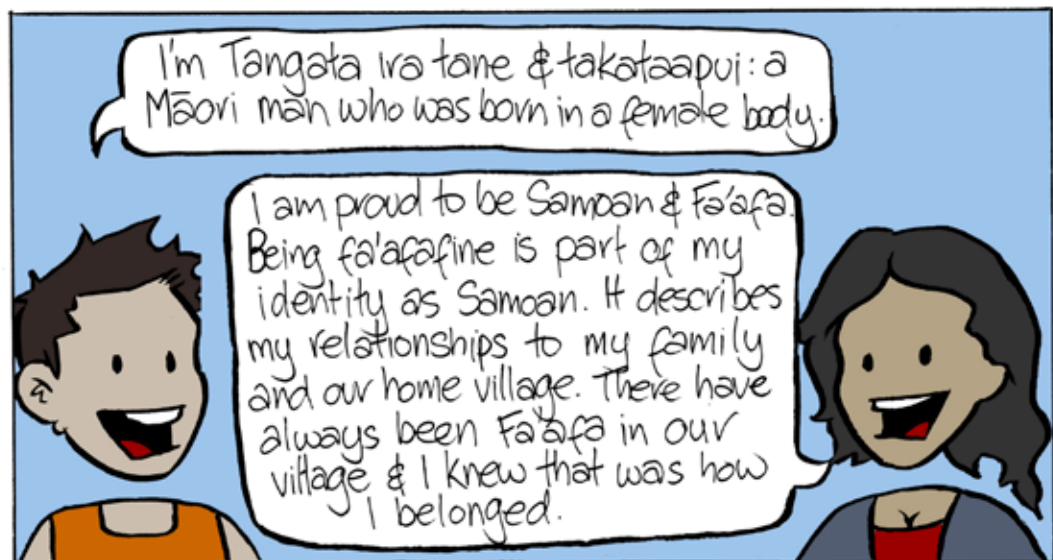
We love showing off our femininity!



Using spectrums is just ONE way to think about gender, sex and sexuality

There're HEAPS of other ways too!





HELPFUL ORGANISATIONS

Intersex Youth Aotearoa

Online

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

Email: intersexyouthaotearoa@gmail.com

Web: 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 **Web:** 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

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

Web: 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

Lifeline Aotearoa

Nationwide

Free 24/7 Suicide Hotline

Phone: 0800 543 354

To find a local group,
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



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