



abridged

An Kid's Guide to

PRIDE!



What is *Identity*?

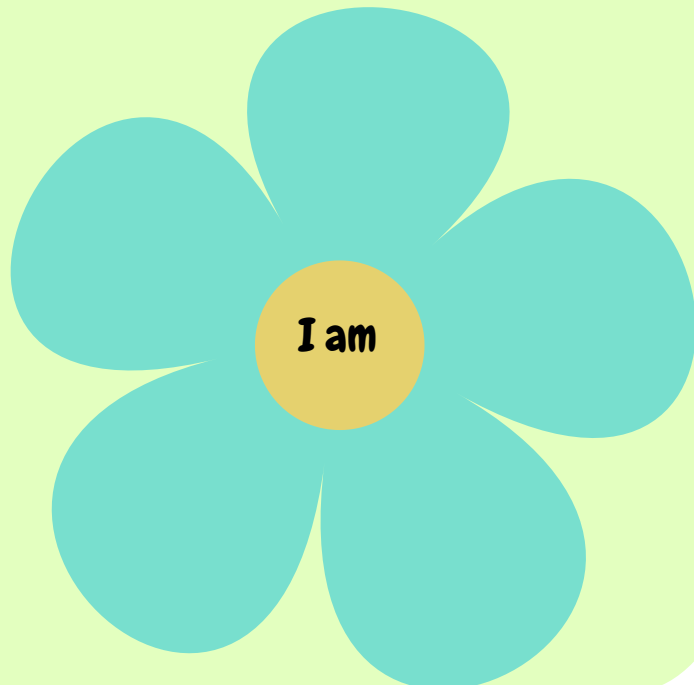
Identity describes everything about yourself. It includes the things you like and dislike, your personal beliefs and culture, and the way you see yourself in the world.

Here are just a few ways people can identify:

A BOY **FUN** A Kid
Fancy **CARING** AN ARTIST
A Girl
Non-binary **CURIOUS**
Religious **BRAVE**
VEGETARIAN
AN ADULT

What words describe your identity?

Write them on the petals of the flower!



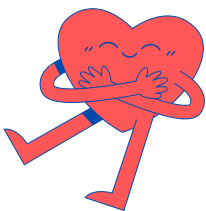
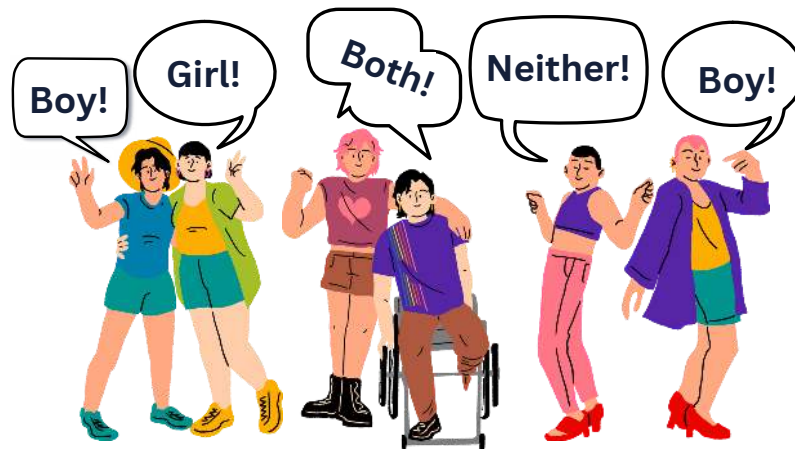
Have You Heard Of These Identities?



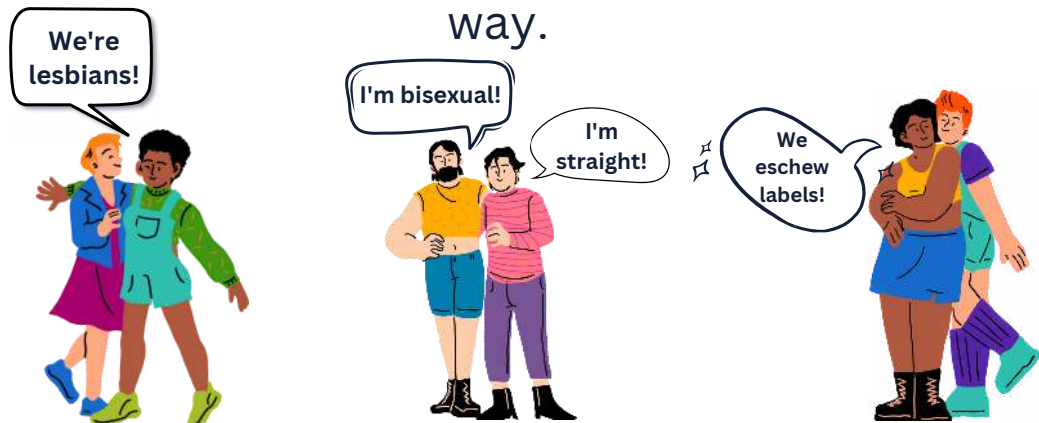
Assigned Sex is what a doctor guesses you are by looking at your body when you are born.



Gender is who your brain says you are. *You* are the only person who can decide your gender.



Orientation is who your heart loves in a special way.



Glossary of Terms

*There are SO MANY words to describe people in the LGBTQ+ community. Here are just a few of them!



ASSIGNED SEX

(what the doctors guess)



AMAB

"assigned male at birth" means doctors thought someone's body looked like a boy's when they were born.

AFAB

"assigned female at birth" means doctors thought someone's body looked like a girl's when they were born.

Intersex

means that doctors thought someone's body had some parts that looked like a girl's body and some parts that looked like a boy's body when they were born.



GENDER

(what your brain says)

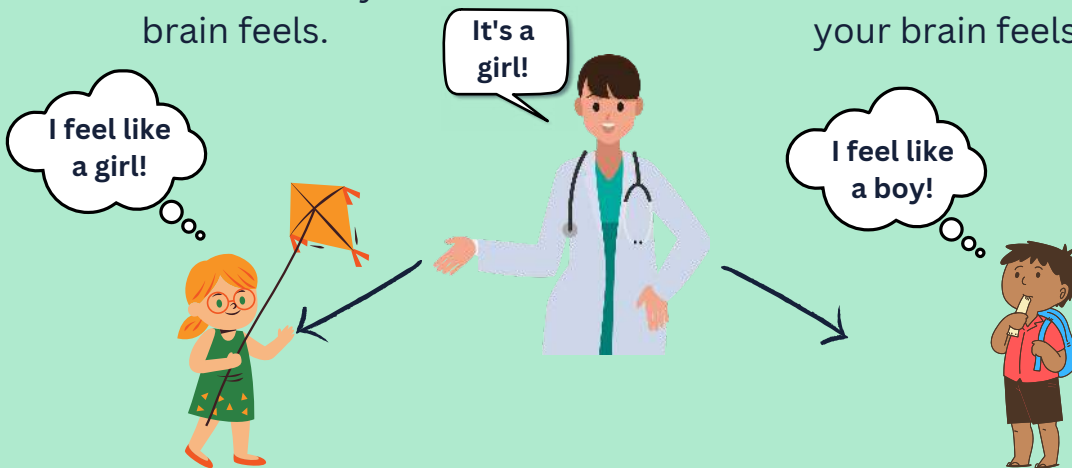


Cisgender

when your assigned sex **matches** with how your brain feels.

Transgender

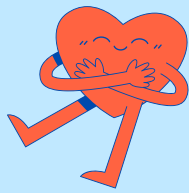
when your assigned sex **does not match** with how your brain feels.



Non-binary = someone who identifies as both a boy and a girl at the same time, **OR** who doesn't feel like a boy or a girl at all.

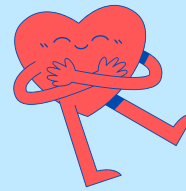
Genderfluid = someone who sometimes feels more like a boy, and sometimes feels more like a girl.

Agender = someone who feels best when they don't identify with a gender.



Orientation

(who your heart loves)



Heterosexual/Straight

describes a person who loves someone of the opposite gender.

A kid with straight parents might have a mom and a dad.



Gay

describes a man who loves another man.

A kid with gay parents might have two dads.

Lesbian

describes a woman who loves another woman.

A kid with lesbian parents might have two moms.



Bisexual

describes somebody who can love somebody or the same or opposite gender.

A kid with a bisexual parent might have two moms, two dads, or a mom and a dad.

Asexual

describes somebody who loves with their heart, but might not want to hold hands, hug, or kiss the person they are in a relationship with.

A kid with an asexual parent might call their parents "mom," "dad," or something else!

Pansexual

describes somebody who can love somebody regardless of their gender.

A kid with a pansexual parent might call their parents something other than "mom" or "dad."



A Note About Families

A family is a group of people (and sometimes pets!) who love each other. **Families come in all shapes and sizes, and can grow and change with time.**

Some kids have one parent, or two parents, or even three, four, or more! Some kids live with their parents or setp-parents, and some live with their grandparents, aunts, uncles, cousins, siblings, foster parents, or other caring adults.

There is no wrong way to make a family, and all families are beautiful!

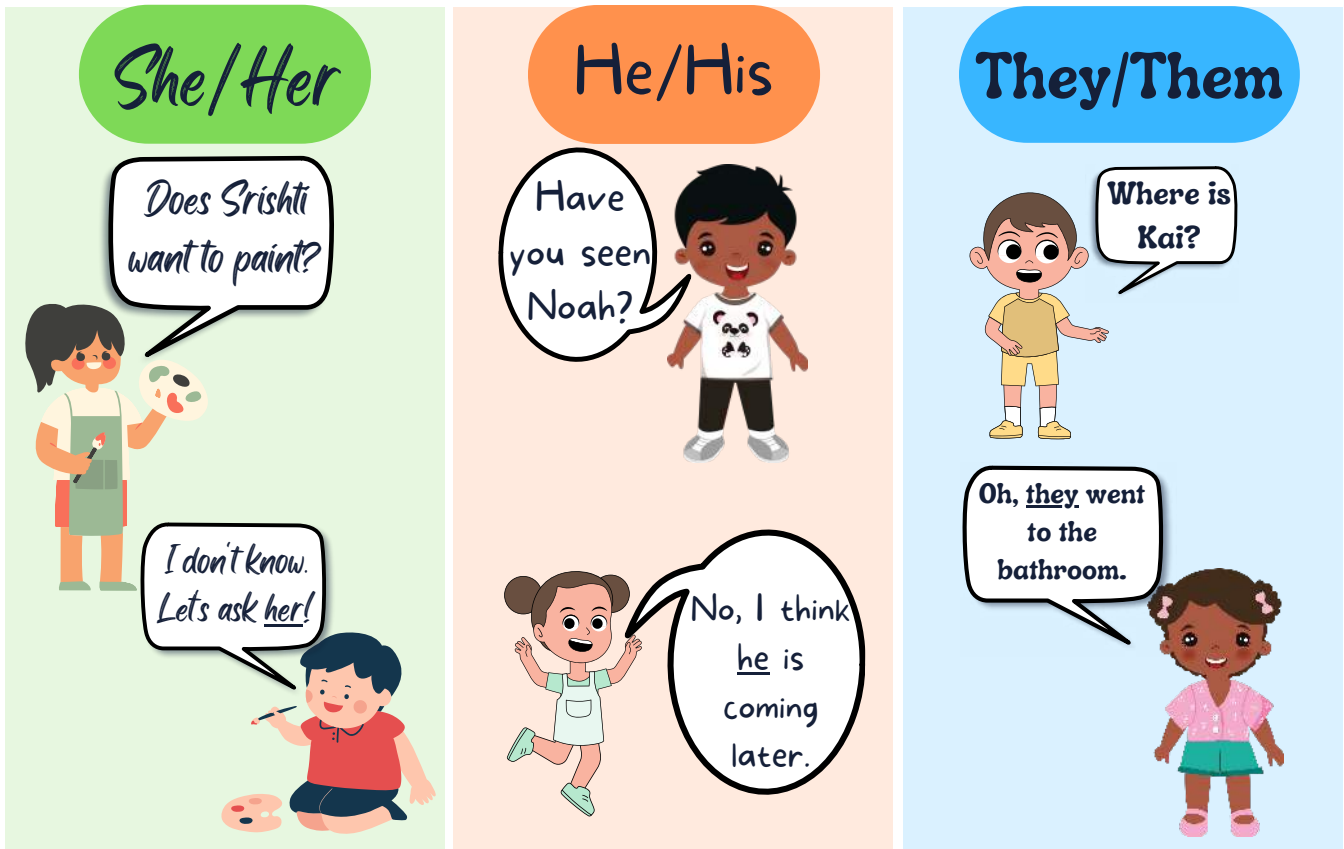
What does your family look like?

PRONOUNS

Pronouns are words we use to refer to people.

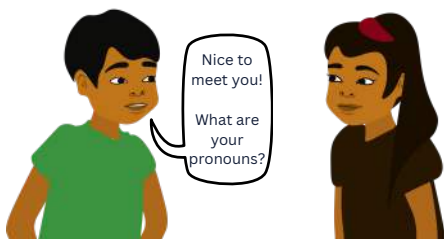
Using someone's correct pronouns shows them that we respect them and care about their identity.

Here are some common pronouns:



** There are lots of other pronouns people use - it is all about finding out which words feel comfiest to describe yourself! **

How do you know which pronouns to use?



Just Ask!

WHY IS **PRIDE!** SO SPECIAL?

LGBTQ+ refers to people who are not cisgender and/or straight.

People who identify as LGBTQ+ are not always treated fairly or kindly. Some places have laws that punish or harm LGBTQ+ people, even though they didn't do anything wrong.

Pride is a time to remember that all people deserve to be treated fairly and with respect, no matter their assigned sex, gender, or orientation.



During Pride, we celebrate everybody's unique identity!

The rainbow flag represents all the different identities that make up our community, and recognizes our collective resilience and strength.

Pride reminds us of the beauty of love - of loving yourself, your family, and your community.

Sources Consulted

Children's Hospital Los Angeles

“Talking to Your Child about What It Means to Identify as Lesbian, Gay, Bisexual or Transgender (LGBT).” Children’s Hospital Los Angeles, 5 Dec. 2018, www.chla.org/blog/rn-remedies/talking-your-child-about-what-it-means-identify-lesbian-gay-bisexual-or-transgender.

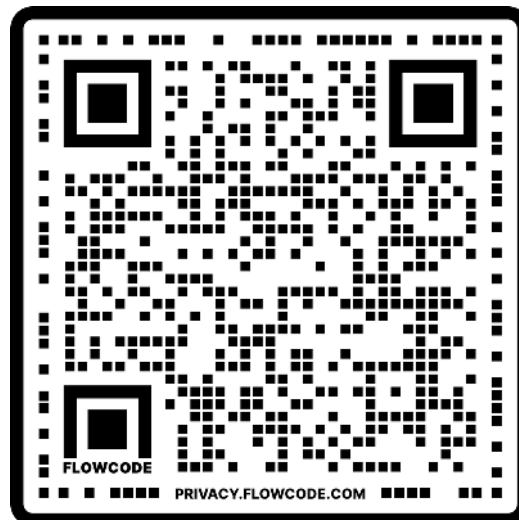
The ABC's of LGBT+ by Ashley Mardell

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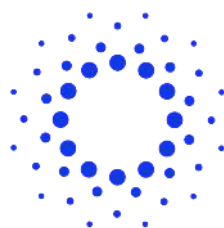
Adolescent and Adult Members of the LGBTQ+ Community

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