

The Rainbow Resource Centre is a non-profit, community-based charitable organization that serves as the central agency offering support, information, counselling, referrals, library, and public awareness on issues related to sexual orientation, gender diversity, and anti-homophobia education.

The Rainbow Resource Centre envisions and works toward an equal and diverse society, free of homophobia and discrimination, by encouraging visibility and fostering health and self-acceptance through education, support, resources, and outreach.

Peer Support/Info Line:

(204) 284.5208 or 1.888.399.0005
(Toll free in Manitoba and Northwestern Ontario)
Monday to Friday: 7:30 p.m. to 10:00 p.m.
(subject to volunteer availability)

Counselling: (204) 452-7508 (intake)
counselling@rainbowresourcecentre.org

Administration: (204) 474.0212
info@rainbowresourcecentre.org
fax:(204) 478.1160

Address: 170 Scott St.
Winnipeg, Manitoba, R3L 0L3

The Rainbow Resource Centre is open:
Wednesday-Friday: 1:00 p.m. to 4:30 p.m.
Monday-Friday: 7:30 p.m. to 10:00 p.m.
(subject to staff and volunteer availability)

Please visit our website:

www.rainbowresourcecentre.org

Homophobia

For individuals who want to learn
more about it.

HOMOPHOBIA:

The irrational fear, dislike, hatred, aversion, intolerance, and ignorance of homosexuality and of Lesbian, Gay, Bisexual, Transgender, and Two-Spirit (LGBTT) individuals.

HETEROSEXISM:

The promotion and perpetuation of the superiority of heterosexuality, and the assumption that everyone is heterosexual.

HETEROCENTRISM:

An (often subconscious) assumption that everyone is heterosexual, and the attitudes associated with that assumption. In queer theory, the term heterocentrism is closely related to heteronormativity.

- Adapted from Wikipedia.

Homophobic Attitudes: Feelings or convictions that LGBTT* folks are abnormal or sick.

Homophobic Language: The use of negative vocabulary and expressions that can span from jokes to insults.

Internalized Homophobia: A conscious or sub-conscious form of homophobia that a person feels about *their own* sexual orientation and/or gender identity. Internalized homophobia is a product of social values passed down by society.

Individual or Personal Homophobia: A personal aversion toward homosexuality, LGBTT* people or those perceived to be. This may be conscious or subconscious, deliberate or naïve - nevertheless, the result has negative consequences for everyone.

Institutionalized/Systemic Homophobia: The built-in institutional practices of putting LGBTT* folks at a disadvantage. For example: Some same-sex spouses may not be recognized as “immediate family” in hospital policies.

Condoned or Passive Homophobia: Silence or a lack of response to the use of homophobic language, behaviour(s), and/or action(s).

Homophobic Violence: An extreme display of homophobia using violence; may range from verbal assault to murder.

- Adapted from the National Day Against Homophobia.
www.homophobic.org, (2006).

HOW DOES HOMOPHOBIA AFFECT US?

Homophobia forces us to act "macho" if we are a man or "feminine" if we are a woman - confining us to inflexible gender roles. This limits our individuality and self-expression.

Homophobia puts pressure on people to act aggressively and angrily towards lesbian, gay, bisexual, transgender, two-spirit (LGBTT*), queer, and questioning individuals.

Homophobia may make it hard to be close friends with someone of the same-sex and often strains family and community relationships.

Homophobia prevents vital information regarding sex, sexuality, and gender from being taught in schools. This may lead to increased mental and physical health risks like lower self-esteem, depression, and self-destructive behaviour (substance abuse and/or unsafe or risky sexual behaviour).

Homophobia can be used to hurt a straight person if they "appear to be gay."

Homophobia along with racism, sexism, and many other forms of oppression, makes it hard to put an end to STIs, HIV and AIDS.

Homophobia makes it hard to appreciate true diversity and the unique traits that are not considered mainstream or "normal."

- Adapted from The GSA Network.
www.gsanetwork.org, (2006).

WHAT CAN YOU DO:

- ◆ Explore your own biases, judgements, stereotypes and homophobic attitudes and/or beliefs.
- ◆ Tell your friends, family & children that you love them no matter what their sexual orientation/gender identity is.
- ◆ Listen without judgment; don't make assumptions. Be supportive of others and provide them with unbiased support and/or resources.

Remember that identifying as LGBTT* is not all there is to a person's identity.

- ◆ Educate yourself – ask questions, read a book, watch a film, visit a website, contact LGBTT* resource centres, talk to LGBTT* people, research LGBTT* history, celebrate the lives and achievements of LGBTT* individuals, remember someone who lost their life to hate, pick up a copy of a local LGBTT* publication, or attend an LGBTT* event.
- ◆ Use inclusive language – “Do you have a partner?” vs. “Do you have a boyfriend/girlfriend?” OR “Hey folks, how are you?” vs. “Hey guys, how are you?”
- ◆ Speak out or challenge discriminatory jokes, stereotypes, behaviour or dialogues.

- ◆ Embrace and promote diversity including – individuality, age, gender, sexual orientation and race.
- ◆ Support equal rights in opposition to sexism, racism, heterosexism, ageism, ableism, classism, and ethnocentrism.
- ◆ Arrange for your school, work, community group or team to have an anti-homophobia or sexuality and gender diversity guest speaker.
- ◆ Have accessible LGBTT* resources and/or library materials in your place of employment or school.
- ◆ Find out where your local Member of Parliament stands regarding LGBTT* issues and vote accordingly.
- ◆ Investigate the discrimination policies of corporations and businesses that you frequent. For example: policies around sexual orientation and gender identity.
- ◆ Challenge the perception that STIs, HIV, and AIDS are strictly limited to the LGBTT* community.
- ◆ If you are comfortable coming out as an ally (someone who honours and supports the LGBTT* community), do so.
- ◆ Become visible as a LGBTT* person, if you feel safe to and comfortable to do so.

COMMUNITY RESOURCES*:

Local Links:

**Klinic Community Health Centre
24 Hour Crisis Line:**
(204) 786.8686
1.888.322.3019 (Toll free in Manitoba) or
TTY 784.4097
www.klinic.mb.ca

Teen Talk:
(Youth Health Education Program of Klinic)
(204) 784.4010
www.klinic.mb.ca/teentalk.htm

**Diversity Relations
Winnipeg Police Service:**
(204) 470.7940

National and International Links:

Canadian Rainbow Health Coalition:
www.rainbowhealth.ca

Egale Canada:
www.egale.ca

National Day Against Homophobia:
www.homophobiaday.com

PFLAG Canada:
www.pflagcanada.ca

GLSEN:
(Gay, Lesbian and Straight Education Network)
www.glsen.org

*The list of resources is not a complete list, nor does list represent any endorsement of the listed agencies.