



2SLGBTQI+ health: Everyone's right to safe and inclusive services

The health system and other community spaces (schools) should be safe, inclusive and supportive for all people, including those who are sexually or gender diverse..

What does 2SLGBTQI+ stand for?

The 2SLGBTQI acronym stands for Two-Spirit, lesbian, gay, bisexual, trans, queer and intersex people. The “+” includes other people who identify as a sexual or gender minority, such as (but not limited to): asexual, non-binary, pansexual, and those questioning their sexual orientation, gender identity or gender expression.

Why is focusing on 2SLGBTQI+ health important?

Many 2SLGBTQI+ people experience more health problems and have more negative experiences with health providers and the health system when compared to cis (people who are not trans) and straight individuals.



What to expect:

• from health teams:

Members of the health team should provide safe and inclusive care by:

- asking for names and pronouns;
- being open-minded and non-judgmental;
- only asking questions needed to provide care;
- being open and clear about how they will keep health information safe;
- ensuring people's comfort and safety during cervical cancer screenings (“pap tests”);
- offering information for peer support groups; and
- being informed on 2SLGBTQI+ health through ongoing education.

Banner images: far right and middle left from *The Gender Spectrum Collection*.

What to expect

- **From all organizations:**

- a safe space sign or poster (only if the organization is providing training and has anti-discrimination policies)
- gender-neutral bathrooms (bathrooms that anyone is welcome to use)

- **From health service**

- **organizations (clinics, hospitals):**

- health forms which include a variety of options for gender identity and sexual orientation as well as options not to answer
- education on 2SLGBTQI+ health to all health providers

- **Education settings:**

- a gender sexuality alliance or gay-straight alliance (GSAs) in primary or secondary schools
- education on 2SLGBTQI+ health that is integrated throughout the curriculum for all students entering health professions (e.g., nurses, doctors and others) in colleges or universities

Person- and chosen family-centred care:

A person's chosen family can be involved in their care.

Chosen family can include friends, co-workers, partners, biological family or ex-partners. This means a person along with their family and/or chosen family work together with the health team to decide on the best options for the persons health care.



What role can people who do not identify as 2SLGBTQI+ play?

- Many of these practices are good for all people as they make health service organizations (i.e., hospitals, clinics, long-term care) and schools more inclusive and safe spaces.
- People who do not identify as 2SLGBTQI+ can support their 2SLGBTQI+ peers by speaking out and being an ally. An ally is someone who works against unfair and unjust actions along with and guided by 2SLGBTQI+ people. For example, an ally could ask organizations about their signs, speak up if they notice forms need to be updated or other health practices that are not inclusive.

Health providers, organizations, 2SLGBTQI+ persons and allies all have a role to play to improve 2SLGBTQI+ health and health services.

This health education fact sheet was developed using content from the RNAO best practice guideline (BPG) *Promoting 2SLGBTQI+ Health Equity* (2021). Its purpose is to provide you with information and to help you make decisions regarding your health. All of RNAO's BPGs are available for public viewing and free download at <https://RNAO.ca/bestpractices>. The *Promoting 2SLGBTQI+ Health Equity* BPG is available at: <https://rnao.ca/bpg/guidelines/promoting-2slgbtqi-health-equity>