Supporting Young People’s Healthy Relationships

Module 7 Glossary Terms

**Ally:** An adult or peer who provides support for youth as they explore their relationships with others.

**Bullying:** Aggressive, threatening, and repetitive behaviors that are based on power imbalances.

**Bisexual:** Emotional, sexual, or relational attraction to males and females.

**Cisgender:** People whose gender identity or expression matches that typically associated with their assigned sex at birth.

**Coming out:** The process of identifying, acknowledging, and disclosing one’s sexual orientation, and/or gender identity to others.

**Community integration:** Physical, social, and psychological participation in community relationships and activities. A sense of community integration may be based on an individual’s sense of well-being and engagement in the community and can enhance well-being.

**Empowerment:** A process of increasing personal, interpersonal, or political power so that individuals can take action to improve their life situations (Gutierrez, 1990, p. 149).

**Gay:** Emotional, sexual, or relational attraction to people of the same sex.

**Gender identity:** Internal sense of being male, female, or something else.

**Gender nonconforming:** Behaving in a way that differs from culturally ascribed and expected gender expression.

**Harassment:** Includes threats, physical assault, and verbal and written abuse. Harassment is covered by federal law if it is based on affiliation with a protected class such as sex, disability, race, religion, and national origin.

**Homophobia:** Irrational fear of people who are attracted to others of the same sex that may result in discrimination.

**Hope:** Believing in one’s ability to attain valued goals that provide meaning in life, despite mental health challenges.

**Identity development:** Process of developing a sense of self, including sexual orientation and gender identity.
Identity integration: Identity integration involves “an acceptance of the unfolding identity, its continuity over time and settings, and a desire to be known by others” (Rosario, Schrimshaw & Hunter, 2011, p 4).

Intersex: Being born with sexual anatomy that does not fit typical definitions of male or female.

Intimate relationship: Relationship that includes emotional and/or physical intimacy.

Lesbian: Women who have emotional, sexual, or relational attraction to other women.

Mandatory reporting: The requirement of people in certain positions to report to appropriate authorities that a child they have come in contact with has suffered abuse or that any person with whom they have come in contact has abused a child.

Non-binary: people who identify their gender as outside of a single gender category (female or male).

Power dynamics: Level of power or control over resources individuals hold in relationships.

Public stigma: Reaction that general public has towards people with a trait that has been socially constructed as less valued such as having mental health issues.

Queer: Term used by some people, particularly younger people, whose sexual orientation is not exclusively heterosexual to describe themselves.

Questioning: People who are unsure about their sexual orientation.

Recovery: Reclaiming a person’s lost potential, and actively participating in life. Does not refer to absence of symptoms but to active participation in community life.

Self-stigmatization: Internalization of stigmatizing attitudes and development of a sense of shame with the wish to distance oneself from the mental health condition.

Sex trafficking: Obtaining persons to perform sexual acts in exchange for payment, including food, shelter, and protection.

Sexual orientation: A person’s emotional, sexual, and/or relational attraction to others on the basis of gender.

Social integration: Forming healthy relationships with peers, teachers, employers, co-workers, and family.

Social recovery: Ability to lead a full and contributing life in one’s community.

Stigma: Discrimination against the individual by the majority on the basis of a trait that devalues them (Goffman, 1963).
**Stigmatization**: Process of labeling and stereotyping of the individual by the majority based on certain socially devalued traits such as mental health.

**Two spirit**: Inclusive term created by Native American communities. Expression of gender, sexual orientation and sex roles in indigenous ways.

**Transgender**: People whose gender expression differs from the sex typically assigned at birth.

**Unwanted sex**: Sex without consent or through coercion. Can also refer to sex that is not forced but unwanted.

**Unsafe sex**: Sexual intercourse that carries the risk of contracting a sexually transmitted disease because of lack of protective measures.