



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.