

## **Gender, Sexuality and Identity**

### **Visibility and Sensitivity - Video 3**

Mikiki:

There are lots of things that people can start doing now. There are sensitivity trainings that people can take; I know that Rainbow Health Ontario is a great organization to help bring people's consciousness up around issues. I would also say: get comfortable with the discomfort. Not knowing something can make people feel - especially not knowing something about a community or an identity or a practice - can make people feel really groundless. And I know that that's a scary place, but it's also a really important place if we're just to admit that there's lots of things that I don't know. And I need to acknowledge that I have a gap before I can actually fill that with some information that's up-to-date and accurate. And I think that those are really important things to bring into this equation as well, is where we're getting our information from. And if we're getting information about the health needs of LGBTQ2I people or queer people not from us ourselves, I want to question the veracity of that information or question the truthfulness of that information.