

What is LGBTQIA+?

Our Rainbow Lives is a resource about LGBTQIA+ people and experiences.

The resource talks about what each letter in LGBTQIA+ means. It says how to treat LGBTQIA+ people well.

It explains that people being the same is ok. People being different is ok.

Our Rainbow Lives has:

- information in plain language
- information in easy language
- pictures to help explain ideas.

The resource works best if a person with a disability and a supporter read it together.

We trust this resource

We trust this resource because it is:

- Made to help, not for profit
- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can [follow our guide to know if health information is true and right for you.](#)

This resource was made by

Inclusion Design Lab

Victoria's longest serving community-based support organisation supporting people with cognitive and intellectual disabilities and those who are socially isolated, to build genuine relationships, discover and develop recreational and vocational skills, exercise full citizenship, and pursue meaningful opportunities for employment and further education.

- [Visit website](#)

Rainbow Health Victoria

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Rainbow Health Victoria is part of Rainbow Health Australia. Rainbow Health Australia supports lesbian, gay, bisexual, trans and **gender**

Gender is how a person feels about being a boy, a girl, both, or neither. It can be different from the sex they were given at birth.

diverse, intersex and queer (LGBTIQ) health and **wellbeing**

Wellbeing is how you feel in your body and mind. It includes your health, your feelings, and how you manage everyday life.

. The program does research and knowledge translation, training, resources and policy advice.

- [Rainbow Health Australia](#)