LGBTQIA+ 101: Gender, Sex, & Sexuality
~Part 1~
Alameda County Health Care for the Homeless

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Hello & Welcome!

Brief Introductions: Name, Pronouns, and Role
Community Practices

- Take care of yourself so you can stay present
- No one knows everything and together we know a lot
  - Ask questions
  - Share your ways of knowing
  - Use the chat / raise your hand
- Speak from your own experiences
- Explore connections between lived experience and theory, personal and systemic
- Expect and accept a lack of closure
LGBTQIA+ Populations:

Defining Community & A Brief Cultural History
**LGBTQ+ Populations:**
Lesbian, Gay, Bi-Sexual, Transgender, Queer, Questioning, Intersex, Asexual, Aromantic, Pansexual, Two-Spirit+

Defining:
- Have affinity within historically, politically, and socially marginalized groups
- Face significant stigma and discrimination throughout their lifetime
- Live with higher rates of depression, anxiety, trauma, and suicidality
**LGBTQ+ Populations, Continued:**
Lesbian, Gay, Bi-Sexual, Transgender, Queer, Questioning, Intersex, Asexual, Aromantic, Pansexual, Two-Spirit+

Defining Continued:

- Multiple identity categories under the “Umbrella” have vastly differing sex / gender / sexuality / relationship configuration experiences

- Experiences variation, both BETWEEN and WITHIN categories
LGBTQ+ Populations, Continued:
Lesbian, Gay, Bi-Sexual, Transgender, Queer, Questioning, Intersex, Asexual, Aromantic, Pansexual, Two-Spirit+

Brief Cultural History:

- Relationships & sex punishable by penalty of imprisonment & fines
- No rights to employment, housing, marriage, children
- Social violence & ostracization: hate crimes, bullying, forcible institutionalization, increased incidents of rape, murder, and assault
- Recently: right to marry (2015), right to work (2020), right to adopt (state by state)
Common Stressors

For the BIPOC LGBTQ+ and LGBTQ+ Communities
Stressors & Presenting Concerns

- Personal identity formation: sexuality, sex & gender, race & ethnicity
- Communal identity formation: historical, political, religion, economic
- Mental health & wellness: depression, anxiety, substance use, suicidal ideation & suicidality, trauma
Stressors & Presenting Concerns, Continued

- Physical / sexual health & wellness: practices & resources
- Access & navigating social systems: employment, education, housing, insurance, communal & state policing, other forms of violence
- Relationships: familial, romantic & aromantic, inter- / intra-communal, peers
- Internalized oppression: thoughts, beliefs, social & cultural models / attitudes
Risks & Vulnerabilities

- Exacerbated risk-taking behaviors: smoking, substance abuse
- Sexual exploitation
- Hostile work and school environments
- Economic marginalization
- Emotional neglect
- Legal issues: marriage, adoption
- Susceptible to (hot) violence: assault, murder, suicide, self-harm
Question for Reflection

What are some of the common risks and vulnerabilities that show up in your work or in your communities?
Defining Broad Terms
Defining Sex

Assigned at birth based on external characteristics and encompassing a combination of chromosomes, hormones, and secondary sexual characteristics that develop throughout puberty.
Defining Sexuality

Patterns of attraction: physical, emotional, and/or romantic.

May or may not change over lifespan.
Defining Gender

Socially and culturally specific designation, typically applied based on one’s assigned birth sex and refers to culturally specific social roles, physical expressions, and other traits.

Is NOT binary.

May or may not change over lifespan.
Defining Non-binary

Refers to a person who does not identify exclusively as a man or a woman.

Non-binary people may identify as being both a man and a woman, somewhere in between, or as falling completely outside these categories.
Defining

Cisgender (Cis)

Refers to people whose gender identity matches the sex they were assigned at birth.
Defining

Transgender (Trans)

Refers to people whose gender identity differs from the sex assigned to them at birth.
The Acronym
LGBTQIA+
Defining Lesbian

Refers to women who are emotionally, romantically, and/or physically attracted to other women.
Defining Gay

Refers to men who are emotionally, romantically, and/or physically attracted to other men.

May be used more broadly as an “Umbrella” term.
Defining

Bi-Sexual

Emotionally, romantically, and/or physically attracted to people of their own gender and one or more other genders.
Defining Transgender

Refers to people whose gender identity differs from the sex assigned to them at birth.
Defining Queer

Historically used as a slur, but has been reclaimed by some in the LGBTQ+ community.

Used as an “Umbrella” term for LGBTQ+, however has some political connotations, so may NOT be interchangeable with LGBTQIA+
Defining Questioning

The process of questioning or exploring one’s gender identity and/or sexual orientation.
Defining Intersex

Refers to people with sex characteristics that are different from what is usually thought of as typically male or typically female.
Defining Asexual

Experiencing little or no sexual attraction or does not desire sex.

Exists on a spectrum, including demi-sexual, grey-asexual, homo-sexual and hetero-sexual.
Defining Aromantic

Experiencing little or no romantic attraction and / or does not desire any romantic relationships with others.

Exists on a spectrum, including demi-romantic, grey-romantic, homo-romantic, and hetero-romantic.
Defining

Pansexual

Refers to someone who has the capacity to experience sexual, romantic, and / or emotional attraction to anyone, regardless of their gender identity or expression.
Defining Two-Spirit

Refers to a broad range of identities held by members of Indigenous / Native American communities whose gender roles, identities, and expressions are outside of the gender binary.
Defining

PLUS!

The broad range of identities that are not included or reflected in the shortened acronym.
Say hello to Gender Galaxy

Locating the Self
Given all of the new information we have, please feel free to re-introduce yourself in the chat!
Language Use
Community Specific Language Use

Positive Impact & Reclaimed Language (Intra- / In group)

Negative Impact & Slurs
**LGBTQ+ Language Use, Continued:**

Lesbian, Gay, Bi-Sexual, Transgender, Queer, Questioning, Intersex, Asexual, Aromantic, Pansexual, Two-Spirit+

**Specificity:**

- Use specific terms if you are talking about issues that may be specific to a particular orientation or identity.
- Be specific when talking about / to individuals.
- Incorporate and use preferred language whenever possible.
- Advocate for LGBTQIA+ affirming language, and for individual’s use of their preferred language.
Q & A
In Closing...
What’s next?

1. Survey & Evaluation: https://forms.gle/K21CknNnK7sNMgKq8

2. Community Discussions

3. Next Workshop Date: October 5, 9-11am, LGBTQIA+101 Part 2
Contacts

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References

● Center for LGBTQ & Gender Studies in Religion (CLGS). 
● Crenshaw, K. 2017. 