

HAPPY PRIDE MONTH!

The month of June is nationally recognized as LGBTQ+ Pride Month, or just “Pride Month” for short. Pride month unofficially started at the Stonewall Uprising in Manhattan, New York in 1969. Pride month is important for many reasons, but perhaps most noticeably for honoring the centuries of struggles for civil rights and equal justice for all members of the LGBTQIA+ community. This month, the Education and Dialogue Committee has chosen to talk about all the “letters of the rainbow” that make up the queer community, alongside a list of articles, podcasts, YouTube videos, and resources for supporting consumers on the LGBTQIA+ community.

L stands for “lesbian.” This term refers to people who identify as female who are attracted to other people who identify as female.

G stands simply for “gay.” This term generally refers to anyone who experiences same-sex attraction. It also specifically refers to people who identify as male who are attracted to other people who identify as male.

B stands for “bisexual.” This term refers to people who are attracted to more than one gender identity or are attracted to other people regardless of gender identity.

T stands for “transgender.” This term refers to people who exist outside of the gender binary (the idea that there are only two distinct forms of gender identity, feminine and masculine). The “T” does not denote any kind of romantic or sexual attraction and has a complicated history within the LGBTQIA+ community. Linked below are resources that explain some of this history as well as resources for consumers within this spectrum.

Q stands for “queer.” Up until about 10 years ago, the word “queer” solely meant strange or odd. The word now has been adopted to refer to people who have sexual attraction, romantic attraction, or gender identities that do not follow societal norms. It also refers to people who are questioning their current identity. In simple terms, “queer” refers to anyone who is “not straight” or are different than expected for a man/woman.



Pride Month continued

I stands for intersex, a group of people who have biological anatomy of both “male” and “female.” This is slightly different than people who identify as transgender. People who are born as intersex usually are given some kind of “corrective” surgery so that the individual fits into either a masculine or feminine presenting body.

A stands for asexual, a group of people who do not experience sexual attraction. Asexuality itself is also a spectrum. Some people experience romantic attraction but not sexual attraction. Some people only experience sexual attraction if they are intellectually and/or romantically bonded to another person.

Resources:

[The Gilbert Baker Foundation](#) (1m 30s watch, 2 min read) - Learn about the original Rainbow Flag Color Meanings

[The Queer Collective Podcast “The ENTIRE History of Lesbians”](#) (31min watch/listen) -

[American Psychological Association](#) (13min read) – Article on understanding gender identity, expression, and the transgender identity, including discrimination issues, transitioning, mental health, PLUS resources and guidance for supporting people who are gender non-conforming.

[Planned Parenthood](#) (3 min read)– Explanation of the medical terminology around intersex people.

[The Trevor Project](#) (Explore at your own pace) – The Trevor Project is the leading suicide prevention and crisis intervention nonprofit organization for LGBTQ+ young people. Anyone can reach out via chat, call, or text for immediate crisis support 24/7 year-round. LGBTQ+ young people (13-24) can find community through a moderated online safe space for advice, connection, and support groups.

Not sure where to start? Check out this resource on [LGBTQ+ Mental Health Statistics](#), including intersectionality, risk factors, and protective factors (15 min read).

