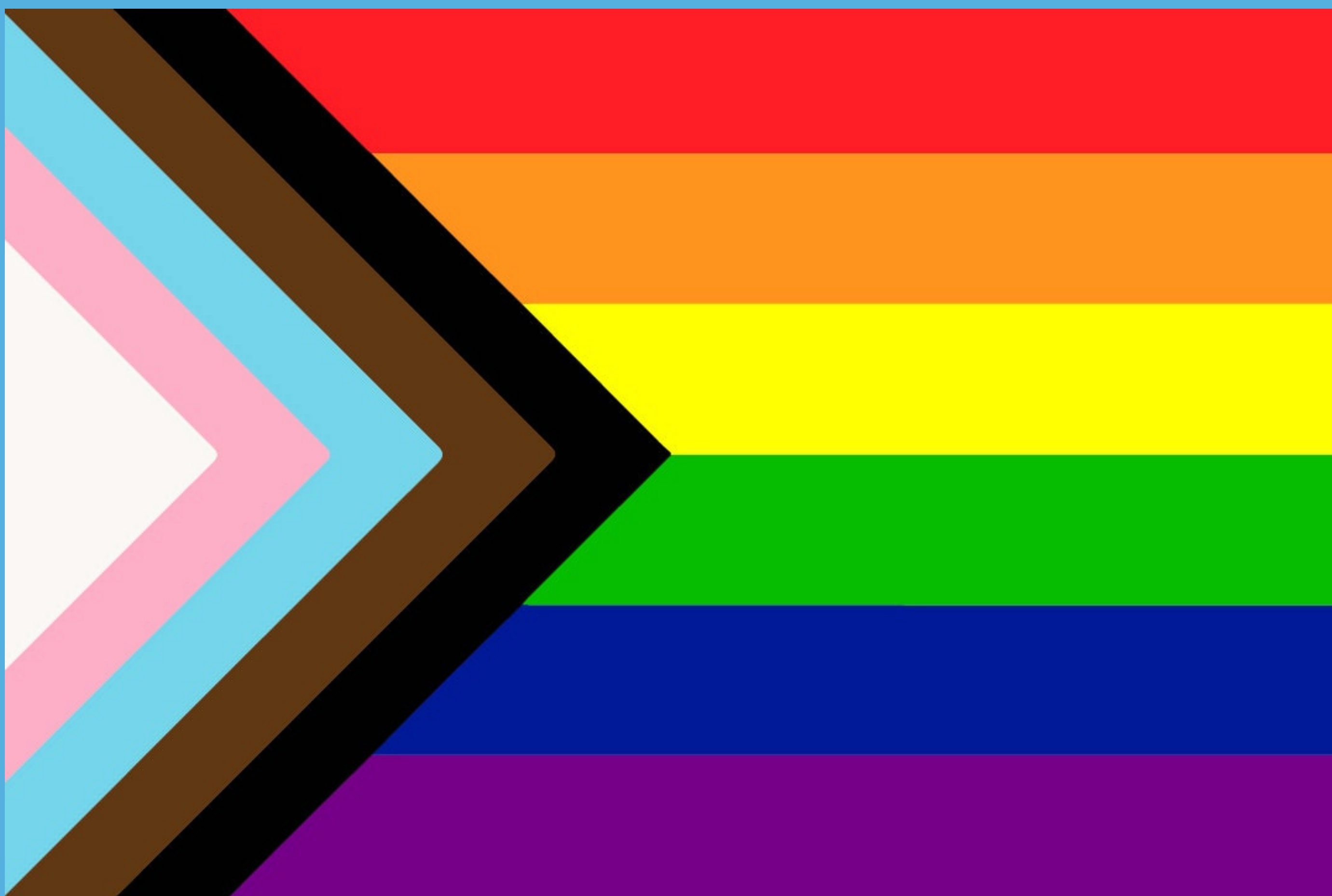


LGBTQ+ RESOURCE GUIDE



Created and maintained by the Ethanol Drug and Gambling
Experimental (EDGE) Lab at the University of Florida



V1 - October 2021

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Common terms

Ally: Allies are individuals who don't identify as LGBTQ but support both individuals and communities who do, and advocate on their behalf.

AMAB: Assigned Male At Birth

AFAB: Assigned Female At Birth

Asexual: People who identify as asexual are not sexually attracted to either sex, though the spectrum of experiences vary from person to person.

Bisexual: Individuals who identify as bisexual are attracted to two or more genders, either in physical or emotional ways, or both.

Cisgender: A person is considered to be cisgender if they identify with the sex they were assigned at birth.

Closeted: An LGBTQ individual who has not yet revealed their sexual orientation or gender identity publicly.

Coming Out/Disclosure: LGBTQ individuals often disclose their sexual orientation and gender identity to their family, friends and/or community – also known as coming out.

Fem/Femme: Feminine Presenting

Gay/Lesbian: This term is used to refer to individuals who are emotionally, romantically, or sexually attracted to someone of the same gender; women who are attracted to other women often prefer the term "lesbian," while men use the term "gay."

Gender-Expansive: Individuals who are gender-expansive believe there is a wider spectrum of gender identities than simply male and female.

Gender Expression: How one expresses gender identity using outward appearances, behaviors or other means.

Gender Identity: While the sex assigned at birth is typically binary, one's gender identity is informed by how one sees oneself and may differ from sex assigned at birth.

Gender-Neutral: This phrase refers to a number of different concepts, all of which revolve around neutrality. It could be used to discuss gender-neutral pronouns, bathrooms or identities.

GNC: Gender Non-Conforming

Intersex: Describes individuals who may not fit into binary sex labels of "male" or "female," and may have a combination of male or female biological traits such as chromosomes or genitalia.

Masc: Masculine Presenting

MSM: Men who have Sex with Men

MTF: Male to Female

Pansexual: Individuals who identify as pansexual experience sexual or romantic attraction to others regardless of their sex or gender identity

Queer: Once carrying a negative connotation, many LGBT individuals have re-appropriated this word to refer to the LGBT community as a whole.

Questioning: Individuals who are currently exploring their own sexual orientation and gender identities are said to be "questioning."

TGM: Transgender Man

TGW: Transgender Woman

Transgender: Transgender individuals are people who don't identify with the sex they were assigned at birth and instead express a different gender identity.

Transition: Transition happens when an LGBT individual takes steps – legally, medically or socially – to affirm their gender identity. This may include changing one's name or seeking gender reassignment surgeries.

BEYOND THE RAINBOW: YOUR ULTIMATE GUIDE TO PRIDE FLAGS



The Pride Flag
That Started It All



The 6-Color
Pride Flag



The Philadelphia
Pride Flag



The Transgender
Flag



The Nonbinary
Pride Flag



The Intersex
Flag



The Flag for the
Asexual Community



The Bisexual
Pride Flag



The Pansexual
Flag



The Flag for the
Gay Men



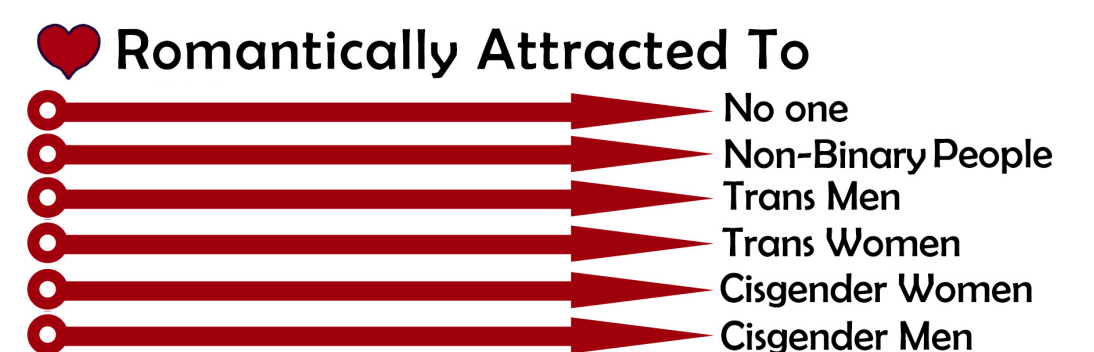
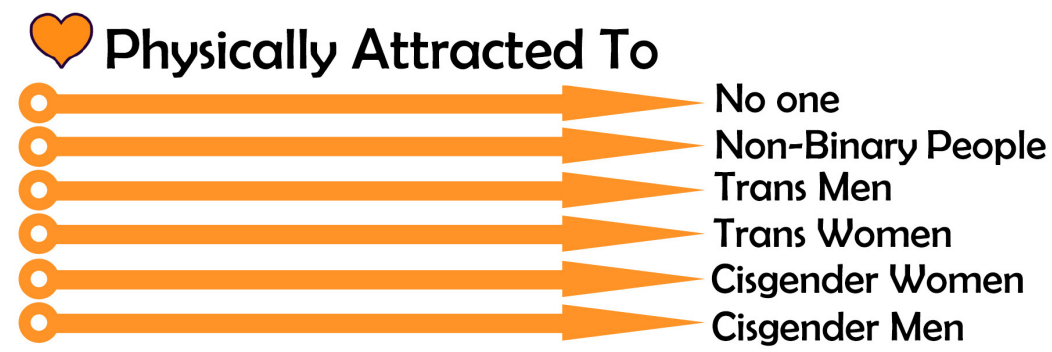
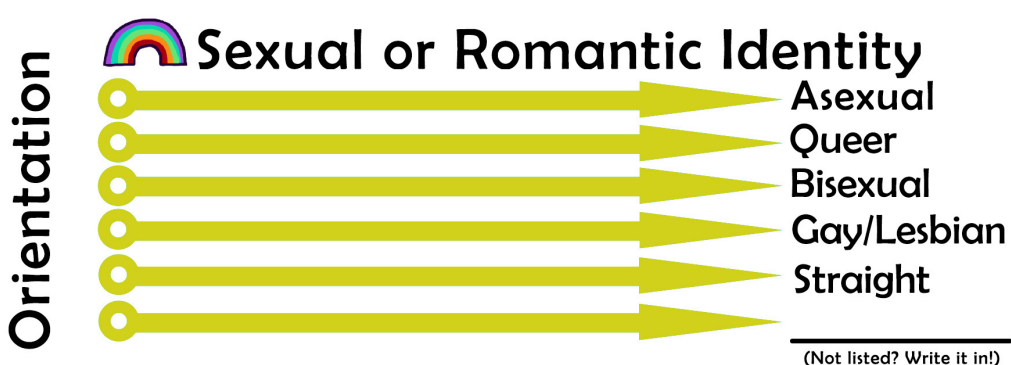
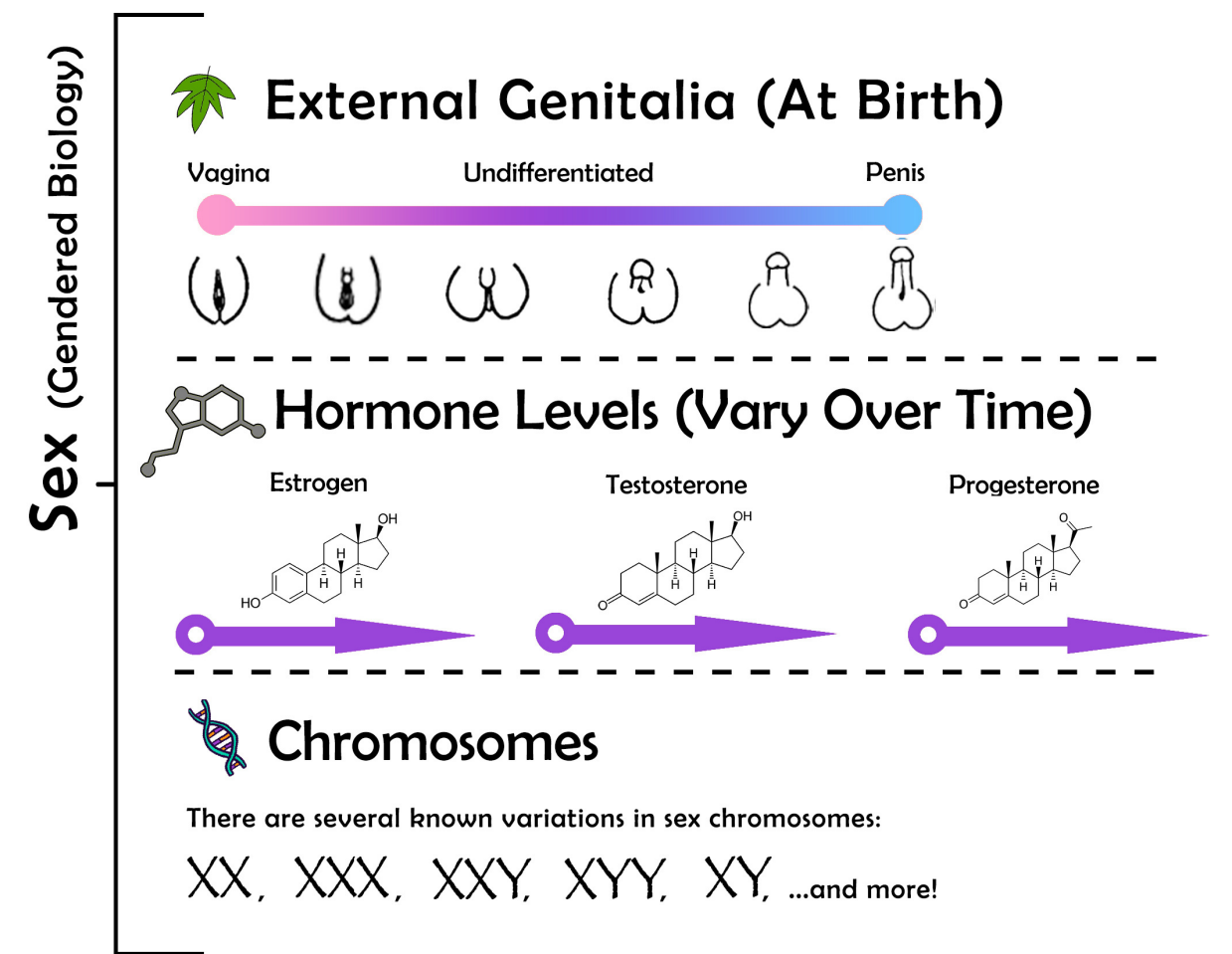
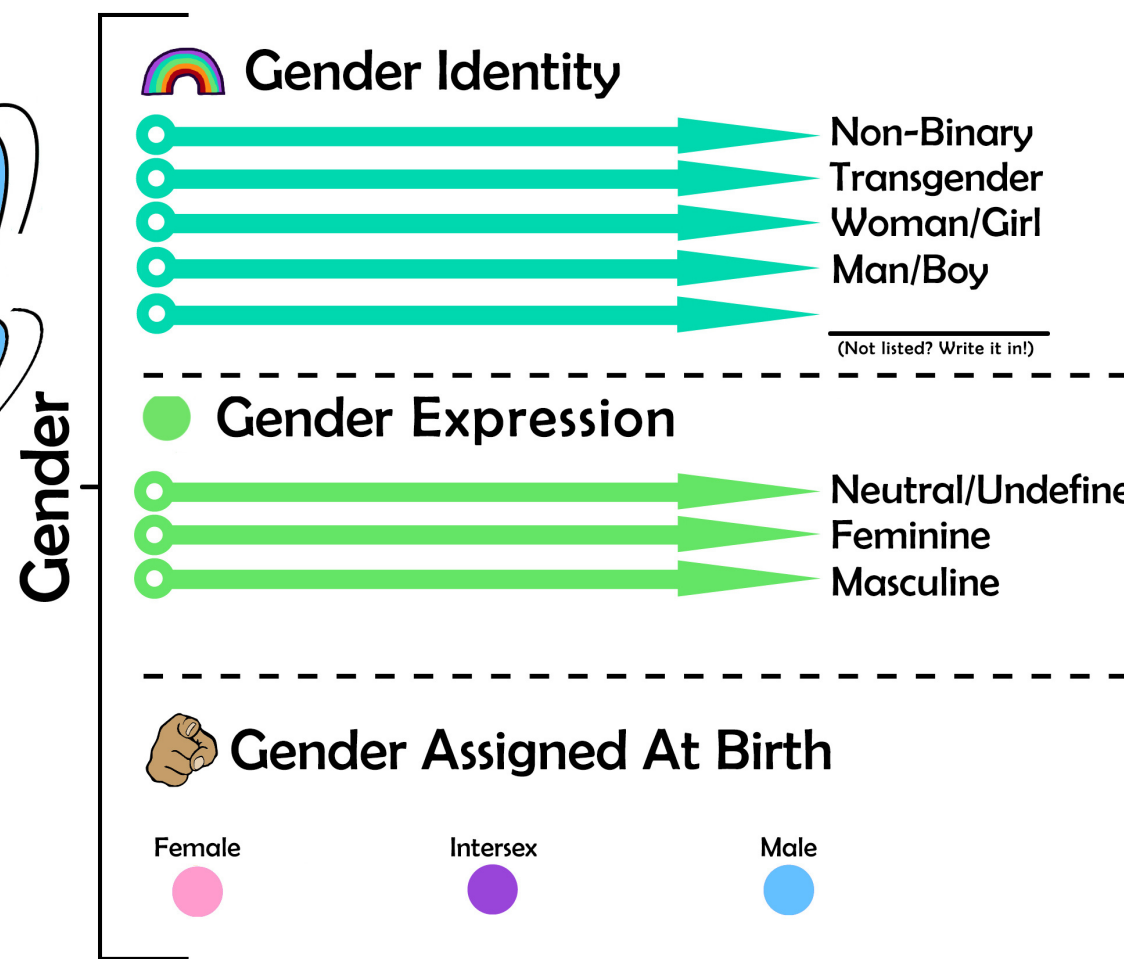
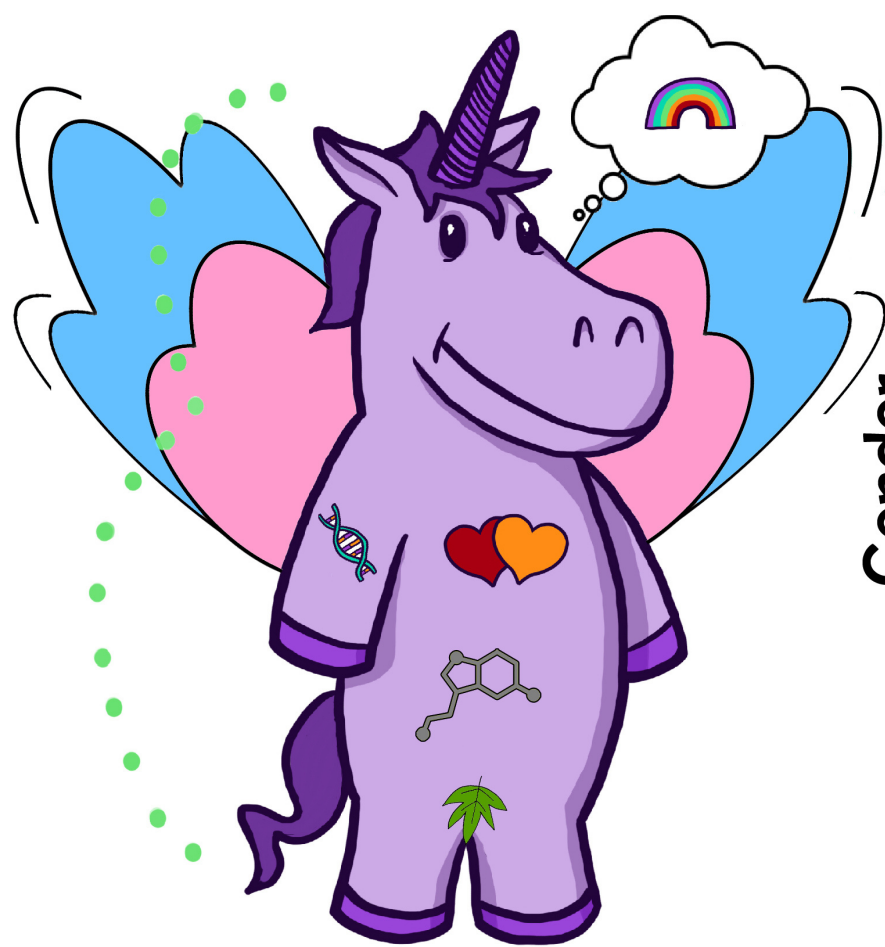
The Gay Men
Pride Flag



The Modern
Pride Flag

Gender

The Flying Gender Unicorn



Disclaimer:
While this graphic seems complex already, it is still an oversimplification of the beautiful diversity and complexity of our human gender, biology, and orientation.

Original design by Landyn Pan and Anna Moore

Original graphic by
TSER
Trans Student Educational Resources

Content and graphic modified by
Dr. Erica Jayne Friedman
FLORIDA INTERNATIONAL UNIVERSITY

Developed by Associate Director of LGBTQA Initiatives at FIU, Dr. Erica Jayne Friedman, the Flying Gender Unicorn is an evolution of TSER's Gender Unicorn. Now able to "fly off," escaping the limitations of the gender binary, the flying gender unicorn acknowledges the spectrums and variations that occur in our gendered biology (genitals, hormones, chromosomes, etc.). The tool offers more diversity in the options for gender identity, gender expression, sexual identity, and attraction than the original Gender Unicorn.

Pronouns

Common Pronouns

- **She/her/hers:** commonly used by people who identify as women
- **He/him/his:** commonly used by people who identify as men
- **They/them/theirs:** commonly used by people who identify as non-binary
- **She/they** or **he/they:** used by some people who identify as non-binary
- **She/ella:** commonly used by people who identify as Latina
- **Ze/Zim:** sometimes used by people who are non-binary
- **Xe/Xim:** sometimes used by people who are non-binary
- **Sie/Hir:** sometimes used by people who are non-binary

Why Are Pronouns Important?

You can't always know what someone's gender pronouns are by looking at them.

Asking and correctly using someone's pronouns is one of the most basic ways to show your respect for their gender identity. When someone is referred to with the wrong pronoun, it can make them feel disrespected, invalidated, dismissed, alienated, and/or dysphoric.

How Do You Ask Someone Which Pronouns They Use?

Try asking: "What pronouns do you use," "can you remind me what pronouns you use?," or even "what pronouns honor you?" It might feel awkward at first, but it is not as bad as getting it wrong or making a hurtful assumption. You can also start by introducing your own first to make the introduction more welcoming.

What If I Make A Mistake?

When you make a mistake, apologize, correct the mistake, and remember for the next time.

It can be tempting to go on and on about how bad you feel that you messed up, but please, don't do that. It is not appropriate and makes the person who was misgendered feel responsible for comforting you. It is your job to remember people's pronouns.

They: Yes, It Can Be Singular!

"They" is a grammatically correct gender neutral pronoun. It has been recognized by the Merriam-Webster Dictionary and more importantly by Trans and Non-binary people. They as a singular pronoun was also recognized as the 2019 Word of the Year.

Subjective	Objective	Possessive Adjective	Possessive Pronoun	Reflexive
She (She is here)	Her (I called her)	Her (Her hands are wet)	Hers (That is hers)	Herself
He	Him	His	His	Himself
Ze	Zir	Zir	Zirs	Zirseif
Xe	Xem	Xir	Xirs	Xirseif
Sie	Hir	Hir	Hirs	Hirseif
They	Them	Their	Theirs	Themselves

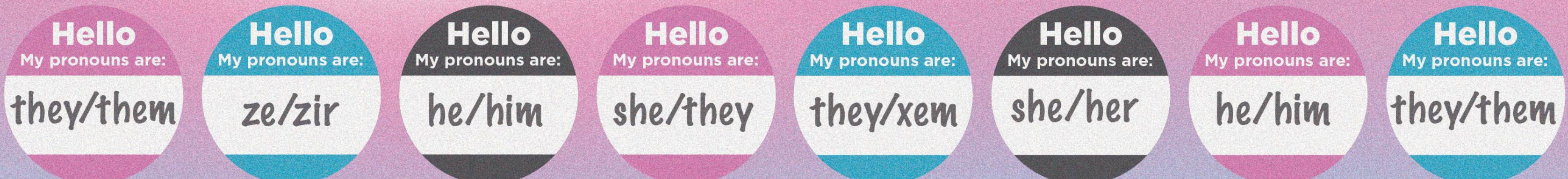
them.

Tips for Gender Neutral Language:

When addressing groups of people or people whose pronouns you haven't been told, use gender-neutral language such as "**friends**," "**folks**," "**all**," or "**y'all**," rather than "guys," "ladies," "ma'am," or "sir."

Don't make assumptions about relationship terms. For example, use **spouse** or **partner** instead of husband and wife; use **parent** instead of mother and father.

Challenge the use of gender when talking about careers and professions. For example, use "**firefighters**" instead of "firemen" or "**ballet dancer**" instead of "ballerina."

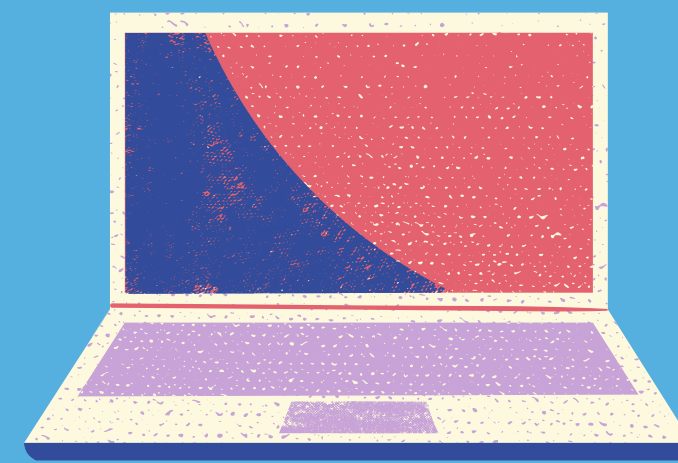


Online Resources



- **Asexual Visibility and Education Network** — www.asexuality.org — “The world’s largest online asexual community as well as a large archive of resources on asexuality.”
- **Answer** — <http://answer.rutgers.edu/page/training> — a sex education resource aimed at providing high-quality training to teachers and other youth-serving professionals. Includes online workshops, webinars, and other resources about LGBTQ inclusive/sensitive sex ed and more.
- **Bisexual.org** — www.bisexual.org — “A voice to the bisexual community, share accurate information, answer questions, and provide resources for further learning.”
- **Florida Name Changer** - <https://www.floridanamechange.org/> - free service to help residents of Florida update their legal name and gender marker on official government identification
- **Get Real** — www.getrealeducation.org — “Comprehensive Sex Education That Works.”
- **It’s Pronounced Metrosexual** — www.itspronouncedmetrosexual.com — an online resource educating on issues of identity, sexuality, gender, privilege, and oppression, but in a fun, approachable way (by Safe Zone Project co-creator, Sam Killermann). Chat Space external icon
- **LGBTQ+ Legal Resources: A Beginner’s Guide:** <https://guides.loc.gov/lgbtq-law/online-resources>
- **Q Chat Space** - <https://www.qchatspace.org/> - a digital LGBTQ+ center where teens join live-chat, professionally facilitated, online support groups. Also available in Spanish (disponible en español).
- **TransWhat?** — www.transwhat.org — “A Guide Towards [Trans] Allyship”
- **We Are The Youth** — www.wearetheyouth.org — “Sharing stories of LGBTQ youth in the United States.”

Online Resources



Collegiate Organizations and Resources

- **Consortium of Higher Education LGBT Resource Professionals** — www.lgbtcampus.org/ — The Consortium of Higher Education LGBT Resource Professionals is a member-based organization working toward the liberation of LGBTQ people in higher education.
- **GLSEN** — www.glsen.org/cgi-bin/iowa/all/home/index.html — The GLSEN Research Institute has 20 years of expertise on how to support LGBTQ youth in schools and extracurricular activities.
- **Campus Pride** — www.campuspride.org/ — Campus Pride represents the leading national nonprofit 501(c)(3) organization for student leaders and campus groups working to create safer college environments for LGBTQ students. The organization is a volunteer-driven network “for” and “by” student leaders.
- **Campus Pride Trans Policy Clearing House** — www.campuspride.org/tpc/ — The Campus Pride Trans Policy Clearinghouse is the premier resource for transgender policies at colleges and universities.
- **Campus Pride Index** — www.campusprideindex.org/ — Since 2007, the Campus Pride Index has been the premier LGBTQ national benchmarking tool for colleges and universities to create safer, more inclusive campus communities. The free online tool allows prospective students, families/parents and those interested in higher education to search a database of LGBTQ-friendly campuses who have come out to improve the academic experience and quality of campus life.
- **Center for Lesbian and Gay Studies** — www.clags.org/
- **GoGrad Guide — Guide to the Most Progressive LGBTQ Graduate Degrees** — www.gograd.org/resources/best-lgbtq-grad-schools/ —
- **Reaching Out MBA** — reachingoutmba.org/ — ROMBA exists to empower MBA students who identify as LGBTQ succeed in their studies and become leaders in whatever field they choose.

Mental Health Resources



- **24/7 Crisis Text Line**
 - Text HOME to 741741 to speak with a crisis counselor
 - <https://www.crisistextline.org/>
- **24/7 Trans Lifeline**
 - Call 877-565-8860
 - A nonprofit hotline ran by trans people for trans people
 - <https://www.translifeline.org/>
- **24/7 Crisis Counselor for LGBTQ**
 - Text 'START' to 678-678, call 1-866-488-7386, or chat on their website to speak to a counselor
 - <https://www.thetrevorproject.org/get-help/>
- **Free/Low-cost Counseling**
 - Make an account to find low-cost therapy or chat with a counselor for free
 - <https://www.7cups.com/>
- **Alachua County Crisis Center**
 - 24/7 Crisis Line : 352-264-6789
 - The Alachua County Crisis Center also offers free counseling among other mental health services
- **Meridian Behavioral Healthcare** provides many treatments and services related to mental health and substance use disorders. They are open and currently offering their full range of services including:
 - **Crisis Services:**
 - *Emergency Screening:* evaluations and crisis intervention for adults and children:
 - 24/7 Crisis Line 352-374-5600, option 1
 - *Mobile Response Teams (MRTs):* Mobile team will respond to crisis location for youth and young adults, age 25 and younger.
 - MRT Hotline 1-800-330-5615, option 1
- **National Suicide Hotline** : 1-800-SUICIDE (1-800-784-2433)
- **National Suicide Prevention Line:** 1-800-273-TALK (1-800-273-8255)
- **National Alliance on Mental Illness (NAMI) Gainesville**
 - Offer support for people with mental illness and their family members
 - **Free** Peer Support Groups and Family Support Groups
- **SAGE National LGBT Elder Hotline** : 877-360-LGBT (5428)
 - Connects LGBT older people who want to talk with friendly responders who are ready to listen.

Local Resources

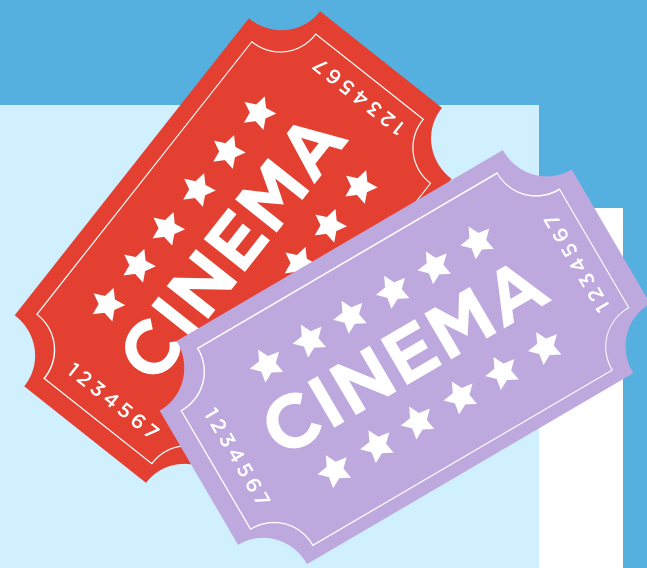


- **Civic Media Center and Library** – Gainesville: a nonprofit library and community space that helps local activism - <https://www.civicmediacenter.org/> or @civicmediacenter_ on Instagram
- **Equal Access Clinic** – a network of clinics providing free, high-quality medical care to the communities of Gainesville, FL. LGBTQ Health Night every third Tuesday of the month at their Eastside location - <https://equalaccess.med.ufl.edu/>
- **Lavender Council** – The Lavender Council of Marion County is an LGBTQ+ support, advocacy, and educational group serving Ocala and the greater Marion County area. @LavenderCouncil on Twitter.
- **PFLAG** - *Gainesville*: The Gainesville Chapter of Parents and Families of LGBT Persons. *Ocala*: The Ocala Chapter of Parents and Families of LGBT Persons - <https://pflaggainesville.org/>
- **Pride Community Center of North Central Florida** – 3131 NW 13th St. Suite 62 Gainesville, FL 32627, 352-377-8915 – @pccncf on Instagram or <https://gainesvillepride.org/>
- **SF LGBTQ+ Center** – Gainesville, G-023 (Santa Fe College, NW Campus) - 352-395-5636, <https://www.sfcenter.org/>
- **TranQuility** – a transgender community group serving Alachua County - <https://fltranq.com/wp/>
- **Unspoken Treasure Society** – a non-profit organization dedicated to improving the lives of transgender community members of all backgrounds - <https://www.unspokensociety.org/> or @unspokentreasuresociety on Facebook, Twitter, and Instagram
- **WellFlorida** – 1785 NW 80th Blvd, Gainesville, FL 32606, (352) 313-6500 - <https://www.wellflorida.org/> - @WellFlorida on Twitter - @Wellflorida_hip on Instagram

Representation

In Movies

- Disclosure (2020)
- Love, Simon (2018)
- The Miseducation of Cameron Post (2018)
- A Fantastic Woman (2017)
- Moonlight (2016)
- Carol (2015)
- Tangerine (2015)
- Boy Meets Girl (2014)
- United in Anger: A History of ACT UP (2012)
- The Watermelon Woman (1996)
- Boys Don't Cry (1999)
- Paris is Burning (1990)
- Desert Hearts (1985)



In Books

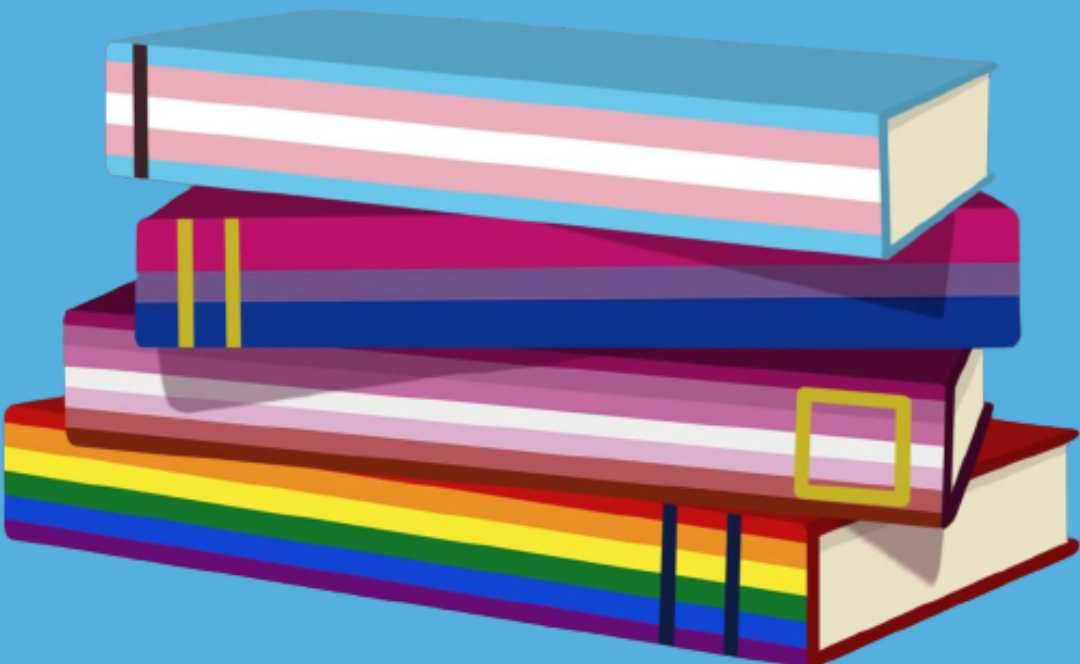
- The Black Flamingo by Dean Atta
- It's Not Like It's a Secret by Misa Sugiura
- Let's Talk About Love by Claire Kann
- Rainbow Milk by Paul Mendez
- The Song of Achilles by Madeline Miller
- The Stonewall Reader, foreword by Edmund White
- Symptoms of Being Human by Jeff Garvin
- Juliet Takes a Breath by Gabby Rivera
- One Last Stop by Casey McQuiston
- You Should See Me in a Crown by Leah Johnson
- Aristotle and Dante Discover the Secrets of the Universe by Benjamin Alire Saenz
- Check, Please! by Ngozi Ukazu
- I Wish You All the Best by Mason Deaver

In Shows

- Dear White People (Netflix)
- Euphoria (HBO/Max)
- She-Ra (Netflix)
- The Fosters (Netflix)
- Killing Eve (Hulu/BBC America)
- Special (Netflix)
- Pose (FX, Netflix)
- Sex Education (Netflix)
- Steven Universe (Hulu)
- Twenties (BET)
- Wynonna Earp (Netflix)
- Work in Progress (Showtime, Hulu, Amazon)

In Music

- Lil Nas X (Pop/Rap)
- Janelle Monae (R&B)
- Orville Peck (Country)
- Trixie Mattel (Folk)
- Conan Gray (Pop/Alt)
- The Aces (Alternative/Indie)
- girl in red (Indie)



Historical Faces of the Community



Marsha P. Johnson
(she/her/queen)

A Black self-identified drag queen and transwoman who was a performer and activist. Johnson was a vital part of the Stonewall Uprising in the late 1960s and the gay liberation movement.



Stormé DeLarverie
(she/her)

Nicknamed "Guardian of Lesbians in the Village" due to her work as a volunteer street patrol worker. She identified as a biracial butch lesbian who was involved in the Stonewall Veterans' Association.



Simon Nkloi
(he/him)

Nkloi was a gay and AIDS activist who also fought against apartheid in South Africa. He helped found the Gay Association of South Africa (GASA) and the Gay and Lesbian Organizations of the Witwatersrand (GLOW).



Leslie Feinberg
(zie/hir)

Feinberg was the first theorist to advance a Marxist concept of "transgender liberation," and hir work impacted popular culture, academic research, and political organizing.



Erestine Eckstein
(she/her)

Leader of the first lesbian civil and political rights association: Daughters of Bilitis (DOB). She also was an activist for the black feminist movement of 1970.



Bayard Rustin
(he/him)

He was a Black American man who successfully organized civil rights, socialism, nonviolence, and gay rights in the United States before the gay liberation movement. He was awarded the Presidential Medal of Freedom in 2013.



Barbara Gittins
(she/her)

She was a gay rights activist who started the first lesbian civil rights organization in the US: The Daughters of Bilitis (DOB). She also promoted gay literature by working with the Gay Task Force of the American Library Association.



Sylvia Rivera
(she/her)

She was a transgender Hispanic-American woman who was a key figure in the LGBT+ rights movement. Alongside Marsha P Johnson, established STAR (Street Trans* Action Revolutionaries) that supports homeless trans youth.



Major Griffin-Gracy
(she/her)

She is a Black transgender and genderqueer woman. She participated in the 1969 Stonewall Riots. She served as one of the first executive directors for the Transgender Gender Variant Intersex Justice Project (TGJIP).

Modern Faces of the Community



Elliot Page
(he/him)

Page is a Canadian actor and producer, commonly known for his roles in *Hard Candy* and *Juno*. He came out as a transgender man in December 2020.



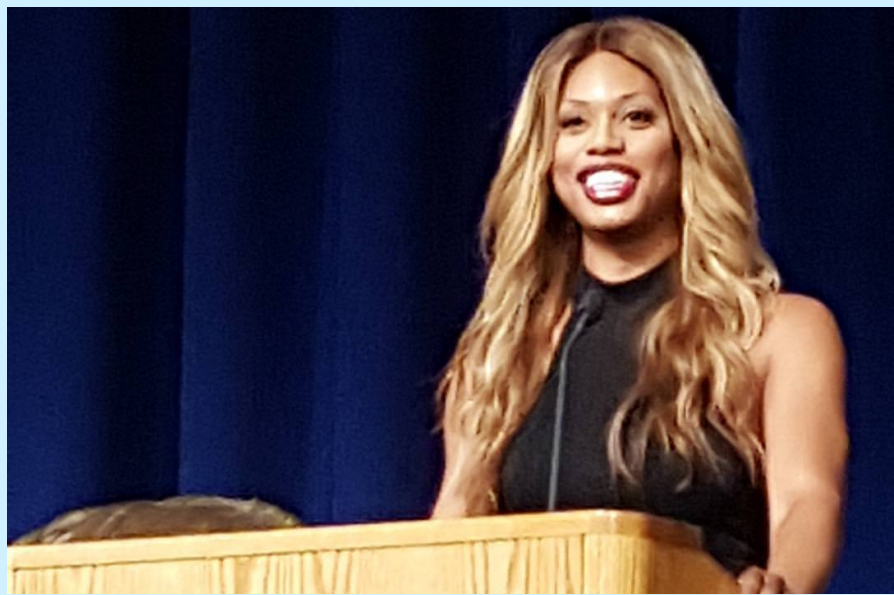
Jonathan Van Ness
(JVN; they/he/she)

Commonly known for their role in *Queer Eye*, JVN is a hairdresser, activist, podcast host, and TV personality. They are non-binary and have been open about living with HIV.



Margaret Cho
(she/her)

Cho is a bisexual Korean-American comedian who draws on her own experience with race, gender, and sexual orientation in her comedy.



Laverne Cox
(she/her)

Commonly known for her role in *Orange is the New Black*, Cox is an actress, activist, and trailblazer. She is the first transgender person to be nominated for and later win a primetime Emmy award.



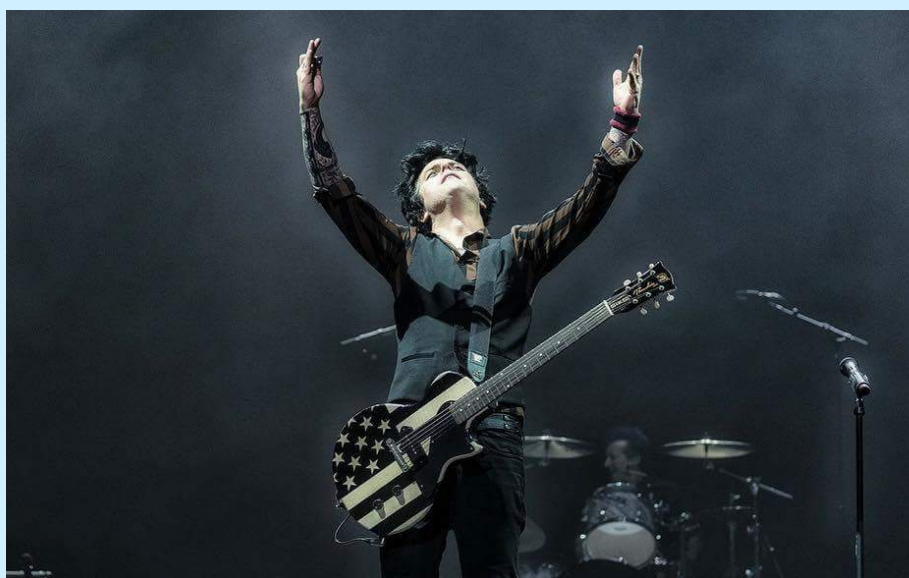
Sara Ramirez
(they/them)

They played the longest running LGBT character in US television history in the show *Grey's Anatomy*. Ramirez is Mexican American, bisexual, and nonbinary. Ramirez is an activist who campaigns for LGBT rights.



Tim Cook
(he/him)

Cook has been the CEO of Apple Inc. since 2011. He advocated for political reformation, cybersecurity, and environmental preservation. He came out as gay in 2014.



Billy Joe Armstrong
(he/him)

Armstrong is an American singer, songwriter, and record producer. He is best known as the lead vocalist, guitarist, and main songwriter of the punk rock band *Green Day*. He came out as bisexual in 1995.



Lil Nas X
(he/him)

Lil Nas X is an American rapper, singer, and songwriter. He rose to fame with the release of his country rap song "Old Town Road". He came out as gay in 2019.



Samira Wiley
(she/her)

Wiley is an American actress, best known for her role as Poussey Washington in *Orange is the New Black*. She was outed by one of her cast mates, and is now an outspoken advocate for the LGBT community.

Tips and Resources for Allies

How To Be A Better Ally

- Learn to be open, listen and learn.
- Check your privilege. Even people in the LGBT community have certain privileges: like race, class, gender, or lack of disability.
- Don't assume everyone is cis and heterosexual.
- Don't assume someone's sexuality or gender based on the way they look or act.
- Recognize and confront your own prejudice and unconscious biases.
- Language matters. Learn to use people's right name and pronouns.
- Know you will mess up sometimes and that's okay! Take a breath, apologize and correct yourself before moving on.
- Ask when it is safe to use people's names and pronouns.
- Never ask for a trans person's deadname.
- Use terms like "assigned male at birth" instead of saying "born a boy."
- Know the difference between gender, gender expression, and sexual orientation.
- Remember, ally is also a verb!

Resources

- **Rainbow Health**
 - AIDSLine: 612-373-2437
 - Offers informational resources on LGBTQ Health and HIV
 - <https://rainbowhealth.org/community-resources/>
- **InterACT**
 - How allies can become more involved in advocating for intersex people
 - <https://interactadvocates.org/intersex-awareness-day-for-allies/>
- **Transgender Law Center**
 - Offers legal resources for transgender people
 - <https://transgenderlawcenter.org/resource>
- **The Front Porch: Virtual Gatherings for the #LGBTQSouth**
 - New initiative from the Campaign for Southern Equality to support LGBTQ Southerners through the COVID-19 pandemic.
 - <https://southernequality.org/frontporch/>
- **Arcus Foundation**
 - Offers many resources, locally and internationally, for LGBTQ communities and allies navigating COVID-19
- **The Human Rights Campaign**
 - Features an informational online booklet including educational materials, additional resources, and a guide on how to support LGBTQ+ people.
 - <https://www.hrc.org/resources/being-an-lgbtq-ally>
- **UC Davis LGBTQIA Resource Center**
 - Offers tip on how to practice allyship, particularly to trans, intersex, and asexual people.
 - <https://lgbtqia.ucdavis.edu/educated/ally-tips>



How to be an ally in the classroom

LGBTQ Ally Action: Knowing Students' Rights

As the LGBTQ community is historically misrepresented and discriminated against, it's vitally important for teachers to understand LGBTQ students' rights and are able to identify biased or judgmental behavior. Because LGBTQ individuals still do not fully enjoy the same rights and privileges of their straight counterparts, it's equally important to understand prejudices within the law and provide advocacy for the advancement of their rights. Some of the most common areas where LGBTQ students experience discrimination include:

- **HARASSMENT:** Title IX bans federally-funded schools from discriminating against LGBTQ people, but many states are enacting additional protections against harassment and bullying, particularly for LGBTQ youth.
- **PRIVACY:** LGBTQ youth are provided the same constitutional right to privacy as all other citizens, and this means no one from school can disclose a student's sexual orientation or gender identity without their approval, even if they are a minor.
- **SPEECH:** LGBTQ students enjoy the same freedom of speech granted to all American citizens. Only speech deemed hate speech or disruptive to a classroom is subject to censorship.
- **GENDER EXPRESSION:** Discrimination based on gender identity is unlawful in all 50 states, giving students the right to express their gender identities via clothing and other means - provided they are appropriate to any student, regardless of gender.
- **GAY-STRAIGHT ALLIANCES:** The Equal Access Act stipulates that public schools with non-curricular clubs must also allow students to create a GSA club.
- **PROMS, HOMECOMING, AND SCHOOL EVENTS:** The First Amendment protects LGBTQ students' right to express their gender identities and sexual preferences at all public school events, so long as they comply with rules and regulations applicable to all students.

Tips for Teachers

- **CREATING LGBTQ+ INCLUSIVE CURRICULA:** Take time to highlight notable LGBTQ individuals who worked in your field of study.
- **TRUST YOUR STUDENTS:** If a student says they are being bullied, take them at their word and don't dismiss the actions as teasing. Allegations about bullying must always be taken seriously.
- **INFORM ADMINISTRATORS:** Inform school leaders of all reports of harassment so that they can monitor the situation and respond appropriately.
- **SIMPLY LISTEN:** If a student tells you they have been harassed for their sexual orientation and/or gender identity, listen without judgment or assumption.
- **CONNECT STUDENTS TO RESOURCES:** Students who have been bullied may not be aware of school services that could help, like counseling or therapy. Make sure students have all the information they need to access support.
- **BE IN THE KNOW:** LGBTQ students are disproportionately the target of bullying, whether on-site or online. Teachers should learn how to recognize and respond to warning signs of bullying in all forms.
- **INTERVENE:** If you see a student being bullied or harassed, take action immediately. Targeted students need to know those around them will intervene - and bullies must know their actions won't be tolerated.

Tips for Students

- Be open to learn, listen and educate yourself
- Check your privilege
- Don't assume someone is or is not LGBTQ+
- Think of 'ally' as an action rather than a label
- Confront your own prejudices and unconscious bias
- Know that language matters
- Know that you will mess up sometimes - breathe, apologize, and ask for guidance
- Stand up for your peers if you see someone victimizing them





LGBTQ+ Health

Questions to ask your doctor

- **Before setting up your appointment:**
 - Do you have open LGBTQ+ patients?
 - Do you have experience working with LGBTQ+ patients?
 - What is your view of lesbian, gay, bisexual, transgender people and their relationships?
 - How do you generally work with LGBT people?
 - What's your experience with treating other people with problems similar to mine?
 - What type of professional education do you have in working with LGBT clients?
 - What kind of training have you had in working with the LGBT population?
- **General questions you can ask:**
 - How long have you been in practice?
 - Where is your office located?
 - What are your usual office hours?
 - What are your fees?
 - Are you able to accept my insurance?
 - Do you have a sliding fee scale? How does it work?
 - How soon would you be able to see me?

Health Care Options

- **Out2Enroll**
 - Connects LGBTQ+ and allies to gender-affirming care and affordable insurance plans
 - <https://out2enroll.org>
- **One Medical**
 - Primary care practice
 - Membership provides same/next-day appointments (in-person or online), on-demand video chat, drop-in labs, etc.
 - <https://www.onemedical.com>
- **Care Dash**
 - Allows you to find providers that are LGBTQIA-friendly and are a transgender safe space in your area
 - Indicated by a rainbow emoji
 - <https://www.caredash.com>
- **Please PrEP Me**
 - Find PrEP providers in your area
 - Assistance programs to help pay for PrEP
 - <https://www.pleaseprepme.org>
- **Plume**
 - Trans-led healthcare team
 - Membership includes video appointments with providers, prescriptions for gender-affirming medication, medical letters for surgery, letters for name or gender marker changes, etc.
 - <https://getplume.co>
- **Gay and Lesbian Medical Association** has a Provider Directory for patients to find services in their area
 - <https://www.glma.org>
- **The Equal Access Clinic's Eastside location** hosts LGBT Nights every 3rd Tuesday of the month.
 - <https://equalaccess.med.ufl.edu/>
- **Many community groups** such as Gainesville's TranQuility, have historically held healthcare panels and often have lists of trusted providers/resources.
- Use the **Psychology Today** website to filter for mental health care providers who either identify as LGBTQ+ or specialize in LGBTQ+ care
 - <https://www.psychologytoday.com/us/therapists>



LGBTQ+ Sexual Health

Tips for safer vaginal sex

- If you're using sex toys, use a new condom for each partner or between penetration of different body openings. Sex toys should be washed with soap and water between sessions.
- Avoid oral sex if either of you has any cuts or sores in the mouth or on the lips, or use a dental dam.
- Some infections can be transmitted by hands, fingers and mutual vulval rubbing. Wash your hands before and after sex.
- Wear latex gloves and use plenty of water-based lubricant for vaginal and anal fingering/fisting.

Tips for safer anal sex

- Anal sex toys should be flared at the base to prevent it from getting lodged inside
- Lube is especially important as the anus doesn't produce a natural lubricant and the tissue is very thin
- Silicone lube is recommended for anal sex as it is thicker and lasts longer than other lubes
- If you are using silicone sex toys or condoms, use water-based lube to prevent breakdown of the latex or silicone
- When switching to other activities (oral or vaginal penetration), wash everything thoroughly and switch condoms
- Notify your doctor if you experience bleeding that lasts a couple days or swelling around the anus

Preventative Care

- Pre-Exposure Prophylaxis (PrEP) for HIV
- Vaccines
 - Hepatitis A
 - Hepatitis B
 - Human Papillomavirus (HPV)
- Birth Control
 - The combination pill (99% effective; every day)
 - The patch (99% effective; every week)
 - The ring (99% effective; every 3 weeks)
 - The shot (99% effective; every 12-13 weeks)
 - The implant (>99% effective; every 3 years)
 - Hormonal IUD (>99%; every 3-7 years)
 - Copper IUD (>99.9%; every 12 years)

Even if you are receiving hormone therapy, you can still get pregnant!



Six ways to be more sex-positive

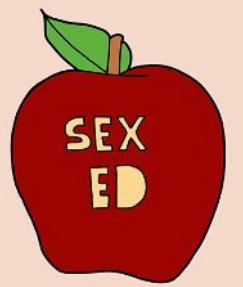
@sexualdiscussions



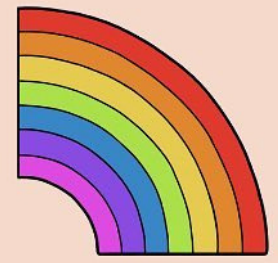
Understand and accept what does and doesn't work for you.



Stay up to date with your sexual health.



Advocate for sexual education and support sex educators /workers.



Educate yourself on others' experiences and sexual diversity.



Stop slut-shaming and call out people who do.



Start communicating about sexuality freely with people you are comfortable with.

Tips for toys

You can avoid sexually transmitted infections (STIs) by:

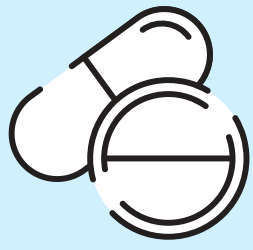
- Keeping sex toys clean – wash them after each use
- Covering penetrative sex toys, such as vibrators, with a new condom each time they're used
- Not sharing sex toys
- Having a different set of sex toys for each partner

Cleaning Toys:

- *Glass*: Wash glass toys with soap and water. Pyrex toys are dishwasher safe. Do not expose glass to extreme temperatures.
- *Stainless Steel*: If attached to an electrical device, use warm soapy water, being careful not to submerge any electrical components. If there are no electrical components you have 3 options: Boil or soak in a 10% bleach-water solution for 10 minutes, or place it in the dishwasher.
- *Hard Plastic*: Clean with anti-bacterial soap and water. Do not boil.
- *Silicone*: You can choose from 3 options to clean a silicone toy. Either submerge in boiling water for 5-10 minutes, put it in your dishwasher (on top rack), or wash with anti-bacterial soap and warm water. Do not boil silicone vibrators because you will destroy the vibrator mechanism.
- *Rubber materials*: Rubber materials are porous and difficult to clean. In addition, their composition is not always known or may contain phthalates, chemicals which have been shown to be harmful to your health. For these reasons, it is recommended to use condoms with these types of toys.
- *Cyberskin and Vinyl*: Cyberskin is soft and porous, often used for dildos. Wash cyberskin and vinyl toys delicately with warm water only. Air dry and powder a small amount with cornstarch to keep them from getting sticky.
- *Nylon*: Nylon harnesses and toys can be machine or hand washed with a mild anti-bacterial soap.
- *Leather*: Wipe leather products with a damp, soapy cloth or with leather cleaner. Do not soak leather. After cleaning, you may recondition your toy using a leather conditioner. Protect metal parts from tarnish by applying a coating of clear nail polish.

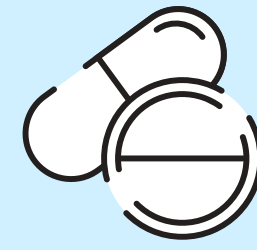
LGBTQ+ Sexual Health

PrEP



- Pre-exposure Prophylaxis (PrEP)
- Medication taken daily to prevent transmission of HIV
- Truvada® is for all people at risk through sex or injection drug use.
- Descovy® is for people at risk through sex, except for people assigned female at birth who are at risk of getting HIV from vaginal sex.
- Must be prescribed by a medical professional
- PrEP is safe but some people experience side effects like diarrhea, nausea, headache, fatigue, and stomach pain. These side effects usually go away over time.
- PrEP reduces the risk of getting HIV (but not other STIs) from sex by about 99% when taken as prescribed.
- PrEP reaches maximum protection from HIV for receptive anal sex (bottoming) at about 7 days of daily use.
- For receptive vaginal sex and injection drug use, PrEP reaches maximum protection at about 21 days of daily use.
- PrEP may be right for you if you test negative for HIV, and any of the following apply to you:
 - You have had anal or vaginal sex in the past 6 months and you
 - have a sexual partner with HIV (especially if the partner has an unknown or detectable viral load),
 - have not consistently used a condom or
 - have been diagnosed with an STI in the past 6 months.
 - You inject drugs and you
 - have an injection partner with HIV, or
 - share needles, syringes, or other equipment to inject drugs (for example, cookers).
 - You have been prescribed PEP (post-exposure prophylaxis) and you
 - report continued risk behavior, or
 - have used multiple courses of PEP.

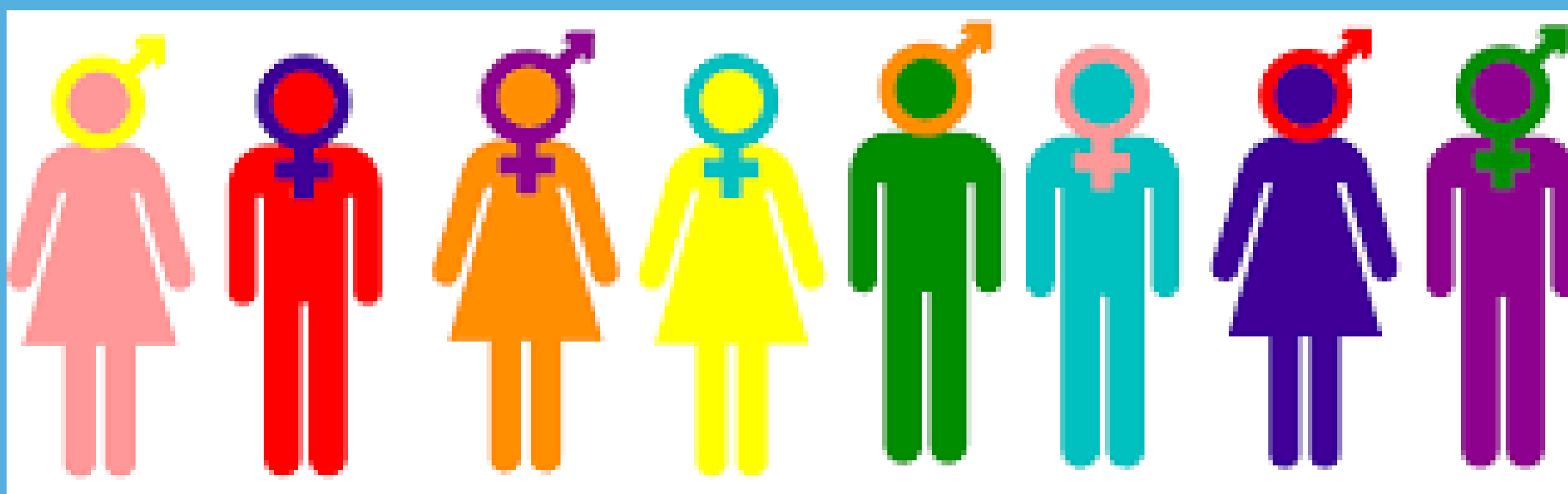
PEP



- Post Exposure Prophylaxis (PEP)
- 2-pill medication cocktail taken for 28 days after suspected exposure to HIV.
- Must be started within 72 Hours of possible exposure to HIV
 - during sex (for example, if the condom broke),
 - through sharing needles, syringes, or other equipment to inject drugs (for example, cookers), or
 - if you've been sexually assaulted.
- For emergency situations
 - PEP is not a substitute for regular use of other HIV prevention.
 - PEP is not the right choice for people who may be exposed to HIV frequently.
- PEP is safe but may cause side effects like nausea in some people.

Barrier Protection

- External Condom (97% effective)
 - Variety of options that are widely available
 - Protects against, pregnancy, STIs and HIV
- Internal Condom (95% effective)
 - Nicknamed "female" condom, but anyone can use it
 - Can be used for vaginal and anal sex
 - To use for anal sex, remove the inner ring
 - Can be inserted up to 8 hours before having sex
 - Protects against pregnancy, STIs and HIV
- Dental Dam
 - Used during oral sex involving the vulva or anus
 - Protects against STIs and HIV



STIs/STDs

Asymptomatic STIs

- Many STIs have no signs or symptoms (asymptomatic). Even with no symptoms, however, you can pass the infection to your sex partners. So it's important to use protection, such as a condom, during sex. Visit your doctor regularly for STI screening so you can identify and treat an infection before you can pass it on.

Chlamydia

- Chlamydia is a bacterial infection of your genital tract. Chlamydia may be difficult to detect because early-stage infections often cause few or no signs and symptoms. When they do occur, symptoms usually start one to three weeks after you've been exposed to chlamydia and may be mild and pass quickly.
- Signs and symptoms may include:
 - Painful urination
 - Lower abdominal pain
 - Vaginal discharge in women
 - Discharge from the penis in men
 - Pain during sexual intercourse in women
 - Bleeding between periods in women
 - Testicular pain in men

Gonorrhea

- Gonorrhea is a bacterial infection of your genital tract. The bacteria can also grow in your mouth, throat, eyes and anus. The first gonorrhea symptoms generally appear within 10 days after exposure. However, some people may be infected for months before signs or symptoms occur.
- Signs and symptoms of gonorrhea may include:
 - Thick, cloudy or bloody discharge from the penis or vagina
 - Pain or burning sensation when urinating
 - Heavy menstrual bleeding or bleeding between periods
 - Painful, swollen testicles
 - Painful bowel movements
 - Anal itching

Trichomoniasis

- Trichomoniasis is a common STI caused by a microscopic, one-celled parasite called *Trichomonas vaginalis*. This organism spreads during sexual intercourse with someone who already has the infection.
- The organism usually infects the urinary tract in men, but often causes no symptoms. Trichomoniasis typically infects the vagina in women. When trichomoniasis causes symptoms, they may appear within five to 28 days of exposure and range from mild irritation to severe inflammation.
- Signs and symptoms may include:
 - Clear, white, greenish or yellowish vaginal discharge
 - Discharge from the penis
 - Strong vaginal odor
 - Vaginal itching or irritation
 - Itching or irritation inside the penis
 - Pain during sexual intercourse
 - Painful urination

Syphilis

- Syphilis is a bacterial infection. The disease affects your genitals, skin and mucous membranes, but it can also involve many other parts of your body, including your brain and your heart.
- The signs and symptoms of syphilis may occur in three stages — primary, secondary, and tertiary. Some people also experience latent syphilis, in which blood tests are positive for the bacteria but no symptoms are present.
- At first, only a small, painless sore (chancre) may be present at the site of infection, usually the genitals, rectum, tongue or lips. As the disease worsens, symptoms may include:
 - Rash marked by red or reddish-brown, penny-sized sores over any area of your body, including your palms and soles
 - Fever
 - Enlarged lymph nodes
 - Fatigue and a vague feeling of discomfort
 - Soreness and aching
- Without treatment, syphilis bacteria may spread, leading to serious internal organ damage and death years after the original infection.
- Some of the signs and symptoms of late-stage syphilis include:
 - Lack of coordination
 - Numbness
 - Paralysis
 - Blindness
 - Dementia
- There's also a condition known as congenital syphilis, which occurs when a pregnant woman with syphilis passes the disease to her unborn infant. Congenital syphilis can be disabling, even life-threatening, so it's important for pregnant women with syphilis to be treated.
- At any stage, syphilis can affect the nervous system. Neurosyphilis may cause no signs or symptoms, or it can cause headache, behavior changes, or movement problems

STIs/STDs

HIV

- HIV is an infection with the human immunodeficiency virus. HIV interferes with your body's ability to fight off viruses, bacteria and fungi that cause illness, and it can lead to AIDS, a chronic, life-threatening disease.
- When first infected with HIV, you may have no symptoms. Some people develop a flu-like illness, usually two to six weeks after being infected. Still, the only way you know if you have HIV is to be tested.
- Early signs and symptoms
 - Early HIV signs and symptoms usually disappear within a week to a month and are often mistaken for those of another viral infection. During this period, you're highly infectious. More-persistent or -severe symptoms of HIV infection may not appear for 10 years or more after the initial infection. Early-stage HIV symptoms may include:
 - Fever
 - Headache
 - Sore throat
 - Swollen lymph glands
 - Rash
 - Fatigue
- As the virus continues to multiply and destroy immune cells, you may develop mild infections or chronic signs and symptoms such as:
 - Swollen lymph nodes — often one of the first signs of HIV infection
 - Diarrhea
 - Weight loss
 - Fever
 - Cough and shortness of breath
- Signs and symptoms of late-stage HIV infection include:
 - Persistent, unexplained fatigue
 - Soaking night sweats
 - Shaking chills or fever higher than 100.4 F (38 C) for several weeks
 - Swelling of lymph nodes for more than three months
 - Chronic diarrhea
 - Persistent headaches
 - Unusual, opportunistic infections

Hepatitis A, hepatitis B and hepatitis C are all contagious viral infections that affect your liver. Hepatitis B and C are the most serious of the three, but each can cause your liver to become inflamed.

- Some people never develop signs or symptoms. But for those who do, signs and symptoms may occur several weeks after exposure and may include:
 - Fatigue
 - Nausea and vomiting
 - Abdominal pain or discomfort, especially in the area of your liver on your right side beneath your lower ribs
 - Loss of appetite
 - Fever
 - Dark urine
 - Muscle or joint pain
 - Itching
 - Yellowing of your skin and the whites of your eyes (jaundice)

Genital herpes

- Genital herpes is a highly contagious STI caused by a type of the herpes simplex virus (HSV) that enters your body through small breaks in your skin or mucous membranes. Most people with HSV never know they have it, because they have no signs or symptoms or the signs and symptoms are so mild they go unnoticed.
- When signs and symptoms are noticeable, the first episode is generally the worst. Some people never have a second episode. Others, however, can have recurrent episodes for decades.
- When present, genital herpes signs and symptoms may include:
 - Small red bumps, blisters (vesicles) or open sores (ulcers) in the genital and anal areas and areas nearby
 - Pain or itching around the genital area, buttocks and inner thighs
 - Ulcers can make urination painful. You may also have pain and tenderness in your genital area until the infection clears. During an initial episode, you may have flu-like signs and symptoms, such as a headache, muscle aches and fever, as well as swollen lymph nodes in your groin.
- In some cases, the infection can be active and contagious even when sores aren't present.

Human papillomavirus (HPV) infection and genital warts

- HPV infection is one of the most common types of STIs. Some forms of HPV put women at high risk of cervical cancer. Other forms cause genital warts. HPV usually has no signs or symptoms. The signs and symptoms of genital warts include:
 - Small, flesh-colored or gray swellings in your genital area
 - Several warts close together that take on a cauliflower shape
 - Itching or discomfort in your genital area
 - Bleeding with intercourse
- Often, however, genital warts cause no symptoms. Genital warts may be as small as 1 millimeter in diameter or may multiply into large clusters. Warts can also develop in the mouth or throat of a person who has had oral sex with an infected person.

Credits

- <https://studentaffairs.fiu.edu/get-involved/social-justice-and-inclusion/pride-center/resources/index.php>
- <https://marshap.org/about-mpji/>
- <http://healthcareguild.com/questions-to-ask-providers.html>
- <https://www.glaad.org/blog/10-lgbt-asian-americans-celebrate-during-aapi-heritage-month>
- <https://mamaslatinas.com/news-entertainment/144938-sara-ramirez-comes-out-as/sara-ramirez-opened-up-about>
- <https://www.cbsnews.com/pictures/transgender-celebrities-you-need-to-know/2/>
- <https://stacker.com/stories/1173/50-celebrities-you-might-not-know-are-lgbtq>
- <https://www.hrc.org/resources/be-an-ally-support-trans-equality>
- <https://colleges.claremont.edu/qrc/education/enact-allyship/qtpoc-ally/>
- <https://www.accreditedschoolsonline.org/education-teaching-degree/lgbtq-youth/>
- <https://www.ucl.ac.uk/students/news/2020/dec/7-ways-you-can-be-better-lgbtq-ally>
- <https://www.cdc.gov/hiv/basics/pep/about-pep.html>
- <https://www.cdc.gov/hiv/basics/prep/about-prep.html>
- <https://helloclue.com/articles/sex/internal-condoms-101>
- <https://www.unco.edu/gender-sexuality-resource-center/resources/historical-figures.aspx> (edited)
- <https://www.ucl.ac.uk/students/news/2020/dec/7-ways-you-can-be-better-lgbtq-ally>
- <https://lgbtqia.ucdavis.edu/educated/ally-tips>
- <https://www.mayoclinic.org/diseases-conditions/sexually-transmitted-diseases-stds/in-depth/std-symptoms/art-20047081>
- <https://www.healthline.com/health/lgbtqia-safe-sex-guide#learn-more>
- <https://www.healthline.com/health/does-anal-hurt#safety>
- <https://out2enroll.org/>
- <https://www.healthline.com/health/birth-control/methods#permanent>
- <https://www.caredash.com/>
- <https://www.pleaseprepme.org/#>
- <https://getplume.co/>
- <https://www.brown.edu/campus-life/health/services/promotion/content/whats-best-way-clean-sex-toys>