

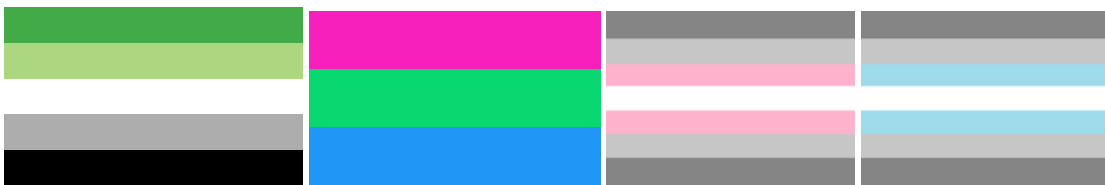
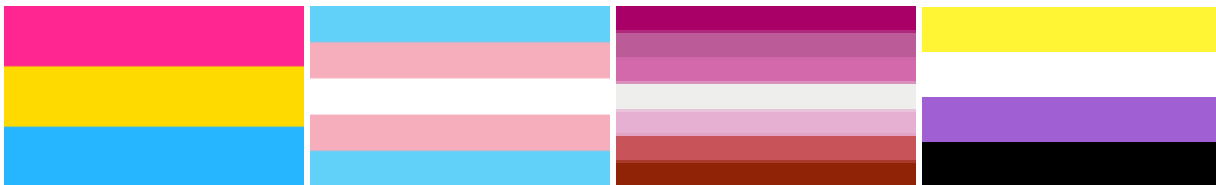


LGBT Mag

Presented by:
Crystal Fletcher

Pride Flags

Collection of Pride Flags. In order: Gay (generally used as the general LGBT flag, covering most matters for blanket cases), Asexual, Bisexual, Intersex, Pansexual, Transgender, Lesbian, Non-binary, Demi-sexual, Bigender, Genderqueer, Agender, Aromantic, Polysexual, Demi-girl, Demi-Boy. (This is not a comprehensive list of all flags, these are just some of the more commonly used flags that are used by the LGBT community). While these cover many identities, they do not cover all identities out there.



lgbT: Transgender Individuals

Transgender people are very diverse, and come from many different backgrounds. The word “transgender” (or trans/trans*) is an umbrella term for people whose

gender identity is different from the sex assigned to us at birth, and generally is used for expressing people’s gender identities. The word “cisgender” (or cis) is the opposite from transgender, meaning that your gender aligns with your gender assigned at birth. Although the word “transgender” only came into use in the late 20th century, trans individuals have existed throughout recorded history.



Transgender identities are incredibly diverse. Some individuals identify as part of the binary (male or female), while others identify as being gender non-conforming (such as genderqueer, non-binary, agender). In general, transgender people face many challenges, including: current lack of legal protections; poverty; harassment from Trans Exclusionary Radical Feminists (TERFs), other members of the LGBT community (including other trans people surprisingly enough), and many others; stigmas; anti-trans violence; barriers to healthcare; and identity documents.

Many trans* people experience gender dysphoria, which is a term that psychologists and doctors use to describe the distress, unhappiness, and anxiety that transgender people may feel about the mismatch between their bodies and their gender identity. An important note is that trans* individuals don’t have to have gender dysphoria in order to be trans. Some people just don’t align with the gender that they were assigned at birth.

LGBt: Lesbian and Gay Individuals

Lesbian, Gay, and Bisexual people are those who express their sexual identity, as opposed to Trans individuals who are expressing their gender identity.

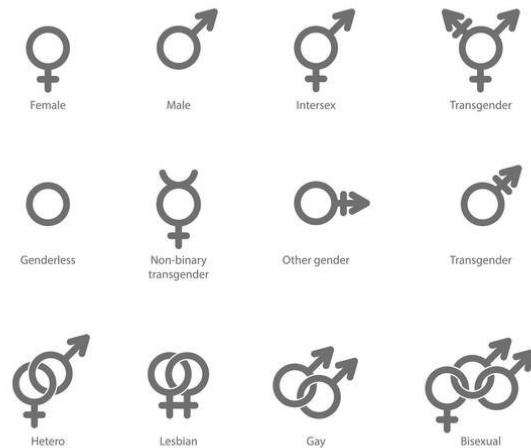
Lesbians are women or are (generally) attracted to only women. Gay men are attracted to other men, and gay women are attracted to other women. Typically, when people are referring to a gay person, they typically mean a gay man. Bisexual (Bi) individuals are attracted to both their gender, and another gender (Typically in our cis-normative society, this means a men or women attracted to both men and women).

Even though the situation for Gay and Bi individuals has gotten much better in recent years, due to the Obama administration declaring same sex marriage legal in June of 2013, but there are still many struggles that they go through in society.



lgbtQIA+: Other identities under the LGBT umbrella

In this magazine, we have already discussed all 4 letters in LGBT, but there are actually many more identities that can't be expressed properly with just those 4 letters. Available options in simplicity order are: LGBT, LGBTQ, LGBTQIA+, or LBGTQTQIAAP (lesbian, gay, bisexual, transgender, transsexual, queer, questioning, intersex, asexual, ally, pansexual). Another acronym that has risen recently that supports a wider range of people without needing to have 11+ characters (it get's hard to keep track of after a while), is the term GSRM, which stands for Gender, Sexual, and Romantic Minorities.



The author of this magazine feels that GSRM is the best, most inclusive option for the majority of people, but since it is a lesser known term, they usually default to saying LGBTQIA+, since that is more widely accepted. What is amazing about GSRM though, is that it allows for new gender, sexual, and romantic to be discovered, and still be covered by the label of GSRM.

Three additional notes that should be covered here that haven't been covered elsewhere in this magazine: Intersex is a term for people who are born without the typical XY or XX chromosomes, including X, XXX, XXY, XYY, and some others; In addition to sexual expressions, there are also romantic expressions, which usually have parallels to sexual expression (biromantic, homoromantic, heteroromantic, etc); and finally, please ask people about their

How to be an Ally to people in the LGBT community

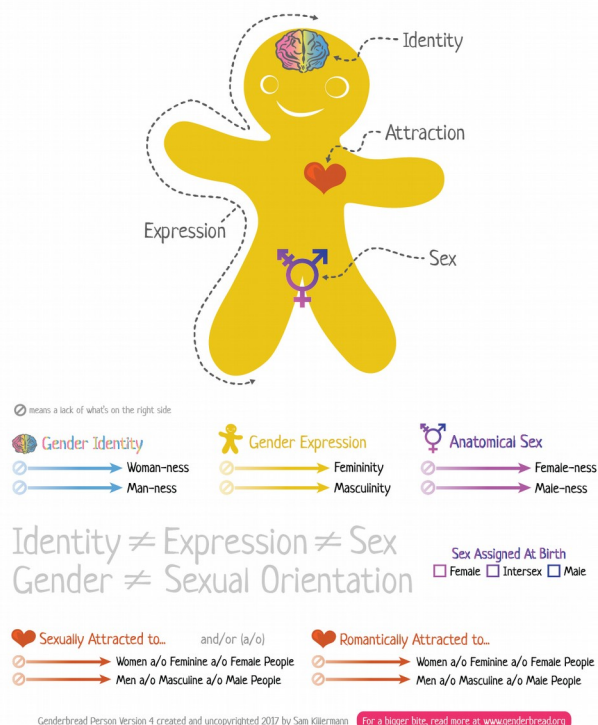


Support for LGBT people is very important. They usually have to go about their days worrying if someone is an ally, or a bigot. Every day, there is transphobia and homophobia that is needed to be dealt with, and these things can result in violence and even murder. For the individual being discriminated, this can result in depression, substance abuse, self-harm, and suicide.

By being a good ally, and letting others know that you are a safe space, you can allow for others to be more comfortable, both with you as an individual, and within the space that they are in in general. To get started with being a good ally, it is suggested to study and understand The Genderbread Person. This concept explains identity, attraction, sex,

and expression very clearly, and shows it in a way that is not on a binary, but a continuous scale. Knowing about this, and using trans* people's pronouns consistently is the very beginnings of being a good ally. It is highly suggested to study and understand LGBT issues to at least know what is going on (don't need to be an expert to be helpful to LGBT folk), which will allow for you to know what current struggles the LGBT community is going through.

The Genderbread Person v4 by its pronounced METROsexual



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