

# 樱花译语 | 对于LGBT青少年，人权日有着特殊意义

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对于LGBT青少年，人权日有着特殊意义



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注: 这篇文章有着比较强烈的政治倾向，言辞略微激进，我们并不保证其观点是否存在偏见，我们只是试图借此文章展现关于LGBT群体的部分观点，请读者酌情考量。

"Youth Standing Up for Human Rights" — this year's Human Rights Day theme — has particular resonance for lesbian, gay, bisexual and transgender youth around the world. LGBT children and young adults face social stigma and experience widespread discrimination and abuse; serious human rights violations that can have lifelong consequences, including for their health. They struggle to find inclusive education and supportive health care. And they often experience daunting pressure to suppress, conceal or change their sexual orientation or gender identity.

“青少年为人权发声”——今年的人权日主题使世界各地的LGBT青少年产生共鸣。如今，LGBT青少年在社会中饱受污蔑、歧视和虐待。这些行为严重侵犯了他们的人权，在他们的身心健康等方面后患无穷。他们为了寻找对少数群体包容的教育和医疗服务煞费苦心，也因为压抑、隐瞒或者改变自己的性别认同和性向而承受着巨大压力。

This September, the United Nations General Assembly heard about these endemic problems facing LGBT youth directly from the UN expert on combating violence and discrimination based on sexual orientation and gender identity, Victor Madrigal-Borloz. He highlighted systematic abuses LGBT youth face in school, with few avenues for redress. Bullying is exacerbated by the absence of protective policy, by poor policy, or by the inability or unwillingness of institutions to address it.

今年九月(2019), 联合国专家Victor Madrigal Borloz在联合国安理会上提及LGBT青少年因性别认同和性向而面临的歧视和暴力问题。他着重指出, LGBT青少年在校园中受到的有预谋有组织的霸凌难以纠正或调和; 而保护制度的缺失与不完善, 以及制度执行的不到位和不情愿也只会加剧霸凌。

He described the experience of trans students in schools that insist on distinct uniforms for boys and girls, and bathrooms or changing rooms strictly segregated by gender. And he noted that while comprehensive sexuality education has been shown to promote self-esteem and better health outcomes, it is under sustained attack by ultra-conservative groups seeking to push back against LGBT people's rights.

他还是提到跨性别群体, 他们在学校中遇到很多有关男女款校服和男女洗手间更衣室的使用问题。他说虽然全面的性别教育意在提升自尊心, 促进身心健康, 但它总是受反LGBT的极端保守组织打压。

Studies in the United States and Netherlands show that LGBT youth experience higher levels of depression, anxiety and substance abuse than their heterosexual peers. And in the U.S., an estimated 40 percent of homeless children are LGBT. LGBT youth often end up homeless because their families and communities ostracize them at a time when they remain economically dependent, and they disproportionately face depression as a result of social stigma.

荷兰和美国都有研究表明LGBT青少年比异性恋者更容易焦虑、抑郁症, 或是滥用药物。在美国, 40%无家可归的儿童属于LGBT群体。他们在还没实现经济独立的时候被家庭和社区排挤, 又因被社会污名化, 造成不成比例的抑郁症患病率。

Yet, instead of taking steps to protect LGBT youth, many countries instead justify anti-LGBT laws and policies on grounds of "protecting children." This is nothing new. Consider the U.K.'s notorious (and since repealed) Section 28 that prevented local councils and schools from "promoting homosexuality," or the "no promo homo" laws that restrict sexuality education in six U.S. states, and the notorious "gay propaganda law" in Russia prohibiting positive communication with children about "non-traditional" sexual relations. This rhetoric of protecting children has been given renewed impetus by opponents of so-called "gender ideology," who target comprehensive sexuality education as part of a strategy to push back against reproductive rights and the rights of sexual and gender minorities.

但还是有很多国家不仅仅对他们的LGBT青少年群体不够关注, 还以“保护未成年人”为借口支持反LGBT的政策。这在很多地方已经成为了家常便饭。美国臭名昭著的第二十八条款(已被持续反驳) 限制学校和组织对“同性恋进行宣传”, 美国还有六个州专门为“禁止宣传同性恋”立法。俄罗斯也有类似的法律, 禁止给未成年人传授“非传统”性观念。那些所谓的“性别主义”分子, 喊着保护未成年人的口号、针对性别教育, 实施剥夺女子生育权和性少数者的策略。

The effect of bullying doesn't end at graduation. Aside from leaving emotional scars, children's exposure to violence and discrimination in educational settings significantly reduces their chances of academic success, leads to higher truancy and dropout rates, reduces their life-chances and increases vulnerability as adults. It is a vicious cycle. As Human Rights Watch research shows, socio-economic factors play a determining role in vulnerability to violence and discrimination, as evident in the relationship between poverty and exposure to violence for lesbians in South Africa, young men in Mombasa, or homeless youth in Jamaica.

霸凌带来的后果不会在毕业时结束。歧视和暴力不止会给未成年人留下心理创伤，还会影响他们的学业，提高旷课率和辍学率；成年后，他们的社会生存能力也会大幅度下降，最终形成一个恶性循环。“人权观察”（Human Rights Watch）的调研显示，**社会经济因素对人们承受暴力和歧视的能力起着决定性作用**。南非女同、蒙巴萨年轻男性和牙买加孤儿的遭遇都表明贫困程度和受到的暴力是有关联的

We have documented some of the unique difficulties LGBT youth face around the globe. In our first report on LGBT issues, "Hatred in the Hallways," in 2001, we documented rampant bullying in schools. Fifteen years later, "Like Walking Through a Hailstorm" revisited the topic in five U.S. states and took a contemporary look at the experiences of LGBT youth. Sadly, we found that while school administrators have taken positive steps, children continue to face bullying and discrimination in schools in many places. LGBT children also face significant barriers to obtaining accurate information about sexual health as well as about LGBT people and identities, especially in the states with "no promo homo" laws.

我们记录了世界各地LGBT青少年的一些遭遇。我们在2001年发布了第一个关于LGBT的报告——《险恶走廊》（Hatred in the Hallways），揭发校园中猖獗的霸凌现象。十五年后《如穿越雷暴》（Like Walking Through a Hailstorm）重拾起这一话题，去关注五个州当代LGBT青少年的遭遇。**遗憾的是，虽然很多学校采取了积极措施，但学生们依然会受到歧视和霸凌。除此之外，这些学生还很难获取有关性健康的知识，也很难认清自己作为LGBT的身份，尤其是在禁止宣传同性恋的州。**

In 2017 Japan updated its national bullying prevention policy to include "sexual orientation and gender identity" aligned with the recommendation of a Human Rights Watch report documenting physical and verbal abuse, harassment, and frequent insults from peers and staff in Japanese schools. Good policy does not always translate into practice, as in the Philippines, where students are frustrated by the uneven implementation of laws and policies designed to protect children from bullying.

“人权观察”做过一个相关报告记录了LGBT青少年在日本校园中遭受的身体和语言暴力、骚扰、以及来自同学和老师的辱骂。2017年，日本为响应这一报告，对本国的反霸凌制度做出改善，增加了“性向和性别认同”一项，**然而政策上对歧视的消除并不能保证现实中对歧视的消除**。在菲律宾，反霸凌制度和政策就没能得到很好地落实，让当地学生很苦恼。

Meanwhile Russian authorities have increasingly used the 'gay propaganda' law in extreme ways — including to shut down information and support services for LGBT youth and even as a prelude to bringing criminal charges against social workers in a gay adoption case, and a TV show that allowed children to chat with a gay man on air. The insidious effects of the propaganda law can be felt in the school system, where the myth of protecting children is shown for what it is — a weapon that does considerable harm, even having an inhibiting effect on mental health workers.

**俄罗斯政府把本国的禁止宣传同性恋的法律发挥到极致，他们封杀援助LGBT青少年的组织和信息服务站，在一场同性恋领养事件中给工作人员判罪。甚至连在电视直播中让儿童和同性恋者聊天都会被定罪。这种宣传法的潜在危害在教育体系中很显著，在这里，保护儿童的幌子被戳破，露出了它的本相——一个有着不可估量的伤害的武器，这甚至产生了对于心理健康工作者的禁止性效果。**

This research is only the tip of the iceberg. This year, comprehensive sexuality education was subject to a public opinion poll in a Taiwan referendum that rejected an LGBT-inclusive school curriculum. The government rightly held firm on protecting human rights and the Education Ministry committed to retain the existing curriculum despite public pressure to censor it. In the U.K, a program for including age-appropriate LGBT components in school curricula became embroiled in controversy, including protests by parents.

而这些数据只不过是冰山一角。今年，性教育成为了台湾全民公投的一项内容，虽然公投反对将LGBT相关内容加入到课程中，但政府坚持对人权的保障，顶住了来自公众的压力，保留了现存的课程内容。在英国有一个项目，提倡适当地在课程中加入一些LGBT的内容，引起了巨大的争议，包括来自家长的反对。

Despite research showing that LGBT kids are marginalized in South Korea's education system, the Education Ministry expressly forbids LGBT-related material in schools. In Brazil, President Jair Bolsonaro has ordered the Ministry of Education to draft a law banning what he calls "gender ideology" in schools and has tried to prevent children from accessing comprehensive sexuality education. This echoes conservative social movements around the world that use the rhetoric of "gender ideology" as a way of delegitimizing reproductive health and LGBT rights.

有研究表明韩国的LGBT儿童在教育体制中被边缘化，但教育部明令禁止老师教授LGBT相关的内容。巴西总统Jair Bolsonaro也下令教育部起草法案，禁止学校中的“性别意识形态”，甚至制止学生接受全面的性教育。这些反映的是世界范围内的保守运动，拿着“性别意识形态”这种空洞的口号，将妇女生育权和LGBT平权非法化。

Young people, at a vulnerable time in their lives, find themselves under siege by governments intent on demonizing LGBT people as a threat to family and society. LGBT kids suffer the consequences of this dangerous rhetoric, including to their mental health and economic prospects. It is apt and timely for this year's Human Rights Day theme to pay tribute to the strength and resilience of youth, who uphold the fundamental promise of the Universal Declaration of Human Rights that everyone is born free and equal in dignity and rights.

这些年轻人在他们一生中十分脆弱的时候被自己的政府压迫着。政府极力将LGBT群体妖魔化，说他们会危害家人和社会。LGBT青少年因为这些言语遭罪，他们的身心健康和经济能力都受到损害。是时候了，去致敬那些坚强的青少年，他们始终秉承“世界人权宣言”的原则，相信人生来自由而平等。



来源 <https://www.advocate.com/commentary/2019/12/10/lgbtq-youth-human-rights-day-has-special-meaning>

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# 仍可以治愈自己。

原创：性平会 WHU性别性向平等研究会

1周前

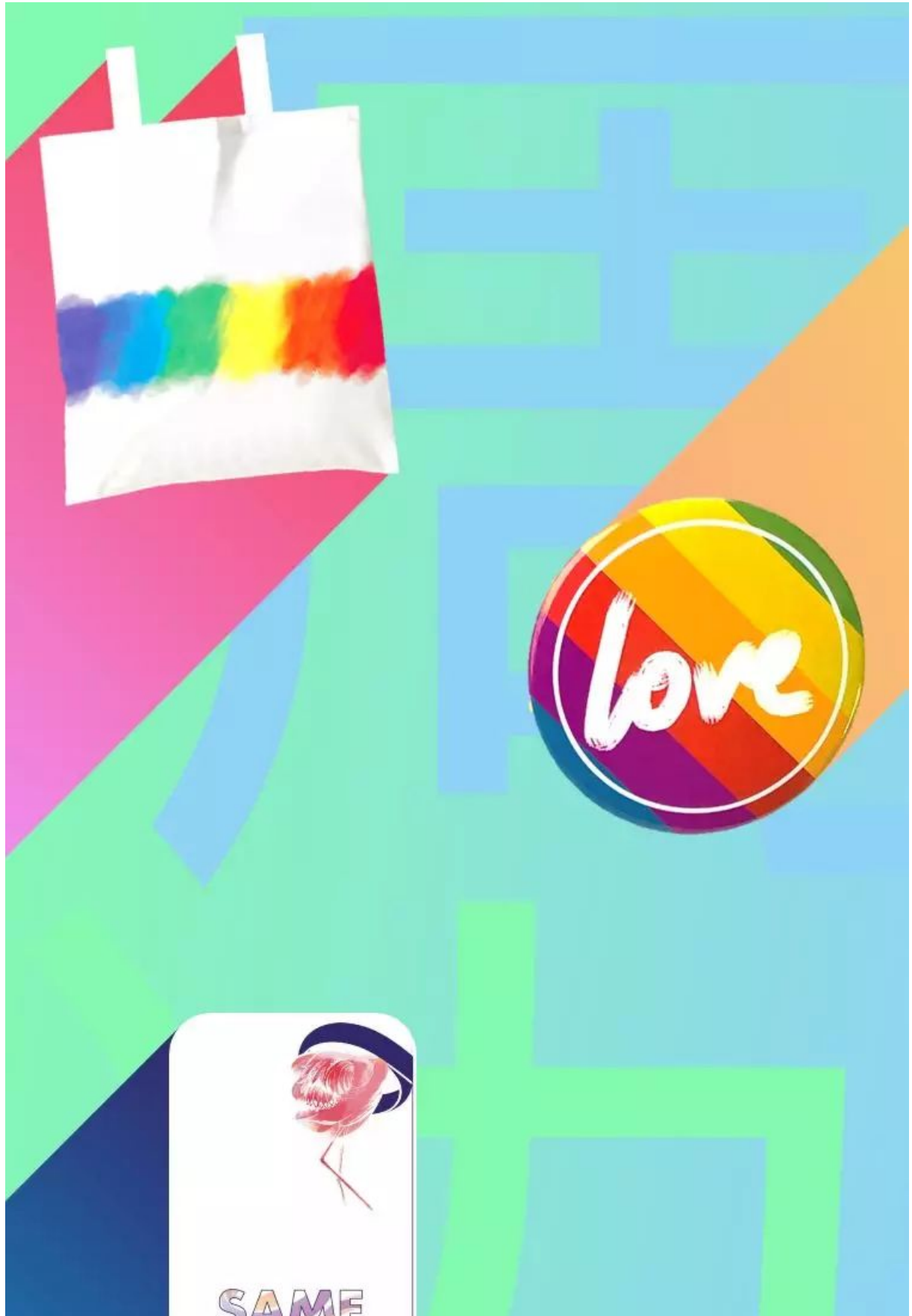
## 什么是心理健康状态？

心理健康状态，即人对内部环境具有安定感，对外部环境能以社会上的任何形式去适应，遇到任何障碍和困难，心理都不会失调，能以适当的行为予以克服，这种安定、适应的状态就是心理健康的状态。衡量心理是否绝对健康是非常困难的。健康是相对的，没有绝对的分界线。一般判断心理是否正常，具有以下三项原则：

1. 心理与环境的统一性：正常的心理活动，在内容和形式上与客观环境具有一致性；
2. 心理与行为的统一性：这是指个体的心理与其行为是一个完整、统一和协调一致的过程；

3. 人格的稳定性：人格是个体在长期生活经历过程中形成的独特个性心理特征的具体体现。

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