

Definitions

Asexual/ACE- Limited to no sexual attraction.

Cisgender- When a person's gender identify matches the gender they were assigned at birth.

Gender- Socially constructed definitions of the behaviors, roles, and expectations for "men" and "women".

Gender Expression - The external appearance of gender

Gender Identify- A person's sense of gender, and where they fall on the gender spectrum. (doesn't always match the sex assigned at birth)

Gender Non Conforming - Someone who does not conform to gender norms.

Intersex - Being born with sexual or reproductive characteristics that fall outside the male or female categories. Intersex people may have both ovarian and testicular tissues. Others may have unique combinations of chromosomes, like XXY. Some are born with external genitals that look typically male or female, but their internal organs or hormones don't match.

Non Binary/genderqueer (adj)- A gender identity that falls outside the binary system of "male" or "female".

Queer: A way to identify and celebrate with all gender identities and sexual orientations.

Sex- The biological and physiological characteristics (genitals) of male and female bodies. Your physical characteristics DO NOT determine your gender identity.

Myth Fact Bisexual people are more likely to cheat 100% false. Also you are still valid and bi even when you have a partner of the opposite gender identify.

Mythbuster!

Sexual Orientation- An individual's sense of attraction towards others, including romantically, emotionally, and sexually (independent of gender identity).

Transgender (adj)- A transgender individual has a gender identify different from the one they were assigned at birth. Being a trans person does not define your sexual orientation. Trans people may be straight, gay, etc.

Transitioning- a process of reaffirming of one's gender identity. This process varies person to person, and may include social, legal, and medical changes, or a combination.

ACE's aren't lonely...they just may not feel sexual attraction or desire the same as others. Some ACE's can have deep romantic and emotional relationships.

Cultural Definitions

Note: Many societies have long recognized third and more genders. Colonialism and the spread of certain religions resulted in many of these being persecuted and stigmatized. In modern times, many have lost their deeper meaning when only viewed through a Western influence and binary lens, and some are used as insults. Please take care as individual's comfort levels with may differ depending on live experience.

2 Spirit- A First Nations term for people whose individual spirits are a blend of female and male spirits.

Bakla- Tagalog term often used for the Filipino third gender, described as being between gay, trans and nonbinary.

Fa'afafine and Fa'afatama- a third and fourth gender in Samoa.

Hijra- A third gender in India that can include people assigned male at birth (who may or may not undergo castration), some intersex people and transgender people.

Māhū- A third gender in Hawaiian culture that inhabits both masculine and feminine traits.

Machi- A religious leader in the Mapuche culture in Chile and Argentina. The Machi gender is determined by their identity and spirituality, not by sex assigned at birth. This fluidity of gender is what provides them the ability to interact with the spiritual realm.

Muxe- a recognized third gender among the Zapotec people in Oaxaca

Thank you to our sponsor!



To see our sources, visit teamtead.org/resources/LGBTQIA or use this QR Code



My abuser used my dual identity as a Chinese American to isolate and shame me. When I came out as bisexual, he weaponized that against me as well. It took me years to accept myself.

Ariel, Founder Team TEAD

www.teamtead.org



Our podcast: The Domestic Violence Discussion

The Emotional Abuse Discussion (Team TEAD) is an Asian American women run nonprofit in Redmond, Wa. Our mission is to create educational tools for survivors of domestic violence with a focus on survivors of color and marginalized communities.

Our team is majority People of Color and LGBTQ

TEAM TEAD's LGBTQIA Toolkit

(Lesbian, Gay, Bisexual, Trans, Queer, Intersex, Asexual)



Welcome! This toolkit was created by fellow LGBTQIA youth and youth of color for YOU. It is an educational tool on dating and dating violence within LGBTQIA relationships.

Unfortunately, LGBTQIA people experience dating violence (DV) at higher rates than heteronormative people. LGBTQIA people of color face even higher risks (see our Team TEAD LGBTQIA Youth of Color Toolkit for more information)

In this toolkit, we break down risk factors, what LGBTQ+ dating violence looks like, and offer validation and strategies.

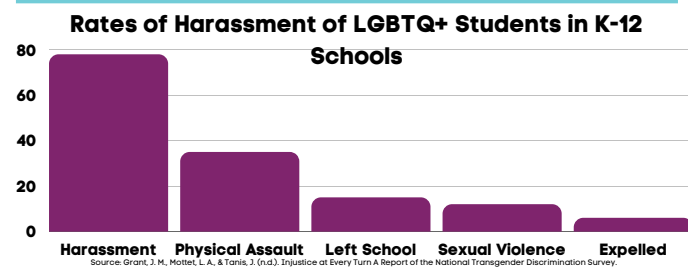


"No pride for some of us without liberation for all of us."
Marsha P. Johnson (she/her)



Start Here Your gender identity is a part of who you are. It is important for your mental & physical health and wellbeing. LGBTQ youth who hide their gender identity are at risk for anxiety, depression, and self-harm. Those whose gender identity is different than the one assigned to them at birth may experience Gender Dysphoria. LGBTQ+ youth also face barriers and inequities that make them vulnerable to DV. These include hostile environments, including school, where they face harassment and abuse. Many chose to hide their gender identity for fear of abuse, leading to mental health issues and questioning if they are "valid" or "good enough". They also face higher rates of food insecurity (30%), and homelessness (28%). This is partially due to a lack of supportive at home with a reported 1 out of 3 homes being LGBTQ+ affirming. Some reports suggest up to 50% of families react negatively when LGBTQ+ youth "come out". Even those from families who are ultimately accepting of their LGBTQ+ identify, coming out can be incredibly stressful because cultural messaging around being LGBTQ+ is negative.

Trans and nonbinary youth whose pronouns are respected are less likely to attempt suicide.

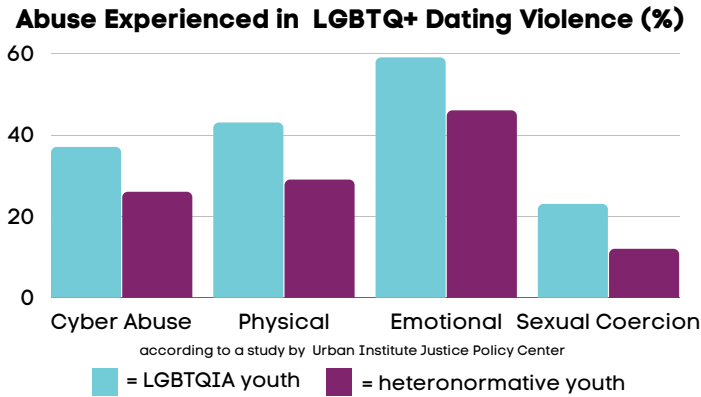


Myth Gay men are effeminate, gay women are butch. There is no "right" way to be gay. These stereotypes are a societal construct that make it difficult for LGBTQ survivors to feel welcome, valid, and accepted by their peers and by themselves. They also make it more difficult for LGBTQ youth and others to recognize DV in LGBTQ relationships.

Mythbuster!

LBGTQIA & Dating Violence

About **24%** LGBTQ+ youth have experience DV. Transgender youth and trans youth of color are at even higher risk.



Despite high rates of DV, LGBTQ+ youth may not realize they're being abused. Society may minimize it as "mutual conflict", "catfights", or fail to recognize it because it doesn't fit heteronormative standards of domestic violence. And those who have experienced homophobic and transphobic bullying and harassment may feel discouraged from seeking help. Worse, LGBTQ+ survivors whose family are unaccepting may stay with an abusive partner.

Your identity suits YOU. Doesn't suit you? You can change it.

- stalking by an intimate partner vs 35% of heteronormative women.
- 26% of gay men and 37.3% of bisexual men have experienced rape, physical violence, and or stalking by an intimate partner compared to 29% of heterosexual men.
- Transgender individuals are more likely to experience intimate partner violence in public.

Stats and Facts

According to the National Coalition Against Domestic Violence

- 43.8% of lesbian women and 61.1% of bisexual women have experienced rape, physical violence, and

What LGBTQIA DV Looks Like

Abuser's may threaten to "out" an LGBTQ+ partner, or make them feel "not valid" if their partner isn't "out"

Abuser's may mock their partner's gender identity, gender expression... anything related to their gender.

Abuser's may threaten to turn the local community against their partner... further isolating them.

Abuser's may intentionally use the wrong pronouns or "dead name" their partner.

Mythbuster!

Myth There is a "right" or "valid" way to be LGBTQIA
Fact Each person's experience is as unique and beautiful as them.

Now What? Take time to decide what you want and what is best for you.

There is NO PRESSURE to rush...go at your own pace.

Care for your mental health... do things that help you feel safe, validated, and empowered.

Surround yourself with people who validate you. No one is an island, and having a network will help you feel empowered and confident.

Remember...you are not alone! There are spaces for you to be yourself and people who will validate and uplift you. Whether in online spaces or local student groups, there are empowering communities that will welcome you.

Please remember, you are beautiful, you are valid, and you are enough.

A Note on Relationships

Your relationships can range, from casual to serious, romantic to emotional, etc. There is no "right" length, and you can end it whenever you want.

Relationships require sacrifices and work to maintain, but ultimately they should make you happy.

Keep in mind you should never feel pressured to begin, keep, or end a relationship if that's not what you want.