

# 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.

My family is from Taiwan. I was born in the US. It always felt like I was never good enough for them, but I was too Asian for my classmates. Then I realized I was bi. I felt even more like something was wrong with me. It took me years to come out, and even now I'm asked if I'm "still bi" like its a choice or something.

-Mei

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.

Growing up hearing comments like "fag," "homo," and "that's so gay," used constantly to put others down did not make for the most comfortable and safe environment for a Two Spirited youth.

-Dr. James A. Makokis

# 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

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To see our sources, visit [teamtead.org/resources/LGBTQIA](http://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](http://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 Youth of Color 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.

LGBTQIA youth of color are one of the most at risk groups for domestic violence (DV).

This toolkit will break down systemic, cultural, and religious barriers faced by LGBTQIA youth of color. By understanding the root causes, we can work towards breaking the cycle of violence.

For a more general breakdown and statistics on LGBTQIA DV, please see our Team TEAD LGBTQIA Toolkit.



**"No pride for some of us without liberation for all of us."**

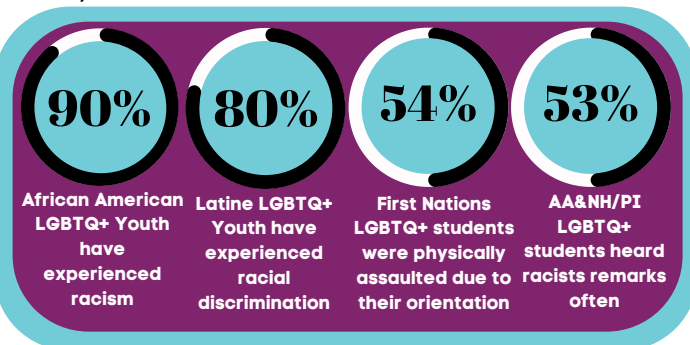
**Marsha P Johnson  
(she/her)**



# Start Here

When discussing LGBTQIA youth of color we must

acknowledge that most queer spaces are overwhelmingly white. Although LGBTQ+ representation has increased in culture and popular media, they are largely limited to white queer relationships and experiences. The lack of representation of LGBTQIA youth of color prevents them from fully exploring and validating their duality as queer people of color. Further, having multiple marginalized identities increases the risk for domestic violence (DV). These risks are compounded by systemic and structural racism and daily microaggressions. In order to disrupt these cycles of violence, and prevent new ones, we must examine them in detail.



## Belonging

Many youth of color struggle with their dual identities. They can feel not "enough" for either identity or that they don't fit in anywhere. For LGBTQIA youth who's families recently immigrated, there can be the extra burden of feeling "indebted" to their families. They may come from a culture where filial piety and family bonds are emphasized and coming out may be seen as "failure" in their upbringing or being "too American". Some are scared of shaming their families or being ostracized for being queer.

Additionally, for those who are undocumented (11.3 million Latine and 1.45 million AA & NH/PI, they face added pressure from anti-immigrant messaging and attitudes.

Me coming out to my family was ok. They said they still loved me but also think its just hormonal changes or a phase.

-anonymous

## Language

Many LGBTQ+ youth of color speak more than one language, or have parents that aren't fluent in English. This language barrier can make coming out that much more intimidating. It can be harder to express feelings and emotions, or the words and terms may not directly translate. Certain terms may be offensive or have been used historically to insult or demean LGBTQ+ individuals.

"I didn't want to come out to my mom in English. I came out to her in Urdu because I wanted her to know that coming to terms with my orientation was solely about me and not about my attending Berkeley or becoming Americanized."

- Aleem Raja

## Racism

We must acknowledge the effect of white supremacy on LGBTQ+ youth of color. Historical racism (such as slavery, genocide and colonization of First Nations people, anti-immigration laws barring Chinese citizens etc.) and modern racism (such as police violence, hate crimes, voter and housing discrimination etc.) impacts the way LGBTQ+ YOC access resources, find help, and feel safe as they explore their identity. Without realizing it, anyone can perpetuate white supremacy. By identifying and reflecting on how racism occurs

My councilor is gay which helps. But what makes me uncomfortable is the fact that I'm Black and he's White, and he's subtly pointed that out several times. Whether it was conscious or not, I'm not sure, but it's uncomfortable.

-anonymous

and what it looks like, we are better equipped to dismantle it. For example, Black students are more likely to be labeled as "troublemakers". Asian students are more likely to be ignored when they have problems due to the "Model Minority" stereotype.

## Domestic Violence

In our Team TEAD LGBTQIA Toolkit, we broke down statistics on dating violence in LGBTQIA relationships. LGBTQ+ youths face higher rates

of dating violence, and the risk is greater for LGBTQ+ youth of color due to barriers such as those we previously discussed.

Online spaces including social media and

### A Note on Relationships

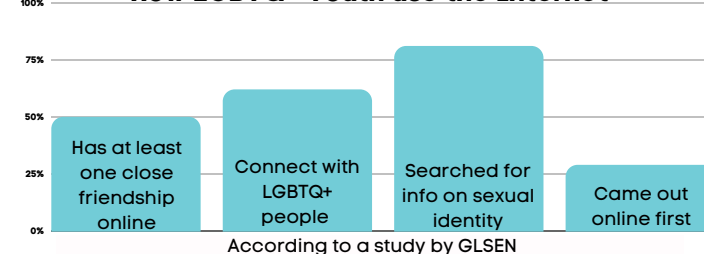
Your relationships can range, from casual to serious, romantic to emotional, etc. There is no "right" length, and you can end it whenever you want.

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.

dating apps are a space where DV can occur. Online spaces can be an incredible tool for LGBTQ+ Youth they can be used to abuse and harass. One study found 1 in 3 LGBTQ+ youth have reported being sexually harassed online.

### How LGBTQ+ Youth use the Internet



## Now What?

No matter what, take your time and go at a pace you are comfortable. Care for your mental health... do things that help you feel safe, happy, validated, and empowered.

Surround yourself with people who validate you. Having a network will help you feel empowered and confident. There are safe spaces, in person and online.

In both in person and online spaces, you may encounter harassment, racism, and bullying. Please remember this is NOT your fault or anything you did or deserve.

Please remember, you are enough. We celebrate you as an LGBTQ+ youth of color no matter where you are in your journey!

I see my (LGBTQ+ of color) classmates going on apps like Grindr...its scary. I know older queer people use it to take advantage of them.... and they want some kind of validation.

-anonymous