**LGBTQ-101**

**Definitions**

**Assigned Sex:** the sex indicated on an individual's birth certificate (e.g. male, female, intersex)

**Gender Identity:** Internal perception on one’s gender and how they label themselves based on how much they align or don’t align based understanding of gender options (e.g. man, woman, genderqueer, transgender, cisgender)

**Gender Expression:** the external display of one’s gender through a combination of dress, demeanor, social behavior and other factors; generally measured on notions of masculinity and femininity.

**Sexual Orientation:** the type of sexual, romantic, physical and/or spiritual attraction one feels for others, often labeled based on the gender relationship between the individual and those to whom they are attracted (gay, lesbian, bisexual, pansexual).

**Coming Out**

- Age 12 – median age when LGB adults first felt they may be something other than heterosexual
- Age 17 – median age when LGB adults realized they “knew for sure”
- Age 20 – median age when LGB adults first shared this information with a close friend or family member

Coming out is not a linear process, it is an iterative on-going daily process of ongoing disclosure and reinforcement.

Coming out is important because research suggests there is a relationship between the lack of contact with gay or lesbian individuals and negative attitudes toward gays and lesbians. The act of coming out reduces negative attitudes and fewer negative attitudes may result in increased safety.

**Resources**

UVU - LGBT Student Services – [www.uvu.edu/multicultural/lgbt](http://www.uvu.edu/multicultural/lgbt)

Program Manager: Karen Deysher (801) 863-8885; karen.deysher@uvu.edu

**Mission:** Lesbian, Gay, Bisexual and Transgender (LGBT) Student Services is designed for students who are seeking LGBT-related services, support and opportunities for personal growth, safety and a sense of belonging. We put student needs at the center of our mission and seek to provide additional resources to the UVU community seeking greater understanding of the LGBT community.

**Services Provided:**

- Student Leadership Development
- Student Support Discussion Groups
- Socials and Gatherings to develop Peer Networks
- Graduation Celebration
- Referrals for Other Services
- Peer Mentoring
- One-on-One Advising and Support
- Spectrum Club Advisement
- Lending Library of LGBT Resources
- LGBT Activity Programming
- Safe Zone training
- InQUEERy Panels
THE NUMBERS

LGBTQ Data – K-12
2013 National School Climate Survey
GLSEN

- 71.4% of LGBT students report hearing “gay” used negatively.
- 51.4% of students report hearing negative remark from teachers or other school staff
- 71.4% report being verbally harassed because of sexual orientation
- 55.2% report being verbally harassed because of gender expression
- 36.2% of LGBT students physically assaulted because of sexual orientation; 22.7% because of gender expression
- 56.7% of LGBT students harassed or assaulted DID NOT report it to school staff for fear of inaction or exacerbation of situation

Effects of Victimization
- 3x more likely to have missed school in the past month.
- Lower GPA: 2.8 v. 3.3
- 2x as likely to report not intention of pursuing higher education
- Higher levels of depression & lower levels of self-esteem.

Social Acceptance & Mental Health
Nationally, 4 in 10 LGBT adults say they have been rejected by a family member or close friend because of sexual orientation or gender identity
- 30% have been physically attacked or threatened
- 29% have been made to feel unwelcome in a place of worship
- 21% report being treated unfairly by an employer
- 6 in 10 have been the target of slurs and jokes.
Gay and bisexual men have a 3-fold increase in suicide risk.
- 1/3 of Transgender people attempt suicide
- 30% of the general public report they are “very happy,” whereas only 18% of LGBT individuals report being “very happy”

Solutions for the K-12 Context
2013 National School Climate Survey

LGBT Students in Schools with Gay-Straight Alliances report
- Nearly 20% reduction in homophobic remarks
- Nearly 10% reduction in transphobic remarks
- 8% increase in school personnel intervening when hearing homophobic remarks
- 15% lower levels of victimization reported.

Supportive Educators – LGBT Students will many (11+) supportive staff report:
- 50% increase in sense of felt safety
- 35% reduction in truancy because of lack of safety/comfort
- Felt more connected to school community
- 9% more likely to report intent to attend college
- Higher GPA 3.3 vs. 2.8

Sources: