



Introduction to LGBTQIA+ Health

Presented by:
Center for Health Impact

BEFORE WE BEGIN...



- 1 This is a BRIEF introduction

- 2 There may be trauma, confusion, misconceptions, unconscious biases, disagreements, etc.

- 3 Our goal is to create a space to learn more about the communities we serve

- 4 Communicate your needs

- 5 Fill in the blank with the best intentions



Definitions



Lesbian
Gay
Bisexual
Transgender
Queer/**Q**uestioning
Intersex
Asexual/**A**lly



THINK



REFLECT

STIGMA

What is homophobia? 1

What does stigma in the LGBTQIA+ community look like? 2

What the barriers that arise due to stigma? In healthcare? 3

WHO I AM



GENDER IDENTITY

WHO I AM ATTRACTED TO



SEXUAL ORIENTATION



What is Sexual Orientation?



DEFINITION: COMING OUT

The term **coming out** refers to the process that people who are LGBTQIA+ go through as they work to accept their sexual orientation or gender identity and share that identity openly with other people.

1

COMING OUT IS A
PROCESS

2

COMING OUT ISN'T A
ONE-TIME THING

3

CHOOSING TO COME
OUT DEPENDS ON
THE SITUATION

4

COMING OUT CAN
HAVE BENEFITS &
RISKS

While EVERYONE has a **Sexual Orientation & Gender Identity ...**

No One Owes You a Title/Label



DEFINITION: HOMOPHOBIA

The term **homophobia** refers to the fear, hatred, discomfort with, or mistrust of people who are lesbian, gay, or bisexual. Biphobia is fear, hatred, discomfort, or mistrust, specifically of people who are bisexual. Similarly, transphobia is fear, hatred, discomfort with, or mistrust of people who are transgender, genderqueer, or don't follow traditional gender norms.



EARLY CHILDHOOD MESSAGING

- 1 Growing up, what messages do you remember receiving about individuals in the LGBTQIA+ community?
- 2 What were some words used to describe individuals in the LGBTQIA+ community?
- 3 What impact did these words and messages have on you?

- ✓ Prepare for the conversation
- ✓ Understand the client's needs
- ✓ Create a plan with the client
- ✓ Check in with the client
- ✓ Remain safe, always
- ✓ Reflect on the outcomes



Tips for Success



Thank You!