

Module 2: Intro to SOGIE Pt. 2

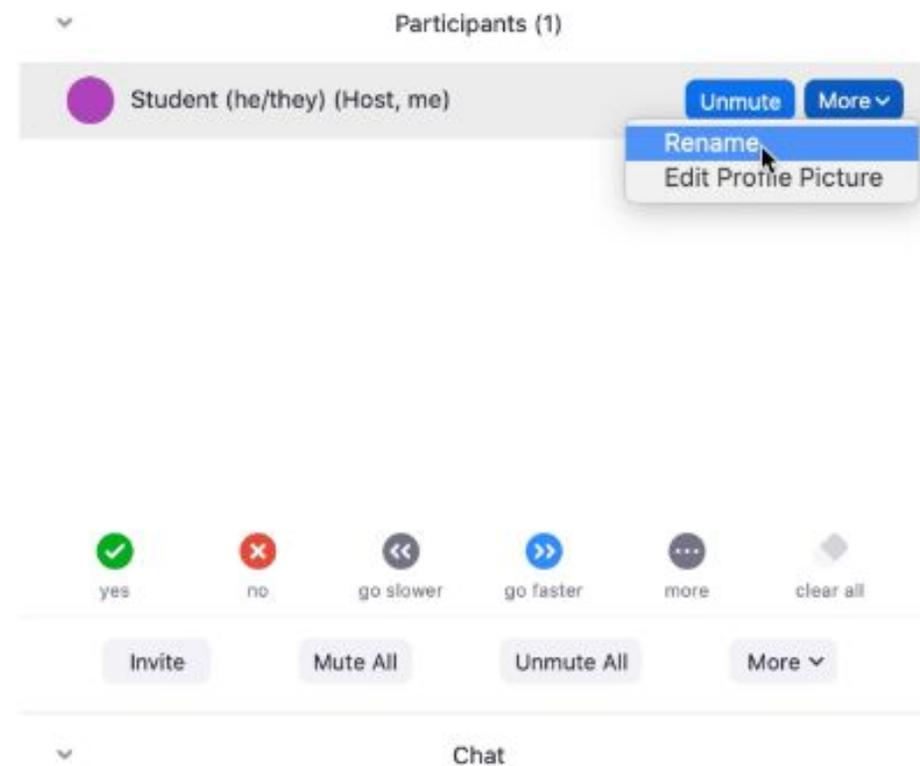
Presented by Jabari Lyles (they/he)



How to add your pronouns to your zoom name



1. Open the "participants" panel.
2. On the right side of your name, click the three dots and choose "Rename."
3. After your name, enter your pronouns in parentheses.
4. Click Save.



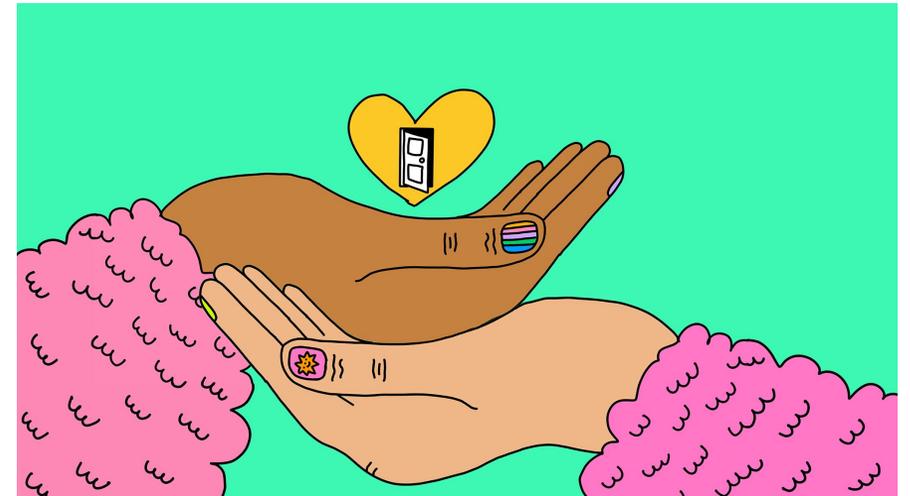
Jabari Lyles (*they/he*)

- 15+ years of experience as an educator, public administrator, community organizer and LGBTQ+ inclusion consultant.
- Former roles include:
 - Elementary, middle & high school teacher
 - Executive Director, GLSEN Maryland
 - Acting Executive Director, Pride Center of Maryland
 - Director, LGBTQ Affairs, Baltimore City Office of the Mayor
- Areas of focus:
 - Transgender and gender-expansive youth in school
 - LGBTQ+ inclusive public policy
 - LGBTQ+ culture and history
 - Sexuality and gender studies

Module 2: Intro to SOGIE Pt. 2

Virtual Space Guidelines

- **Please stay muted until it's your time to speak**
- **When possible, have your camera turned on**
- **Use the 'raise hand' feature to be recognized**
- **Use the chat box**
- **Feel free to use the 'reactions' features**
- **Take care of yourself and listen to your body**



Module 2: Intro to SOGIE Pt. 2 Community Agreements

- Respect trust and confidentiality
- Inspire bravery and vulnerability
- Lean into discomfort & stay curious
- Share the power
- Speak for yourself, from your own perspective
- Take space, make space
- Keep the goal in mind
- Avoid over-analyzing, over-complicating, over-quantifying
- Center on the joy and safety of LGBTQ+ people



Pop Quiz!

Let's Review

Gender Identity & Expression

Type your answers in the chat box!

1. The concept that there are only two options for gender identity is called the _____ .

1. The concept that there are only two options for gender identity is called the gender binary .

2. Give two examples of words someone may use to describe themselves if their gender is not defined with the gender binary (woman or man).

2. Words may include:
**nonbinary, agender, genderqueer,
gender non-conforming, genderfluid
... and others!**

3. The choices one makes to communicate or affirm their gender to themselves or others, often through clothing, style and/or mannerisms is called _____.

3. The choices one makes to communicate or affirm their gender to themselves or others, often through clothing, style and/or mannerisms is called gender expression .

4. True or False? Children as early as 24 months old are able to communicate an awareness that their gender may be different than their assigned sex.

4. True or False? Children as early as 24 months old are able to communicate an awareness that their gender may be different than their assigned sex.

5. One of the most basic ways to respect and affirm anyone, especially people who are trans or nonbinary, is to use their correct _____ and _____ .

5. One of the most basic ways to respect and affirm anyone, especially people who are trans or nonbinary, is to use their correct name and pronouns .

Gender \neq sexuality

Gender identity is about who we are

Sexual orientation is about who we **love**

What is sexual orientation?

Sexual orientation is how we describe our feelings of attraction to others.

What is sexual orientation?

Often used as an umbrella term to describe our **sexual behaviors, sexual identity and/or romantic orientation.**

Sexual orientation

How we understand our feelings of attraction

Sexual behaviors

Sexual activities that we do with ourselves or others

Sexual identity

How we openly describe our feelings of attraction

Romantic orientation

How we describe our feelings of romance and intimacy

These
may not
align!

SEXUAL ORIENTATION

AND

SEXUAL IDENTITY



amaze

Module 2: Intro to SOGIE Pt. 2 Terms & Definitions

Gay

Someone who is attracted to some people of the same gender.

Lesbian

A woman who is attracted to other women.

Bisexual (Bi)

Someone who is attracted to more than one gender.

Pansexual (Pan)

Someone who is attracted to others regardless of gender.

Asexual (Ace)

Someone who experiences little to no sexual attraction to any gender.

Heterosexual

Describes women who are exclusively attracted to men, or men who are exclusively attracted to women.
“Straight” is also often used.

Queer

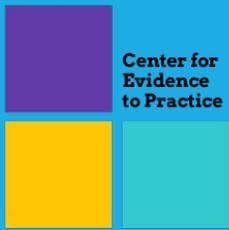
When used to describe sexual orientation, can be used as an umbrella term to describe any orientation that falls outside of heteronormative expectations.

Demisexual

Describes someone who establishes sexual attraction to others once a close, emotional bond has been formed.

Questioning

Someone who is still considering their sexual orientation.



Questions?

Need to review anything we've discussed?

Learned something new?

Share something new you learned about sexual orientation and identity.

Poll:

At what age do people begin to understand their sexual orientation?

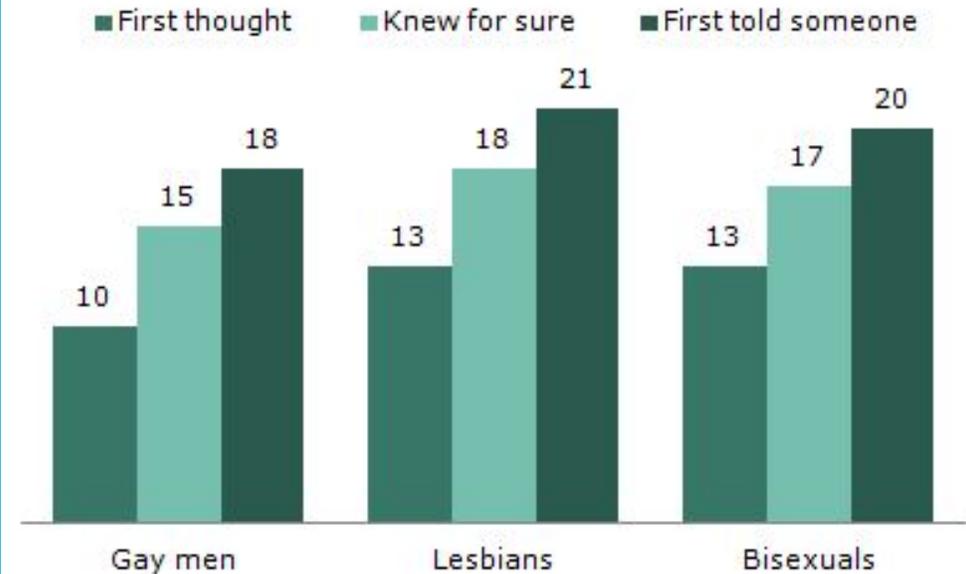
Early Feelings about Sexuality

% saying they were ... when they first felt they might not be straight

	All LGB	Gay men	Les-bians	Bisex-uals
Younger than 10	27	38	23	18
10-14	41	46	38	39
15-19	19	12	22	25
20 or older	11	3	14	15
<i>Median age</i>	<i>12</i>	<i>10</i>	<i>13</i>	<i>13</i>

The Coming Out Experience: When You Thought, Knew, Told

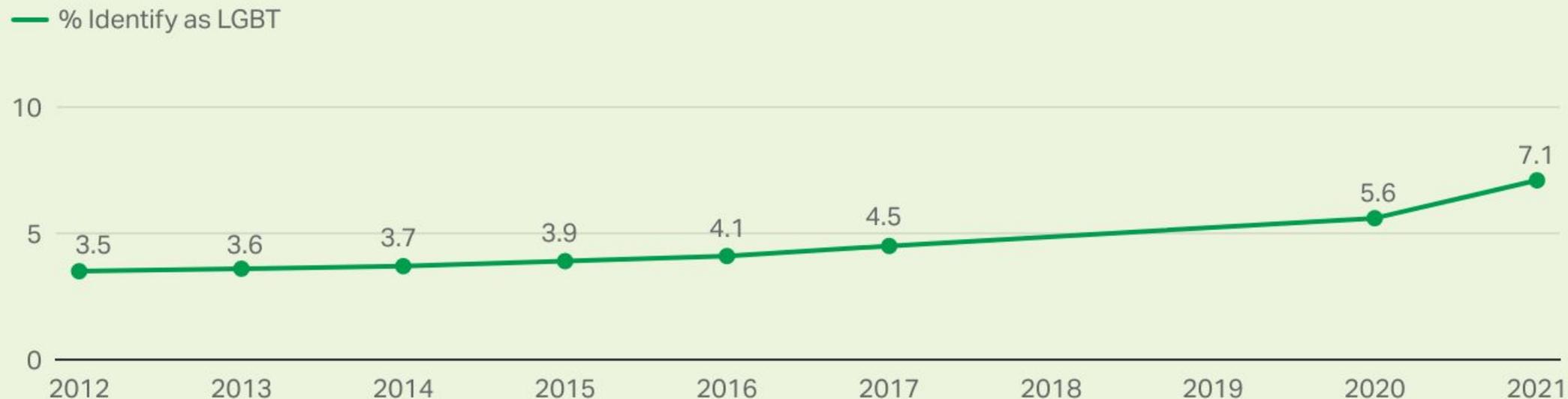
Median age at which gay men/lesbians/bisexuals say they ... they were or might be LGB



Source: Pew Research Center

Americans' Self-Identification as Lesbian, Gay, Bisexual, Transgender or Something Other Than Heterosexual

Which of the following do you consider yourself to be? You can select as many as apply. Straight or heterosexual; Lesbian; Gay; Bisexual; Transgender



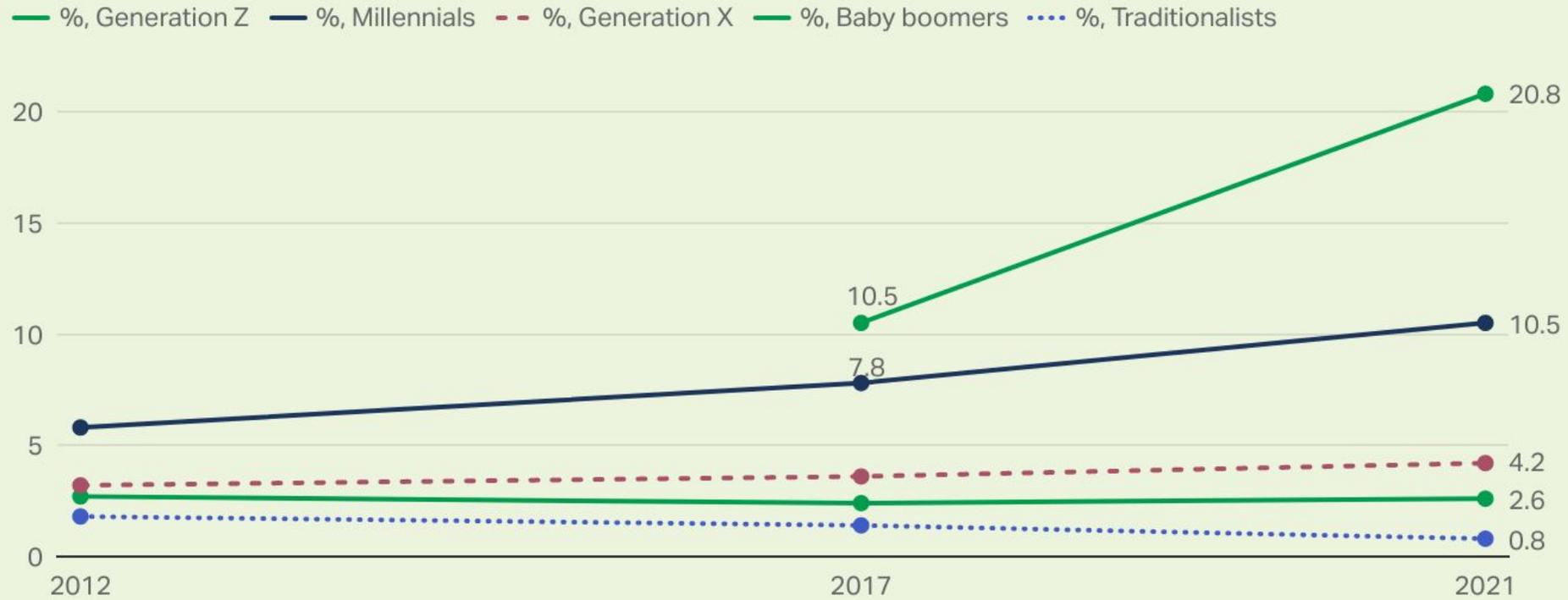
--Respondents who volunteer another identity (e.g., queer, same-gender-loving; pansexual) are recorded as "Other LGBT" by interviewers. These responses are included in the LGBT estimate.

--Data not collected in 2018 and 2019.

--2012-2013 wording: Do you, personally, identify as lesbian, gay, bisexual or transgender?

GALLUP®

Trend in LGBT Identification by Generations of U.S. Adults, 2012, 2017 and 2021



--Generation Z are those born between 1997 and 2012. In 2017, only those born between 1997 and 1999 had reached adulthood. In 2021, only those born between 1997 and 2003 had reached adulthood.
--Millennials are those born between 1981 and 1996. In 2012, only those born between 1981 and 1994 had reached adulthood.
--Generation X are those born between 1965 and 1980.
--Baby Boomers are those born between 1946 and 1964.
--Traditionalists are those born before 1946.

Americans' Self-Identified Sexual Orientation or Gender Identity

Which of the following do you consider yourself to be? You can select as many as apply: Straight or heterosexual; Lesbian; Gay; Bisexual; Transgender.

	Among LGBT U.S. adults	Among all U.S. adults
	%	%
Lesbian	13.9	1.0
Gay	20.7	1.5
Bisexual	56.8	4.0
Transgender	10.0	0.7
Other (e.g., queer, same-gender-loving)	4.3	0.3

Percentages total more than 100% because respondents may choose more than one category.

GALLUP, 2021

“Coming Out”

What to do if someone shares their LGBTQ
identity with you?

Module 2: Intro to SOGIE Pt. 2

Coming Out



- “Coming out” refers to the moment(s) when people share their LGBTQ identity
- Coming out is deeply personal
- Coming out does not happen on any typical or correct timeline
- Coming out happens more than once

If someone “comes out” to you:

- Thank them and celebrate them
- Consider asking: who else knows this information?
- Consider asking: what support do you need right now?

Myths & Stereotypes

What are some common myths and stereotypes you've heard about people who are LGBTQ?

Module 2: Intro to SOGIE Pt. 2

Combatting Myths & Stereotypes

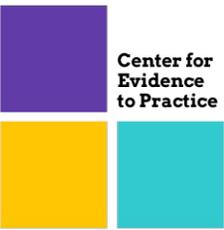


- **Myth: LGBTQ people are more sexually promiscuous than straight/heterosexual people**
 - Fact: people, regardless of LGBTQ identity, engage sexually at similar rates
- **Myth: LGBTQ choose to be LGBTQ, and this identity can be changed with “reparative” therapies**
 - Fact: there is no definitive answer for why and how people arrive at their LGBTQ identity, and “reparative” therapies are often dangerous and harmful
- **Myth: Bisexuality is not a real identity, and is usually a cover-up for people who are gay and lesbian**
 - Fact: Bisexuality is a valid identity. Biphobia and bi-erasure contribute to lower numbers of bisexual people who are openly bisexual.
- **Myth: All lesbians hate men**
 - Fact: Lesbians’ attraction to women has no connection to their feelings towards men
- **Myth: Lesbians are just waiting to meet the right man**
 - Fact: Lesbian identity is valid and should be respected as presented



Module 2: Intro to SOGIE Pt. 2

Combatting Myths & Stereotypes



- **Myth: Asexual people are sexually repressed, or have little sexual experience**
 - Fact: Asexuality is a valid sexual orientation just like any other
- **Myth: Children are too young to know their sexual orientation**
 - Fact: Youth and adolescents have very real ideas about attraction. Education about consent and healthy relationships should be more readily available.
- **Myth: Transgender people are also gay**
 - Fact: transgender is a word to describe someone's gender identity, and is separate from one's sexual orientation. Trans people can be gay, lesbian, straight, bisexual, etc.
- **Myth: People become LGBTQ due to sexual trauma**
 - Fact: No evidence to support this. No benefit in linking people's trauma to their identity.

Questions?

Need to review anything we've discussed?

Closing Reminders...



YOU have relative power to change the way your clients receive behavioral health services!

We all have a stake in improving the quality of care we provide!

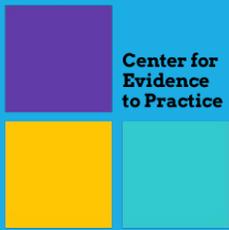
Stay engaged. Stay Inquisitive. Stay humble.
Stay in touch!



Evaluation & Next Steps

Be sure to complete all forms!

Module 2: Intro to SOGIE Pt. 2
Thank You!



Thank You!

Upcoming Dates:

May 2 - Office Hours

May 4 - Module 3: Basic Tenets of Clinical
Competence in Working with LGBTQ+ Youth

