

Intro to Sexual and Gender Identities and Ally Development

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Your Questions (Thanks Andrew for collecting and compiling)

- Counseling LGBTQ individuals
- Trans*/gender non-binary
- Intersex identities
- Self-identifying and labelling
- Specific mental health challenges
- Transitioning
- Intersectionality—age, race/ethnicity, religion/spirituality
- Being LGBTQ at Stanford

What's my stake in this?

Social-justice oriented

Queer

Mormon

Therapist

Alphabet Soup

LGBTQQIASSA

L	Lesbian	Q	Questioning
G	Gay	I	Intersex
B	Bisexual	A	Asexual
T	Trans/Two-spirit	SSA	Same-sex attracted
Q	Queer		

LGBQ College Students and Mental health

These statistics come from The Healthy Minds Study, a national survey of over 14,000 students on campuses across the U.S.

"I am optimistic about my future."

68.5% of heterosexual respondents agreed or strongly agreed

Only 50.5% of LGBQ respondents agreed or strongly agreed

"People respect me."

69.1% of heterosexual respondents agreed or strongly agreed

Only 51.7% of LGBQ respondents agreed or strongly agreed

Lifetime Diagnosis

Depression:

LGBQ: 35.0%
heterosexual: 16.4%

Anxiety:

LGBQ: 34.0%
heterosexual: 16.8%

Eating disorders:

LGBQ: 5.5%
heterosexual: 2.8%

In the last 4 weeks, I have experienced mental or emotional difficulties that have hurt my academic performance on:

3-5 days:

LGBQ: 24.4%
heterosexual: 16.7%

6 or more days:

LGBQ: 23.3%
heterosexual: 13.3%

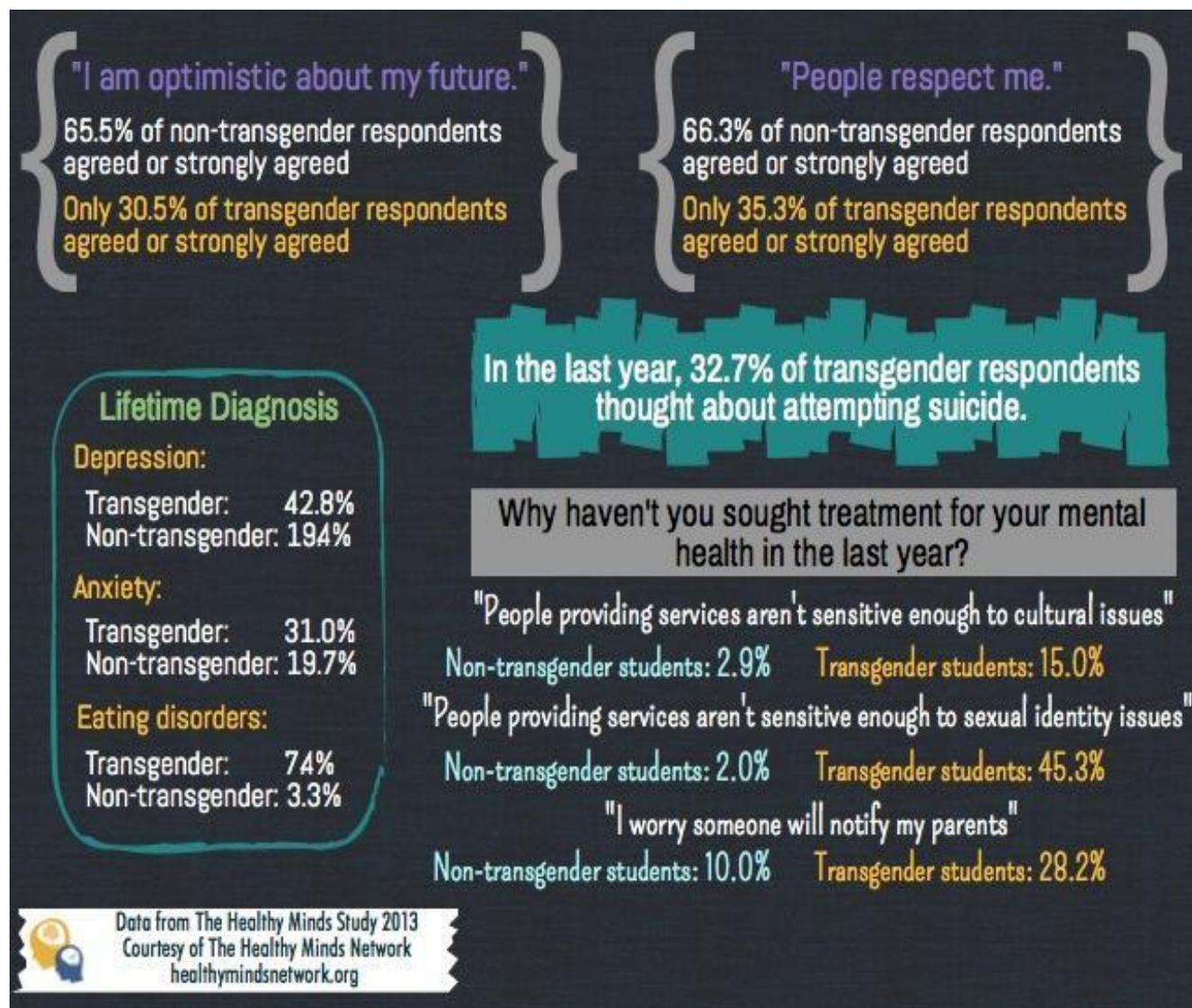


In the last year, 23.5% of LGBQ respondents thought about attempting suicide.



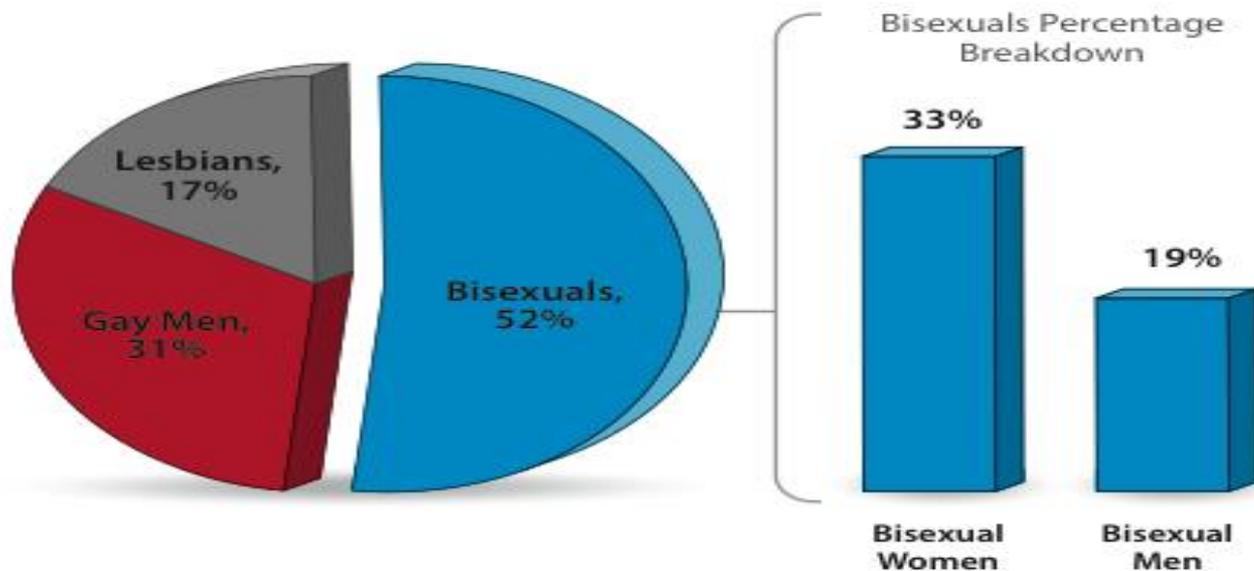
Data from The Healthy Minds Study 2013
Courtesy of The Healthy Minds Network
healthymindsnetwork.org

Transgender students and mental health



Percentage of LGB Community

Figure 1: Percentage of LGB Community



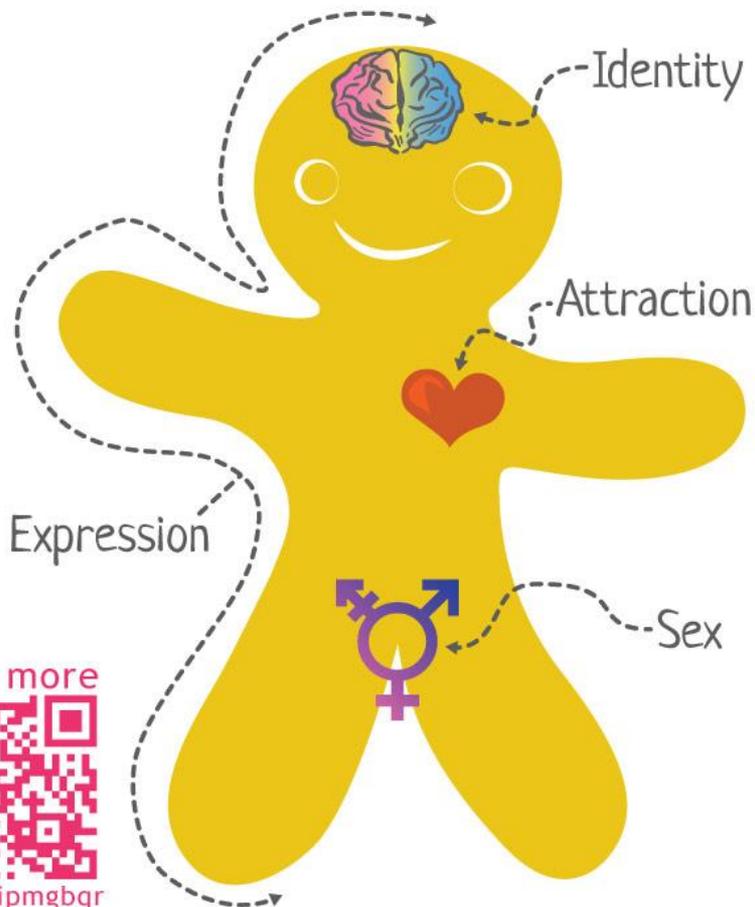
Source: Gary J. Gates, "How many people are lesbian, gay, bisexual, and transgender?" *The Williams Institute*, April 2011, <http://williamsinstitute.law.ucla.edu/wp-content/uploads/Gates-How-Many-People-LGBT-Apr-2011.pdf>.

Understanding Identity

The Genderbread Person v2.0

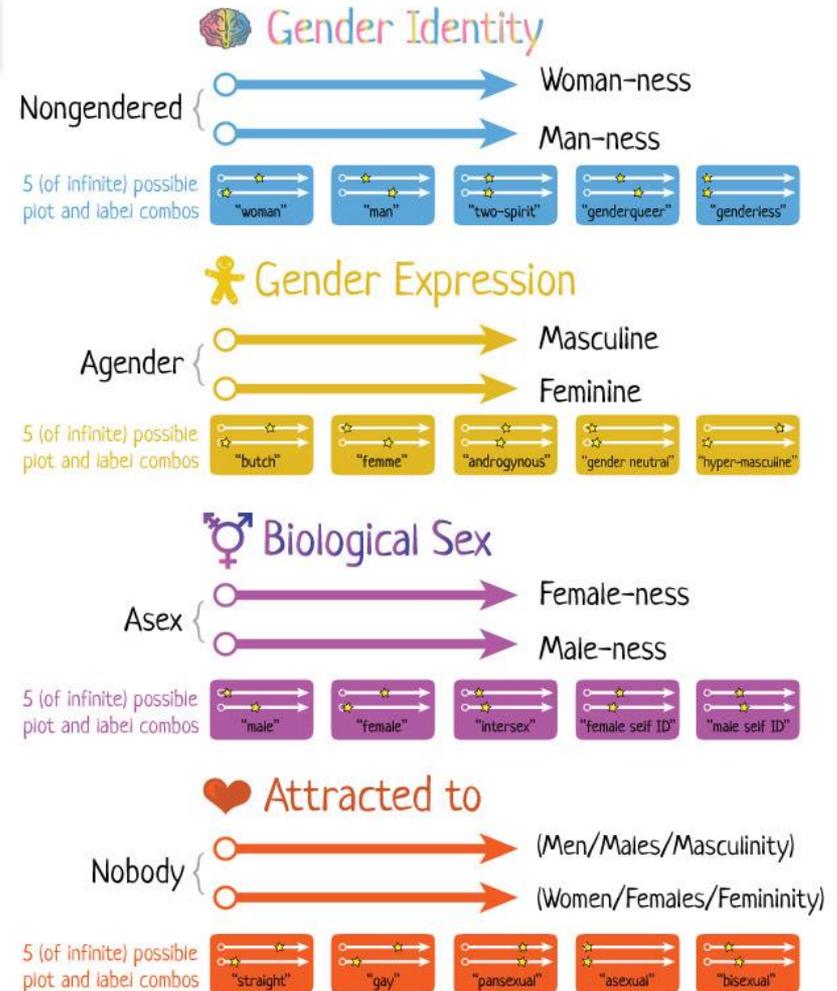
by it's pronounced **METRO**sexual.com

Gender is one of those things everyone thinks they understand, but most people don't. Like *Inception*. Gender isn't binary. It's not either/or. In many cases it's both/and. A bit of this, a dash of that. This tasty little guide is meant to be an appetizer for understanding. It's okay if you're hungry for more.



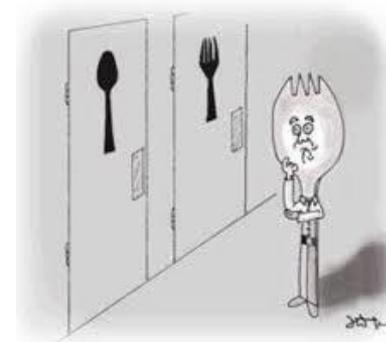
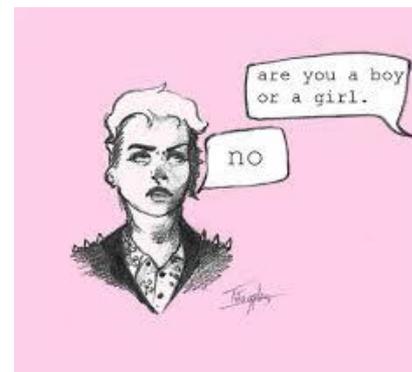
read more

bit.ly/ipmgbqr



Rejecting the Binary

Addressing an audience
Restrooms
Forms
Dividing people into groups



All About Pronouns

Asking about pronouns

What to do with the responses you get

What to do if you make a mistake

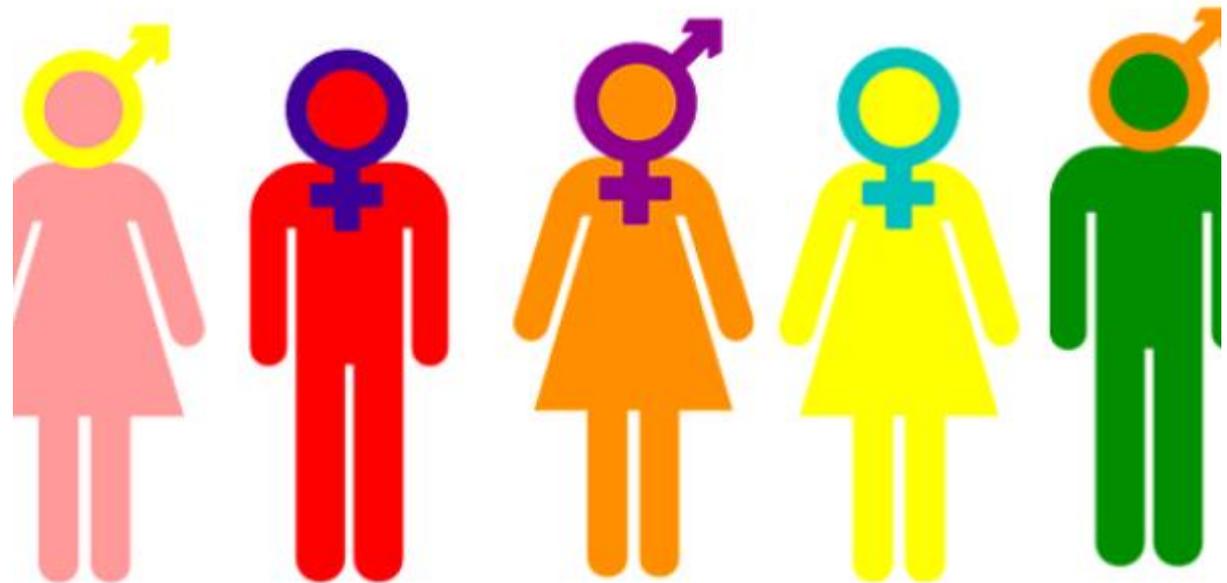


Intersex Identity

Sex assignment at birth

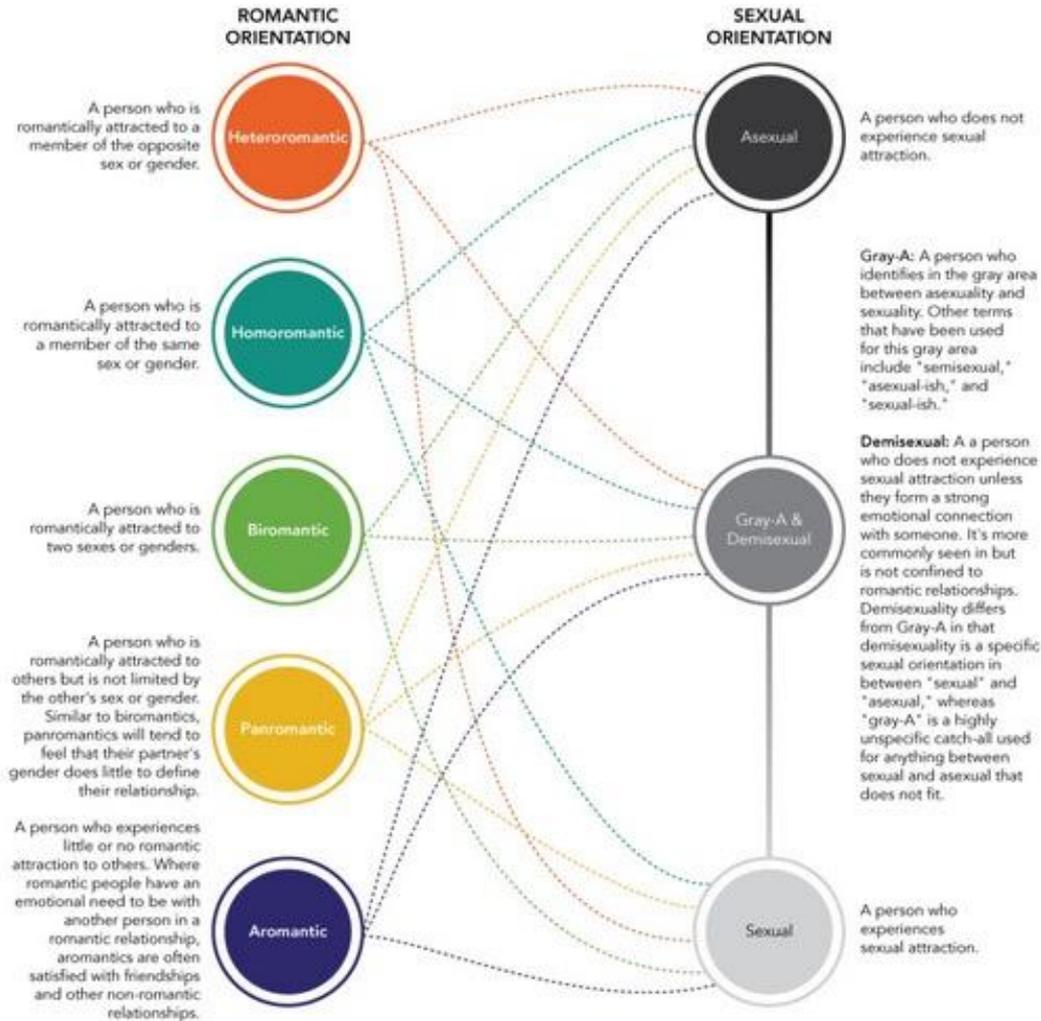
What is intersex?

Nonconsensual surgery



The Asexual Spectrum

Many asexuals identify with two orientations: a romantic and a sexual one. According to the Asexual Visibility and Education Network (AVEN), an asexual's romantic orientation determines "which gender(s), if any, they are inclined to form romantic relationships with." There are also individuals in the asexual community who identify in the gray area between asexuality and sexuality.*



*Note that this infographic is a limited and not definitive model of the asexual spectrum. Not all asexuals will identify or agree with the definitions in this graphic.

Source: AVENwiki (asexuality.org/wiki/)

THE HUFFINGTON POST

Same-Sex Attracted, Same-Gender Loving and Label Rejectors

Sexual identity labels do not fit for everyone

Allowing self-determination

<https://www.youtube.com/watch?v=X5vpx5wedPY>

Oppression of LGBT folks...

- The systematic, institutional, pervasive, routine mistreatment of individuals on the basis of their membership in various groups that are disadvantaged by imbalances of power in society.
- Forms aimed at LGBT communities: homophobia, heterosexism, biphobia, transphobia
- Can be internalized (shame, self-hatred, destructive behaviors, overcompensation)
- Privilege

Under the Queer Umbrella

Discrimination is not only directed at the community, it also occurs within the community

- Discrimination based on age, body type, ability status, etc.
- Bisexual individuals not “really” part of the community
(Video: <https://www.youtube.com/watch?v=k6SXRk0I-ZA>)
- Transgender identified individuals are often excluded/forgotten
- People of color experience discrimination or be fetishized
(Video: <https://www.youtube.com/watch?v=FhTjrjsWv9M>)

Intersectionality

- Consider that people carry multiple identities, which may inform each other differently depending upon context
- Consider that “coming out” may look different for individuals with different backgrounds, cultures, spiritual traditions



Examples of microaggressions

- That's so gay.
- This is my gay/lesbian/transgender/queer friend. (objectify, tokenize)
- So who is the man, and who is the woman in your relationship? (hetero-normative, gender binary)
- How do you have sex.....?

Allyship: Things **Not** To Do

- Do not “out” others: this can cause safety/discomfort issues
- Do not ask about others’ bodies or genitalia
- Do not confuse gender and sexual orientation
- Do not advise others as to what is appropriate to their gender
- Do not place labels on individuals; mirror their language and self-identification
- Do not assume an individual’s gender identity or sexual orientation based upon their appearance



Case Scenario 1

K.J., 24 yrs, Christian, cisgender male, international student from South Korea, reported questioning his sexuality recently, “I am not sure if I am gay or bisexual”. According to him, this has caused considerable distress. K.J. asked you if you can tell him what his sexual orientation is, and if being gay is really a sin in Christianity. He is also struggling with his upcoming trip back to South Korea, during which his family will arrange a blind date for him (with a woman). He is not sure if he should come out to his family about his sexuality upon his return. K.J. reported depressive symptoms including depressed mood, insomnia, decreased appetite, and feelings of worthlessness. He also mentioned having recent morbid rumination about death.

Case Scenario 2

R.L., 19 yrs, gender queer identified (pronoun: they/them), Caucasian, partnered, sophomore student. Their assigned gender at birth was female, but they have been feeling incongruent with their assigned gender since elementary school. They indicated a desire to have top surgery to remove their breasts, and were wondering what resources/options they can utilize. R.L. also reported relationship distress with their partner. They noted feeling somewhat unsafe in their relationship, because their partner often made degrading comments on their body and has quick temper in general. R.L. reported very limited social support outside of their romantic relationship.

Case Scenario #3

J.P. is a 25-year old graduate student (he/him), who is an international student from Japan. J.P. came out as bisexual about a year ago, and in your first session, he reported that he had several sexual partners in the past year but that he has recently began an exclusive relationship. J.P. presents notably upset to your second session, and tells you after some hesitation that he just found out from a home-test that he is HIV-positive. J.P. is not well-connected to resources about HIV and feels scared about what this means about his future. He expresses a strong desire not to tell his partner because “she will leave me, and besides, I always use a condom.”

Resources

- CAPS (GSI drop-in hours)
- Vaden Health Center for gender confirming medical procedure
- LGBT Community Resources Center
- Office of Religious Life
- [Practice Guidelines for LGB Clients \(APA, 2011\)](#)

Thank you very much!

Q&A

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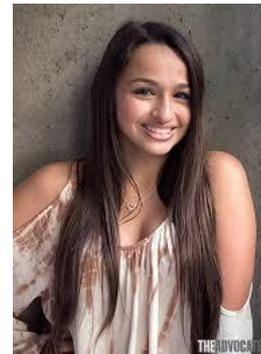
Early childhood

- Children learn and internalize cues from parents about “appropriate” gender behavior, eg “Boys don’t play with dolls”
- Many children are gender expansive
- Look for: “insistent, persistent, consistent”



Adolescence

- Can be an especially difficult time, especially if going through the “wrong” puberty
- Often aware of trans identity but lack means and agency to effect change
- Can be a time of trauma due to rejection by parents & peers



Early Adulthood

Many people begin transition at this age due to greater emotional & financial independence
Freedom to do so varies depending on family obligations, access to info & resources



Later Adulthood

- Some trans folks finally feel free to transition later in life
- Can be satisfying but produces less “convincing” outcome
- Might feel regret about living so long in unwanted gender
- Friends and family can have harder time adjusting after having known person in assigned gender so long



Transitioning

- Fears about finding a partner, disclosing to dates
- Impact on family relationships
- Fears of violence, prejudice
- Feelings about medical aspects of transitioning
- Frustration of having to explain/change legal &
- ID docs (drivers license, student ID, passport, diplomas, etc)

Post-Transition Issues

Disappointment that transition didn't solve all problems

Level of satisfaction with appearance

Post-operative pain, care

Level of satisfaction with hormones, surgeries

Emotional issues not previously addressed