

## **How you can help:**

- Report harassment or bullying, don't just watch.
- Don't use words and slang that are degrading and inappropriate (ex. fag, dyke, tranny) and explain to other students why they shouldn't either.
- If someone wants to be called certain pronouns, use them.
- Never tell someone that their sexuality or gender is not valid, just because you don't know about it doesn't mean its not real.
- Try to be there for your LGBTQ+ students or colleagues, and don't push them away because of their sexuality or gender. It doesn't change who they are, and its already hard enough for them.
- Join your school's GSA or SAGA Club.

## **FHS SAGA Club**

Meetings every Thursday

Room **H101 A Lunch**

**C115 B Lunch**

For more information join our

Remind text **@thegayz** to

81010

## **Resources:**

**Trevor Project:** 866-488-7386

<http://thetrevorproject.org>

**National Suicide Prevention Center:**

800-273-8255

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

**It Get's Better Website:**

<http://www.itgetsbetter.org>

**LGBT Domestic Abuse:**

<http://www.thehotline.org/is-this-abuse/lgbt-abuse/>

**GLBT Youth Talkline:** 800-246-7743

**Crisis Text Line:** Text START to

741-741

**The National Runaway Safeline:**

800-786-2929

**Rape Abuse and Incest National**

**Network:** 800-810-7440

**Rainbow Community Center:**

2118 Willow Pass Road, Ste 500

Concord, CA 94520

Office- 925-692-0090

Email- [rcc@rainbowcc.org](mailto:rcc@rainbowcc.org)

**Empowerment Program:**

Phone- 925-753-1004

Email- [info@chd-prevention.org](mailto:info@chd-prevention.org)

# **Awareness about Sexualities and Genders**



## Terminology:



**Sexuality**- an affinity for someone that evokes the want to engage in physical intimate behavior.

**Heterosexual**- A person who is attracted to the opposite gender.

**Gay**- A person who is attracted to the same gender.

**Lesbian**- A woman who is attracted to other women.

**Pansexual**- A person who is attracted to all genders.

**Bisexual**- A person who is attracted to more than one sex, gender, or gender identity though not necessarily simultaneously.

**Asexual**- A person who does not experience sexual attraction

**LGBTQ**- An acronym for "lesbian, gay, bisexual, transgender and queer."

**Ally**- A person who is not LGBTQ but shows support for LGBTQ people.

**Queer**- Historically, queer has been used as an epithet/slur against people whose gender, gender expression and/or sexuality do not conform to dominant expectations. Some people have reclaimed the word queer, but others are not comfortable with use of the word.



**Genderqueer**-A person who does not identify with the binary of man/woman; umbrella term for many gender non-conforming or non-binary identities.

**Gender Identity**- the internal perception of an one's gender, and how they label themselves, based on how much they align or don't align with what they understand their options for gender to be.

**Cisgender**- A person whose gender identity and biological sex assigned at birth align

**Agender**- A person who does not identify with a gender; neutral

**Gender Fluid**- When a person identifies more male, female or neutral on varying degrees at different times.

**Transgender**- An umbrella term for people whose gender identity and/or expression is different from cultural expectations based on the sex they were assigned at birth. Being transgender does not imply any specific sexual orientation. Therefore, transgender people may identify as straight, gay, lesbian, bisexual, etc.

## Facts & Statistics about Lgbt Youth:

42% of LGBT youth say the community in which they live is not accepting of LGBT people.

84% of LGBT youth report verbal harassment at school because of their sexual/gender identity

74% of transgender youth report sexual harassment because of their gender identity

LGBT youth are **twice** as likely as their peers to have been physically assaulted, kicked or shoved.

LGBT individuals account for **30%** of all suicides each year

**26%** of LGBT youth are forced to leave home because of conflicts with family over sexuality/gender

**33%** of LGBT high school students reported attempting suicide in the previous year, compared to **8%** of their heterosexual peers

Almost **61%** of LGBT felt unsafe at school because of their sexuality/identity

**77%** of LGBT youth say they know things will get better.