

# Serving LGBTQ Youth In Libraries

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## CDC STUDY OF LESBIAN, GAY, AND BISEXUAL STUDENTS' HEALTH

# Supplemental Data

Following are selected data points from the first national study of lesbian, gay, and bisexual students' health, *Sexual Identity, Sex of Sexual Contacts, and Health-Related Behaviors Among Students in Grades 9-12, 2015*, published in CDC's *Morbidity and Mortality Weekly Report* on August 11, 2016.

	Lesbian, Gay, and Bisexual Students	Heterosexual Students	Increased Risk for Lesbian, Gay, and Bisexual Students	
<b>Violence-Related Health Risks</b>	<b>Ever physically forced to have sexual intercourse</b>	17.8%	5.4%	>3 times
	<b>Experienced sexual dating violence</b>	22.7%	9.1%	>2 times
	<b>Experienced physical dating violence</b>	17.5%	8.3%	>2 times
	<b>Were bullied on school property</b>	34.2%	18.8%	~2 times
	<b>Were electronically bullied</b>	28.0%	14.2%	~2 times
	<b>Did not go to school because they felt unsafe at school or on their way to or from school</b>	12.5%	4.6%	>2 times
	<b>Felt sad or hopeless</b>	60.4%	26.4%	>2 times
	<b>Seriously considered attempting suicide</b>	42.8%	14.8%	~3 times
	<b>Attempted suicide</b>	29.4%	6.4%	>4 times
	<b>Drug-Related Health Risks</b>	<b>Ever used hallucinogenic drugs</b>	11.5%	5.5%
<b>Ever used ecstasy</b>		10.1%	4.1%	>2 times
<b>Ever used heroin</b>		6.0%	1.3%	>4 times
<b>Ever used methamphetamines</b>		8.2%	2.1%	~4 times
<b>Ever took steroids without a doctor's prescription</b>		9.7%	2.6%	>3 times
<b>Ever used inhalants</b>		17.3%	5.6%	>3 times
<b>Ever injected any illegal drug</b>		5.4%	1.1%	~5 times



# Additional Statistics Resources

Center for Disease Control Portal for LGBT Youth Health:

<https://www.cdc.gov/lgbthealth/youth.htm>

CDC LGBTQ Youth Programs-at-a-Glance

<https://www.cdc.gov/lgbthealth/youth-programs.htm>

CDC Study of Sexual Identity, Sex of Sexual Contacts, and Health-Related Behaviors Among Students in Grades 9–12 (large pdf file)

<https://www.cdc.gov/mmwr/volumes/65/ss/pdfs/ss6509.pdf>

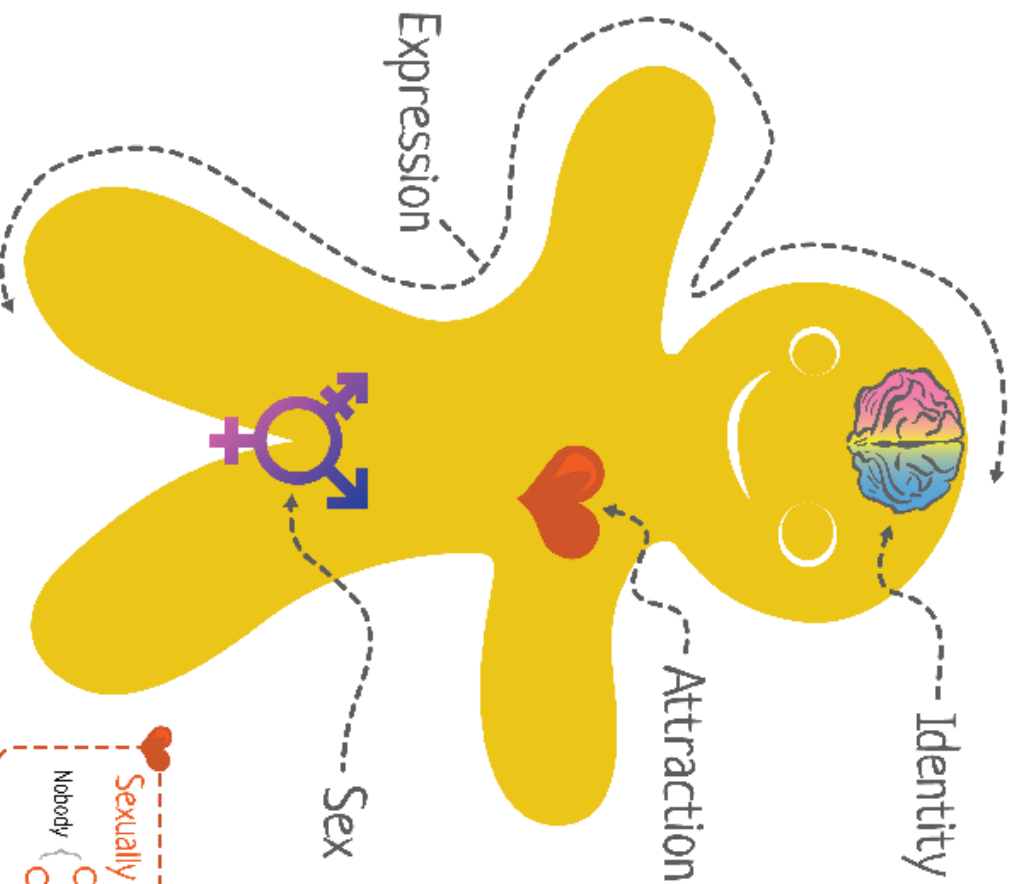
GLSEN School Climate Survey

<https://www.glsen.org/article/2015-national-school-climate-survey>

# The Genderbread Person v3.3

by *it's pronounced* **METRQ** *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 gender understanding. It's okay if you're hungry for more. In fact, that's the idea.



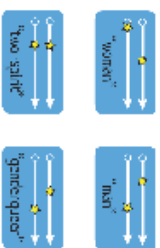
⊘ Indicates a lack of what's on the right.

**Gender Identity**

How you, in your head, define your gender, based on how much you align (or don't align) with what you understand to be the options for gender.

Woman-ness

Man-ness



Plot a point on both continua in each category to represent your identity; combine all ingredients to form your Genderbread

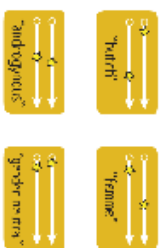
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**Gender Expression**

The ways you present gender through your actions, dress, and demeanor, and how those presentations are interpreted based on gender norms.

Feminine

Masculine

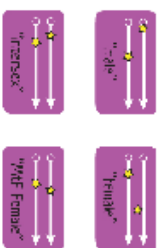


**Biological Sex**

The physical sex characteristics you're born with and develop, including genitalia, body shape, voice pitch, body hair, hormones, chromosomes, etc.

Female-ness

Male-ness



**Sexually Attracted to**

Nobody

Women/Females/Femininity

Men/Males/Masculinity

**Romantically Attracted to**

Nobody

Women/Females/Femininity

Men/Males/Masculinity

In each grouping, circle all that apply to you and plot a point depicting the aspects of gender toward which you experience attraction.

For a bigger bite, read more at <http://bit.ly/genderbread>

# LGBTQIA+ Vocabulary and definitions

Compiled from The Teaching Transgender Toolkit and [itspronouncedmetrosexual.com](http://itspronouncedmetrosexual.com)

- **agender** : A person who does not identify as having a gender identity that can be categorized as male or female, and sometimes indicates identifying as not having a gender identity.

**aromantic** : experiencing little or no romantic attraction to others and/or has a lack of interest in romantic relationships/behavior. Aromanticism exists on a continuum from people who experience no romantic attraction or have any desire for romantic activities, to those who experience low levels, or romantic attraction only under specific conditions, and many of these different places on the continuum have their own identity labels (see demiromantic). Sometimes abbreviated to “aro” (pronounced like “arrow”).

**asexual** : experiencing little or no sexual attraction to others and/or a lack of interest in sexual relationships/behavior. Asexuality exists on a continuum from people who experience no sexual attraction or have any desire for sex, to those who experience low levels, or sexual attraction only under specific conditions, and many of these different places on the continuum have their own identity labels (see demisexual). Sometimes abbreviated to “ace.” Asexuality is different from celibacy in that it is a sexual orientation whereas celibacy is an abstaining from a certain action. Not all asexual people are aromantic.

**bigender** : A person who experiences gender identity as two genders at the same time, or whose gender identity may vary between two genders. These may be masculine and feminine, or could also include nonbinary identities.

**biological sex** : A person’s combination of genitals, chromosomes and hormones, usually categorized as “male” or “female” based on visual inspection of genitals via ultrasound or at birth. Many assume that a person’s gender identity will be congruent with their sex assignment. Everyone has a biological sex.

**bisexual** : **1** a person who is emotionally, physically, and/or sexually attracted to males/men and females/women. **2** a person who is emotionally, physically, and/or sexually attracted to people of their gender and another gender . This attraction does not have to be equally split or indicate a level of interest that is the same across the genders or sexes an individual may be attracted to. **3** a person who is emotionally, physically, and/or sexually attracted to two genders or more. Many people who recognize the limitations of a binary understanding of gender may still use the word bisexual as their sexual orientation label, this is often because many people are familiar with the term bisexual (while less are familiar to the term pansexual).

**butch** : a person who identifies themselves as masculine, whether it be physically, mentally or emotionally. ‘Butch’ is sometimes used as a derogatory term for lesbians, but is also be claimed as an affirmative identity label.

**cisgender** (pronounced /sis-gender/): An adjective to describe a person whose gender identity is congruent with (or “matches”) the biological sex they were assigned at birth. (Some people abbreviate this as “cis”).

**closeted** : an individual who is not open to themselves or others about their (queer) sexuality or gender identity. This may be by choice and/or for other reasons such as fear for one's safety, peer or family rejection or disapproval and/or loss of housing, job, etc. Also known as being "in the closet." When someone chooses to break this silence they "come out" of the closet. (See coming out)

**Coming Out** – **1** the process by which one accepts and/or comes to identify one's own sexuality or gender identity (to "come out" to oneself). **2** The process by which one shares one's sexuality or gender identity with others (to "come out" to friends, etc.). This is a continual, life-long process. Everyday, all the time, one has to evaluate and re-evaluate who they are comfortable coming out to, if it is safe, and what the consequences might be.

**demiromantic** : little or no capacity to experience romantic attraction until a strong sexual or emotional connection is formed with another individual, often within a sexual relationship.

**demisexual** : little or no capacity to experience sexual attraction until a strong romantic or emotional connection is formed with another individual, often within a romantic relationship.

**femme** : someone who identifies themselves as feminine, whether it be physically, mentally or emotionally. Often used to refer to a feminine-presenting queer woman.

**fluid(ity)** : generally with another term attached, like gender-fluid or fluid-sexuality, fluid(ity) describes an identity that may change or shift over time between or within the mix of the options available (e.g., man and woman, bi and straight).

**gay** : **1** individuals who are primarily emotionally, physically, and/or sexually attracted to members of the same sex and/or gender. More commonly used when referring to men who are attracted to other men, but can be applied to women as well. **2** An umbrella term used to refer to the queer community as a whole, or as an individual identity label for anyone who does not identify as heterosexual. "Gay" is a word that's had many different meanings throughout time. In the 12th century it meant "happy," in the 17th century it was more commonly used to mean "immoral" (describing a loose and pleasure-seeking person), and by the 19th it meant a female prostitute (and a "gay man" was a guy who had sex with female prostitutes a lot). It wasn't until the 20th century that it started to mean what it means today. Interesting, right?

**gender binary** : The idea that gender is strictly an either/or option of male/men/masculine or female/woman/feminine based on sex assigned at birth, rather than a continuum or spectrum of gender identities and expressions. The gender binary is often considered to be limiting and problematic for all people, and especially for those who do not fit neatly into the either/or categories.

**gender conforming**: A person whose gender expression is perceived as being consistent with cultural norms expected for that gender. According to these norms, boys/men are or should be masculine, and girls/women are or should be feminine. Not all cisgender people are gender conforming and not all transgender people are gender non-conforming. (For example, a transgender woman may have a very feminine gender expression).

**gender expression** : A person's outward gender presentation, usually comprised of personal style, clothing, hairstyle, makeup, jewelry, vocal inflection and body language. Gender expression is typically categorized as

masculine or feminine, less commonly as androgynous. All people express a gender. Gender expression can be congruent with a person's gender identity, but it can also be incongruent if a person does not feel safe or supported, or does not have the resources needed to engage in gender expression that authentically reflects their gender identity.

**genderfluid** : A person whose gender identity or expression shifts between masculine and feminine, or falls somewhere along this spectrum.

**gender identity** : A person's deep-seated, internal sense of who they are as a gendered being—specifically, the gender with which they identify themselves. All people have a gender identity.

**Gender neutral**: A term that describes something (sometimes a space, such as a bathroom; or an item, such as a piece of clothing) that is not segregated by sex/gender.

**Gender Neutral Language**: Language that does not assume or confer gender. For example “person” instead of “man” or “woman.”

**Gender Non-Conforming**: A person whose gender expression is perceived as being inconsistent with cultural norms expected for that gender. Specifically, boys/men are not masculine enough or are feminine, while girls/women are not feminine enough or are masculine. Not all transgender people are gender non-conforming, and not all gender non-conforming people identify as transgender. Cisgender people may also be gender non-conforming. Gender non-conformity is often inaccurately confused with sexual orientation.

**Genderqueer**: A person whose gender identity is neither male nor female, is between or beyond genders, or is some combination of genders.

**homosexual** : a person primarily emotionally, physically, and/or sexually attracted to members of the same sex/gender. This [medical] term is considered stigmatizing (particularly as a noun) due to its history as a category of mental illness, and is discouraged for common use (use gay or lesbian instead). Until 1973 “Homosexuality” was classified as a mental disorder in the DSM Diagnostic and Statistical Manual of Mental Disorders. This is just one of the reasons that there are such heavy negative and clinical connotations with this term.

**intersex** : An umbrella term that describes a person born with sex characteristics (e.g. genetic, genital, sexual/ reproductive or hormonal configurations) that do not fit typical binary notions of male or female bodies. The term describes a wide range of natural variations in human bodies. Intersex is frequently confused with transgender, but the two are completely distinct and generally unconnected. A more familiar term, hermaphrodite, is considered outdated and offensive.

**lesbian** : women who have the capacity to be attracted romantically, sexually, and/or emotionally to other women.

**LGBTQ; GSM; DSG** : shorthand or umbrella terms for all folks who have a non-normative (or queer) gender or sexuality, there are many different initialisms people prefer. LGBTQ is Lesbian Gay Bisexual Transgender and Queer and/or Questioning (sometimes people add a + at the end in an effort to be more inclusive); GSM is Gender and Sexual Minorities; DSG is Diverse Sexualities and Genders. Other options include the initialism GLBT or LGBT and the acronym QUILTBAG (Queer [or Questioning] Undecided Intersex Lesbian Trans\* Bisexual Asexual [or Allied] and Gay [or Genderqueer]). There is no “correct” initialism or acronym —

what is preferred varies by person, region, and often evolves over time. The efforts to represent more and more identities led to some folks describe the ever-lengthening initialism as “Alphabet Soup,” which was part of the impetus for GSM and DSG.

**Mx.** / “mix” or “schwa” / – an honorific (e.g. Mr., Ms., Mrs., etc.) that is gender neutral. It is often the option of choice for folks who do not identify within the gender binary: *Mx. Smith is a great teacher.*

**pansexual** : a person who experiences sexual, romantic, physical, and/or spiritual attraction for members of all gender identities/expressions. Often shortened to “pan.”

**queer** : used as an umbrella term to describe individuals who don’t identify as straight. Also used to describe people who have a non-normative gender identity, or as a political affiliation. Due to its historical use as a derogatory term, it is not embraced or used by all members of the LGBTQ community. The term “queer” can often be use interchangeably with LGBTQ (e.g., “queer folks” instead of “LGBTQ folks”). If a person tells you they are not comfortable with you referring to them as queer, don’t. Always respect individual’s preferences when it comes to identity labels, particularly contentious ones (or ones with troubled histories) like this.

**questioning** : an individual who or time when someone is unsure about or exploring their own sexual orientation or gender identity.

**romantic attraction** : a capacity that evokes the want to engage in romantic intimate behavior (e.g., dating, relationships, marriage), experienced in varying degrees (from little-to-none, to intense). Often conflated with sexual attraction, emotional attraction, and/or spiritual attraction.

**sex assigned at birth (SAAB)** : The determination of a person’s sex based on the visual appearance of the genitals at birth. The sex someone is labeled at birth.

**sexual orientation** : A person’s feelings of attraction (emotional, psychological, physical, and/or sexual) towards other people. A person may be attracted to people of the same sex, to those of the opposite sex, to those of both sexes, or without reference to sex or gender. And some people do not experience primary sexual attraction, and may identify as asexual. Sexual orientation is about attraction to other people (external), while gender identity is a deep-seated sense of self (internal). All people have a sexual orientation that is separate from their biological sex, gender identity and gender expression.

**skoliosexual** : being primarily sexually, romantically and/or emotionally attracted to some genderqueer, transgender, transsexual, and/or non-binary people.

**trans** : This is sometimes used as an abbreviation for “transgender.”

**transgender** : An adjective used to describe a person whose gender identity is incongruent with (or does not “match”) the biological sex they were assigned at birth. “Transgender” serves an umbrella term to refer to the full range and diversity of identities within transgender communities because it is currently the most widely used and recognized term

**Transgender men and boys**: People who identify as male, but were assigned female at birth. Also sometimes referred to as transmen.

**Transgender women and girls**: People who identify as female, but were assigned male at birth. Also



sometimes referred to as trans women.

**Transexual/Transsexual:** This is an older term that has been used to refer to a transgender person who has had hormonal or surgical interventions to change their bodies to be more aligned with their gender identity than the sex that they were assigned at birth. While still used as an identity label by some, “transgender” has generally become the preferred term. Two Spirit: A term used by Native and Indigenous Peoples to indicate that they embody both a masculine and a feminine spirit. Is sometimes also used to describe Native Peoples of diverse sexual orientations, and has nuanced meanings in various indigenous sub-cultures.

**ze / zir / “zee”, “zerr” or “zeer”/** – alternate pronouns that are gender neutral and preferred by some trans people. They replace “he” and “she” and “his” and “hers” respectively. Alternatively some people who are not comfortable/do not embrace he/she use the plural pronoun “they/their” as a gender neutral singular pronoun.

## Resources for Collection Development

### ALA GLBTRT Rainbow Booklists

The Rainbow Book List is created by the Rainbow Book List Committee of the Gay, Lesbian, Bisexual, and Transgender Round Table of the American Library Association. Originally a joint project between the Gay, Lesbian, Bisexual, and Transgender Roundtable and the Social Responsibilities Round Table, the Rainbow Book List presents an annual bibliography of quality books with significant and authentic GLBTQ content, which are recommended for people from birth through eighteen years of age.

<http://glbtrt.ala.org/rainbowbooks/rainbow-books-lists>

### ALA GLBTRT Stonewall Awards List

<http://www.ala.org/glbtrt/award/stonewall/honored>

### I’m Here, I’m Queer, What Do I Read?

<http://www.leewind.org/>

### Diversity in YA

<http://www.diversityinya.com/>

### We Need Diverse Books

<http://weneeddiversebooks.org/>

## PARTICIPANT HANDOUT

# Mapping Gender Messages

**DIRECTIONS:** For (each of) the book(s) that you read aloud in your small group, discuss the answers to the questions below and provide examples to support your responses.

Title of the Book: \_\_\_\_\_

Author: \_\_\_\_\_ Year Published: \_\_\_\_\_

1. What was the overall theme of this book (e.g., respect, empathy)?

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2. How was gender portrayed through the characters' attire (e.g., the boy character wore a collared shirt and tie)?

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3. What gender roles are portrayed in this book (e.g., the girl character plays pretend tea party)?

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4. What could have been changed in this book to make it more inclusive of diverse gender expressions and genders?

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