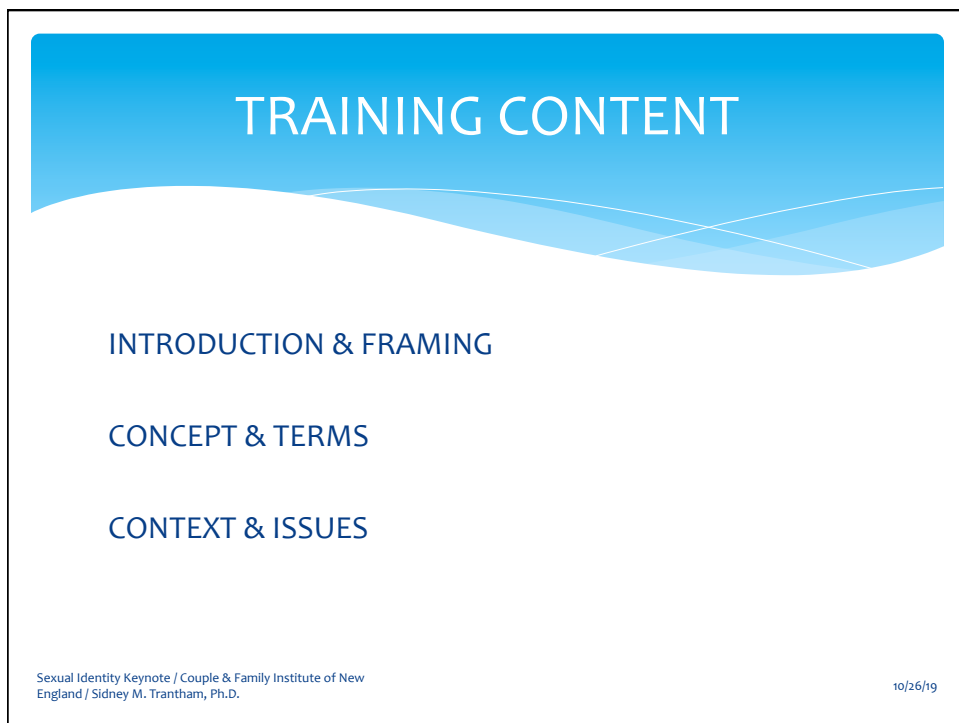


SEXUALITY MATTERS
COUPLE & FAMILY INSTITUTE OF NEW ENGLAND
KEYNOTE ADDRESS

Sidney M. Trantham, Ph.D.
Smith College Conference Center / Northampton, MA
Saturday October 26, 2019 9am – 5pm

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TRAINING CONTENT

INTRODUCTION & FRAMING

CONCEPT & TERMS

CONTEXT & ISSUES

Sexual Identity Keynote / Couple & Family Institute of New England / Sidney M. Trantham, Ph.D. 10/26/19

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TRAINING OBJECTIVES

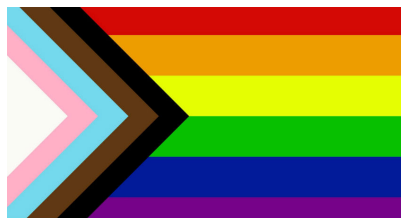
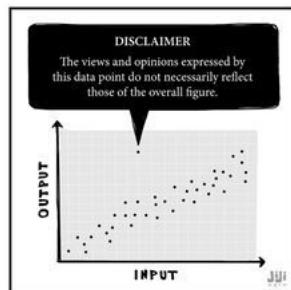
Following this discussion, attendees will be able to:

- * discuss the historical context of the LGBTQ+ Civil Rights movement
- * understand terminology related to sexuality and gender
- * distinguish between unique sexual identities

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INTRODUCTION & DISCLAIMERS



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SEXUAL IDENTITIES

CONCEPTS & TERMS

This slide features a solid blue background with a white wavy graphic at the bottom. The title 'SEXUAL IDENTITIES' is centered in a large, white, sans-serif font, with the subtitle 'CONCEPTS & TERMS' centered below it in a smaller, white, sans-serif font.

GENDER, SEXUALITY & SEXUAL ORIENTATION

GENDER

SEXUALITY

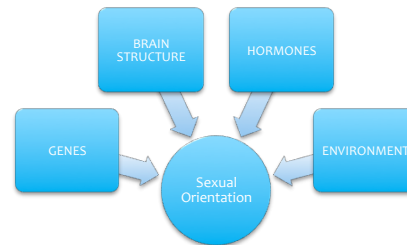
SEXUAL ORIENTATION

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This slide has a blue header with the title 'GENDER, SEXUALITY & SEXUAL ORIENTATION' in white. Below the header is a Venn diagram consisting of three overlapping light blue circles. The top circle is labeled 'GENDER', the bottom-left circle is labeled 'SEXUALITY', and the bottom-right circle is labeled 'SEXUAL ORIENTATION'. The circles overlap in the center and at the intersections. At the bottom left, there is small text: 'Sexual Identity Keynote / Couple & Family Institute of New England / Sidney M. Trantham, Ph.D.' and at the bottom right, the date '10/26/19'.

WHERE DOES SEXUAL ORIENTATION COME FROM?

- * sexual orientation likely involves an interaction of:
 - * genes
 - * brain structure
 - * hormones
 - * environment (e.g., cultural context, socialization)



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SEXUAL IDENTITIES



- * HETEROSEXUAL/STRAIGHT
- * HOMOSEXUAL/GAY
- * BISEXUAL
- * ASEXUAL
- * SAPIOSEXUAL
- * PANSEXUAL
- * POLYSEXUAL
- * SKOLIOSEXUAL
- * QUEER

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SEXUAL IDENTITIES



- * AROMANTIC
- * GRAYSEXUAL
- * DEMISEXUAL
- * DEMIROMANTIC
- * LITHROMANTIC
- * POLYSEXUAL
- * PANROMANTIC
- * QUEERPLATONIC
RELATIONSHIPS
- * ZUCCHINI

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SEXUALITY: WHY DOES IT MATTER?

LGBTQ YOUTH IN THE U.S.

- * approximately 8% of female identified & 3% of male identified youth between ages 18 – 19 identify as gay or bisexual (U.S. Department of Health & Human Services, May 2019)
- * approximately 0.7% of youth between the ages of 13 – 17 identify as transgender (about 150,000 youth or about 1 out of every 137) (Williams Institute, January 2019; The New York Times February 2017)

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LGBTQ ADULTS IN THE U.S.

- * estimated 4.5% of the adult population in the United States identify as LGBT (approximately 11, 343,000 adults) (Williams Institute, March 2019)
- * approximately 0.6% of adults in the United States identify as transgender (about 1.4 million adults) (Williams Institute, citing 2014 data published in 2016).

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EDITH WINSOR & THEA SPYER



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BILLY PORTER & ADAM SMITH



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LENA WAITHE



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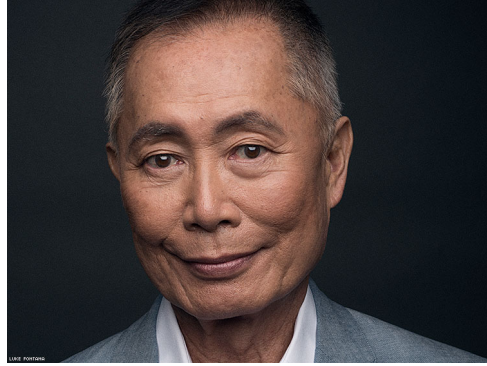
MEGAN RAPINOE



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GEORGE TAKEI



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Risk of Depression, Suicide and Substance Abuse

LGB YOUTH ARE

>3X
as likely to
CONSIDER SUICIDE
as straight youth.

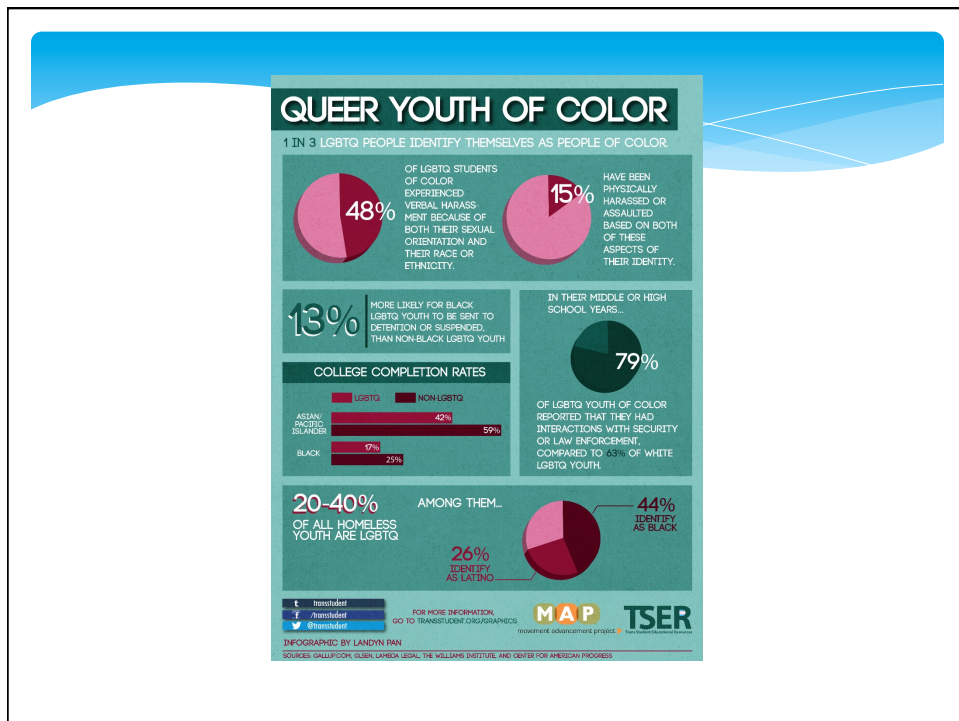
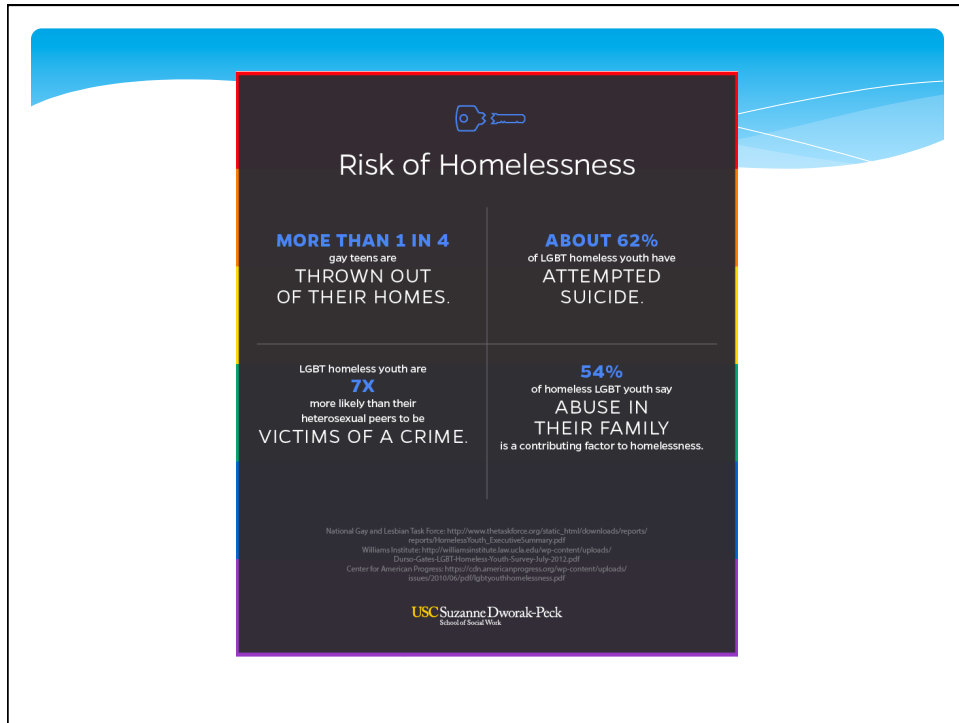
4½X
more likely to
ATTEMPT SUICIDE
than straight youth.

>2X
as likely to feel
SAD OR HOPELESS
every day for 2 or more weeks
in a row as straight youth.

>4½X
more likely to make a
suicide attempt resulting in
**INJURY, POISONING
OR OVERDOSE**
that has to be treated by a doctor.

Centers for Disease Control and Prevention: <https://www.cdc.gov/mmwr/volumes/95/wr/pdf/a9509a09.pdf>

USC Suzanne Dworak-Peck
School of Social Work



JULIA DERBYSHIRE



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JAMEL MYLES



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CHANNING SMITH



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PULSE NIGHTCLUB SHOOTING



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INTERSECTIONALITY

- * *“The intersection of the meaning and consequences (e.g., discrimination, prejudice, privilege) associated memberships in multiple societal groups, which in turn informs the overall identity of an individual”*

from Cole (2009)

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PRIVILEGE

- * *"a right, immunity or benefit enjoyed only by a person beyond the advantages of most" (Merriam-Webster Dictionary)*
- * *"unearned power conferred systematically"*

from McIntosh (1989):

“White Privilege: Unpacking The Invisible Knapsack

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HETEROSEXUAL PRIVILEGE

- * heterosexual privilege confers unearned and unchallenged advantages and rewards to heterosexuals solely as a result of their sexual orientation

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HETERONORMATIVITY

- * *“of, relating to, or based on the attitude that heterosexuality is the only normal and natural expression of sexuality” (Merriam-Webster Dictionary)*

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HETEROSEXISM

* *“discrimination or prejudice against homosexuals on the assumption that heterosexuality is the normal sexual orientation”* (Merriam-Webster Dictionary)

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HOMOPHOBIA

* *“dislike of or prejudice against homosexual people”* (Merriam-Webster Dictionary)

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BIPHOBIA

- * ***Biphobia*** is fear of the other and fear of the space between our categories.” (Ochs & Deihl, 1992)

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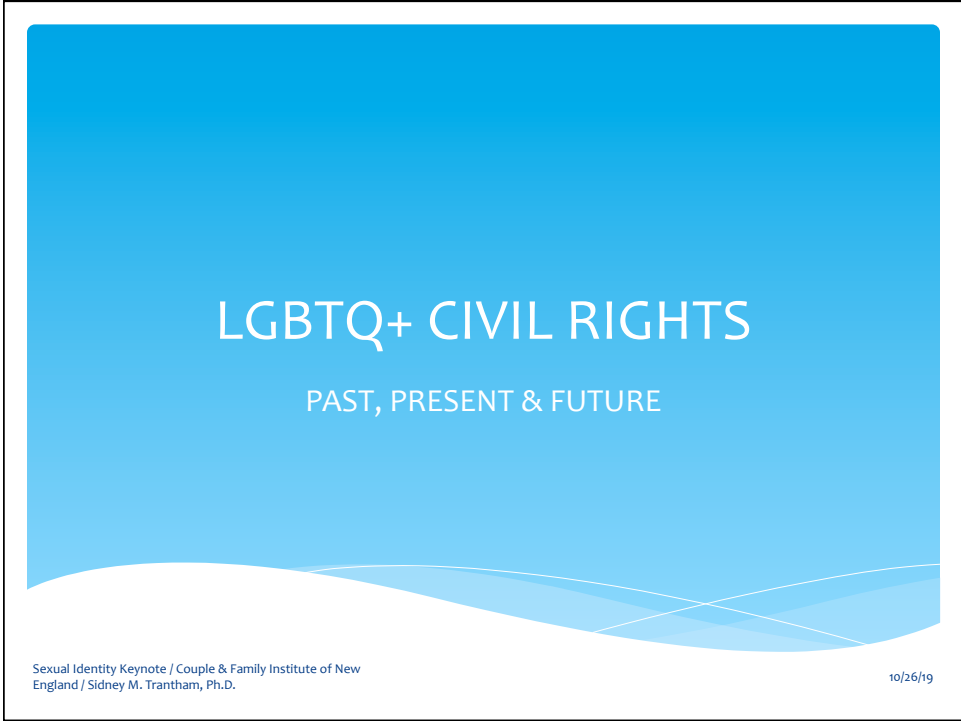
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CONVERSION THERAPY

- * approximately 16,000 LGBT youth (ages 13-17) will receive conversion therapy from a licensed health care professional before they reach the age of 18
- * approximately 57,000 youth will undergo the treatment from a religious or spiritual advisor
- * approximately 698,000 LGBT adults in the U.S have received conversion therapy at some point in their lives, including about 350,000 who received it as adolescents (Williams Institute, June 2019)

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LGBTQ+ CIVIL RIGHTS
PAST, PRESENT & FUTURE

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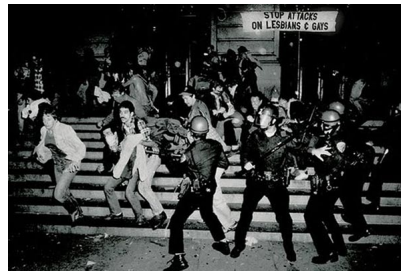


1960s - 1970s
BIRTH OF THE MODERN GAY RIGHTS MOVEMENT

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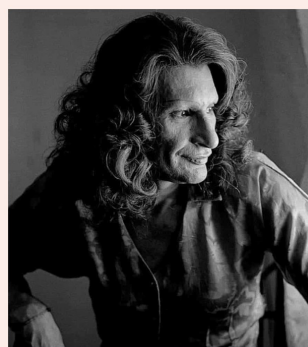
STONEWALL RIOTS



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STONEWALL: UNSUNG HEROES



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STONEWALL: 50 YEARS LATER



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1980s - 1990s

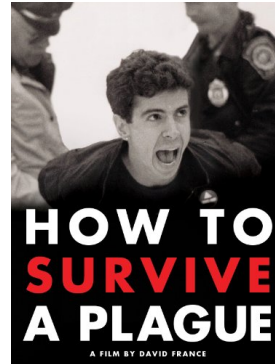
HIV & AIDS: THE FIGHT FOR SURVIVAL

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HIV & AIDS: ACT UP!

- * ~1.1 million people in the U.S. living with HIV
- * Gay, bisexual & men who have sex with men are the largest group, estimated 26,000 new infections each year



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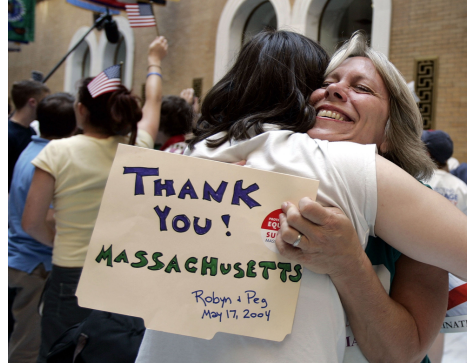
LATE 1990S – EARLY 2010S

MARRIAGE EQUALITY

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MASSACHUSETTS MARRIAGE EQUALITY



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END OF DOMA



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THE PRESENT & THE FUTURE

MORE VISIBILITY
MORE FREEDOMS
CONTINUED RISKS & STRUGGLES

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THE EQUALITY ACT

* The Equality Act would “prohibit discrimination on the basis of the sex, sexual orientation, gender identity, or pregnancy, childbirth, or a related medical condition of an individual, as well as because of sex-based stereotypes.”



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THE EQUALITY ACT

- * The Equality Act would explicitly include sexual orientation and gender identification as protected characteristics by amending:
 - * Civil Rights Act of 1964
 - * Fair Housing Act
 - * Equal Credit Opportunity Act
 - * Jury Selection and Services Act
 - * several laws regarding employment in the federal government

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THE EQUALITY ACT

- * reported that 70% of Americans support the Equality Act – across people who identify at Democrats, Republicans & Independents
- * strong support by Business Coalition for Equality Act
- * support by Business Roundtable, National Association of Manufacturers & U.S. Chamber of Commerce

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THE EQUALITY ACT

- * large bipartisan support in US Congress
- * Introduced in the House by David Cicilline (D-RI) & Brian Fitzpatrick (R-PA) and in the Senate by Jeff Merkley (D-OR), Susan Collins (R-ME), Tammy Baldwin (D-WI) & Cory Booker (D-NJ) on March 13, 2019
- * Bill introduced with 287 original co-sponsors
- * Passed in the House by bipartisan vote (236 – 173) on May 17, 2019... but stalled in the Senate

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LGBTQ+ RIGHTS

**EQUALITY
IS A
HUMAN
RIGHT**

INTERNATIONAL DAY AGAINST
HOMOPHOBIA, TRANSPHOBIA & BIPHOBIA



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RESOURCES

- * THE TREVOR PROJECT
- * FENWAY HEALTH
- * SIDNEY BORUM JR. HEALTH CENTER
- * PFLAG
- * NATIONAL CENTER FOR TRANSGENDER EQUALITY
- * AMERICAN PSYCHOLOGICAL ASSOCIATION (APA)

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CONTACT INFORMATION

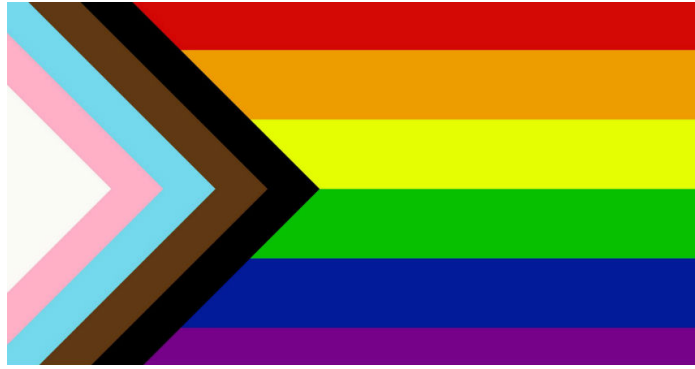
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**COUPLE & FAMILY INSTITUTE OF NEW ENGLAND
SEXUAL IDENTITY KEYNOTE RESOURCES
OCTOBER 2019**

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<https://www.hrc.org/resources/2018-lgbtq-youth-report>

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[4-5-percent-u-s-adults-identify-lgbt-gallup-n877486](https://www.nbcnews.com/feature/nbc-out/record-4-5-percent-u-s-adults-identify-lgbt-gallup-n877486)

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[identity-terms-you-probably-dont-know_n_561bf841e4b0082030a35f80](https://www.huffpost.com/entry/skoliosexual-zucchini-and-10-other-sexual-identity-terms-you-probably-dont-know_n_561bf841e4b0082030a35f80)

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[cisgender-privileges/](https://itspronouncedmetrosexual.com/2011/11/list-of-cisgender-privileges/)

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It's Pronounced Metrosexual. [https://itspronouncedmetrosexual.com/2012/01/29-](https://itspronouncedmetrosexual.com/2012/01/29-examples-of-heterosexual-privilege/)

[examples-of-heterosexual-privilege/](https://itspronouncedmetrosexual.com/2012/01/29-examples-of-heterosexual-privilege/)

Robyn Ochs: <https://robynochs.com/>

Beyond the Binary

Acey Mercer, LMSW



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Senior Consultant,
Practice Manager & Clinician
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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
- Natal or birth sex: refers to the sex assigned at birth, which is typically determined by genitalia

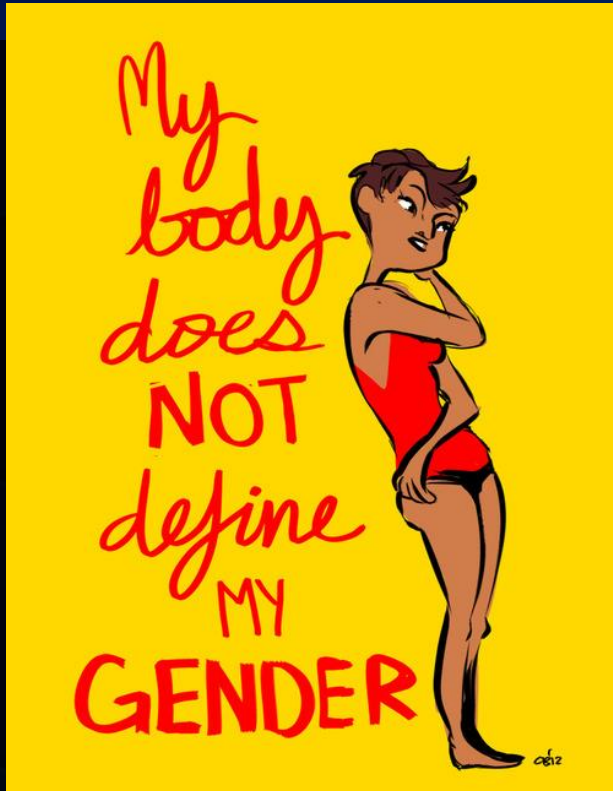


How Many Sexes Are There?

- Some infants are born with ambiguous genitalia - as intersex
 - Most are surgically operated on to an “assigned sex” (usually female)
 - All “sexes” are assigned
- Intersex is a category that describes a person with a genetic, genital, reproductive or hormonal configuration that results in a body that often cannot be easily categorized as male or female
- Intersex is frequently confused with transgender, but the two are completely distinct and generally unconnected



Gender

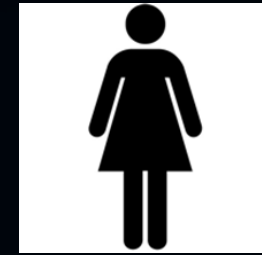


- Social, psychological, and emotional traits frequently influenced by societal expectations that categorize an individual as feminine or masculine



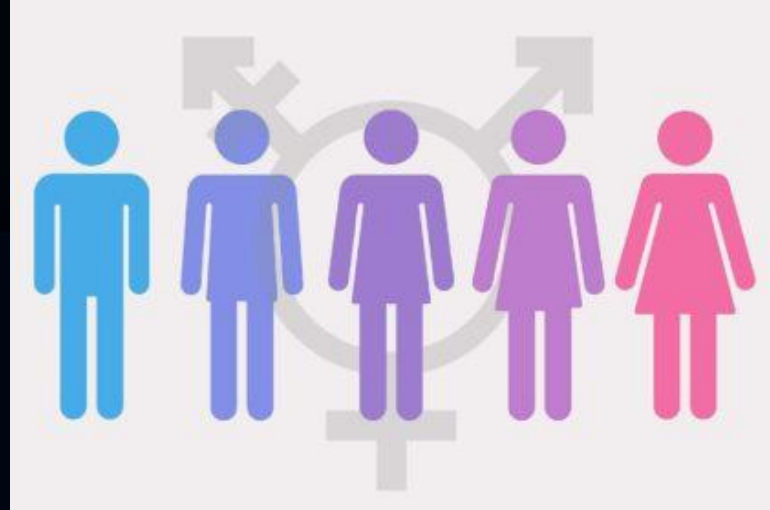
WHAT MAKES A PERSON A WOMAN?

A MAN?



Gender Identity

- An individual's personal and subjective inner sense of self as belonging to a particular gender
- May or may not correspond with one's sex assigned at birth

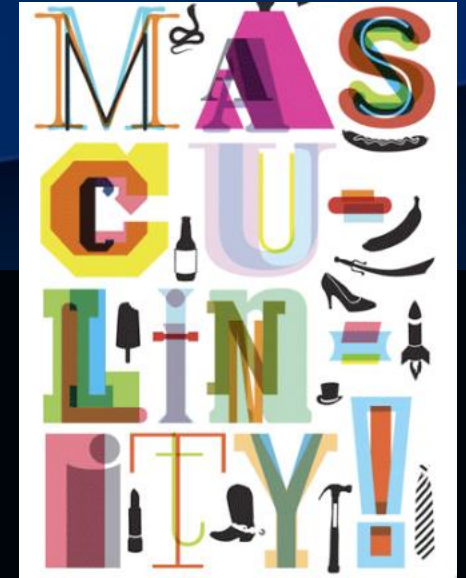



Gender Expression



- A person's outward gender presentation, usually comprised of personal style, clothing, hairstyle, makeup, jewelry, vocal inflection and body language
- Is typically categorized as masculine or feminine, but can be both/androgynous
- 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

WHAT IS MASCULINITY?



A young man with short dark hair is looking directly at the camera. He is wearing a bright green V-neck t-shirt under a green and white plaid button-down shirt. The background is a blurred indoor space, possibly a library or a store, with shelves and lights. The text 'THE MASK YOU LIVE IN' is overlaid on his face in a bold, sans-serif font. The word 'THE' is white, 'MASK' is green, 'YOU' is white, 'LIVE' is yellow, and 'IN' is white.

THE
MASK
YOU
LIVE
IN

WHAT IS FEMININITY?

Femininity

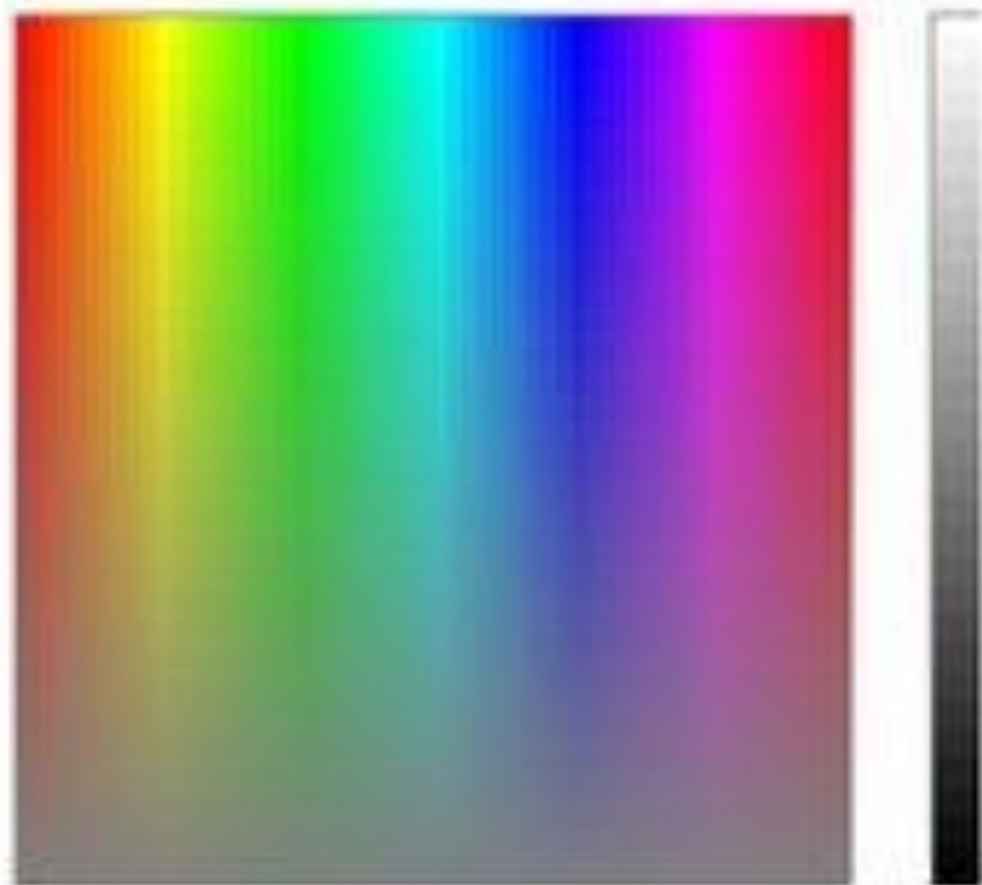




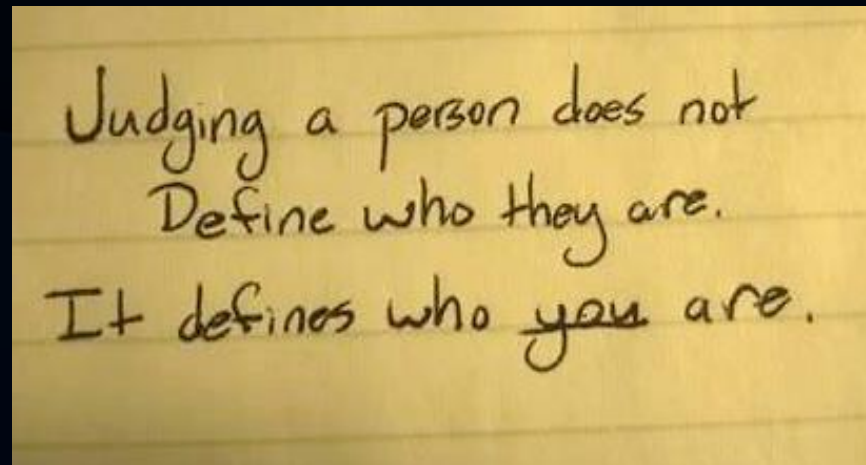
what people see gender as



what gender really is

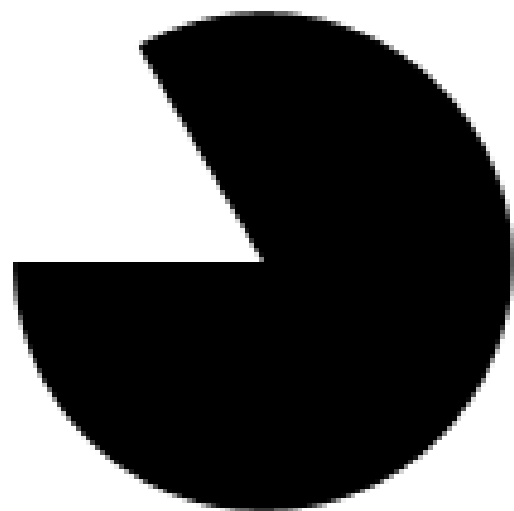
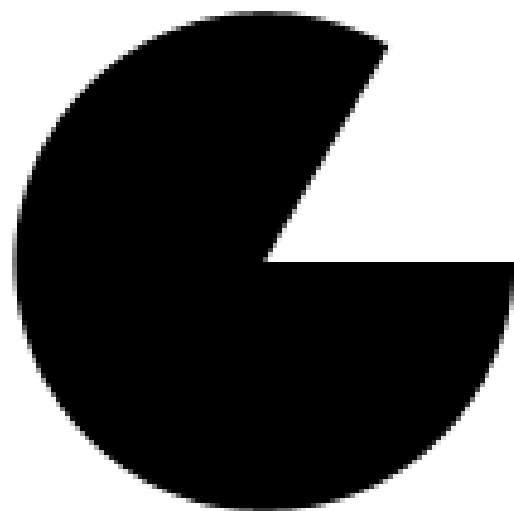


- “Trans people shouldn’t have to lie, lead double lives, and deny their gender simply to make others comfortable, avoid possible discrimination, and prevent being verbally or physically attacked” (Beemyn, 2003)

A photograph of a piece of yellowed, lined paper with handwritten text in black ink. The text is written in a cursive, slightly slanted script. The paper is set against a dark blue background.

Judging a person does not
Define who they are.
It defines who you are.

What are you reading?

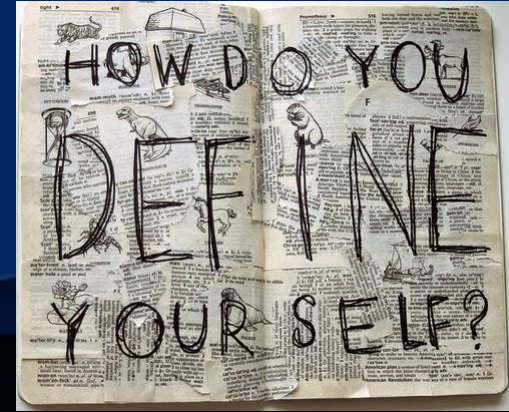


After reading the
the sentence, you are
now aware that the
the human brain
often does not
inform you that the
the word 'the' has
been repeated twice
every time.

YOUR
ASSUMPTIONS
ARE YOUR WINDOW ON THE WORLD
SCRUB THEM OFF
EVERY ONCE IN AWHILE OR THE
LIGHT WON'T COME IN.
ISAAC ASIMOV

Language

- There are many terms used by individuals to describe themselves and their communities
- Keep in mind that each person may not identify with these terms or definitions
- It is best to give all persons an opportunity to provide information on how they want to be recognized



*"We must
not allow
other people's
limited
perceptions
to define us."*

Virginia Satir

Transgender

- Transgender is an umbrella term that encompasses any individual who crosses over or challenges their society's traditional gender roles and/or expressions
- A term that may be used to describe individuals whose gender expression does not conform to cultural norms and/or whose gender identity is different from their sex assigned at birth



Cisgender

- An adjective to describe a person whose gender identity is congruent with (or “matches”) the sex they were assigned at birth
- A person who is not transgender

Cissexism

- Operates as a subtle web of ideas that many people hold based on the assumption that all people are cisgender
- The set of acts and norms that privilege cis people and/or oppress trans people

UNIVERSITY OF SAN FRANCISCO

Becoming aware of **privilege** should not be viewed as a burden or source of guilt, but rather, **an opportunity** to learn and be responsible so that we may work toward **a more just and inclusive world.**

CHECK YOUR PRIVILEGE:

- WHITE
- MALE
- CLASS
- CHRISTIAN
- CISGENDER*
- ABLE-BODIED
- HETEROSEXUAL

*CISGENDER: a description for a person whose gender identity, gender expression and biological sex all align

privilege: unearned access to social power based on membership in a dominant social group

Presented by Dr. Walker (Psychology Dept.), Dr. Poole (School of Management, Marketing Dept.), Professor Murray (Design Program), and Student Life

Gender Nonconforming, Gender Expansive, Gender Creative, Gender Diverse

- Refers to a person who does not conform to prevailing gendered behaviors or roles within a specific society
- People who express their gender differently than what is culturally expected of them
- A gender non-conforming person is not necessarily transgender
 - a woman who dresses in a masculine style but who identifies as female
 - a boy who likes to play with girl dolls but identifies himself as a boy
- Cisgender people may also be gender non-conforming



GenderQueer

- An umbrella term for gender identities or presentations that do not fit the 'dominant trans narrative' of transitioning from your gender assigned at birth in line with your assigned sex, to the 'opposite' gender
- That is, genders that are not understood in gender binaries and/or essences



Nonbinary



- A continuum or spectrum of gender identities and expressions
- Captures individuals who may experience a gender identity that is neither exclusively male nor female
- Is a combination of male and female or is between or beyond genders



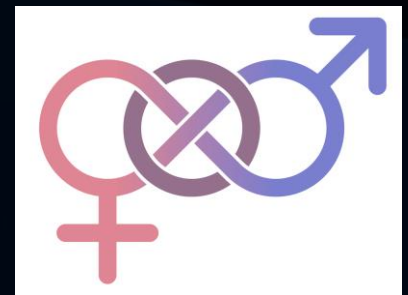
Expressions of Nonbinary Identity

- **Agender**: refers to 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
- **Bigender**: refers to 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 other nonbinary identities
- **Pangender**: refers to a person who identifies as all genders
- **Polygender**: is a gender identity in which people experience multiple gender identities, either simultaneously or varying between them. These can be male, female and/or any nonbinary identities
- **Aporagender**: a gender identity of everything that isn't male, female, agender, or between male and female



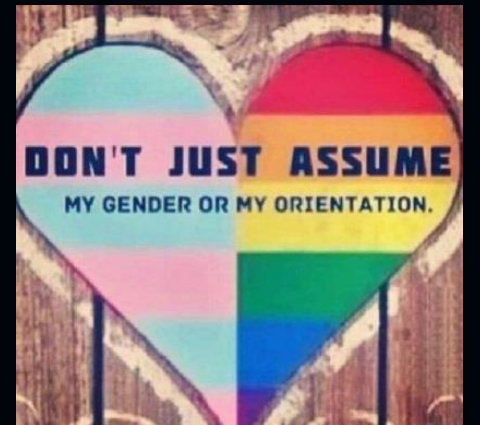
Gender Diversity

- Gender is non-binary and not restricted to either masculine or feminine categorical states
- Cannot assume fluctuations in gender identity over time could only result from psychiatric instability
- Gender is identity often fluid and evolves naturally over time
- Some people live most comfortably part-time in alternating masculine and feminine gender roles
- Fluctuating gender presentation may be prolonged process of gender identity exploration until transitioning full time to a single gender expression
- In other cases, people feel most comfortable with fluid gender expression that fluctuates long-term without needing to settle on one permanent gender expression



How to Be Respectful

- Do not conflate genitals/sexualities/gender
- Do not assume there are only two genders
- Whenever you meet anyone for the first time, ask what pronouns to use
- Speak to trans people like you would cis people
- ~~“You look like a real girl!”~~
~~“Biologically speaking...” / “Born a boy, born a girl.”~~
~~“Becoming Male/Female”~~
~~“You’re so brave.”~~
~~“You pass so well, are you on hormones?”~~
~~“Transgendered.”~~
- When (not if) you mess up: stop, apologize, move on, and make a sincere attempt in the future to fix it



How to be an Ally

- Do not over-personalize members' of targeted groups words or actions
- Do not tolerate anti-trans remarks or humor in public spaces or passively observe or ignore acts of discrimination and oppression without taking action
- Be an advocate: policies, insurance companies, dress codes, etc.
- Commit yourself to learning more.

Shannon Sennott

Responsible Allies

- Everyone has a right to their own gender expression
- Everyone has a right to make informed and educated decisions about their bodies and gender expression
- Everyone has the right to access medical, therapeutic and technological services to gain the information and knowledge necessary about their bodies and lives



Cultural Humility

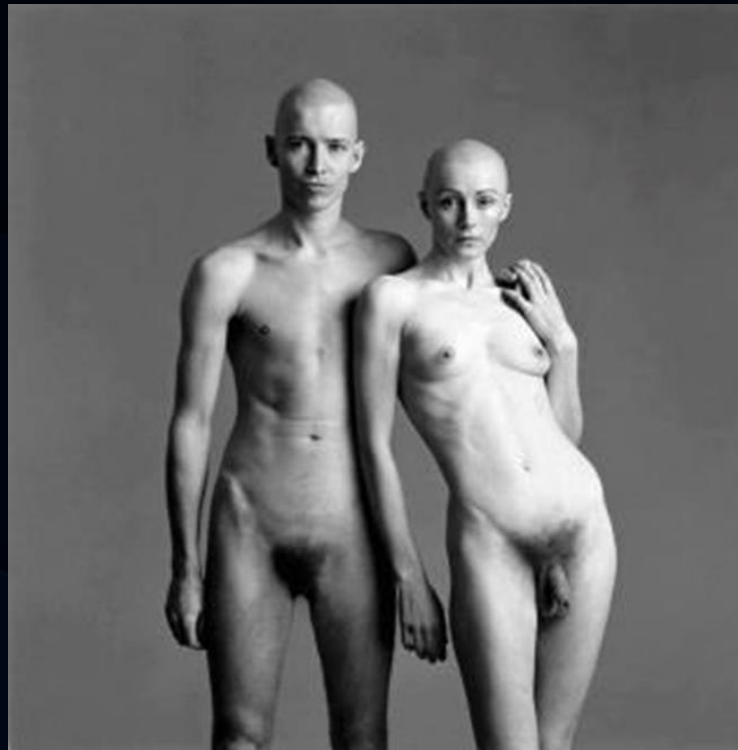
- We can't know everything about all humans
- Our clients are complex humans who have intersecting identities and represent many cultures and communities across race, gender, class, age, disability, work status, etc.
- Cultural humility is about accepting our limitations, our own biases
- We have unconscious stereotypes of others and tend to use stereotypes as a way to understand others
- It is about life-long self-reflection process (Tervalon & Murray-Garcia, 1998)



*Humility is not
thinking less of
yourself, it's
thinking of
yourself less.*

BEYOND THE BINARY

- Expanding the binary of sex/gender categories can enhance work with all clients, not just those who are trans or gender diverse



UNDERSTANDING
someone else's identity

is
NOT

a PREREQUISITE for
EMPATHY

EMPATHY

IS

a PREREQUISITE for
UNDERSTANDING

by Dr. pronounced [pronouncedsexual.com](http://www.pronouncedsexual.com)

THANK YOU!



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Resources

- Center of Excellence for Transgender Health <https://transhealth.ucsf.edu/>
- Choices Counseling & Consulting <https://www.choicesconsulting.com>
- Fenway Health <https://fenwayhealth.org/care/medical/transgender-health/>
- Gender Wellness Center <https://www.genderwellnesscenter.com/>
- Training Institute for Gender, Relationships, Identity and Sexuality (TIGRIS) – <https://tigrisinstitute.com>
- Trans Lifeline (Suicide Hotline) <https://www.translifeline.org/>
- World Professional Association for Transgender Health <https://www.wpath.org>

Assessment Tools

- Gender ASSET – Gender Affirmative & Support Surgery Evaluation Tool by Colt Keo-Meier & Becca Keo-Meier
- The Questionnaire by Dara Hoffman
- Recommending Transsexual Clients for Gender Transition: A Therapeutic Tool for Assessing Readiness by Deborah Coolhart, Natasha Provancher, Meng-Ning Wang, and Amber Hager published in the Journal of GLBT Family Studies, 4(3), 2008.