LGB 101 Learning Outcomes

Participants will learn about facts and figures regarding the LGBTQIA community
Participants will learn terminology and language
Participants will explore how socialization has impacted their understanding of the LGBTQIA community
Participants will learn about resources UW and the Laramie community have to offer

Things to Know

1. You can’t spot a gay person by the way they dress or act.
2. Being LGBTQ is not a mental illness, or psychiatric condition.
3. HIV/AIDS is not just an LGBTQ disease.
4. Lesbians do not really just need the "right man" to set them "straight." Gay men do not really just need the "right woman."
5. 20% of homeless youth are LGBT. In comparison, the general youth population is only 10% LGBT.
6. Gay men are not pedophiles, and LGBTQ people aren’t trying to brainwash everyone to be gay. Straight people are the ones making all the gay babies.
7. LGBTQ people are not unhealthy/unfit parents.
8. Being a member of the LGBTQ community is not the result of childhood trauma.
9. Things are not equal for LGBTQ people in the United States, and even though it is "getting better," there is still a long way to go before LGBTQ people have the same rights and protections as straight/cisgender people.

Identity Activity

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<th>4 Identities</th>
<th>Impressions</th>
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Common Terms

Straight

Gay

Lesbian

Sexual Orientation

Bisexual

Partner

Coming Out

NOTES:
First Impressions

Answer the following questions to the best of your ability.

How and when did you come to learn that not all people are straight?

Where did most of the influence of your initial impressions/understanding of LGBTQ people come from? (e.g., family, friends, television, books, news, church)

Who is the first gay or lesbian character (TV, Film, Book, etc) you experienced? What was the portrayal like? (e.g., healthy, accurate, exaggerated, negative)

Were your first impressions of LGBTQ people mostly positive, mostly negative, or something else?

How have your impressions/understanding of LGBTQ people changed or evolved throughout your life?

Resources

Rainbow Resource Center
Wyoming Union 106
University Counseling Center
Knight Hall 341
Counselor Education Training Clinic
307-766-6820
The Trevor Project
www.thetrevorproject.org

If someone comes out to you...

- Listen to their story.
- Don’t tell them you already knew.
- Consider their feelings, not your own.
- Consider their fears.
- Let them know how important they are to you.
- Ask who else knows. You may be the only person. Unless otherwise indicated, keep the conversation confidential.
- If appropriate, share resources and knowledge.