



CREATING SAFE SPACES

Image of the LGBT
flag

Diversity in gender identity and sexual orientation

- what hampers its expression, belonging & visibility?

Establish class values



- We will be talking about sexuality, gender, pleasure, abuse and safety in these sessions. What will make this class a safe space for everyone to share, express their views and discuss freely?
- How do we want others to behave?
- How will we behave?

Group activity



Looking at diversity in sexuality and gender

Participants make groups of 4 persons

- A. Each group is given one of the following topics. They write what they understand by the term and list the beliefs they have / they have heard other people express about it. If there are more groups, the topics are repeated among the groups
1. Same sex attraction / gay
 2. Bisexuality
 3. Transgender identity
 4. Queer identity
 5. Intersex
 6. Asexuality

40 minutes: Each group presents the definition they have written, and the beliefs they have noted and whether they agree with it or not.

Session is held after this is completed

In popularized usage:

- you are assigned a sex based on your **physical sex characteristics (including organs)** - female/ male/ intersex
- gender is the **social expectation** of how to conduct yourself based on your assigned sex
- gender identity is **your own sense** or conviction of your gender - could be any of several identities like woman/ man/ transgender/ agender
- gender role is the **cultural stereotype** of the job/ task/ responsibility one should have based on their sex

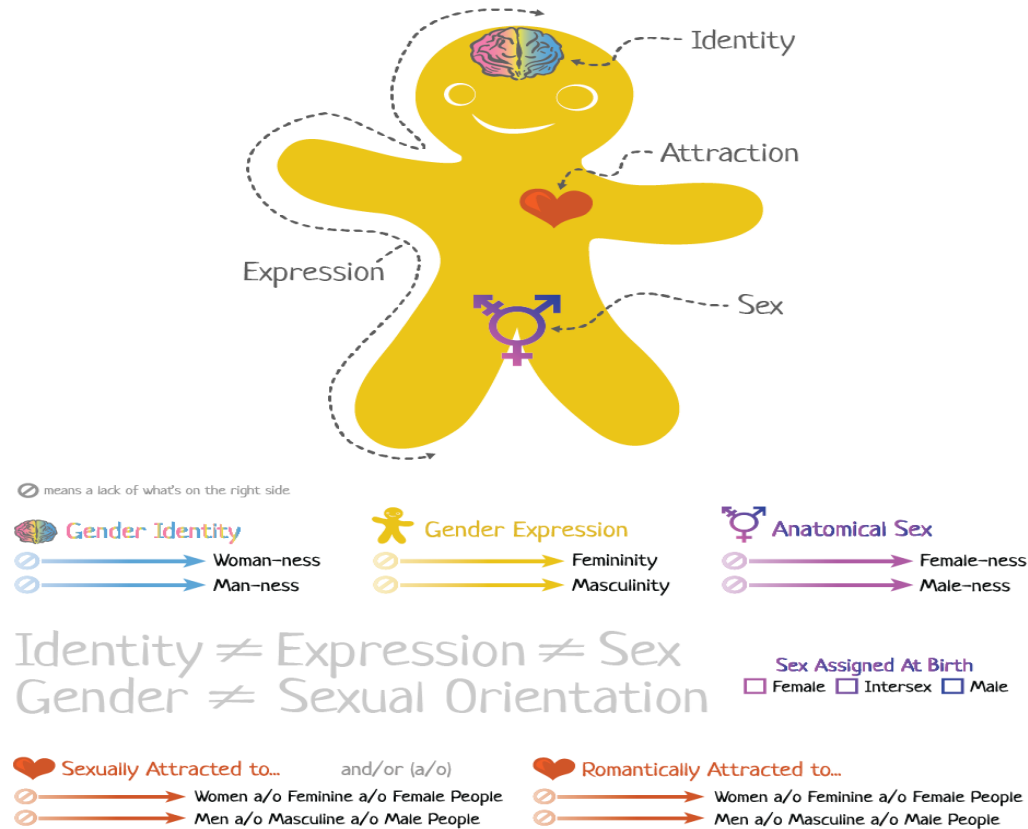
Understanding diversity



- SOGIESC (Sexual Orientation, Gender Identity, Expression and Sex Characteristics) is often used as a collective way of describing all non-heterosexual, non-cis-gendered identities that represent the full diversity possible across these dimensions.
- In popular culture, the term LGBTQIA+ or a shorter form LGBT+ is used to describe the collection of specific identities.
- Our gender or other identity is an innate self concept and we choose labels based on what we have access to in the culture we are a part of.

Genderbread person

The Genderbread Person v4 by its pronounced METROsexual.com



Genderbread Person Version 4 created and uncopyrighted 2017 by Sam Killermann

For a bigger bite, read more at www.genderbread.org

What would you do if



Your friend/ child/ close relative said that they identified as LGBTQIA+ ?

You identified as LGBTQIA+ ?

LGBTQAI+ Life Stressors

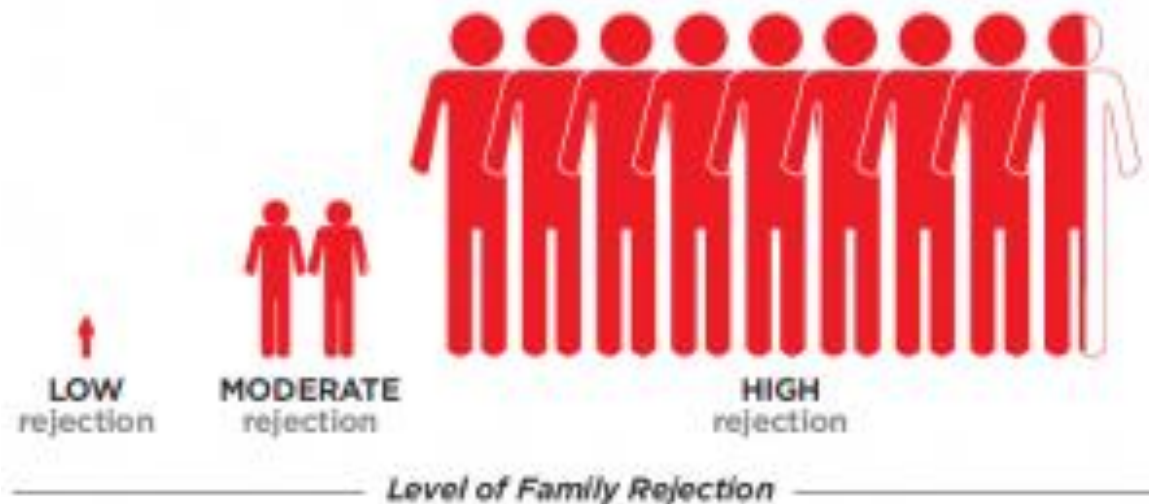


- Difficulty with self-acceptance
- Need to “come out” vs assumed heteronormativity
- Multiple discriminations
- Relationships coming under sexual minority are not given the same recognition

Suicide risk among LGBT young people

Lifetime Suicide Attempts for Highly Rejected LGBT Young People

(One or more times)



Ryan, Family Acceptance Project, 2009

Becoming an Ally



- Learning about diversity of identities
- Openly introspecting one's thoughts, beliefs and becoming aware of how we may be contributing to acts of microaggression
- Using LGBTQAI inclusive language
- Zero-tolerance for any non-inclusive behavior from anyone
- Being visible in your support
- Being willing to do what it takes to be with the person, support.

Myths vs Facts



- Myth: Sex, gender and sexuality are a choice

Fact: These identities are innate

- Myth: Transgender people are not a part of society

Fact: Transgender people are across all classes and communities. Hijda communities neither kidnap babies, nor are they criminals

- Myth: Transgender people will transition

Fact: Gender identity is a self-assertion of oneself. While some might choose gender affirmative treatment and/ or surgeries, others may not choose to do so, and that doesn't take away from one's gender.

Myths vs Facts



- Myth: Intersex people must be raised as a boy/ girl

Fact: Forceful gendering and mutilation in the name of corrective surgeries takes away the right to self-determination

- Myth: LGBTQIA+ people do not have their own families

Fact: LGBTQIA+ people can and do make their own relationships and families, despite lack of legal recognition and social constraints.

Laws related to LGBTQIA+ persons



Transgender Persons (Protection of Rights) Act, 2019

- Outlines the procedure for change of gender in legal documents.
- Affidavit to be submitted to the District Magistrate
- Requires person to undergo any gender affirming medical intervention.
- Criticised as being in violation of the right to self-identification.

Legal Judgements

- *NALSA vs Union of India, 2014* - granted the right to self-identification of gender identity to all persons
- *Navtej Singh Johar v. Union of India, 2018* - consensual sexual relationships between two adults, irrespective of gender, not an offence under Section 377 anymore.

Sex - what is it for?

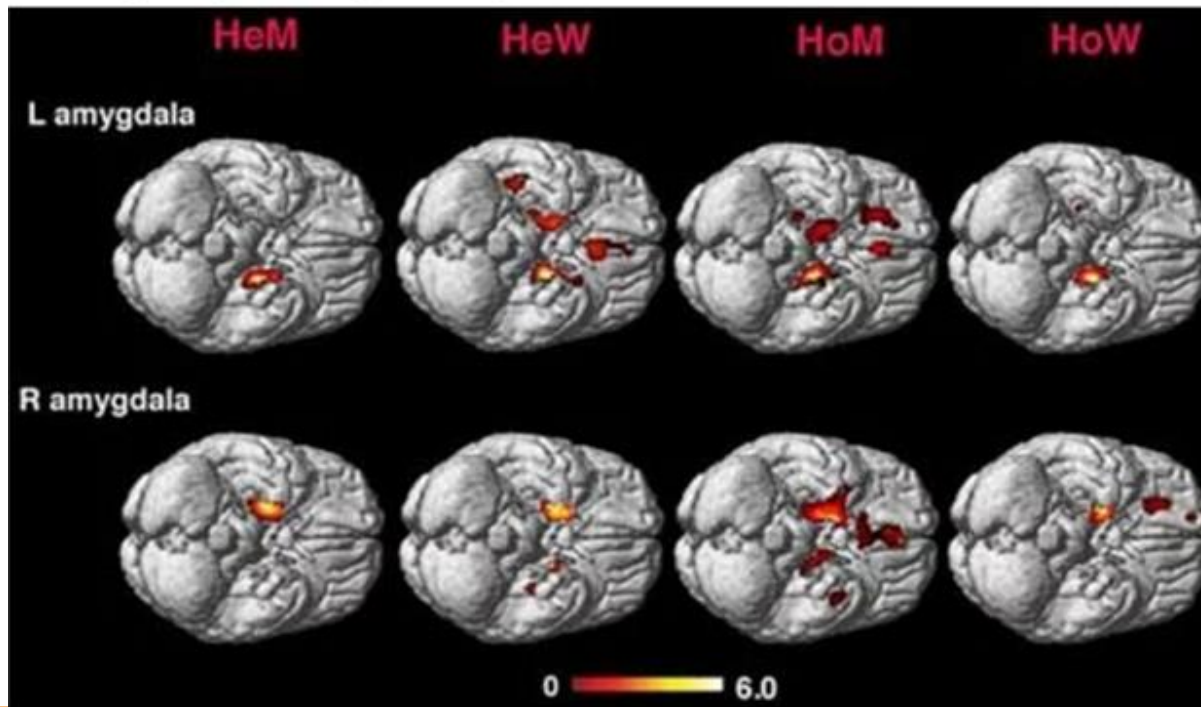


Participants complete the sentence - Sex is for _____

Brain research on homosexuality

Gay men and heterosexual women have similarly shaped brains, research shows

- Lesbians and heterosexual men show same pattern
- Findings may throw light on depression and autism



The arousal pattern to pheromones was similar in the brains of heterosexual men (labelled HeM) and homosexual women (labelled HoW). Similarly, the arousal pattern was similar in the brains of heterosexual women (labelled as HeW) and homosexual males (labelled as HoM).

Berglund H., Lindström P, Savic J (2006)
Brain response to putative pheromones in lesbian women. Proc Natl Acad Sci USA
103:8269– 8274

How gendered is our parenting?



List

Why gender neutral parenting?



- We do a disservice to our children when we gender qualities, intelligences and skills, professions and force them to develop only some of these human qualities and traits and not all of the unique mix that they have.
- Its like telling a male child that they should grow to be only 5.8 inches tall and not a inch more or less because that is the average height for a male in the society they live in!
- Continuing to gendering our society, our language, the objects we use is a huge mistake - esp when we do not consider all genders equally worthy and deserving of respect - We use gender identity as a tool to oppress rather than accept, appreciate and celebrate.

Development in utero



Development of:

- Anatomy
- Gender identity
- Sexual orientation

Under genetic, hormonal, biological, epigenetic factors

Anatomy of reproductive internal and external organs is completed by 12 weeks (3 months)

‘Brain areas associated with sense of self as male or female or neither or other possibilities (gender identity); and sexual attraction (orientation) probably develop later as brain differentiation and exposure to hormones and their effect on the brain is understood to start in 2nd month and continue into the second trimester (**2-6 months**)’ (Roselli C. E. (2018). Neurobiology of gender

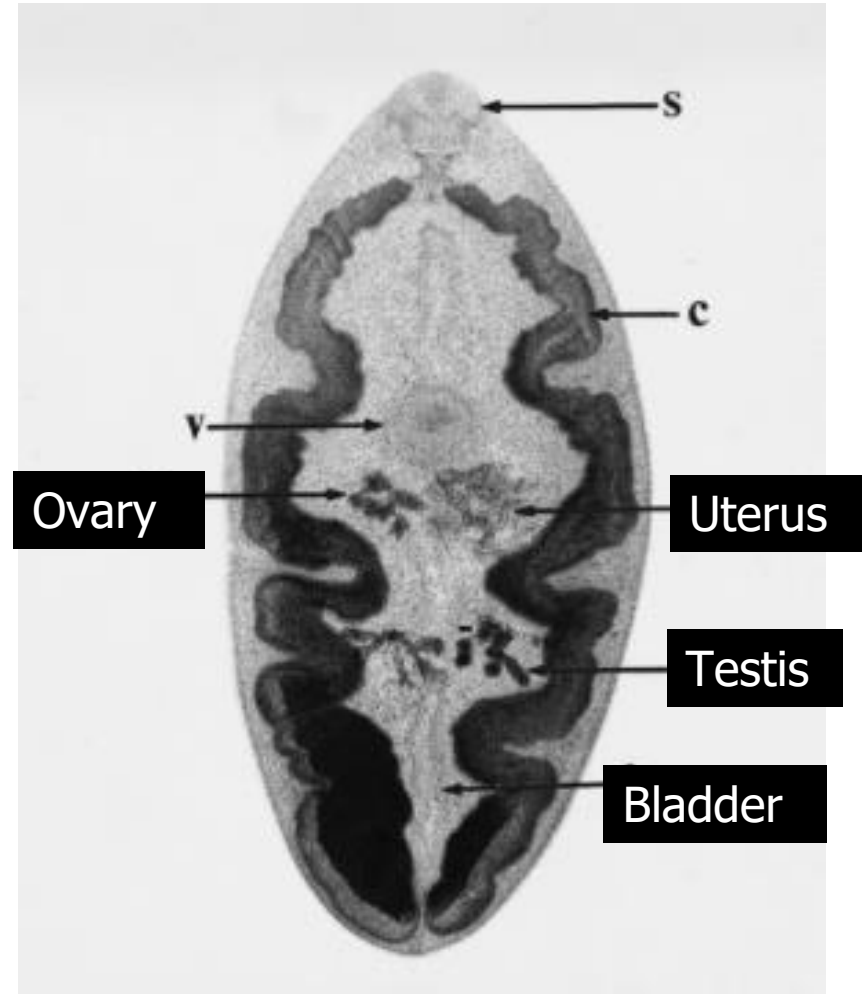
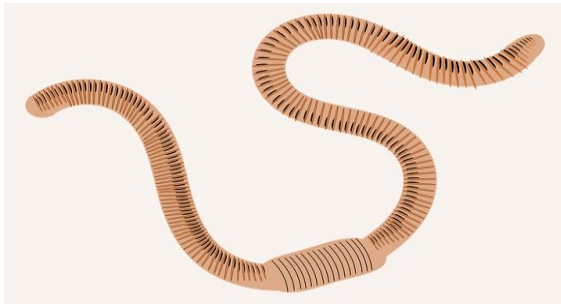
identity and sexual orientation. *Journal of neuroendocrinology*, 30(7), e12562. <https://doi.org/10.1111/jne.12562>).

Hermaphroditic organisms



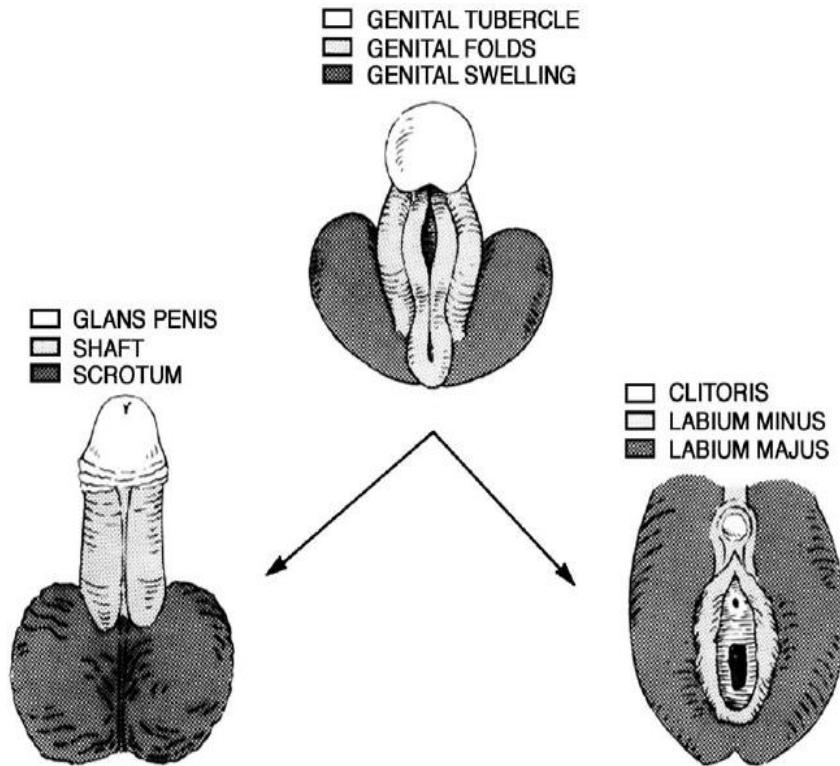
Earthworms (below) and flatworms (above and on the right) have both male and female systems in the same body.

Image sources: [12](#)

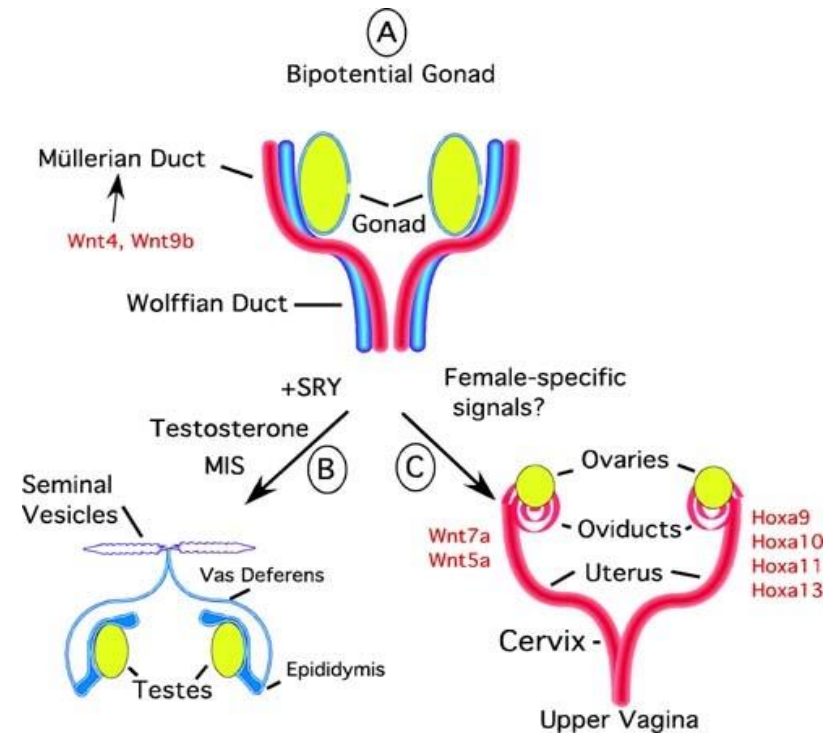


(From D.H. Connor and F.W. Chandler, eds. *Pathology of Infectious Diseases*. Appelton and lange, Stamford Conn., 1997. Original photography courtesy of Mr. Harold Langben, Walter Reed Army Institute of Research).

Human evolution: hermaphroditic origins



[Source](#)



[Source](#)

[License](#)

On other genders



- Indian Census of 2011 provides an approximate estimated population of transgender persons to be around 4.88 lakh
- The 2011 census also reported 55,000 children as 'transgender' identified by their parents.
- Transgender people or people who feel like their biological sex doesn't correspond to their gender identity form 0.3% of the US population.
- Transgender children are recognised as being so when over a period of time they are **insistent, consistent and persistent**.
- The gender fluidity (change over time in the gender identity or the gender expression or both, in an individual) is a reality that is being grappled with by the medical community

- Anjali Ameer: India's Transgender Leading Lady | 101 Movietown | Unique Stories From India
<https://www.youtube.com/watch?v=ddmCXvFkaK8>
- Breaking point to resilience—what it takes: A first-person account
<https://www.youtube.com/watch?v=P7kRsvrM2xM>
- Demigods: Inside India's Transgender Community
<https://www.youtube.com/watch?v=YxL5qfbtKqg>
- Does social acceptance enhance our mental wellbeing, and vice-versa?
<https://www.youtube.com/watch?v=AWNk-2k4gvU>
- Transgender child – The Whittington Family: Ryland's Story
<https://www.youtube.com/watch?v=yAHCqnux2fk>

- Gay-Affirmative Counselling Practice Manual -
https://mhi.org.in/media/insight_files/GACP_Manual_gYpHDbQ.pdf
- Building Allyship: The Mental Health Community and LGBTQI+ Rights published by Mariwala Health Initiative (MHI) showcases the queer affirmative mental health work undertaken by court-appointed counsellors Vidya Dinakaran and Shanmathi Senthil Kumar during the Madras High Court Judgment of June 7th 2021, on LGBTQI+ matters. Click on this link to read more -
https://mhi.org.in/media/insight_files/Building_Allyship.pdf
- For more resources and enriching stories from queer-trans lives, please visit the QACP site on Mariwala Health Initiative (MHI) Website
<https://mhi.org.in/qacp/>

This PowerPoint is part of a project to prevent gender-based violence. This project is supported by Ford Foundation.



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Thank You!

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SURAKSHITH APP

Information, stories on personal safety for children.



BAL SURAKSHA APP

Information on answering children's questions,
managing child sexual abuse.



STRI SURAKSHA APP

On crimes against women, laws, interventions and
healing techniques.

All Apps in 10 languages, free on android Developed with UNICEF and MeitY (CDAC Hyderabad)

Homosexuality in other animals

- Mallards form male-female pairs only until the female lays eggs, at which time the male leaves the female. Mallards have unusually high rates of male-male sexual -19% of all - pairs in a population.
- Georgetown Univ prof Janet Mann theorised (reference) that homosexual behaviour, at least in dolphins, is an evolutionary advantage that minimizes intra-species aggression, especially among males.
- Mounting of one female by another is common among cattle



[Source](#)



[Source](#)

Homosexual nesting

- Male penguin couples have been documented to mate for life
- The zoo in Bremerhaven noticed homosexual traits among six male Humboldt penguins—attempts at mating and hatching chicks from stones—and brought in female penguins to see if they'd change. Didn't work.
- Few years later, they reported that one of its *three* pairs of gay males hatched the egg after it was rejected by its biological parents. "Since the chick arrived, they have been behaving just as you would expect a heterosexual couple to do," said a zoo official. "The two happy fathers spend their days attentively protecting, caring for, and feeding their adopted offspring."
- This phenomenon has also been reported in New Zealand.



Source

Problem with wanting to fit people into boxes



- Gregory Hemingway and Galliher were married. Gregory had considered gender reassignment surgery as early as 1973 and finally had the surgery in 1995 (while married to Galliher) and began using the name Gloria on occasions. Despite the surgery, Hemingway, presenting as a man, remarried Galliher in 1997 in Washington state.
- Miriam Rivera: Born boy. No surgery done. "My mother always says to me, 'Why would you want to be half-and-half? Why don't you want to be a complete woman?' But I just love myself and I'm really enjoying my life."

Importance of being a queer affirmative counselor



- Challenging assumption that everyone is heterosexual or fall on either side of the gender binary.
- Being gay, lesbian, bisexual, transgender is pathologized rather than seen as a natural way of being.
- Queer Affirmative Counselling Practice (QACP) aims to promote a positive perspective towards the LGBTQAI+ community while addressing the impact of homophobia and transphobia on them.

Counsellor's role in becoming queer affirmative



- Using queer-affirmative language with respect to intake forms, interview process, etc.
- Queer-friendly counselling environment
- Awareness of myths regarding the LGBTQAI+ community
- Taking an educative stance in counselling
- Promote self-acceptance
- Having access to queer-friendly resources
- Maintaining confidentiality
- Becoming aware of one's own biases as counselors

Counsellor's role in becoming queer affirmative



- Do not assume that the presenting problem is a result of sexual orientation but be willing to explore its impact on the client's lives
- Remembering that relationship issues among LGBTQAI+ might be similar to those experienced by heterosexual couples, but they may also have various unique concerns
- Some of the therapeutic strategies can include identifying cognitive distortions, coping skills training, assertiveness training and identifying and utilizing social support (finding supportive groups/ relatives/ friends)
- Developing system-level interventions in schools, employment and religious organizations and community
- Conducting research on mental health needs in the LGBTQAI+ community

Of kings and queens



- Drag is a term applied to clothing and make-up worn on special occasions for performing or entertaining as a hostess, stage artist or at an event.
- Generally the terms *drag queen* covers men doing female drag, *drag king* covers women doing male drag, and *faux queen* covers women doing female drag.
- This is in contrast to those who cross-dress for other reasons or who are transgender.
- Drag performance also includes overall presentation and behavior in addition to clothing and makeup.
- Within the genre of drag are gender illusionists who do try to pass as another gender.