

Welcome



London J. Bell, JD – Health and Human Services
Coordinator

AFFIRMATIONS

Metro Detroit's community center for lesbian, gay, bisexual and transgender people and their allies.

AFFIRMATIONS

MISSION

Affirmations provides a welcoming space where people of all sexual orientations, gender identities & expressions, and cultures can find support and unconditional acceptance, and where they can learn, grow, socialize and have fun.

VISION

Affirmations is an evolving community center where all who gather are embraced and are free to be their authentic selves.

AFFIRMATIONS

Historical Information.....

- It all began in 1989
- the Helpline was one of its first resources. 1-800-398-GAYS was the phone number and to this day is still the number.
- 501(c)3 non profit organization. Largest in the state of Michigan and is one of the ten largest in the country

AFFIRMATIONS

Programs/Services/Resources

- Youth Services Program
- Health Services Program/Counseling Program
- Support & Discussion Groups
- Social & Recreational Activities
- Bayard Rustin Library
- Helpline: 1-800-398-GAYS (4297)
- Pittman-Puckett Art Gallery
- Cyber Center
- Health Care Referral Network

What is LGBTQA?

LGBTQA 101

What is LGBTQA?

Sexual Orientation and Gender Identity are **NOT** the same.

Sexual Orientation

Who people are romantically or physically attracted to, who people have sexual relations with and/or how people self-identify.

This often relates to Lesbian, Gay, Bisexual and also includes Heterosexual and Asexual

Gender Identity

A person's internal sense of being male, female, neither or some combination of both.

This often relates to Transgender

What is LGBTQA?

LGBTQA – Huh?

L = Lesbian

G = Gay

B = Bisexual

T = Transgender

Q = Queer or Questioning

A = Ally

Be sure to listen to how someone self-identifies. It is OK to ask when you are not sure.

Remember, a person might label his or her self but it is not OK for you to label that person.

What is LGBTQA?

The LGB of LGBTQA

Lesbian: A woman who is emotionally, romantically, and spiritually attracted to women.

Gay: A man who is emotionally, romantically, and spiritually attracted to men.

Bisexual: A person who is emotionally, romantically, and spiritually attracted to people of either sex.

What is LGBTQA?

The T of LGBTQA

Transgender an umbrella term for anyone whose gender identity doesn't fit social ideas and norms of gender. In order for the term to be applied appropriately, a person must self-identify as transgender (trans).

Female-to-Male: A person whose sex was assigned as female at birth, but who now identifies as a man. Also known as FTM or F2M for short.

Male-to-Female: A person whose sex was assigned as male at birth, but who now identifies as a woman. Also known as MTF or M2F for short.

What is LGBTQA?

The Q in LGBTQA

Queer

This umbrella term is considered to be a more inclusive term that encompasses a broad range of sexual identities, behaviors and expressions.

There is a movement towards reclaiming words that have been used historically in negative and derogatory ways and using them in positive and empowering ways.*

Questioning

People who are uncertain as to their sexual orientation or gender identity. Questioning is usually part of all sexual identity development.

*Source: www.teachtoronto.ca

What is LGBTQA?

The A in LGBTQA

Allies

People passionately committed to eliminating systems of oppression that unjustly benefit them. Allies are not solo acts; their social change work is always rooted in collaboration, humility, and accountability.*

*Definition provided by www.alliesforchange.com

Language

What and how you say something is critical.

Language

Now

- Lesbian, Gay, Bisexual
- Partner
- Crossdresser
- Transgender
- Intersex (Disorders of Sex Development)*

Then

- Homosexual
- Lover/Roommate
- Transvestite
- Transsexual
- Hermaphrodite

*Intersex Society of North America www.isna.org

Language

Cautionary words:

Fag, Faggot, Homo, Dyke, Queer

When an individual is part of a specific culture or community they might use a word, whereby, an outsider should be cautious using the same word. When in doubt, don't say it and avoid the potential risk of offending others.

LGBT PEOPLE AND TOBACCO

According to the National LGBT Tobacco Control Network, LGBT communities are among the population most severely impacted by tobacco use. www.lgbttobacco.org

Here are a few facts about LGBT people and tobacco:

- LGBT people are 35 to almost 200% more likely to smoke than non-LGBT people
- In the largest and most scientific study to date, LGBT people smoke at rates almost 50% to 200% higher than the rest of the population
- This is one of the highest rates even of all the disproportionately affected sub-populations

Tobacco Facts continued

- In a national study of the youth population 45% of females and 35% of males that report same-sex attraction or behavior smoked. However, only 29% of the rest of the youth smoked.
- Tobacco companies offer an unknown amount of financial support to LGBT festivals, bars, media, and local organizations.
- As early supporters of LGBT causes, the tobacco companies garnered an appreciative community response, since many other funders avoided LGBT issues

Why Do LGBT People Smoke?

- Many believe, especially LGBT youth, that smoking is part of a gay identity; smoking is still a social norm in the LGBT community.
- Cigarettes are a social tool that facilitate people meeting one another, e.g. at bars or at Pride events.
- Homophobia and trans-phobia along with racism and sexism contribute to higher substance abuse, especially in LGBT communities of color

Common LGBT Tobacco Myths

- Tobacco use equals masculinity.
- Tobacco use will make you sexy.
- Tobacco demonstrates independence or rebellion.
- Tobacco use is no big deal with the threat of AIDS, anti-gay violence or discrimination hanging over your head.
- Tobacco use is good for the community because we need to support an industry that supports us.
- Tobacco use is just part of being gay.

LGBT Youth

- Studies have shown that LGBT youth are more likely to experience risk factors that contribute to substance use like low self esteem, depression, and isolation.
- LGBT youth an emerging “target” community for industry marketing

LGBT Adults

- Several factors contribute to higher smoking rates:
 - higher levels of social stress (coming out, homophobia, transphobia, lack of legal recognition of relationship, discrimination, etc)
 - Bar culture
 - Higher use of alcohol and drugs
 - Targeted marketing

Barriers to receiving care/services:

- Marginalization and labeling of sexual orientation or gender identity as deviant or pathological in medical or psychiatric communities.
- Anticipated, perceived, or actual discrimination
- Fear of mistreatment
- Lack of research about use patterns, treatment needs, etc.
- Provider's lack of information
- Fear of being outed will result in loss of job, custody, housing, or social supports.
- Exclusion of partner and family of choice from health care settings
- Lack of insurance coverage under partner's policy
- Low self-esteem or belief that sexual orientation or gender identity is wrong.

Recommendations--Tobacco Interventions for LGBT communities

- Focus on individuality
- Meet the need for community
- Celebrate life's diversity
- Address skepticism & mistrust
- Include social justice slant

Top 10 ways to make your tobacco control program or coalition LGBT friendly
compiled by the California LGBT Tobacco Education Program –
www.lgbtpartnership.org

1. Invite a speaker to explore the needs of LGBT smokers.
2. Educate about how the tobacco industry targets LGBT people.
3. Obtain the video “How They Get Us to Screw Ourselves” by Bob Gordon.
4. Include information about the LGBT community in tobacco control news.
5. Seek out a facilitator with connections to the LGBT community.

Top 10 ways to make your tobacco control program or coalition LGBT friendly

6. Use LGBT friendly images and language in your outreach efforts.
7. Publicize services in LGBT friendly publications.
8. Include LGBT materials at any outreach booth.
9. Place ads in LGBT newspapers or newsletters.
10. Look into supporting an LGBT event.

Additional ways that Affirmations creates a safe space

- The fact that Affirmations and other LGBT community centers exist for the community in general provides a safe space for people to seek out tobacco dependence treatment resources
- When we meet with individuals one on one, we listen to them to give them an opportunity to talk about things that they struggle with in their lives and how that has an impact on smoking habits.
- The LGBT community members that come to Affirmations seeking tobacco dependence treatment resources have direct access and the full support of the staff in their efforts to make this most important health change

A Diverse Community

These are a very small number of other local LGBTQA organizations within the community.

- KICK The Agency for Lesbian, Gay, Bi & Transgender African Americans
 - www.e-kick.org
- Al Gamea - The GLBT Associates of Middle Eastern Americans
 - www.algamea.org
- Metropolitan Community Church of Detroit
 - www.mccdetroit.org
- Detroit Latin@z
 - www.facebook/DetroitLatin@z

A Diverse Community

- S.P.I.C.E.
 - www.spiceonline.org
- Equality Michigan (formerly known as Triangle Foundation)
 - www.equalitymi.org
- Ruth Ellis Center
 - www.ruthelliscenter.com
- Black Pride Society
 - www.blackpridesociety.org
- COLAGE - A national movement of children, youth, and adults with one or more lesbian, gay, bisexual, transgender and/or queer (LGBTQ) parent(s).
 - www.colage.com
- PFLAG (Parents, Families, and Friends of Lesbians and Gays)
 - www.community.pflag.org
 - www.straightforequality.org

How to be involved as a straight ally

- ❖ Be informed about the challenges and realities facing the LGBT community
- ❖ Be open about having LGBT family members and friends
- ❖ Speak up when you hear derogatory jokes or slurs
- ❖ Support LGBT businesses and organizations
- ❖ Contact lawmakers in your area and let them know that you support laws that allow for equal rights and protections for everyone

This is a partial list developed by PFLAG's (Parents, Families, and Friends of Lesbian and Gays www.community.pflag.org) Straight For Equality program, a national outreach and education program for allies. For the complete list, please visit www.straightforequality.org

Sources & Information

www.lgbttobacco.org

www.hrc.org

www.gaysmokeout.net

www.mautnerproject.org

www.lgbtpartnership.org

www.ttac.org

www.transgendermichigan.org

www.shecircle.org/index.php

www.glma.org

Citations for LGBT People and Tobacco Fact Sheet

- Please see National Tobacco Control Network for full fact sheet and citation list at www.lgbttobacco.org
- Ryan H, Wortley PM, Easton A, Pederson L, Greenwood G. Smoking among lesbians, gays, and bisexuals: a review of the literature. *American Journal of Preventive Medicine*. Aug 2001;21(2):142-149
- Center for Health Policy Research at the University of California Los Angeles. California Health Review Survey. <http://www.lgbtpartnership.org/didyouknow.html>. Accessed May 23, 2005
- Heck JE, Jacobson JS. Asthma diagnosis among individuals in same-sex relationships. *J Asthma*. Oct2006;43(8):579-584
- American Legacy Foundation. Research and Publications: factsheets. http://www.americanlegacy.org/americanlegacy/skins/alf/display.aspx?moduleID=8cde2e88-3052-448c-893d-dob4b14b31c4&mode=User&action=display_page&ObjectID=7f514711-eb01-4s81-939d-9ad499256130. Accessed May 23, 2005
- Petrov A. Smoking By Young Gays At 'Alarming' Level. <http://www.365gay.com/newscon04/10/102504smoking.htm> Accessed May 23, 2005

Fact Sheet Citations cont.

- Offen N. Is tobacco a queer issue? Perceptions of LGBT community leaders. Paper presented at: National Conference on Tobacco or Health; May 4, 2005, 2005; Chicago.
- Harris Interactive. Gay and Lesbian brand loyalty linked to advertising. <http://www.harrisinteractive.com/news/allnewsbydate.asp?NewsID=478>. Accessed May 23, 2005

Thank You

Presentation provided by:

Affirmations

Metro Detroit's community center for lesbian, gay, bisexual & transgender people and their allies.

London J. Bell, JD|290 W. 9 Mile Rd.|Ferndale, MI 48220| 248-398-7105
ext. 218 Lbell@GoAffirmations.org

www.GoAffirmations.org