

RBHS VPVA

Rutgers Biomedical and Health Sciences
Office for Violence Prevention and Victim Assistance Newsletter



Generational Mentorship within the LGBTQA+ Community

Candice Nichols, Director of the LGBT Community Center of the Desert in Palm Springs, California, says that “for many in the L.G.B.T.Q. community, no matter how old, their ‘chosen family’ may be their only base of support.” This highlights the importance of creating a community that assists not only with basic human needs but also guidance, emotional support, and shared lived experience with one another. Generational mentor, Lawrence Washington, felt similarly that “people do what they have to do to survive, until they find these families.”

When people come out to their families and friends, they may be faced with severe backlash leading to trauma or lifestyle changes including rejection, physical abuse, homelessness and disconnection from support systems. This is where generational mentorship can serve to rebalance. It is the pillar to creating a space for community members to take care of each other and feel welcomed and loved.

UPCOMING EVENTS

Next month our messaging will be focused around facilitating meaningful conversations in our day to day lives. We will explore how to be more effective communicators, how to navigate uncomfortable conversations, and what our non-verbal cues are really saying about us!

Communication is key!

STAY IN TOUCH

 vpva@rbhs.rutgers.edu

 go.rutgers.edu/rbhsvpva

  @rbhs_vpva

 973-972-4636

 RBHS VPVA

RBHS Office for Violence Prevention and Victim Assistance
WE SUPPORT. WE BELIEVE.
WE RESPOND.

A BRIEF HISTORY OF LGBTQA+

1924
Henry Gerber founds 1st documented gay rights organization, Society for Human Rights.

1952
Homosexuality listed as "Sociopathic Personality Disturbance" by the APA. Christine Jorgensen is 1st American to come out as transgender.

1953
Homosexuals banned from working for the federal government.

1955
Daughters of Bilitis, 1st known US lesbian rights org, formed by Del Martin and Phyllis Lyon.

1956
James Baldwin, African American novelist, writes *Giovanni's Room* that explores bisexuality and intimate relationships between men.

1961
Illinois repeals sodomy laws, becoming 1st state to decriminalize homosexuality.

1963
1st US gay rights demonstration takes place at Whitehall Induction Center in NYC.

1966
Compton Cafeteria Riot in San Francisco, supporting trans rights.

1969
Stonewall Uprising in NYC, seen as start of LGBTQ movement.

1970
Marks 1st gay pride parade, now referred to as Gay Liberation Day.

1973
The APA removes homosexuality from its list of psychiatric disorders in the DSM.

1974
Kathy Kozachenko is 1st openly LGBTQ American elected to public office & Elaine Noble is 1st openly gay candidate elected to a state office.

1975
1st federal gay rights bill introduced to Judiciary Committee, but never brought for consideration.

1978
Harvey Milk is 1st openly gay man elected to political office in California. The 1st rainbow flag created by Gilbert Baker.

1979
1st National March on Washington for Lesbian and Gay Rights in Washington, D.C.

1982
Wisconsin is 1st state to ban discrimination based on sexual orientation.

1983
Lambda Legal wins *People v. West 12 Tenets Corp*, the 1st HIV/AIDS discrimination lawsuit.

1987
The APA removes sexual orientation from the DSM completely.

1993
President Clinton signs "Don't Ask, Don't Tell" policy, prohibiting openly gay individuals from serving in the military while banning harassment of "closeted" homosexuals.

1995
The Hate Crimes Sentencing Enhancement Act goes into effect.

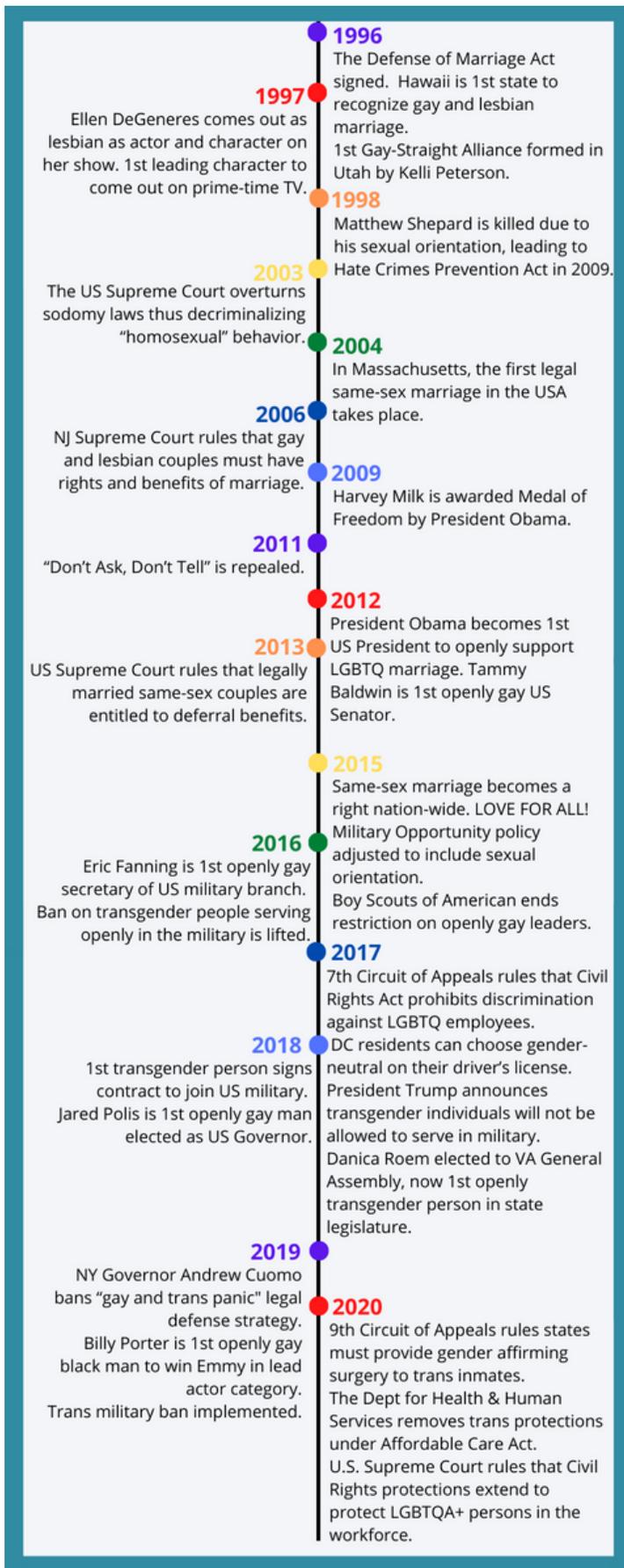
Like in many family dynamics, generational mentorship allows for both the mentee and mentor to learn from and grow alongside each other. In a society where community members can still experience hate, harassment and abuse, we can view these options as alternative methods to providing spaces in our communities that welcome and support individuals of all identities.

How to Be Supportive of and Stand in Solidarity with the LGBTQA+ Community

Pride Month offers many ways to show support for and stand in solidarity with members of the LGBTQA+ community. Support also needs to be longstanding, beyond June to create real impact. Here are ways to show solidarity:

1. Educate yourself about the range of sexualities and the fluidity and complexity of sexual identity. You can use our crossword puzzle below for a fun way to learn!

2. Honor friends, family members, classmates, or coworkers who identify as a member of the LGBTQA+ community by bringing attention to Pride and its meaning. Hang a rainbow flag, attend a Pride parade, or post a supportive messaging on your social media page!



3. Use appropriate pronouns. When introducing yourself, share your pronouns and ask how others identify.

4. If someone shares their coming out story with you, they have decided to confide in you. Acknowledge the responsibility they have given you with that information and assure them it will stay private with you unless otherwise requested.

5. Listen, come from a place of learning, and show empathy.

6. Speak up against hate! If you hear someone making a joke directed at gender identity or sexual orientation like "that's so gay," let them know that it is unacceptable. Do not support businesses with discriminatory policies.

7. In professional or academic spaces, remember to include voices from the community, centering those that are marginalized.

Tips to Support

- 1** Educate yourself
- 2** Honor those who identify as a member of the LGBTQ+
- 3** Use appropriate pronouns.
- 4** Acknowledge your responsibility
- 5** Listen, come from a place of learning and show empathy
- 6** Speak up against hate
- 7** Include voices from the community



RBHS New Jersey Medical School, Out List

Our spotlight of the month highlights RBHS's very own New Jersey Medical School! The Sexual and Gender Minority Committee is home to the Out List, which serves to create visibility of the LGBTQ+ and Allies community on campus. Anyone who is featured on the list hopes to create connection and serve as a resource, role model, or mentor.

Crossword Puzzle Time!

Dive into our puzzle [HERE](#) and test your knowledge of the **ABC's of the LGBTQA+ community**.

As you complete this crossword, you may come across terms that others may define differently. We recognize the variety of definitions for each term. It is important to approach conversations with an open mind, understanding everyone has their own voice and words for their experiences.



References

Archie, A. & Griggs, B. (2019). How to be an ally to your LGBT friends, relatives and co-workers. CNN Health. Retrieved from <https://www.cnn.com/2018/06/22/health/lgbt-how-to-be-an-ally-trnd/index.html>

Gay Pride. (2019, June 21). Encyclopaedia Britannica. Retrieved June 8, 2020, from <https://www.britannica.com/topic/Gay-Pride>

Gold, M. (2019). The ABCs of L.G.B.T.Q.I.A.+ . The New York Times. Retrieved from <https://www.nytimes.com/2018/06/21/style/lgbtq-gender-language.html?auth=login-facebook>

Jordan, Jamal. (2019). Generations of mentorship: Conversations with L.G.B.T.Q. elders. The New York Times. Retrieved from <https://www.nytimes.com/2019/06/18/us/generations-of-mentorship-conversations-with-lgbtq-elders.html>

LGBTQ Rights Milestones Fast Facts. (2020, May 10). CNN. Retrieved June 8, 2020 from <https://www.cnn.com/2015/06/19/us/lgbt-rights-milestones-fast-facts/index.html>