



**June 2020**

**Pride Month**



**HAPPY PRIDE**

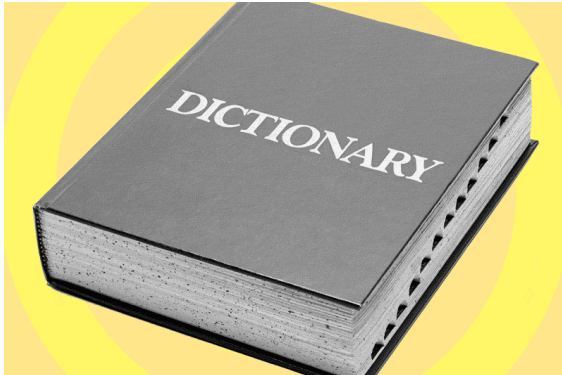
We're back again! June is Pride Month, so this issue is all about resources for LGBTQ+ people with disabilities to live happier and healthier lives!

- There are many ever-evolving terms to know to understand how people identify.
- There is an enormous overlap between people who identify as LGBTQ+ and have a disability and these people face unique struggles.

- There are many resources for LGBTQ+ people with disabilities that can help remind you that you are not alone.

After you're done reading, [don't forget to listen to our webinars every Tuesday! You can find registrations links and recordings here.](#)

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# Terms to Know

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## What is Pride Month?

- Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) Pride Month is currently celebrated each year in the month of June to honor the 1969 Stonewall Uprising in Manhattan. The Stonewall Uprising was a tipping point for the Gay Liberation Movement in the United States.
- The purpose of the commemorative month is to recognize the impact that lesbian, gay, bisexual and transgender individuals have had on history locally, nationally, and internationally.
- In major cities across the nation the "day" soon grew to encompass a month-long series of events. Today, celebrations include pride parades, picnics, parties, workshops, symposia and concerts, and LGBTQ Pride Month events attract millions of participants around the world.
- Memorials are also held during this month for those members of the community who have been lost to hate crimes or HIV/AIDS.

## What do all these acronyms mean?

- You may often see the acronym LGBTQIA or some form of it in relation to Pride Month or any discussions about different sexualities and gender expressions.
- In order, the letters stand for: Lesbian, Gay, Bisexual, Transgender and Queer (And/or Questioning), Intersex, Asexual.
- [You can find definitions on these and more terms here.](#)

## What do these flags mean?

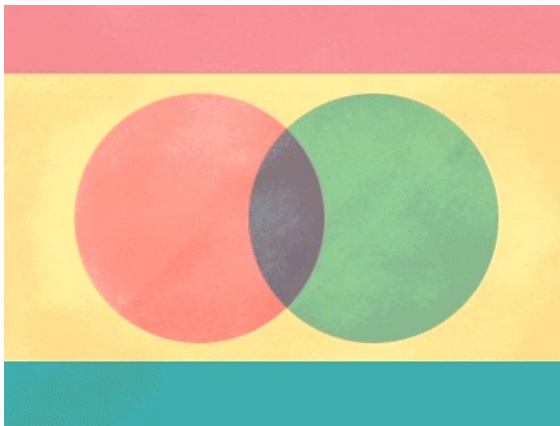
- You may have seen rainbow flags and flags of other patterns during Pride Month and throughout the year.
- [Here is the history of these flags and their relation to the queer civil rights movement.](#)

## What if I don't identify with any of these terms?

- You can still be an ally and practice allyship.
- Allyship is the action of working to end oppression through support of, and as an advocate with and for, a group other than one's own.

L	G	B	T	T	Q	Q	I	A	A	P
<b>Lesbian</b> A woman who is primarily attracted to women.	<b>Gay</b> A man who is primarily attracted to men; sometimes a broad term for individuals primarily attracted to the same sex.	<b>Bisexual</b> An individual attracted to people of their own and opposite gender.	<b>Transgender</b> A person whose gender identity differs from their assigned sex at birth.	<b>Transsexual</b> An outdated term that originated in the medical and psychological communities for people who have permanently changed their gender identity through surgery and hormones.	<b>Queer</b> An umbrella term to be more inclusive of the many identities and variations that make up the LGBTQ+ community.	<b>Questioning</b> The process of exploring and discovering one's own sexual orientation, gender identity and/or gender expression.	<b>Intersex</b> An individual whose sexual anatomy or chromosomes do not fit with the traditional markers of "female" and "male."	<b>Ally</b> Typically a non-queer person who supports and advocates for the queer community; an individual within the LGBTQ+ community can be an ally for another member that identifies differently than them.	<b>Asexual</b> An individual who generally does not feel sexual desire or attraction to any group of people. It is not the same as celibacy and has many sub-groups.	<b>Pansexual</b> A person who experiences sexual, romantic, physical and/or spiritual attraction to members of all gender identities/expressions, not just people who fit into the standard gender binary.

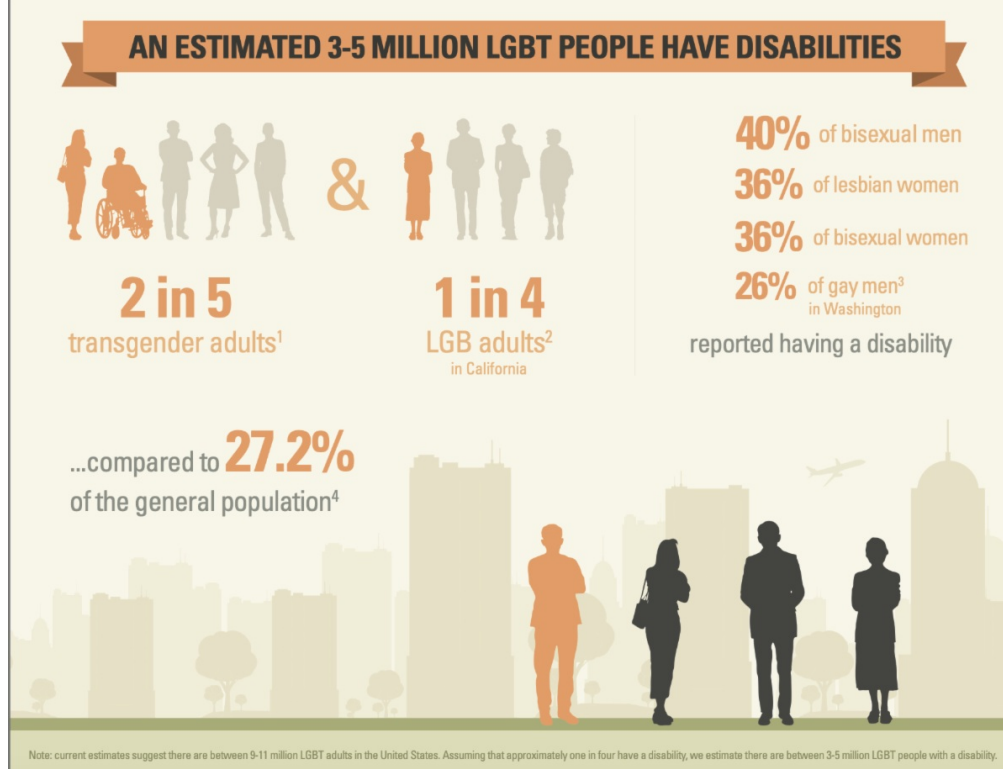
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## LGBTQ+ & Disability

### What does this have to do with disability?

- Disability may not be considered directly related to identities of sexuality or gender, but it is important to challenge all forms of oppression that affect the multiple, intersectional identities held by members of the community.
- People who identify as LGBTQ+ are often more likely than the general population to have a disability.



There are many unique challenges that LGBTQ+ people face including:

## Limited access to LGBTQ+ inclusive and fully accessible services

- Securing affordable, accessible, and inclusive health care, community services, and more is challenging for LGBTQ+ people with disabilities. This is particularly true for people in rural communities.
- Not only are people living in rural areas more likely to have disabilities, but the distances needed to travel to find LGBTQ+ competent and fully accessible service providers, community programming, and more place LGBTQ+ people with disabilities in rural communities at a greater risk for isolation and increased discrimination.

## Bullying and exclusion for LGBTQ+ youth with disabilities

- LGBTQ+ youth with disabilities report high rates of harassment and are more likely to be bullied or harassed than students without disabilities.
- LGBTQ students with disabilities are more likely to be disciplined in school and to drop out of school, compared to LGBTQ students without disabilities.

## Added barriers to employment

- People with disabilities report incredibly high rates of employment discrimination and unemployment. In 2017, only 36% of adults with a disability were employed compared to 77% of those without a disability.
- This discrimination compounded by discrimination based on sexual orientation and gender identity, as well as racial and ethnic discrimination, means that LGBTQ+ people with disabilities may struggle to find and keep jobs, and to access support services like unemployment benefits.

## Overrepresented in the juvenile and criminal justice systems

- Emerging research finds that LGBTQ+ and gender nonconforming youth and

LGBTQ+ people are greatly overrepresented in the criminal and juvenile justice systems, as are people with disabilities and people of color.

- For example, over 40% of incarcerated women and nearly 60% of girls in juvenile justice facilities are sexual minorities, with as many as 85% of LGBTQ youth being youth of color.

## Invisibility within both communities

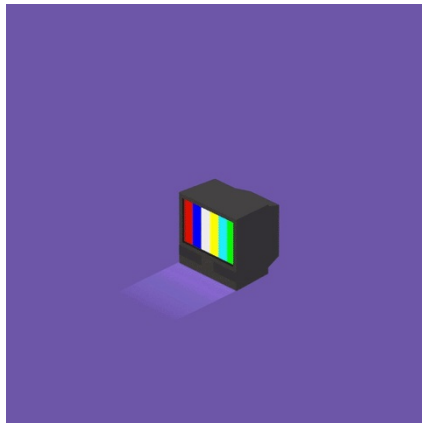
- LGBTQ+ people with disabilities often report that it is challenging to have their identities fully recognized.
- In spaces focused on disability, their unique experiences as LGBTQ+ people may not be recognized. And in LGBTQ+ spaces, services and facilities may not be inclusive or accessible, including having accessible buildings or restrooms, ASL interpretation and/or CART captioning for people who are deaf or hard of hearing.

## LGBTQ+ people struggle more with mental health conditions

- Mental health conditions can potentially impact a person's daily life to such an extent that it is a disability in the eyes of the law, medical professionals, and/or the individual living with that condition.
- Research finds that LGBTQ+ people are more likely to have a mental health disorder in their lifetimes, including mood disorders such as depression, anxiety, and substance use disorders.
- A growing body of research links experiences of discrimination based on sexual orientation, gender identity, as well as race, ethnicity, and disability status, prejudice, barriers to competent health care, lower rates of health insurance, poverty, experiences of violence, and more to these health disparities.

[This information has been reproduced from this infographic by Movement Advancement Project. Read the full infographic for more information as well as suggestions on how to improve these issues.](#)

SOURCE: <https://www.lgbtmap.org/file/LGBT-People-With-Disabilities.pdf>



## In the Media

## Notable LGBTQ+ people with disabilities

- Examples include CNN anchor [Anderson Cooper](#) who is dyslexic, actor [Josh Feldman](#) who is deaf, comedian [Stephen Fry](#) who has bipolar disorder, artist [Frida Kahlo](#) who had polio and spinal and pelvic damage, [Eddie Ndopu](#) who has Spinal Muscular Atrophy, YouTuber [Tyler Oakley](#) who has depression, model [Aaron Philip](#) who is a wheelchair user with cerebral palsy, writer [Leah Piepzna-Samarasinha](#) who is chronically ill and journalist Melissa Yingst who is deaf.

## Profiles of LGBTQ+ People with Disabilities

- [Ryan O'Connell: \*Special\* Creator Breaks New Ground for Disability and LGBTQ+ Representation](#)
- [Lenny Larsen: Globetrotting Entertainment Executive Refuses To Be Defined By His Disability](#)
- [Frida Kahlo: Role Model for Artists, People with Disabilities and Bisexual Women](#)
- [Josh Feldman, Deaf Gay Trailblazer in Hollywood, Discusses the Importance of Representation](#)
- [Justin Chappell: Advocate for LGBTQ and Disability Rights Sees Politics as Avenue for Change](#)

## On TV

- *Special* is a distinctive and uplifting new series about a gay man, Ryan, with mild cerebral palsy who decides to rewrite his identity and finally go after the life he wants. After years of dead-end internships, working in his pajamas as a blogger and communicating mostly via text, Ryan eventually figured out how to take his life from bleak to chic and began limping towards adulthood. The offbeat comedy is based on series creator and star Ryan O'Connell's memoir, "I'm Special: And Other Lies We Tell Ourselves." O'Connell also serves as executive producer alongside Jim Parsons.



## Resources from National LGBTQ+ Organizations

- [GLAAD's Where We Are on TV Report 2019](#) - GLAAD's annual Where We Are on TV report analyzes the overall diversity of primetime scripted series regulars on broadcast networks and looks at the number of LGBTQ+ characters on cable networks and streaming services. The report also covers representation of other minority groups on TV, including people with disabilities.
- [Human Rights Campaign](#) - "Through research, educational efforts and outreach, HRC encourages lesbian, gay, bisexual, transgender and queer Americans to live their lives openly and seeks to change the hearts and minds of Americans to the side of equality."
- [PFLAG National](#) - "For over four decades, PFLAG has provided support to families and allies who are in need, through peer-to-peer meetings, online outreach, and telephone hotlines. PFLAG National also offers a huge variety of resources and programs that provide support for those in need."
- [The Trevor Project](#) - "Founded in 1998 by the creators of the Academy Award®-winning short film TREVOR, The Trevor Project is the leading national

organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.”

You can find these resources and more on [www.Respectability.org](http://www.Respectability.org).

SOURCE: <https://www.respectability.org/resources/lgbtq/>

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# Let's Stay Healthy and Have Pride!



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Looking to learn more about healthy living?  
We can hold a Healthy Lifestyles Workshop at your location! **\*In person trainings are not currently available but will resume in the future, but online trainings are available!**



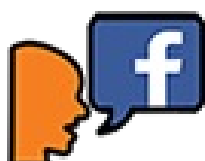
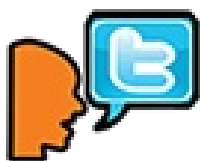
Don't see what you're looking for? We'll make it for you!  
E-mail [NJSAP@ArcNJ.org](mailto:NJSAP@ArcNJ.org) or call 732-749-8514 to schedule a  
training at your location!



*The Horizon Foundation for New Jersey*

The [Healthy Lifestyles Project \(HLP\)](#) is a program of The Arc of New Jersey and receives funding through a grant awarded by [The Horizon Foundation for New Jersey](#).

For more information on HLP and NJSAP  
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# New Jersey Self-Advocacy Project

A program of The Arc of New Jersey since 1983

Promoting Advocacy and Independence for People  
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