

# Healing Check List

**Safety First:** Calm your mind and body. Find a safe place, breathe, feed yourself, and drink enough water. Listen to your body. Seriously.

**Transparency:** Now that you know how you're feeling, be honest and fact-based with those around you: "I am feeling tight in my chest after reading about the news this weekend." Or, "I am really on edge today after this weekend's events. I may need a little extra space today."

**Peer Support:** Reach out to your allies and friends. Ask for the help you need from the people you trust. Even if its two texts a day checking in with close friends: "just checking in to let you know I am ok. How are you?"

**Collaboration:** "Look for the helpers." In this cycle of news tragedy, make an effort to look for the stories of support: vigils, blood drives, public statements, and public figures. Don't let your media intake become too dark. Look for the light in the people who are supportive.

**Empowerment and choice:** take care of yourself and choose to stay home if you need to. Do not feel obligated to go places or be with people who don't help you feel safe.

**Language is powerful:** You can express your experiences. Whether you write in a journal, or create a poem/song/dance, you can create opportunities to positively externalize your feelings. Writing letters to elected officials is another opportunity to support positive action in your community.



## Gender Pronouns

Our **gender pronouns** are the way we are identified based on our own identified gender. Using the appropriate gender pronouns for the person you are speaking to, or about, is an important way to respect and affirm that person’s identified gender. The list below is not exhaustive and there are many other pronouns individuals may choose to use, or not use.

Commonly Used Pronouns	Example
She, her, her/hers, herself	<b>She</b> is speaking I listened to <b>her</b> She recorded <b>herself</b> The speech was <b>hers</b>
He, him, his, himself	<b>He</b> is speaking I listened to <b>him</b> He recorded <b>himself</b> The speech was <b>his</b>
They, them, their/theirs, themselves	<b>They</b> are speaking I listened to <b>them</b> They recorded <b>themselves</b> The speech was <b>theirs</b>
Xe, xem, xyr/xyrs, xemself	<b>Xe</b> is speaking I listened to <b>xem</b> Xe recorded <b>xemself</b> The speech was <b>xyrs</b>
Ze, hir, hir/hirs, hirself	<b>Ze</b> is speaking I listened to <b>hir</b> She recorded <b>hirself</b> The speech was <b>hirs</b>

For many people, their pronouns are reflected in their gender expression; for others, this may not be the case. Our “pronoun generators,” or the way that we decide what pronouns to use for another person, is instantaneous. It is important that we allow for people to identify their own pronouns. You can establish this practice in a number of ways.

- Lead by example:  
“Hi, my name is \_\_\_ and my pronouns are \_\_\_”
- Provide space for people to write them on their nametag
- Adopt forms with the ability to identify pronouns
- Practice asking pronouns:  
“Hi, what’s your name and pronouns?”



Adapted from Trans Student Educational Resources



## LGBTQ Terminology

**Lesbian**– A female identified individual who is exclusively attracted to other female identified individuals.

**Gay**– A male identified individual who is exclusively attracted to other male identified individuals.

**Bisexual**– An individual who is attracted to both male and female identified individuals.

**Transgender**– An umbrella term for anyone who identifies outside of the cisgender experience of the gender binary of male or female.

**Cisgender**– An individual who has a biological sex that aligns with their felt and/or experienced gender.

**Queer**– A once derogatory word that has been reclaimed by **some** in the LGBTQ community as a powerful term of unity with others who identify underneath the LGBTQ+ umbrella. This term should not be used loosely by those who do not identify as such.

**Questioning**– An individual who is still exploring their sexual orientation and/or gender identity and has not yet determined how they identify.

**Coming Out**– The process of self-identifying to yourself or others as a member of the LGBTQ community. This process is continual as folks often need to “come out” throughout their lifetime in various communities and contexts.

**Pansexual**– An individual who is attracted to others regardless of biological sex and/or gender identity/expression.

**Transsexual**– An individual who lives their life full time as what some may consider the “opposite” sex from which they were born. Surgeries, hormone therapy, and other gender affirmation care is *not* a prerequisite for this identity.

**Intersex**– The medically & socially accepted term for an individual born with both male and female, or indistinguishable variations in, genitals, gonads, or chromosomes.

**Gender Queer**– A “catch-all” category for individuals who have a gender identity that fits outside of the gender binary system all together. This could include gender fluidity, identifying with more than one gender, identifying with no gender, or identifying with different genders on different days.

**Asexual**– An individual who has a lack of or low interest in sexual activity or sexual attraction to others.

**Agender** – An individual who does not identify with either male or female gender identities and often falls somewhere in between rather than either/or.

**At the LGBT Community Center of Greater Cleveland, our mission is to advance the rights, respect and diversity of the LGBT community.**



## Understanding the Process of Coming Out

Coming out is a multiple stage process for individuals in the LGBTQ Community. The first part of that process is coming to terms with one's own sexual orientation and/or gender identity. This often takes careful thought and reflection and can take individuals either minutes or years to come to terms with their identity or fully understand how they wish to identify to others. Every person's pace is unique and deserves to be accepted and respected.

The next part of the coming out process involves sharing that identity with others. Coming out is frequently seen as a single declaration to the world that someone identifies as LGBTQ. However, the reality, is that coming out is a continual process throughout someone's life. Individuals must continually assess when, how, and if they should disclose their gender identity and/or sexual orientation to others in new or different environments.

Although coming out is often regarded as a celebration, the reactions of loved ones to an individual's freshly disclosed identity as a member of the LGBTQ community may not be received well. It is important that individuals have the freedom to come out to others as they feel safe to do so - it is never acceptable to "out" someone else to others. To 'out' someone refers to the act of disclosing another person's sexual orientation and/or gender identity to others without that person's approval.

### **Things to Consider About Coming Out**

The coming out experience is different for every person, regardless of their identity, so there is no **one** way to come out. Not everyone is able to come out because of their environment or supports, so it is important to not rush yourself, or other people. Consider the following points as you consider making a decision to come out:

- **Safety**—Are you emotionally, physically, financially, and/or spiritually safe?
- **Privacy**—If you are not widely announcing your identifier to everyone, is the person you're telling trustworthy?
- **Support**—What does your support system look like? Are there friends, family members, professionals, or peers who may be of assistance?
- **Preparation**—Have you considered your own emotional or physical responses to how this person may react?
- **Resources**—Do you have an idea of local, or national, resources that can potentially assist you in your coming out process?

Remember, each person's journey is different and only you can know when is the best time to come out.

**At The LGBT Community Center of Greater Cleveland, our mission is to advance the rights, respect, and diversity of the LGBT community.**

