

Community Discussion Series



Sexual Health Abroad Through the
LGBTQI+ Lens



diversityabroad

LGBTQI+ Task Force

2019-2020



#DiversityAbroad

Presenters



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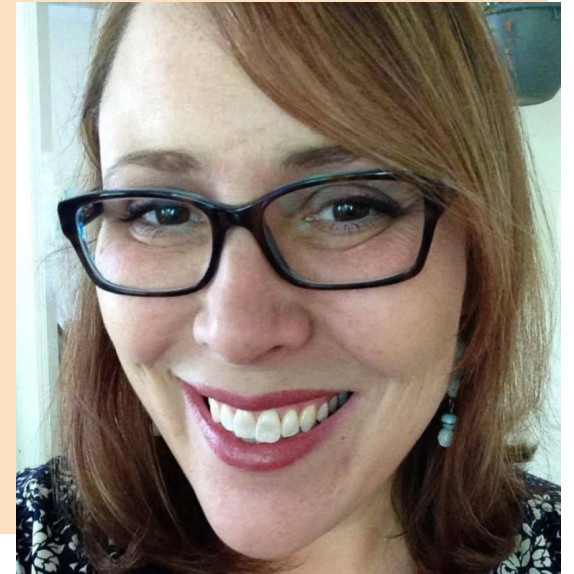
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Session Overview



- Provide a snapshot of national data and trends regarding the LGBTQI+ community; particularly LGBTQI+ identified college students
- Explore topics and issues related to sexual health and wellbeing with particular focus on the unique needs and concerns of LGBTQI+ students
- Discuss resources and best practices for education abroad offices and organizations
- Create an opportunity for questions and discussion on this topic

Before we begin

Thank you for your interest
and engagement

This will be an *intermediate*
level discussion

We acknowledge that for some,
discussing sex and sexual health may be
uncomfortable

Student advising and support, as well
as advocacy for the LGBTQI+
community, is a *ongoing* process



LGBTQI+ students: Data and Trends



- An estimated **4.5%** of the U.S. population identifies as LGBT
 - 30 % are between the ages of 18-24([The Williams Institute, UCLA School of Law](#))
- **55.8%** of LGBTQ students reported no discussion or inclusion of LGBTQ topics in sex education curriculum in school.
 - 22.4% reported having no sex education in school at all([GLSEN, 2017](#))
- Lesbian, gay, and bisexual youth are at greater risk for depression, suicide, and substance abuse ([CDC](#))
- Currently, no comprehensive data on LGBTQI+ identified study abroad students from IIE Open Doors Report

Intersectionality

- LGBTQI+ students have other identities that will come into play and affect their experiences abroad
- LGBTQI+ identity may not always be the top concern/priority
- Different social identities as lenses that interact



Cultural Considerations



- Be mindful of overgeneralizing a culture and its approach to gender roles, identity, and sexual orientation
- Prior research is essential. Consider:
- News and history
- Politics and laws (and pending legislation)
 - [Erasing 76 Crimes](#)
- Religion
- Celebrations and clandestine communities

Sexual Health Abroad

[Sexual health] is a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence. For sexual health to be attained and maintained, the sexual rights of all persons must be respected, protected and fulfilled.

World Health Organization



Being Out (or not) at home and abroad

- For many students, studying abroad presents an opportunity for self-reflection and identity exploration.
- Much like other aspects of identity development, students' comfort and level of salience with their LGBTQI+ identity is dynamic; not all students will be at the same point in their journeys.
- Students' decisions or abilities to be “out” (or not) at home or abroad should be respected.

If you identify in the LGBTQI+ community, what advice do you wish your education abroad advisor had shared with you?



IES Abroad

Healthy Relationships and Safer Sex



- With healthy relationships, consent is key
 - Consent--[Care for a Cup of Tea?](#)
 - [Love is Respect Guide to Healthy LGBTQ Relationships](#)
- Dating apps
 - Tinder Traveler Alert
 - [Teen Vogue 2018 LGBTQ Friendly Dating Apps](#)
- Safer Sex
 - Preventive measures and STIs
 - [PrEP and PEP](#)

I Am LGBTQ. Is My Relationship Healthy?

Healthy relationships all look different. What they have in common is being based on equality and respect. What they don't have in common is how they're structured or who's in them. In fact, healthy LGBTQ relationships are often characterized by how resilient, creative and unique they are. It can be hostile out there — why shouldn't your relationship be a safe space where you're free to be yourself? Some signs of a healthy relationship include a partner who:

- *Respects your chosen gender pronouns or name.*
- *Respects your boundaries.*
- *Gives you space to hang out with friends and family without thinking you're cheating.*
- *Doesn't take your money or tell you what to buy.*
- *Never threatens to out you to people.*

... (From Love is Respect)

Understanding Sexual Violence for the LGBTQI+ Community

- **73% of LGBTQ college students** experience sexual harassment or abuse (American Association of University Women)
- **44% of lesbians and 61% of bisexual women** experience rape, physical violence, or stalking by an intimate partner (Centers for Disease Control National Intimate Partner and Sexual Violence Survey)
- **26% of gay men and 37% of bisexual men** experience rape, physical violence, or stalking by an intimate partner (Centers for Disease Control National Intimate Partner and Sexual Violence Survey)
- **20% - 25% of college women and 15% of college men** are victims of forced sex during their time in college (US Department of Justice/National Sexual Violence Resource Center)
- **47% of transgender people** are sexually assaulted at some point in their lifetime. In communities of color, these numbers are higher: **American Indian (65%), multiracial (59%), Middle Eastern (58%), and Black (53%)** respondents of the 2015 U.S. Transgender Survey were most likely to have been sexually assaulted in their lifetime. (National Center for Transgender Equality)

Supporting transgender, non-binary, and gender non-conforming (GNC) students

- [Trans 101: The Basics](#) *“A guide to people who are trans and gender diverse.....”*
- Language matters
 - misgendering
 - deadnames
 - [language beyond the binary](#)
- Let the student lead the way
 - Good advice for working with any LGBTQI+ identified students
 - Each situation will be unique based on their choices
 - Most important to connect the students with resources and approach support with a priority on safety and health, but making sure not to single out the student



Your Role

- None of us can have all of the answers all of the time
- Be an advocate, and identify campus/community advocates. Make referrals!
- Whether LGBTQI+ or ally, you are a part of an LGBTQI+ student's support network as they study abroad
- One supportive person can have a profound impact on a student's life ([Trevor Project, 2019](#))



Best Practices for Advisors & Guiding Questions

- Remember the role that intersectionality plays and follow the student's lead; don't make assumptions unless a student discloses information about how they identify; use inclusive language
- If a student discloses that they identify as LGBTQI+, you might offer them these reflective questions to guide your discussions:
 - To what degree will I openly express my sexual orientation and gender identity while studying abroad? What does it mean to be LGBTQI+ in my host country?
 - Do I want/need a study abroad location and community that supports my identity?
 - For students who identify as transgender or gender nonconforming (GNC), is my host country trans-inclusive? What is the status of transgender individuals in the host country?



Best Practices for Orientations

Pre-Departure Orientations

- Introduce yourself and your staff with personal pronouns
- Invite a member of a local LGBTQI+ support/advocacy group to speak with all pre-departure students
- Include topics of safer sex, sexual violence, and bystander intervention training
- Connect students with study abroad alumni from the LGBTQI+ community who have personal experiences living and traveling abroad
- Provide resources to help students research and identify in-country support networks

On-site Orientations

- Include sexual health and LGBTQI+ topics for all students
- Identify areas where LGBTQI+ students will be safe and welcomed in the local area or provide opportunities for students to connect with locals who can help them navigate more clandestine communities



Above all, do what you can to create a safe space for students to reflect and seek support when needed. Understand that LGBTQI+ students may face additional challenges as they adjust to life in the host culture. Your encouragement and support could make all the difference in the trajectory of their experiences.

Questions & Discussion

1

In what ways do you think sexual health might impact a student's mental health? Where would you seek resources?

2

How might you incorporate sexual health into the resources you provide for students? Are there offices on your campus that might provide support? Could you engage study abroad alumni on this topic?

3

What can you do in your role to create an open and safe space for students to connect with you if they have questions or concerns about navigating their LGBTQI+ Identity abroad?

LGBTQI+ and Sexual Health Resources

LGBTQI+ at Home and Abroad

Amnesty International USA LGBT Rights

<http://www.amnestyusa.org/our-work/issues/lgbt-rights/about-lgbt-human-rights>

International Lesbian, Gay, Bisexual, Trans and Intersex Association

<http://www.ilga.org>

NAFSA: Association of International Educators Rainbow Special Interest Group Newsletter

<http://www.rainbowsig.org/newsletter/>

National Center for Transgender Equality

<http://www.transequality.org/>

OutRight Action International

<https://www.outrightinternational.org/>

Transrespect versus Transphobia Worldwide Legal and Social Mapping Project

<http://transrespect.org/en/map/legal-gender-recognition-change-of-name/>

University of California-Davis Lesbian, Gay, Bisexual, Transgendered, Queer, Intersex, and Asexual Resource Center Glossary

<http://lgbtqia.ucdavis.edu/educated/glossary.html>

It Gets Better Project

<http://www.itgetsbetter.org/>

76 Crimes

<https://76crimes.com/>

Sexual Health

Consent as Tea Video

<https://www.youtube.com/watch?v=pZwvrXVavnQ>

Go Ask Alice

<https://goaskalice.columbia.edu/>

Love is Respect

<https://www.loveisrespect.org>

Scarleteen

<https://www.scarleteen.com/>

Sexual Violence

End Rape on Campus Prevalence Rates of LGBTQ Survivors

<https://endrapeoncampus.org/prev-rates-lgbq>

Rape, Abuse & Incest National Network (RAINN)

<http://www.rainn.org/>



Diversity Abroad Resources

- True Allyship: A Toolkit for the LGBTQIA+ Community (open access) - Diversity Abroad
- Identity Abroad Online Pre-departure Learning Module (member access) – Diversity Abroad
- Country Diversity Climate Notes (member access) - Diversity Abroad
- Diversity & Inclusion Advising Manuals (member access) - Diversity Abroad
- On Demand Short Courses - Diversity Abroad
- LGBTQI+ Study Abroad Resources - (member access) - Diversity Abroad

What's Next?



- Full Recording of Community Discussion
 - Added to D&I Resource Center for Members
- PowerPoint Presentation
 - Send to All Participants
- 8th Annual Diversity Abroad Conference
 - March 14-17, 2020 in New Orleans, LA



Diversity Abroad **ONLINE COMMUNITY FORUMS**

Let's continue the conversation!

COMMUNITY FORUM TOPICS:

- **Strategy and Communications** (ex. Student Data and Profile, Strategy and Leadership, Communication and Partnerships)
- **Operations** (ex. Organizational Operations, Professional Development and Staffing, Assessment and Evaluation)
- **Academics and Student Success** (ex. Curricular and Co-Curricular Activities, Advising and Student Support)
- **Health, Safety, and Security**
- **General** (Open Discussion)

Diversity Abroad members are invited to post questions and share promising practices today!

DiversityNetwork.org/CommunityForums

Contact Us



Diversity Abroad

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