

**1968** Stonewall Riots in New York City's Greenwich Village mark the beginning of major resistance by gay men and lesbians to discrimination

**1973** American Psychiatric Association votes unanimously to remove Homosexuality from its list of mental disorders; Mental illness classification was used to justify discrimination

**1987** The NAMES Project AIDS Memorial Quilt is unveiled in Washington, D.C. to raise awareness of lives lost to the disease, and originally covered an area the size of two football fields. Today, the 54 ton quilt is too large to be displayed in its entirety in any one place. In the 1980's, HIV/AIDS devastated the queer community. The diagnosis contributed to discrimination against LGBTQ people and people of color in healthcare.

**1998** Matthew Shepard, a 21-year-old gay college student in Wyoming, is beaten, tied to a fence, and left to die

**2000** A high school student wins a court battle in California after his school board denied the formation of a Gay Straight Alliance (GSA) group

**2011** "Don't Ask, Don't Tell" is repealed, ending a ban on gay men and lesbians from serving openly in the military

**2015** U.S. Supreme Court legalizes same-sex marriage in all fifty states

**2020** The Supreme Court rules that federal law protects LGBTQ workers from discrimination



**1999** Rye High School (RHS) begins participating in PrideWorks conferences

**2002** Gay Straight Alliance (now Gender Sexuality Alliance) is founded by student Donny Nordlicht and RHS social worker Sandy Degenhardt

**2017** Heard in Rye speaker event, "Understanding Gender Diversity" helps raise awareness and begins the community conversation about gender identities beyond the binary of girl/boy and woman/man

**2020**

- Canceled Drag Queen Story Hour at Rye Free Reading Room leads to national news stories and protest in Rye by religious group
- pRYEde Community Group is founded by six Rye moms and sells over 300 pride flags to residents and businesses
- City Council deliberates and delays Pride flag raising; passes resolution making Pride month official in Rye; celebration with 200+ residents on the Green
- pRYEde/GSA flags are vandalized and one is burned

**2021**

- Community-funded inclusive programming expands including co-sponsorship of Activist Academy with community partners
- pRYEde Family Network is founded and led by parents of LGBTQ+ children
- Student-led Community Mural project unveiled with celebration of Pride month; Pride flags raised at Rye City Hall, Rye Rec, Rye Town Park, Rye HS, and Rye Playland; LOFT designs mural for Rye Playland



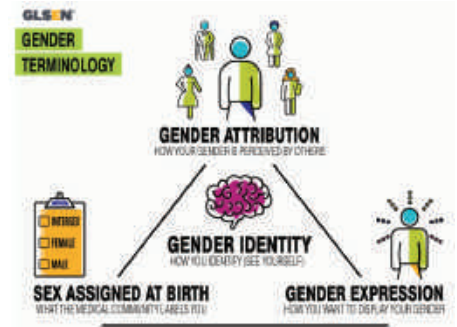
## Let's Talk About Gender Identity

**Take a moment to think about gender identity.**

- What is your gender identity?
- Does this align with the sex you were assigned at birth?
- Have you ever judged another person based on perceived or actual gender identity?

**Take a moment to think about gender expression.**

- What are some ways you are expressing your gender today?
- How might this change on a different day?
- What are your social expectations related to gender identity expression?
- How does your gender expression conform to, or challenge, the expectations of others?



## Unpack Gender Stereotypes

Gender stereotypes are generalizations that try to tell us how people should feel, act or dress based on gender. Examples include:

**Early Years:** girls play with dolls and boys play with trucks

**During Youth:** girls are not as interested in STEM subjects; boys should play sports and not be involved in creative arts

**As Adults:** assertive women are “unfeminine,” men who are not assertive are “unmanly”

Stereotypes can cause people to feel badly about the activities they enjoy or at odds with who they are; this can lead to social isolation and/or bullying.

- What are some ways that you challenge gender stereotypes?
- How could you support your child(ren) in expressing their gender in a way that feels right to them?
- How can you encourage your child(ren) to be accepting of others who express their gender in ways that challenge stereotypes?

The more your sex assigned at birth, gender identity, and gender expression fit societal expectations, the easier it might be to move through the world without feeling limited by gender stereotypes or being misgendered (i.e.: using a pronoun or adjective that incorrectly represents one’s gender identity). A person whose gender identity and/or expression is not aligned with the sex they were assigned at birth might identify as transgender, gender-queer, gender non-binary, or gender non-conforming, and may use one or more personal pronouns.

**Gender Identity:** How you identify and see yourself. If your gender identity matches your sex assigned at birth, then you are cisgender. If your gender identity does not match your sex assigned at birth, then you might be transgender, nonbinary, genderqueer, etc. and might specify personal pronouns (see figure below) Regardless of gender identity and sex assigned at birth people express their gender in a variety of ways (GLSEN, 2021)

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## Think About Sexual Identity

**Consider your own sexual identity.**

- When did you first know your sexual identity?
- Did you come out? Or was it just assumed?
- What are your social expectations and values related to sexual identity?
- Have you been treated differently or mistreated based on your sexual identity?
- Have you ever judged another person based on perceived or actual sexual identity?

**Sexual Identity:** The inner feelings of who a person is attracted to emotionally and/or physically, in relation to their own gender identity. Some people may identify as “asexual,” “bisexual,” “gay,” “lesbian,” “pansexual,” “queer,” “straight,” and many more. (GLSEN, 2019)

## Unpack Sexual Identity

**Sexual Identity** includes different forms of emotional attraction, romantic attraction, and sexual attraction (*The Trevor Project, 2019*).

**Emotional Attraction** is characterized by the desire to connect with others on a deep emotional level. **Romantic Attraction** is often described as the desire for relational intimacy or amorous connection with others. **Sexual Attraction**, attraction based on sexual desire, or the quality of attracting such interest, is typically the first thing that comes to mind when sexual identity is considered.

It is often assumed that people are heterosexual (attracted to people of the opposite gender within the binary of man/woman). It is also frequently assumed that we all experience emotional, romantic, and sexual attraction as the same thing. While some people find that their sexual identity matches up with these assumptions, some individuals do not.

A person who is emotionally and/or physically attracted to some members of the same gender might identify as lesbian, gay, or queer.

A person who is emotionally and/or physically attracted to two genders might identify as bisexual.

TO LEARN MORE ABOUT COMING OUT FOR LGBTQ+ PEOPLE

A person who does not experience sexual attraction, but may experience other forms of attraction (e.g., romantic, emotional) might identify as asexual.

A person who is emotionally and/or physically attracted to some people, regardless of their gender identity might identify as pansexual.

FOR MORE DEFINITIONS

### DID YOU KNOW?

While many LGBTQ+ people transition from childhood to adulthood successfully and become healthy, productive, and fulfilled adults, others are negatively impacted as a result of many factors. Anti-LGBTQ+ social stigma can be particularly challenging. Stigma comes in many forms, such as harassment, discrimination, family disapproval, social rejection, and violence. This puts LGBTQ+ individuals at increased risk for a number of negative psychosocial and health outcomes.

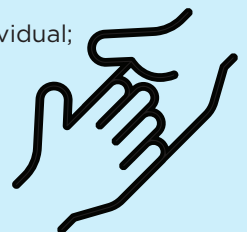
### Family, Friends, and Community Make a Difference

**Family acceptance**, welcoming **school environment** (e.g., GSA groups, gender-neutral bathrooms), and **community support**, (e.g., visible symbolism such as Pride flags, a supportive faith community, LGBTQ+ programming and policies) serve as **protection** for the **well-being** and **mental health** of LGBTQ+ people.

## What can we do?

- Seek teachable moments to expand beliefs and language
- Pay attention to personal pronouns (e.g., she/her, he/him, they/them) and what these mean for an individual; Share your own pronouns when introducing yourself, and in your email signature, etc.
- Know that it is okay if you don't understand something or don't know how to respond; be honest with your child(ren) and take time to learn together
- Expand the scope of dialogue to others in or outside of your family
- Listen and validate perspectives and stories other than those that are familiar; Show your understanding through actions and responses that communicate the message "I see you" and "I value you"
- Model being an upstander for your child(ren) by treating others with dignity, respect, and kindness
- Consider getting involved in our community to effect change. What might that look like for you?

LEARN MORE ABOUT PRONOUNS



## **GROW** YOUR AWARENESS AND EMPATHY

**What does LGBTQ+ bias look like? In these examples, step in the shoes of the young person involved.**

Aiden is a 15-year old freshman who is a member of the recreation football team. A player on the opposite team begins to make fun of Aiden on the field for having gay dads. The bullying continues off the field and leads to other players getting involved. Another teammate starts to tease Aiden, asking him if "being queer runs in the family." The words barely make it out of the player's mouth before Aiden punches him. The other players back off and stop the teasing, but Aiden is suspended from the football team for fighting.

Sam is a 13 year old non-binary student in middle school. Despite asking people to use their personal pronouns of "they/them/theirs" to reflect their gender fluidity, many are puzzled by the request and continue to use the wrong pronouns. Sam says, "It doesn't seem like a big deal, but eventually it bruises me, and it hurts inside."



On Friday, the "daddy-daughter dance" is announced for the following week. Johana, who has two moms, doesn't know what to do or say to her friends about this event.

During a fifth grade health lesson, the class is split by the gender binary (girls and boys) to talk about physical and sexual development. Tania - a transgender student - leaves for the restroom and doesn't return.

During 10th grade health class, Alejandro tests the water by asking the health teacher about safe sex practices between men because Alejandro is gay. The teacher appears uncomfortable and says he isn't sure if he's supposed to talk about it in class.

During a playdate at Jack's house, Billy chooses to play with dolls that belong to Jack's sister. Jack's mom gently redirects Billy to the bin with trucks and cars.

Mo discloses she is a lesbian to her counselor and asks to invite her parents to an appointment to discuss. During the appointment, Mo's parents refer to her coming out as a "phase" and "the cool thing to do." Mo cries to her counselor afterward.



### **TO LEARN MORE**

Literacy Expert and pRYEde Co-founder, Dr. Molly's Book Recs by age through adulthood

CLICK ANY STATEMENT BELOW TO LINK TO RESOURCES



### **LOCAL SUPPORT**

pRYEde Community Group  
 pRYEde Family Network  
 Parents, Families, and Friends of Lesbians and Gays (PFLAG) Westchester

Center Lane for LGBTQ+ Youth  
 The LOFT  
 Gay, Lesbian, and Straight Education Network (GLSEN) Hudson Valley

Rye HS/Rye MS GSAs offer in-school support to students. Check with your child's school



### **CRISIS SUPPORT**

TrevorLifeline: 866-488-7386  
 LGBT National Hotline: 888-843-4564  
 LGBT Youth Hotline: 800-246-7743

National Suicide Prevention Lifeline: 1-800-273-8255  
 If you are not in a place to call, you can always chat with professionals here [suicidepreventionlifeline.org/chat](https://suicidepreventionlifeline.org/chat)  
 Westchester Crisis Prevention and Response Team 914-925-5959



### **IF YOU, OR SOMEONE YOU KNOW, HAVE EXPERIENCED BIAS AND NEED ASSISTANCE:**

pRYEde Community Group

[pRYEdeCommunity@gmail.com](mailto:pRYEdeCommunity@gmail.com)

