

## Articles and Resources for Further Study

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Understanding the issues: Read a few short articles that provide an introduction to the issues:

### **Introduction to Sexual Orientation, Gender Identity & Expression, and Sex Characteristics (SOGIESC)**

[The Gender Unicorn](#) (5 mins)

*Available in 16 languages, this graphic and explanatory text explain the concepts of gender identity, gender expression, sex assigned at birth, and sexual orientation.*

[Sexual Orientation, Gender Identity & Expression Glossary of Terms](#) (10 mins)

*Compiled by the Center of Excellence on LGBTQ+ Behavioral Health Equity, this glossary provides an overview of all of the different terms to describe people with various sexual orientations and gender identities, along with additional important terms commonly used in the LGBTQI+ community. Excellent reference to keep on hand.*

[Frequently asked questions on health and sexual diversity: an introduction to key concepts](#) (20 mins)

*This World Health Organization (WHO) resource reviews the key concepts and terminology covered in the links above, then shifts its focus to the relation between sexual diversity and health.*

[Gender Revolution Guide](#) (25 mins)

*Delving into the meaning of gender, this discussion guide produced by National Geographic studies the nature of gender based on interviews with 80 children from countries in the Americas, the Middle East, Africa, and China.*

### **Health Care Disparities**

[LGBTQ+ Health Disparities](#) (5 mins)

*A short overview of the primary health disparities faced by the LGBTQI+ community and from where they arise.*

[Trans men in Colombia struggle to access safe abortion](#) (10 mins)

*A trans man's story about his sexual assault and subsequent difficulties in accessing abortion care. Also available to read in Spanish and Portuguese.*

[Not Up for Debate: LGBTQ People Need and Deserve Tailored Sexual and Reproductive Health Care](#) (15 mins)

*An overview of SRH needs of the LGBTQI+ community, this article discusses health disparities and barriers to care for LGBTQI+ people when accessing SRH services.*

[Associations between punitive policies and legal barriers to consensual same-sex sexual acts and HIV among gay men and other men who have sex with men in sub-Saharan African: a multi-country, respondent-driven sampling survey](#) (20 mins)

*The findings of this 9-year sampling survey demonstrate a strong correlation between a country's legal status of same-sex relations and the prevalence of HIV among MSM.*

[Understanding the Needs of Lesbian, Gay, Bisexual, and Transgender People Living With Mental Illness](#) (25 mins)

*This academic article assesses the prevalence of psychiatric disorders among LGBT populations and why it is difficult to receive optimal mental health care.*

[A Systematic Review of the Discrimination Against Sexual and Gender Minority in Health Care Settings](#) (30+ mins)

*This academic article reviewed 30 quantitative studies on discrimination of LGBTQI+ people in healthcare settings and identified the main discriminative behaviors experienced by this community. Great for delving deeper into the issues LGBTQI+ people face when accessing care.*

## **Culturally Competent and Informed Care**

[LGBTQ+ Trauma-informed Care](#) (5 mins)

*This infographic on the six principals of trauma-informed care adapted for use with patients with diverse sexual orientations, gender identities, and expressions.*

[10 Tips For Caring For LGBTQIA+ Patients](#) (10 mins)

*An introduction to culturally competent care for LGBTQI+ people summarized in 10 steps.*

[Guidelines for the Care of Trans Patients in Primary Care](#) (15 mins)

*The Royal College of General Practitioners Northern Ireland (RCGPNI) developed these guidelines to assist general practitioners and other healthcare professionals to provide the best care possible to members of the Lesbian, Gay, Bisexual and Trans community.*

[Providing Ethical and Compassionate Healthcare to Intersex Patients](#) (30 mins)

*Guidelines for patients with natural variations in sex characteristics that do not seem to fit typical binary notions of male or female bodies.*

[Lesbian Health Needs Assessment](#) (30+ mins)

*A mixed-method study of quantitative survey data and "share your story" qualitative responses explored the negative healthcare experiences of lesbian-identified folks.*

## **Inclusive Intake Forms, Data Collection, and Language**

[Language Guidance When Serving LGBTQ+ Populations](#) (10 mins)

*A practical guide on updated language for health practitioners to better understand the most recent language used in LGBTQ+ communities, and why it matters.*

[Focus on Forms and Policy: Creating an Inclusive Environment for LGBT Patients](#) (15 mins)

*These guidelines introduce updated, recommended language to implement in patient intake forms.*

[LGBTQ+ Inclusive Language: What It Is and Why It Matters in Healthcare](#) (25 mins)

*A detailed guide to inclusive language, phrases to avoid vs. phrases to use, and why inclusive language matters in patient care.*

## **Creating a Safe Space**

[User Manual for Frontline Workers: Creating safe\(r\) spaces for LGBTQI+ people with a migrant background](#) (30+ mins)

*This manual gives practical advice on how to operate safe(r) spaces for LGBTQI+ people, particularly those who have been subject to different types of sexual and gender-based violence (SGBV).*

## **LGBTQI+ Care and Humanitarian Interventions**

[LGBTIQ+ Inclusion in Humanitarian Action](#) (10 mins)

*This short report includes examples from Nepal, Tonga, and Sri Lanka of different disaster relief efforts and how LGBTQI+ actors were able to shape disaster relief response to address LGBTQI+ specific challenges.*

[Still a blind spot: The protection of LGBT persons during armed conflict and other situations of violence](#) (30+ mins)

*This article draws attention to the situation of LGBT people during armed conflict, particularly their vulnerability and exposure to various abuses.*

## **Patient Resources**

[Do Ask, Do Tell: Talking to your provider about being LGBTQ](#) (5 mins)

*A pamphlet for patients with tips on how to discuss sexual orientation and gender identity with a doctor. Also available in [Spanish](#).*

[Public health advice for gay, bisexual and other men who have sex with men on the recent outbreak of monkeypox](#) (5 mins)

*This document produced by the WHO contains information on how monkeypox spreads, what to do if you think you have symptoms and how to protect yourself and others. It can be used by community leaders, influencers, health workers and people attending social events and parties to inform and engage communities of men who have sex with men. Also available in Arabic, Chinese, French, Russian, and Spanish.*

## **Watch**

[Learning About Sexual Orientation, Gender Identity & Expression \(SOGIE\)](#) (5 mins)

*This video reviews basic terminology that is important to know when working with people who have diverse sexual orientations or gender identities. This terminology includes sex assigned at birth, gender identity, gender expression, and sexual orientation.*

[IraQueer Videos](#) (10 minutes)

*These introductory videos discuss sexual orientation and gender identity in both Arabic and Kurdish, with English subtitles.*

[Facing the Myths: LGBT Voices from the Middle East & North Africa](#) (15 mins)

*Human Rights Watch and the Arab Foundation for Freedoms and Equality looks at the myths surrounding being LGBT in the Arab world.*