

Rainbows and Remedies

A guide for teachers



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PRONOUNS: he/him/his

Learning Objectives

- Understand definitions/terms
- We are Everywhere: Statistics
- Coming Out/Disclosure
- How to be more inclusive



Definitions



Sexual Orientation

- Is a link between behavior, attraction and identity
- Its **fluid**, can change over time, and is heavily influenced by culture, developmental stage, and ethnicity...but not a “choice”
- So, what is the difference between sexual identity, sexual behavior, sexual attraction, fantasy and emotional attraction?

Definitions (referring to sexuality)

LGBT → LGBTTTQ* → LGBTQQIP2SAA

- L = lesbian
- G = gay
- B = bisexual
- T = transgender
- T = transsexual
- Q = queer
- Q = questioning
- I = intersexual
- P = pansexual
- T or 2S = two-spirit
- A = asexual
- A = allies

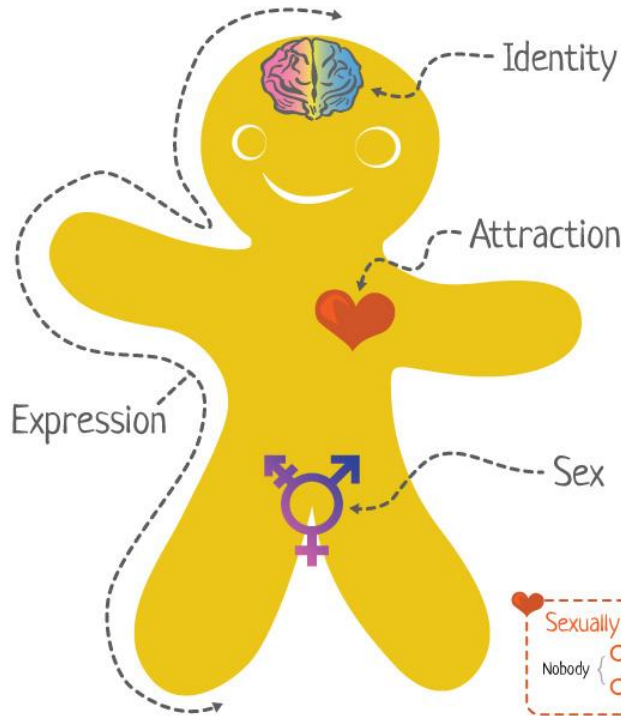
Definitions (referring to sexuality)

- MSM → Men **who** have sex with Men
- WSW → Women **who** have sex with Women

The Genderbread Person v3.3

by its pronounced **METROsexual**.com

Gender is one of those things everyone thinks they understand, but most people don't. Like *Inception*. Gender isn't binary. It's not either/or. In many cases it's both/and. A bit of this, a dash of that. This tasty little guide is meant to be an appetizer for gender understanding. It's okay if you're hungry for more. In fact, that's the idea.



For a bigger bite, read more at <http://bit.ly/genderbread>

Plot a point on both continua in each category to represent your identity; combine all ingredients to form your Genderbread

4 (of infinite) possible plot and label combos

Gender Identity

How you, in your head, define your gender; based on how much you align (or don't align) with what you understand to be the options for gender.

⊘ Indicates a lack of what's on the right.

Woman-ness
Man-ness

"woman" "man"
"two-spirit" "genderqueer"

Gender Expression

The ways you present gender; through your actions, dress, and demeanor; and how those presentations are interpreted based on gender norms.

Feminine
Masculine

"butch" "Femme"
"androgynous" "gender neutral"

Biological Sex

(Sex Assigned at Birth)

The physical sex characteristics you're born with and develop, including genitalia, body shape, voice pitch, body hair, hormones, chromosomes, etc.

Female-ness
Male-ness

"male" "female"
"intersex" "MTF Female"

Sexually Attracted to

Nobody → (Women/Females/Femininity)
→ (Men/Males/Masculinity)

Romantically Attracted to

Nobody → (Women/Females/Femininity)
→ (Men/Males/Masculinity)

In each grouping, circle all that apply to you and plot a point, depicting the aspects of gender toward which you experience attraction.



Definitions (referring to gender)

- Gender
- Gender identity
- Gender affirmation procedures
- Gender non-conforming-gender variance
- Non-binary-gender queer
- Transgender
- Trans female-to-male
- Trans male-to-female
- Transitioning
- Transsexual

Appropriate Pronouns

- Ask students how he/she/they/zie (ze) want to be addressed
- ZIE???

 - Binary /Non-Binary



Prevalence

- In 1948, biologist/sexologist Alfred Kinsey pronounced that 10% of all men are gay
- The USA
 - 3.5% identify as LGBT
 - 0.3% identify as transgender
 - 8.2% or 19 million Americans reported that they have engaged in same-sex sexual behavior or roughly 26 million report some same-sex attraction

Prevalence Canada

- The Canadian Community Health Survey, Cycle 2.1 (2014) Statistics Canada survey to include a question on sexual orientation.

- **1.7%** of Canadians aged 18-59 reported they consider themselves to be homosexual (gay or lesbian)
- **1.3%** of Canadians aged 18-59 reported they consider themselves to be bisexual



Prevalence



- Transgender People:
 - 59% of transgender people knew that their gender identify did not match their body before the age of 10
 - 80% had this knowledge by 14 years old

Sexual minority vs majority

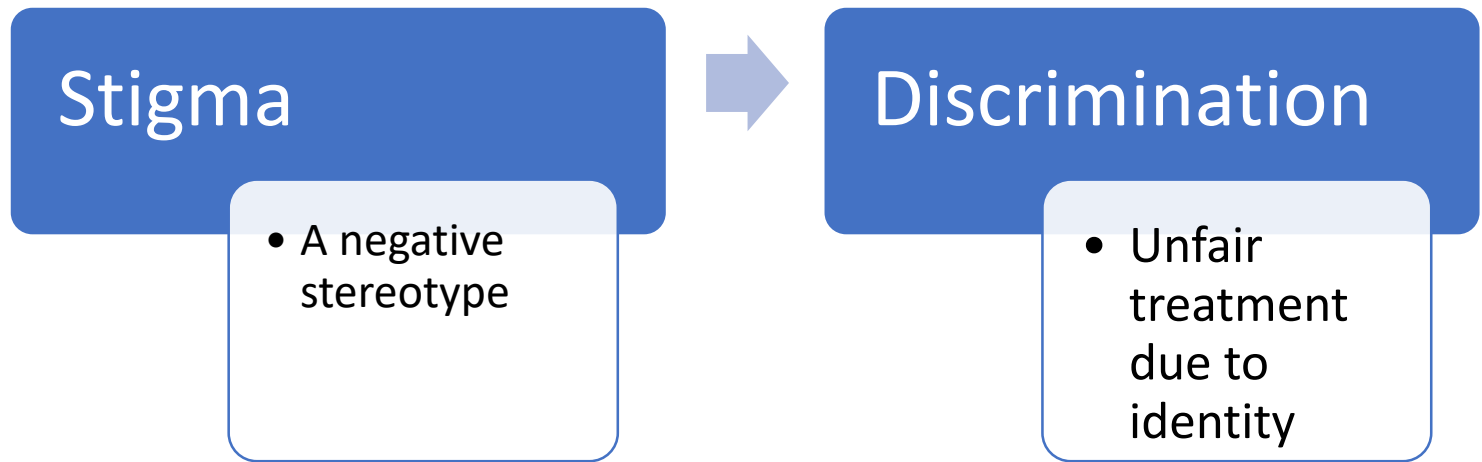
"Heterosexuality
is not normal,
it's just common."
- Dorothy Parker



Questioning your Implied Heterosexuality

- What do you think caused your heterosexuality?
- When did you decide you were heterosexual?
- When did you come out as a heterosexual?
- Do you think you will 'grow' out of this heterosexual phase?
- Why do you insist on flaunting your heterosexuality?
Why can't you be heterosexual and not tell everyone about it?
- Have you considered shock therapy to help treat your condition?
- Do you think being straight and working with kids will make the kids straight too?

Stigma leads to discrimination



- Discrimination is the behavior resulting from the negative stereotype

Harms of stigma

- Stress profoundly affects individuals
- May lead to self-loathing (internalized stigma)
- Frequent discrimination, marginalization, and victimization impacts mental health (depression, suicide, substance use disorder)
- Judgement and poor treatment from others is a barrier to a complete and satisfying life
- May have to “come out of the closet” on multiple occasions
- Discrimination while seeking housing or employment

A vertical bar on the left side of the slide, composed of six horizontal segments of equal height, colored from top to bottom: red, orange, yellow, green, blue, and magenta.

Coming Out

- Disclosing one's sexual orientation is a phenomenon that is unique to the LGBTTQ* community as heterosexuality is almost inevitably presumed

Coming Out

- The process to which one reveals to others his, her or zie sexual orientation.
- Different for everyone
- Liberating
- But also increases risk for abuse



Mr. Ratburn

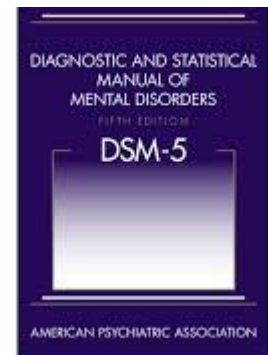
Coming Out

- “Why don’t gays just disclose?”
- “Why do they hide?”



Diagnostic and Statistical Manual of Mental Disorders (DSM)

- Homosexuality was listed as a disorder until 1973
- Transgender identity was listed as a pathology until the most recent DSM revision (2013)





Diagnostic and Statistical Manual of Mental Disorders (DSM)

- LGBTTTQ individuals were previously subjected to electroshock therapy or castration for “treatment” of their sexual and/or gender identities
- There still remains a high prevalence of reparative or conversion therapy counselling and psychotherapy, with the aim of eliminating homosexuality
 - **Despite it being ineffective and harmful**
- June 2015, Ontario and Manitoba became the first provinces to formally ban conversion therapy in minors

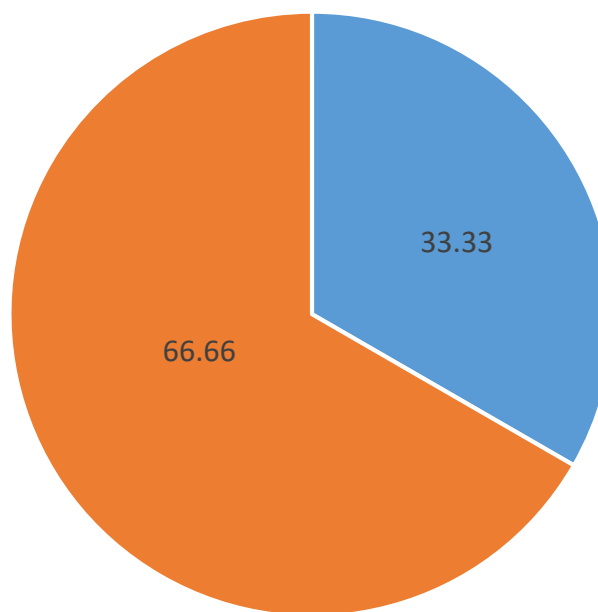


LGBTQ* Youth

- Verbal and Physical Violence
 - 1/3 LGBTQ* youth in Chicago had an object thrown at them
 - 1/5 had been kicked, punched, or beaten because of their sexual orientation (2000)
- Suicide and Depression

LGBTTQ* Youth

Suicide and Depression



■ sexual orientation ■ other factors

Specific Health Risks

**HEALTH
RISK**

Social Determinants of Health



MSM Health Disparities

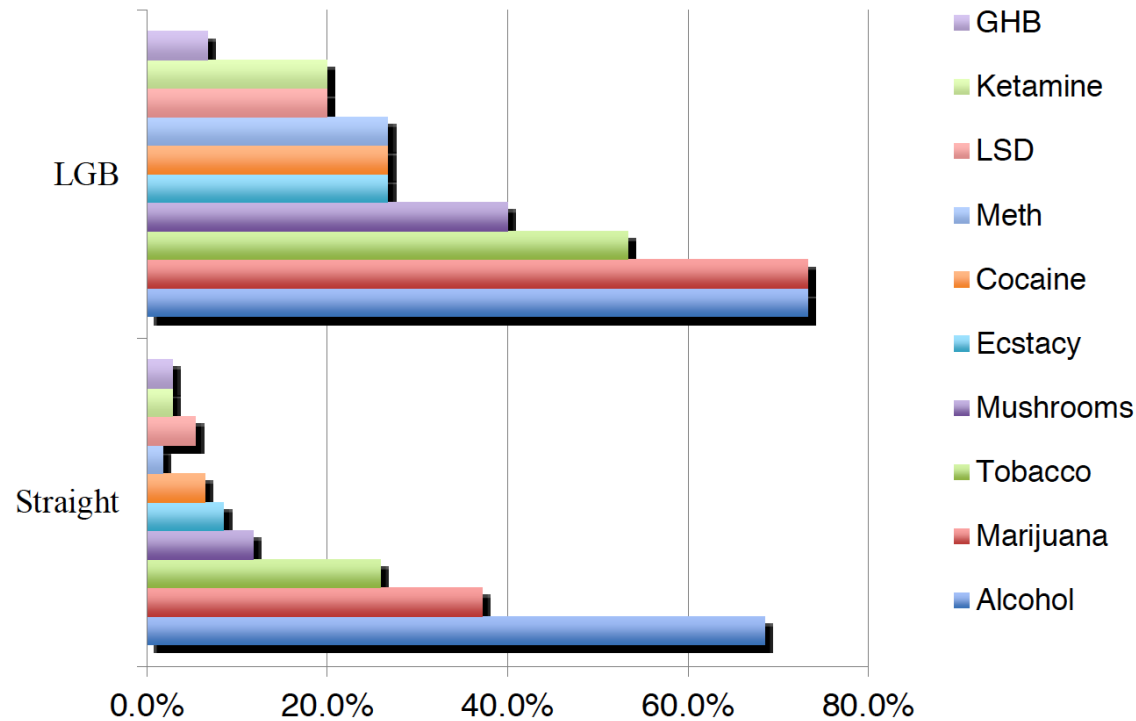
- Increased risk of **anal cancer** 35 vs. 2 per 100K
- **HIV** infection/STI
 - Rates of HIV among MSM population vs. general population: 53% vs 31% (2014)
- **Mental Health** Minority Stress Model by Meyer (2003)
 - Increased bipolar, depressive, anxiety and conduct disorders
- **Suicide: 3-7x higher (particularly youth)**
- **Tobacco, alcohol and drugs**
- **Eating Disorders**

WSW Health Disparities

- Breast cancer
 - Double the chances of getting breast cancer!
- Heart health
- Gynecological cancer
- Fitness
- Smoking & Substance use
- Depression and anxiety

Substance use by LGB youth

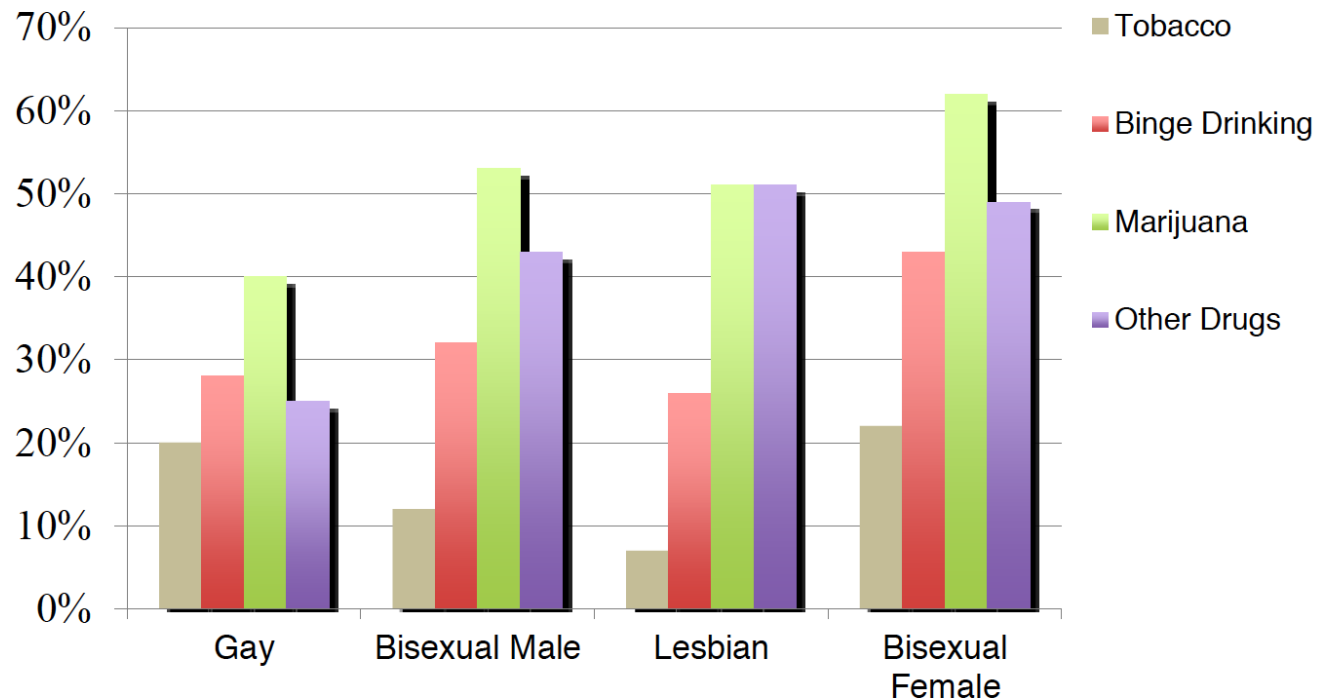
TABLE 1: SUBSTANCE USE BY BC HIGH SCHOOL



Rainbow Health Ontario. (2018). LGBTQ people, drug use, & harm reduction. *Available online*. Retrieved September 29, 2019 from <https://www.rainbowhealthontario.ca/resources/rho-fact-sheet-lgbt2sq-people-drug-use-harm-reduction/>

Substance use by LGBTQ youth

Table 2: SUBSTANCE USE BY LGBTQ STUDENTS (22)



Rainbow Health Ontario. (2018). LGBTQ people, drug use, & harm reduction. *Available online*. Retrieved September 29, 2019 from <https://www.rainbowhealthontario.ca/resources/rho-fact-sheet-lgbt2sq-people-drug-use-harm-reduction/>

Smoking

- In 2012, about 12% of the Canadian population smoked
- According to 2007 survey by Toronto Public Health, 36% of LGBTTTQ* participants smoked (vs 17% of Toronto adults)
- About 20.6% of LGBTQ adults and about 35.5% of transgender adults are cigarette smokers. This was a comparison from 14.9% of straight adults. From the statistics, transgender adults are 2.1 times more likely to smoke when compared to cisgender adults.
- Why is the LGBTTTQ* community disproportionately impacted by smoking?



Smoking

- LGBTTTQ* communities are subject to the same factors that result in smoking within the general population, **but additional factors they experience are:**
 - High levels of stress due to the impact of social stigma
 - A culture of socializing in bars and clubs
 - Lower health access and greater vulnerability of LGBT people to depression and alcohol use

Vaping



- LGBTQ youth are especially vulnerable to predatory ad campaigns and peer pressure
- While vape makers advertise their candy-flavored chemical dependence with colorful cartoons, blatantly targeting youth as their next consumer market, vaping has serious impacts the developing brain.



Party Drugs: Crystal Methamphetamine

- Aka: crystal meth, crystal, crissy, tina, T, crank, speed, shards, glass, ice, go, whizz, dope
- Increases levels of norepinephrine and dopamine
- Increased arousal and reduced inhibition leads to increase unprotected and rougher sex.
- *RATES RISING.*

Crystal Methamphetamine

Negative Effects:

- Decreased appetite, false sense of prolonged energy
- Increased heart palpitations, blurred vision, extended wakefulness, damage to brain, lungs and liver.

First Steps



first
steps

We Can Help

- Be non-judgemental
- Posters or stickers identifying your pharmacy as a gay friendly environment
- Provide a safe space
- **GSA**
- Create a “database” or resources of community organizations or centres that can provide resources.



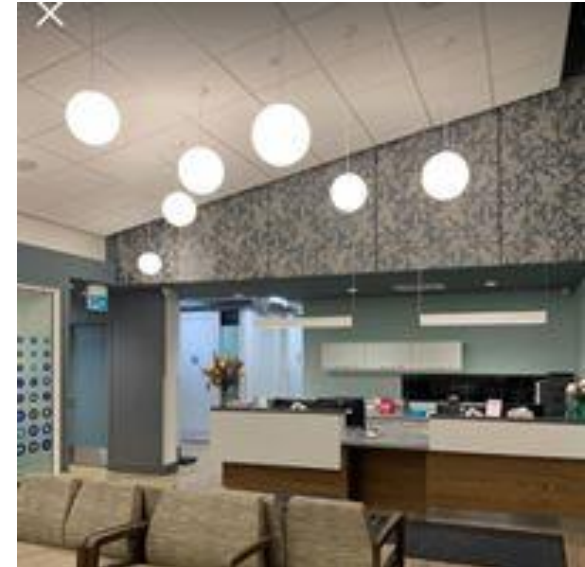
Resources



- Our Own Health Centre
(www.ourownhealth.ca)
- Rainbow Resource Centre
(www.rainbowresourcecentre.org)
- Klinik (www.klinik.mb.ca)
- Nine Circles Community Health Centre
(www.ninecircles.ca)



OUR OWN HEALTH CENTRE



Questions?



Resources

1. http://www.hc-sc.gc.ca/hc-ps/tobac-tabac/research-recherche/stat/ctums-esutc_2012-eng.php
2. <http://www.sherbourne.on.ca/PDFs/TRTS-Report.pdf>
3. <http://www.cdc.gov/nchhstp/newsroom/docs/2012/hiv-infections-2007-2010.pdf>
4. <http://www.anasci.org/vB/bodybuilding-articles/640-insulin-faq.html>
5. <http://www.prweb.com/releases/2014/02/prweb11544195.htm> (Fenway)-Feb 3, 2014
6. <http://www.pamf.org>
7. <http://www.steroidology.com/how-to-use-steroids-cycles-stacks-workouts-precautions-diet-and-more/>
8. www.addictionjournal.org
9. The Harry Benjamin International Gender Dysphoria Association's Standards Of Care For Gender Identity Disorders, Sixth Version February, 2001 (www.wpath.org/Documents2/socv6.pdf)
10. Hormone Replacement Therapy for Transgenders: Do's and Don'ts, a PowerPoint presentation by Dr. Steven M. Brown, M.D., step-by-step information from "what is a hormone?" on up (from Trans-Health.com, www.trans-health.com/displayarticle.php?aid=127)
11. Transgender Pharmacopoeia, a PowerPoint presentation by Drew Halbur, BSP Pharm, Walgreens Specialty Pharmacy at Howard Brown Health Center in Chicago.
12. <http://www.hc-sc.gc.ca/hc-ps/tobac-tabac/research-recherche/stat/index-eng.php>
13. <http://thinkprogress.org/lgbt/2014/01/17/3178291/study-lgbt-americans-spend-79-billion-cigarettes/>
14. <http://www.medicaldaily.com/>
15. <http://lgbtdrugrehab.com/>
16. <http://www.treatment4addiction.com/drugs/inhalants/poppers/>
17. <http://www.tweaker.org/>
18. <http://gaylife.about.com/>
19. <http://www.stopmethaddiction.com/>
20. <http://lgbtdrugrehab.com/addiction-treatment-statistics/>
21. http://en.wikipedia.org/wiki/Party_and_play
22. http://www.transgendercare.com/medical/resources/tmf_program/tmf_program_regimens.asp
23. http://www.camh.ca/en/hospital/care_program_and_services/hospital_services/Documents/hormones-FTM.pdf
24. <http://healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2013/34343a-eng.php>
25. www.lung.ca
26. WWW.CATIE.CA
27. Rainbow Health Ontario. (2018). LGBTQ people, drug use, & harm reduction. *Available online*. Retrieved September 29, 2019 from <https://www.rainbowhealthontario.ca/resources/rho-fact-sheet-lgbt2sq-people-drug-use-harm-reduction/>