

LGBTQ+ED

CFH'S LGBTQ+ PROGRAM WEEKLY NEWSLETTER

WEEK OF JANUARY 17-23, 2021

word of the week

Microaggressions: Brief and subtle behaviors, whether intentional or not, that communicate hostile, derogatory, or negative messages of commonly oppressed identities. These actions cause harm through the invalidation of the target person's identity and may reinforce stereotypes. Examples of microaggressions include a person who is not white being told they speak "good English" or someone saying something is "gay" to mean they think something is bad.

(Source: [UC Davis LGBTQIA Resource Center](#))

statistic of the week

2013 survey finds that 12 is the median age at which lesbian, gay and bisexual adults first felt they might be something other than heterosexual or straight. (Source: Pew Research Center)



clickable educational articles

[Facing Internalized Transphobia for Therapists](#)

this week in LGBTQ+ history

January 19th, 1976 - Campaigning for the Democratic presidential nomination, former Vice President Hubert Humphrey becomes one of the first nationally known politicians to endorse gay and lesbian rights.



clickable news links

- [Biden Signs Executive Order Enhancing LGBTQ Protections On Day 1](#)
- [Biden to reverse transgender military ban imminently, White House says](#)
- [The White House asks people to choose their pronouns now on website contact form](#)
- [Biden picks transgender physician Rachel Levine as assistant health secretary](#)
- [Biden's Inaugural Parade Features All-Transgender Chorus in a Historic First](#)

Source: HuffPost, NBC, The Advocate, them.

upcoming CFH events

LGBTQ+ Movement & History:

- Feb 3rd 10:00 am-12:00 pm
- Via Zoom

Facilitated by Smrithi Ram, M.A.

Interventions for Processing Grief:

- Feb 11th 12:00-1:00 pm
- Via Zoom

Discussion facilitated by Diana Guerrero, M.S., LMFT

recommended video

[Watch Lady Gaga Sing the National Anthem at Biden's Inauguration](#)

"WE HAVE TO DO IT BECAUSE WE CAN NO LONGER STAY INVISIBLE.
WE HAVE TO BE VISIBLE. WE SHOULD NOT BE ASHAMED OF WHO WE ARE."
— SYLVIA RIVERA