



**Elgin Community College
Wellness Services**

The Breakdown ~ LGBTQ, What the What?

LGBTQ, What the What?

- Vinny Cascio: Welcome to The Breakdown with your wellness professionals here at Elgin Community College. I'm Vinny Cascio.
- Angela Ogburn: I'm Angela Ogburn. In this podcast, we're going to breakdown this acronym you've probably been seeing a lot lately: LGBTQ. So, Vinny, can you tell us what those letters stand for?
- Vinny: I sure can! L stands for lesbian, G stands for gay, B stands for bisexual, T stands for transgender, and Q stands for queer.
- Angela: Now, let's talk about Q for a second. Can that stand for something other than queer?
- Vinny: That's actually a really good question, because like I said, Q stands for queer but it can also stand for questioning. That's related to both your sexual orientation and your gender identity.
- Angela: Got it. So those first three letters - the LGB - that relates to sexual orientation. So that's who you're romantically attracted to, but the T is a little bit different, that's actually about gender identity. So that's what gender someone sees himself or herself as.
- Vinny: Right. And now that we understand the acronym, Angela, what are some do's and don'ts to be aware of?
- Angela: Let's talk about the do's first. Do use inclusive language, so don't always assume someone's sexual orientation. Using the word 'partner' is actually a really great way to do that. For example, you could say, "Hey Vinny, is your partner coming to the holiday party?" That way, you make sure that you're not using assumptions. The second thing that you can do is just ask questions, show interest, and let someone know that you don't understand. So for example, if someone says, "I just recently started transitioning," then you can say, "Hey wait a minute, I'm not sure I exactly understand that, can you tell me more about what that means?"
- Vinny: Here are some don'ts. Don't ask details about a person's sexual life, or if you know someone who's transgender, don't talk to them about their bathroom habits. Don't out someone, and definitely don't use stereotypes.
- Angela: Right. Just to let everybody know, we do have a pride support group that's run through Wellness Services, so if you want more info on that definitely stop by and talk to us.



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Vinny: There's so much more we can say about this, for more information come check us out in Wellness Services. We're located in B120, and open for you Monday through Friday. Take care, guys! I'm Vinny Cascio.

Angela: I'm Angela Ogburn.

Together: And we're your wellness professionals.