

# First Impressions of LGBTQ People

 Reflective  101  Low Trust  5 mins  LGBTQ

## Goals & objectives

- To explore participants' first awareness of queer and trans\* identities
- Help people realize how socialization has impacted their understanding and predispositions toward gender and sexuality
- To make salient where participants are coming from and where you came from and the evolution and changes in everyone's understanding over the years

## Step-by-step walk through

1. Refer participants to the participant sheet, and let them know to ask you if they have any questions.
2. Tell them they have 5 minutes to answer, and to write as much as they can.
3. Engage in a dialogue debriefing the participants' experiences answering the questions, thoughts on their answers, and then their answers to the final question in particular.
4. Wrap-up the activity.

## Wrap-up

These are questions you may have never considered, or have answered many times throughout your life. Your answers are important to keep in mind as we continue this training, because your past experiences influence your current predispositions, and it's important to unpack what we already know and believe before we try to learn new things or open our minds to new experiences.

## Make it your own

The questions can be modified to focus more specifically on particular identities if you are doing a targeted training.

If you lead a small discussion after allowing participants to share their responses and discuss their implications - make note though this will take up more time than allotted for.

## All-Star Tip

This is an activity where it can be really important to talk about your own journey, to be that imperfect role model. This can help assure participants that they aren't alone in having to go through processes of unlearning and reimagining things. Being vulnerable and sharing your process of unlearning is a great technique here if you want to spend the extra time doing so.

# First Impressions of LGBTQ People - Participant Sheet

*Answer the following questions to the best of your ability:*

1. How and when did you come to learn that not all people identified as straight and that some identified as lesbian, gay, bisexual, or other queer identities?
2. Where did most of the influence of your initial impressions/understanding of lesbian, gay, bisexual, or other queer people come from? (e.g., family, friends, television, books, news, church)
3. How and when did you come to learn that not all people identified as cisgender and that some people identified as trans\*?
4. Where did most of the influence of your initial impressions/understanding of trans\* people come from? (e.g., family, friends, television, books, news, church)
5. How have your impressions/understanding of LGBTQ people changed or evolved throughout your life?

