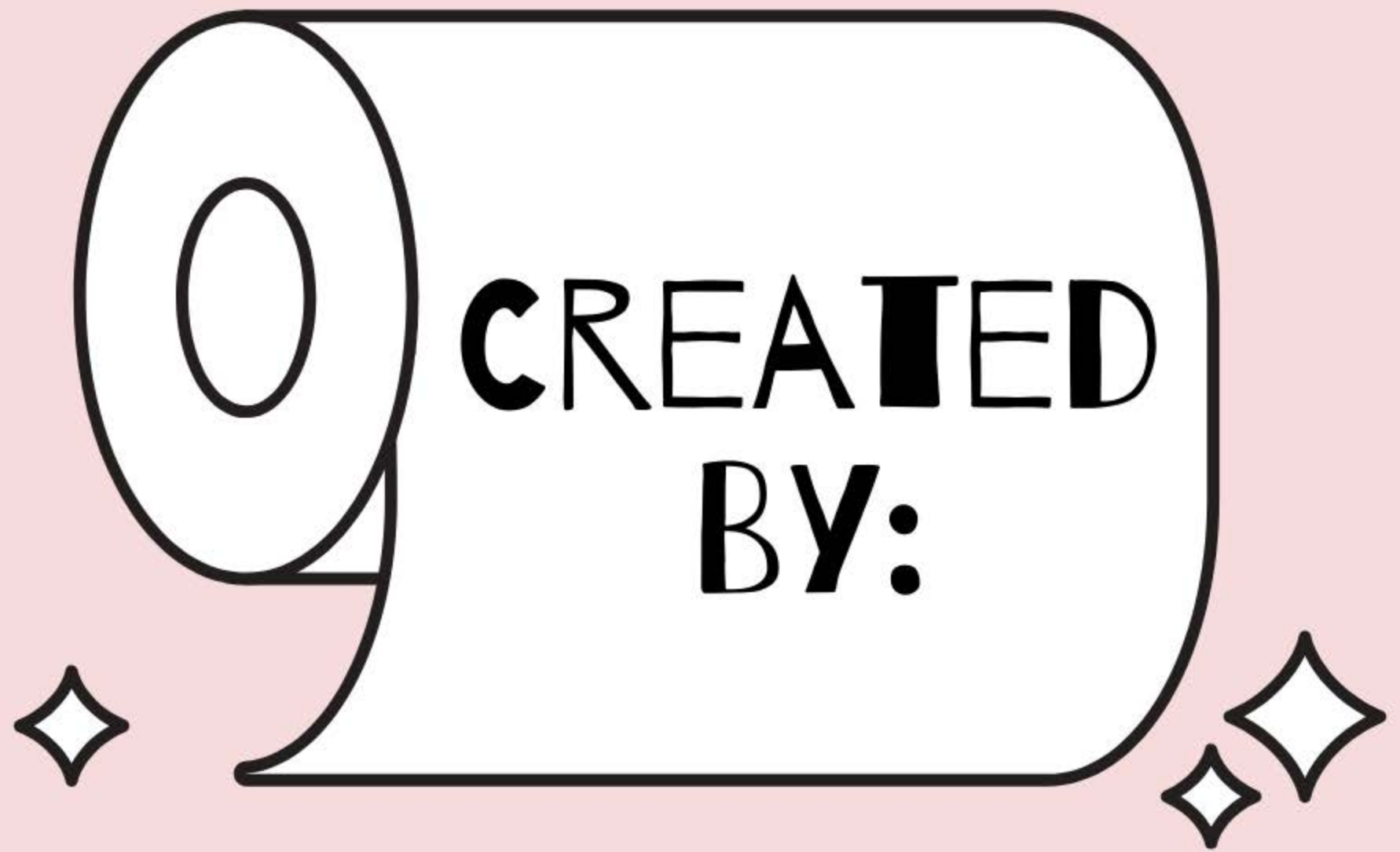


QT★
101

PRESENTS

the plus is a must+





arj & monji

*the importance in being able to identify
within more specific communities*

**historically, labels have been used to generalize and
lump together marginalized/minoritized communities**

however

- in terms of sexual and romantic orientation and gender identity, it helps folx to form a sense of community and sometimes a stronger sense of self. through these labels, they are able to learn that there are other people who are like them and that there is a community to support them.
- in this community, people are able to talk to others who share the same experiences, share advice on navigating the world, and find emotional support.
- the community unites around this label, which helps its members to feel more secure in their identities

*this is especially important for us, especially as
society and its institutions continue to dictate that
our communities are others, not of the "norm"*

an "ace" (shortened term for asexual) is someone who has little to no sexual attraction or sexual desire and like queerness, it covers a wide spectrum!

asexual: a person who does not experience sexual attraction

demisexual: a person who does not experience sexual attraction unless they form a strong emotional connection with someone

- it may be more commonly seen in BUT is not confined to romantic relationship. however, forming an emotional bond does not guarantee sexual attraction.
- demisexuality is different from graysexuality in that demisexuality is specific to a sexual orientation in between "sexual" and "asexual," whereas graysexual is an unspecific catch-all used for anything between sexual and asexual that does not fit a particular identity

graysexual (or gray-A or gray-ace): a person who identifies in the gray area between sexuality and asexuality

- people who might not normally experience sexual attraction, but do sometimes!
- they might also experience sexual attraction but have a low sex drive
- or they could experience sexual attraction and drive but not strongly enough to want to act on them!

sexual: a person who experiences sexual attraction

debunking some myths:

- 1) despite disinterest in sex, asexual people can feel romantically, intellectually, or emotionally attracted to people of one or more gender identities
 - however, some ace folx may experience no romantic attraction - they may identify as aromantic asexual
- 2) asexual dating exists: an aromantic sexual or other asexual people can get into relationships and experience pleasure and/or arousal from physical contact and mutual nudity

aromanticism: an orientation in which someone does not experience romantic attraction

- aromanticism is often confused for asexuality, but asexuality is only a lack of sexual attraction
- not all asexuals are aromantic, nor are all aromantics asexual

alloromantics: people who are not on the aromantic spectrum

amatonormativity: the idea that romantic monogamous partnership is necessary for happiness and desired by everyone

- this is harmful for everyone - not just aros - because it encourages people to enter or stay in unhealthy relationships
- it also contributes to social isolation and ostracism among anyone who isn't in a romantic relationship, either by choice or circumstance

aromanticism is a spectrum!

while some may identify as "aro" (shortened term for aromantic), there are other ways romantic attraction can be described:

demiromantic: only experiences romantic attraction after forming an emotional bond with someone

lithromantic or akoiroromantic: experiences romantic attraction without the desire to have it reciprocated, or romantic attraction that fades upon reciprocation

gray-aromantic: a more general term meaning that someone rarely experiences romantic attraction, or only under specific circumstances

quoiromantic: inability to differentiate between romantic and platonic attraction

cupioromantic: someone who is aromantic but still desires a romantic relationship

debunking some myths:

- 1) aromantic people are not bitter and lonely.
alloromantic people may think that romantic love is necessary for human happiness because of their own desire for romantic love. however, aromantic people do not share this desire and are able to get all the love they need from their friends and family!
- 2) some aromantic people do form committed partnerships with others. these partnerships can look like sharing finances, living together, pooling resources, and possibly even getting married or building a family together.
 - some people use queerplatonic or quasi-platonic to describe these relationships - meaning they are more intimate than "standard" friendships, while not being romantic in nature
- 3) aromantic people are not emotionless!!!!
 - being aromantic does not require people to act a certain way - just like being gay, lesbian, bi, trans, queer does not require people to act in a certain way



gender identity

refers to how people see
and identify themselves

REMEMBER!

gender identity

\neq

gender expression

gender expression

refers to how people choose
to express their gender identity



some people don't fit "neatly" into the binary categories of man or woman. some people have a gender identity that combines elements of being a man or woman, or a gender identity that is different than either man or woman. some people don't identify with any gender identity

going beyond the binary



so then, why non-binary?

some societies, like ours, tends to only recognize two gender identities, man and woman. the idea that there are only two genders is called a "gender binary," because binary means "having two parts" (man and woman in this case). therefore, "non-binary" is a term people use to describe gender identities that do not fall within this gender binary.

agender

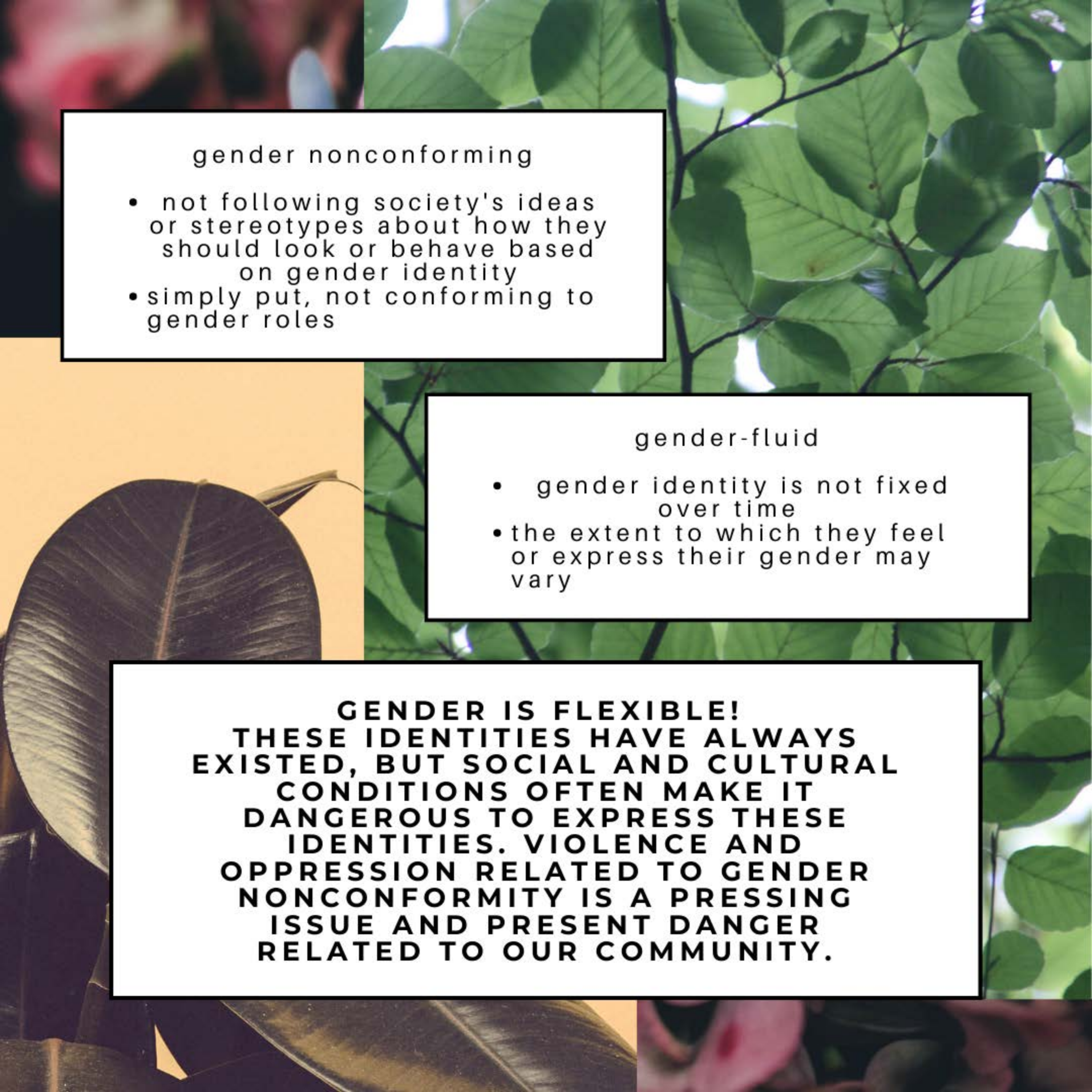
- do not have a gender identity or gender identity is not a relevant construct
- may identify as genderqueer or non-binary
- it is important to note that agender folx may not necessarily identify as queer in their sexuality and an agender person is not necessarily asexual. people of any gender identity can have any sexual orientation

bigender

- identifying as more than one gender

genderqueer

- do not adhere strictly to roles of man or woman
- may identify as non-binary, may not identify as non-binary
- gender identity does not neatly or completely mesh with societal definitions and norms may identify as neither man or woman, both man and woman, or any combination of gender identities they may not "match" any one particular gender identity
- may identify as neither man or woman, both man and woman, or any combination of gender identities
- may not "match" any one particular gender identity



gender nonconforming

- not following society's ideas or stereotypes about how they should look or behave based on gender identity
- simply put, not conforming to gender roles

gender-fluid

- gender identity is not fixed over time
- the extent to which they feel or express their gender may vary

**GENDER IS FLEXIBLE!
THESE IDENTITIES HAVE ALWAYS
EXISTED, BUT SOCIAL AND CULTURAL
CONDITIONS OFTEN MAKE IT
DANGEROUS TO EXPRESS THESE
IDENTITIES. VIOLENCE AND
OPPRESSION RELATED TO GENDER
NONCONFORMITY IS A PRESSING
ISSUE AND PRESENT DANGER
RELATED TO OUR COMMUNITY.**

POLYAMORY = "MANY-LOVE"

the practice of engaging in multiple intimate relationships, with the informed consent of all partners involved

polycule: refers to all the people in a connected network of non-monogamous relationships

metamour: a partner's other partner

primary partner: a relationship that may be dictated as primary over other relationships

it is important to note the role that polyamory has in many queer relationships. polyamory breaks the monogamous structure that heteronormativity sets out and governs.

*however, being in a polyamorous relationship is not automatically queer in nature

**non-queer polyamorous relationships are ones of privilege

some ways in which polyamorous relationships may exist

hierarchical

- a system in which partners are ranked
- can be equated to an "open relationship"
- most common

non-hierarchical/egalitarian

- a system in which partners are not ranked and instead are seen in equal standing of importance

group

- situation where 3 or more people are in a relationship with each other (example: triad)
- may or may not be hierarchical or non-hierarchical

"solo"

- maintaining the idea of a single entity
- "living apart together"

*each poly relationship is unique! they are not something to be pushed and defined by a mold!!

each relationship is unique and has its own rules - here are some guidelines that you can follow to practice polyamory in a healthy and consensual manner!

*these guidelines are suggestions, so please feel free to utilize them if you feel they are appropriate to your relationship/s

Every relationship in a polycule may not look the same. And that is okay! Make sure you're keeping all parties informed and abiding by consensual standards.

Jealousy is a commonly shared feeling and nobody should be shamed for feeling it. Create an open environment where you are able to establish conversations addressing feelings like jealousy. Maybe it's time to talk about wants and needs being addressed in a manner that pleases both parties.

Set initial boundaries, knowing that these same boundaries may change in future conversations.

Relationships are constantly growing and developing and it is okay if some of the expectations y'all set out develop and grow, along with the relationship.

Make sure you are consistently exercising clear communication. Honest communication is how you will be able to define these boundaries and air out any feelings you may be feeling. It is also an opportunity to talk about what is working and what isn't. When you are creating the guidebook for your own (polyamorous) relationships, you are the ones making the rules, so while talking may be tiring, it is absolutely necessary for your relationship/s to healthily thrive.

(DEF)

The Intersex Community

Intersex is a generalized term used for a variety of conditions in which a person is born with a reproductive or sexual anatomy that doesn't seem to fit the typical definitions (binaries) of female or male.

However, intersex is a socially constructed category that is reflective of real biological variation. Sex anatomy is a spectrum, & it comes in many different forms.

No More Intersex Erasure!

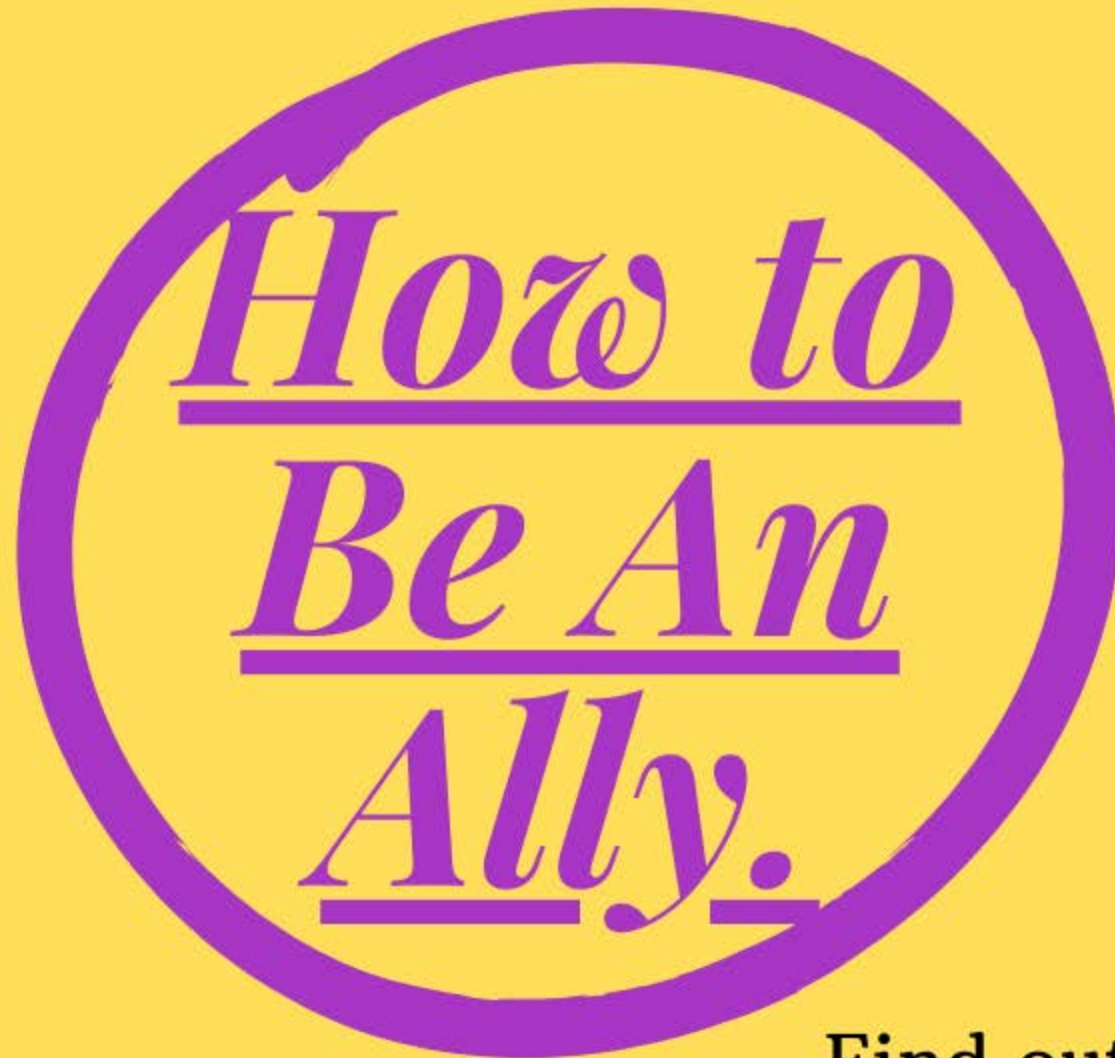
Medical professionals gate keep in way that creates rifts in both intersex and trans communities. Intersex children are subject to non-consensual "normalizing" of their sex traits, while consenting transgender adults have to fight tooth and nail to access gender-affirming procedures. In addition, transphobic gatekeepers often privilege intersex status in accessing gender-affirming care. This is why solidarity is so crucial for these communities.



Educate thyself!

Use intersex-inclusive language!

Educate your community!



Speak to your
legislators about
intersex rights.

Find out if your local
hospital performs
surgeries on intersex
children.

LGBTQ+ FOLX WITH DISABILITIES

BETWEEN 3 & 5 MILLION
AMERICANS WITH
DISABILITIES IDENTIFY AS
LGBTQ+. AMONG LESBIAN,
GAY AND BISEXUAL ADULTS,
30% OF MEN AND 36% OF
WOMEN HAVE A DISABILITY.



Both people who identify as LGBTQ and people who have invisible disabilities such as learning disabilities like dyslexia, mental health or ADHD have to decide whether or not to “come out of the closet.”

RESPECT- (ABILITY)

It's okay & encouraged to hire disabled people for input on accessibility. HOWEVER, it's not okay to be only giving them space for their voices to be heard on disability. This insinuates that Queer disabled people should only be allowed limited power & influence, & that abled-bodied queer folx don't see access needs as relevant to the larger LGBTQ+ community.

Disabled people can offer more to the Queer community than just insight on how to create accessible spaces. Their existence in queer spaces shouldn't be validated solely by the free labor that they give to accessibility related questions. LGBTQ+ leaders are missing out on a wealth of personal & professional insight on a variety of issues if they're only allowing their organizations to reach out to disabled activists & advocates for disability-specific inquiries, & not from disabled folx themselves .



Dedicated to the folx who plan to actively involve the disabled folx in the LGBTQ+ community.

A MENU FOR HORRIBLE ACCESSIBILITY

It's quite rare to encounter queer (and non-queer) spaces that are accessible and that feel welcoming for queer folx w/ autism.

POOR DESIGN



Although not explicit, spaces are not designed or planned w/ folx, who have sensory sensitivities, an intense need for structure, & atypical social behaviors, in mind.

LACK OF AWARENESS & ACCOMMODATION



This dish has been overcooked due to the factor of ableism.
This is also seved w/ a cup of tea.

ABLEISM



Ableism is the discrimination & prejudice against disabled people. Ableism turns intersectional identities into presentable fractions, but not ever the whole piece.



- Trans autistic people of color face high risk of criminalization, police violence, and incarceration.

- A big part of trans liberation cannot be achieved without but active commitment to intersectionality with neurodiverse communities.

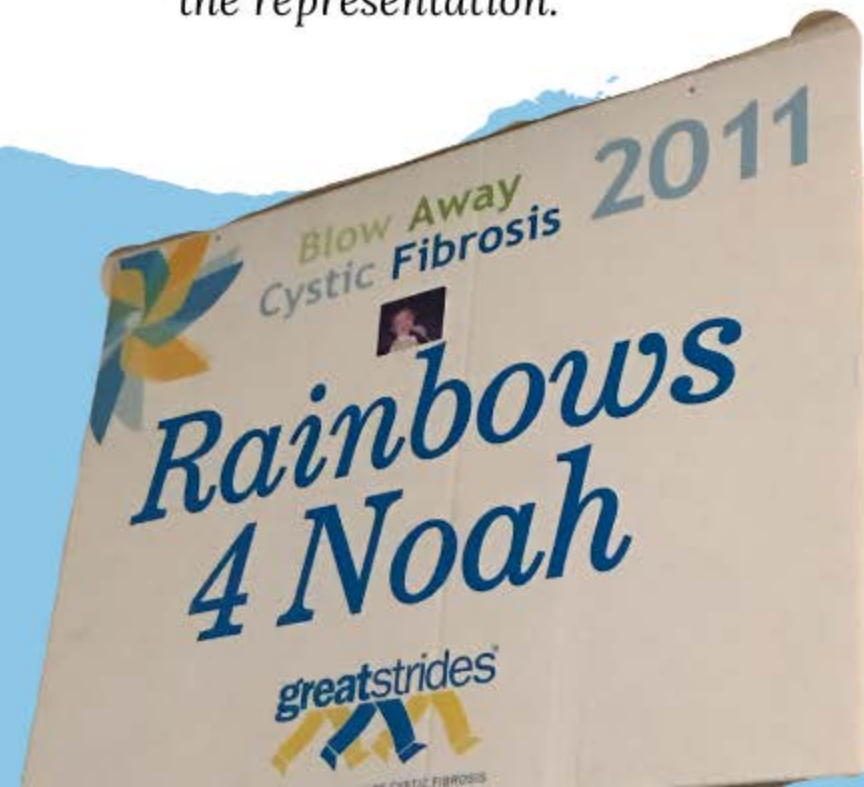


Gendervague: a term coined within the autistic community to refer to a specifically neurodivergent experience of trans/gender identity. Someone who is gendervague cannot separate their gender identity from their neurodivergence – being autistic doesn't cause gender identity, but it is inextricably related to how folx w/ autism understand and experience gender.



THINGS THAT QUEER SIBLINGS & FAMILY MEMBERS OF FOLX W/ ILLNESS AND DISABILITIES GO THROUGH

*An intersection that's worthy of more research and
the representation.*



SO LET'S TALK ABOUT IT!

Bodyguard- There's an overwhelming urge to protect and defend them, as though they are their unofficial bodyguard. It is natural, of course, to be protective of your family. But this is multiplied a thousand times when the member of your family is living with a disability.

Inner Struggles- So many siblings struggle emotionally with the inner conflict of wanting their parents' attention in equal measure to their disabled brother or sister, yet knowing that their sibling may need it more at times. These struggles are amplified when the sibling/family member themselves are queer. An additional layer is added into the growing pains of navigating identity.

The Unspoken Rule- As a sibling of a disabled or ill person, there is an unspoken assumption that if your parents are no longer around, then it's your responsibility to care for your disabled brother or sister, regardless of whether they are older or younger.



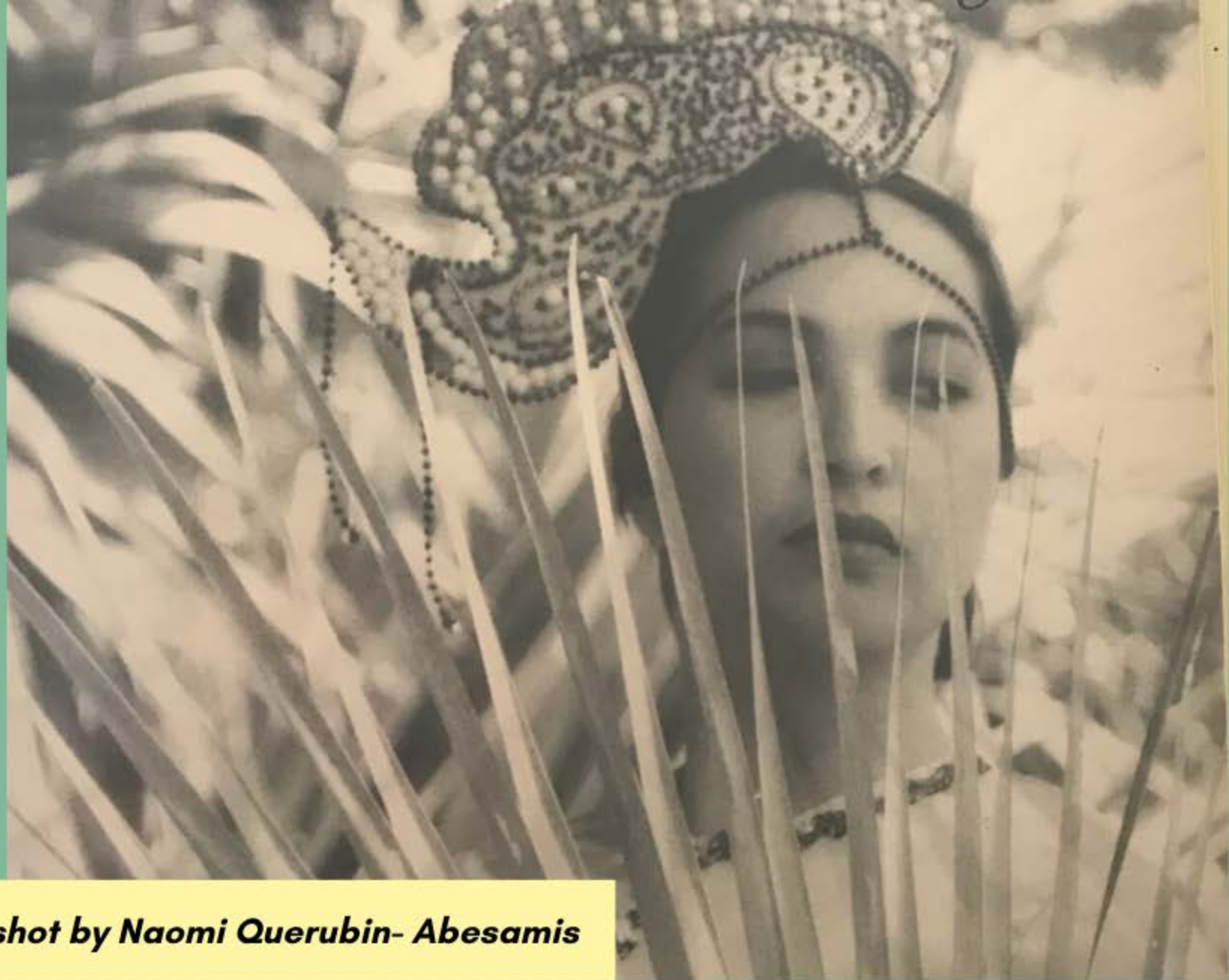
"Bakla"

*Queerness in
Indigenous
Cultures*

"Nadleehi"

"Two-Spirit"





"Pinay Diwa" shot by Naomi Querubin- Abesamis

There are many indigenous peoples have recognized the complexity of sexuality long before it has been brought to attention in modern western culture. the contemporary two-spirit movement, is an attempt to reclaim native values, and as a way to open up the acceptance to ALL LGBTQ folx. Both interpretations and representations of sexuality are taken in such superficial manners that are due to the global perspective that Western culture views as a society. Regardless of sexuality, culture, and other intersectional identities, it should be implemented and normalized more for everyone to have that right to be their truest selves (transliberation).



"Bakla na Babae" shot by RJ Abesamis

"BE THANKFUL"

A Spoken Word piece by RJ Abesamis

"Be thankful." Two words, one moral, passed down throughout my family's lineage.

Be thankful to the struggles that your elders faced so that you can be privileged.

But in some ways, I didn't ask for this, this pressure of never being able to openly talk about how I feel,

So let me get real for a second.

I was so scared to be selfish, that I focused so much on being selfless, to the point where I had lost myself.

It was hell.

My feelings became repressed, unfulfilled desires went suppressed, As my perspectives weren't respected because I was defying authority.

But then again, who am I to talk? I should just "be thankful."

My elders have worked this hard to be free from the treacheries of the Philippines went to the US for opportunity, yet their "wildest dreams" might not even be what the illusion seems, because that "American dream" ironically, was invested in a white washed, brown skin bisexual me. I don't feel peace within my mind. I don't feel peace within my heart.... The peace to live, to see, to love, and to be. Ancestors, let me express who I want to be:

An intern, a graduate, a LGBT advocate.

A speaker that speaks her mind on what is relevant. The relevance of gay rights, spirituality, the free mind. In her free time, she free writes, with intentions to give free advice.

That is the person that I want to be. That is the woman I want people to see.

It's colored representation that represents me.

IM FREE. IM LIBERATED. I'M HERE
AND I'M QUEER.
AND I AM THANKFUL.

ACKNOWLEDGEMENTS

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this zine has been created by



social justice
educator



identity development
programming lead

may 2020