

Homophobia is the fear, hatred, discomfort with, or mistrust of people who are lesbian, gay, or bisexual. Similarly, transphobia is fear, hatred, discomfort with, or mistrust of people who are transgender, genderqueer, or don't follow traditional gender norms. This resource provides information on the impacts of homophobia and transphobia.

## WHAT DOES IT LOOK LIKE?

Homophobia can take lots of different forms. Most commonly it's having negative attitudes and beliefs about LGBTQIA+ people or prejudice against them. Homophobic people may use mean language and name-calling when they talk about lesbian and gay people. Homophobia and biphobia can cause people to bully, abuse, and inflict violence on lesbian, gay, trans, and bisexual people.

## OUTING

Outing is the act of revealing someone else's sexual orientation without their permission. Sharing someone's information about their sexual orientation against their wishes could make that person feel ashamed, embarrassed, and angry. It also puts them at risk for discrimination or even violence. It's important to remember that someone's sexual orientation is sensitive information and it is for them to reveal to others. People who experience homophobic, biphobic, or transphobic harassment often feel alone and are afraid to tell anyone what's happening. They should be free to share this information when they're ready to.

## HOW DOES IT IMPACT PEOPLE?

Some LGBTQIA+ people experience discrimination based on their sexual orientation or gender identity. This could cause them to be kicked out of religious institutions, companies, or to even have discrimination from the government. Examples include same-sex couples not being allowed to marry, getting legally fired just for being LGBTQ, not being allowed to rent or buy certain housing or hate crimes and violence.



## INTERNALIZED HOMOPHOBIA

Not all homophobia is clear or obvious. Internalized homophobia refers to people who are homophobic while also experiencing same-sex attraction themselves. Sometimes, people may have negative attitudes and beliefs about those who experience same-sex attraction, and will think badly about themselves because of that. This may mean that they feel discomfort and disapproval with their own same-sex attractions, never accept their same-sex attractions, or never identify as lesbian, gay, or bisexual. People dealing with internalized homophobia may feel the need to "prove" that they're straight, exhibit very stereotypical behavior of straight men and women, or even bully and discriminate against openly gay people.