

Staying Strong as Individuals and Communities: Surviving Anti-LGBTQ Politics

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WHAT HURTS ?

- **Hearing lies** – Encountering distortions and outright lies about us and our lives, and feeling unable to challenge them.
- **Being stunned** – Feeling shocked, afraid, numb, and sad as we recognize the depth of homophobia in our world.
- **Feeling abandoned** – Feeling like people who matter to us don't care and won't stand up for our rights, even finding that some coworkers, neighbors, friends, and even family are voting against us.
- **Feeling divided as a community** – Seeing stark divisions in the LGBT community based on political strategies, racism, sexism, classism, rural-urban splits, etc.
- **Self-doubt** – “Internalized homophobia” – discovering that we still have doubts about ourselves and the community and about our absolute right to absolutely equal treatment.

WHAT HELPS ?

- **Forging a movement perspective** – Recognizing that any election is just one frame in a feature-length film, one small piece of the human rights movement; realizing it's not about me.
- **Getting active** – Doing political work, speaking out, joining a queer organization, going to PFLAG meetings, working toward other people's human rights
- **Finding friends** – Locating and recognizing people who DO care – LGBT and straight, cultivating relationships with them and working with them.
- **Being in Community** – Being with like-minded people who remind us that we are not crazy
- **Working on our own internalized homophobia** – acknowledging it, naming it, talking about it with friends or with a therapist, finding ways to move beyond it, helping friends to do the same

Staying Strong: The Three A's

Analysis: Forge a political/movement analysis of the meaning of this election.

Allies: Find friends who care.

Activism: Do something.