

**Incorporating Lesbian, Gay, Bisexual, and Transgender (LGBT) Health Concepts  
Into Nursing Curricula: What Nursing Faculty Should Know**

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Quiz

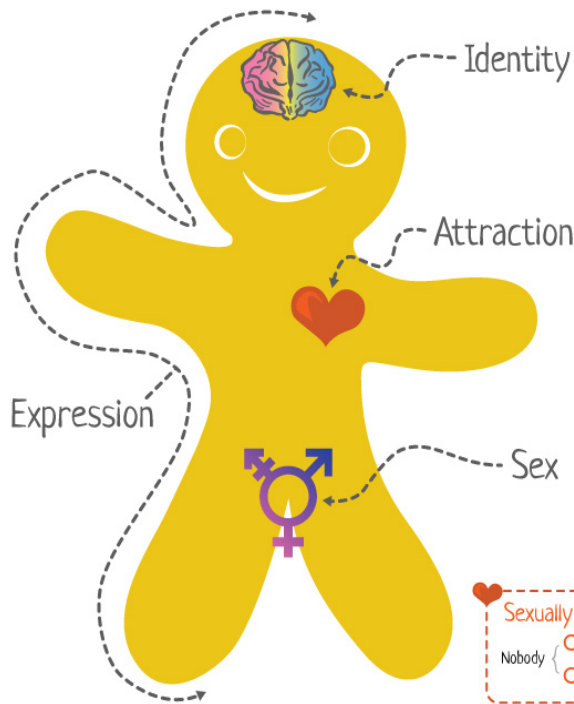
Circle **True** or **False** for the following statements:

1. **True** **False** *LGBT youth are 2 to 3 times more likely to attempt suicide.*
2. **True** **False** *LGBT youth are more likely to be homeless.*
3. **True** **False** *Lesbians are less likely to get preventive services for cancer.*
4. **True** **False** *Gay men are at higher risk of HIV and other STDs, especially among communities of color.*
5. **True** **False** *Lesbians and bisexual females are more likely to be overweight or obese.*
6. **True** **False** *Transgender individuals have a high prevalence of HIV/STDs, victimization, mental health issues, and suicide and are less likely to have health insurance than heterosexual or LGB individuals.*
7. **True** **False** *Elderly LGBT individuals face additional barriers to health because of isolation and a lack of social services and culturally competent providers.*
8. **True** **False** *LGBT populations have the highest rates of tobacco, alcohol, and other drug use.*

# The Genderbread Person v3.3

by its pronounced **METROsexual**.com

Gender is one of those things everyone thinks they understand, but most people don't. Like *Inception*. Gender isn't binary. It's not either/or. In many cases it's both/and. A bit of this, a dash of that. This tasty little guide is meant to be an appetizer for gender understanding. It's okay if you're hungry for more. In fact, that's the idea.



Plot a point on both continua in each category to represent your identity; combine all ingredients to form your Genderbread

4 (of infinite) possible plot and label combos

**Gender Identity**  
 How you, in your head, define your gender; based on how much you align (or don't align) with what you understand to be the options for gender.  
 Woman-ness  
 Man-ness  
 "two-spirit"  
 "genderqueer"

**Gender Expression**  
 The ways you present gender; through your actions, dress, and demeanor; and how those presentations are interpreted based on gender norms.  
 Feminine  
 Masculine  
 "androgynous"  
 "gender neutral"

**Biological Sex**  
 The physical sex characteristics you're born with and develop, including genitalia, body shape, voice pitch, body hair; hormones, chromosomes, etc.  
 Female-ness  
 Male-ness  
 "intersex"  
 "MF Female"

**Sexually Attracted to**  
 Nobody { Women/Females/Femininity  
 Men/Males/Masculinity

**Romantically Attracted to**  
 Nobody { Women/Females/Femininity  
 Men/Males/Masculinity

⊖ indicates a lack of what's on the right.

In each grouping, circle all that apply to you and plot a point, depicting the aspects of gender toward which you experience attraction.

For a bigger bite, read more at <http://bit.ly/genderbread>

## A Sample of Resources for Integrating LGBT Content into Nursing Curricula

American Nurses Association: LGBT Individuals and Communities

<http://www.nursingworld.org/MainMenuCategories/ThePracticeofProfessionalNursing/Improving-Your-Practice/Diversity-Awareness/LGBT>

American Psychological Association: LGBT Resources for Practitioners

<http://www.apa.org/pi/lgbt/resources/practitioner.aspx>

GLMA Nursing <https://glmanursing.org>

Johns Hopkins LGBT Resources <http://www.hopkinsmedicine.org/lgbt-resources/>

Lavender Health: LGBTQ Resource Center <https://lavenderhealth.org>

National League for Nursing: ACES Case Study <http://www.nln.org/professional-development-programs/teaching-resources/ace-s/unfolding-cases/julia-morales-and-lucy-grey>

UCSF Case Studies

[http://transhealth.ucsf.edu/video/story\\_content/external\\_files/CASE\\_STUDIES\\_11\\_14\\_13\\_FINAL-1.pdf](http://transhealth.ucsf.edu/video/story_content/external_files/CASE_STUDIES_11_14_13_FINAL-1.pdf)

U. S. Department of Health and Human Services <https://www.hhs.gov/programs/topic-sites/lgbt/enhanced-resources/competency-curricula/index.html>