

## What on earth is LGBTQ?

The term “LGBT” is the acronym of “Lesbian”, “Gay”, “Bisexual”, and “Transgender”. The term is sometimes followed by the letter “Q” additionally to include “Queer” or those, who have doubts about their own gender identities.

As far as human beings are concerned, any individual goes through a specific period in which s/he is fond of the same sex only. However, that experience does not necessarily mean that s/he is going to be homosexual. When we reach the age of puberty, we all become somewhat muddleheaded and have feelings for the same sex. Later on, some find themselves sexually aroused by the same sex, and that’s when they know they are homosexual; some find they are sexually aroused by both the same and the opposite sex, so they know they are bisexual. It has been clinically identified that a person’s sexual orientation is extremely difficult to change. As a matter of fact, any attempt on breaking up a couple – heterosexual, homosexual, or bisexual – is a total waste of time and energy. Moreover, such attempt can sometimes create mighty impact.

Homosexuality has so far not been medically proved to be an “illness”. The United States of America has removed the term, ‘Homosexuality’ in 1994 from the official diagnostic classification. Although a lot of homosexuals mention that they have discovered their love for the same sex since their childhood, there is no evidence showing that becoming homosexual is related to one’s genes, brain structure, or hormone.

There are always LGBTQ communities in the society; however, due to the stereotype the society holds upon LGBTQ, they can do nothing but concealing their true identities and therefore become the invisible minorities. Some psychological research suggests that a conservative estimate of the LGBTQ population is about 10% of the entire population. Moreover, since the LGBTQ communities have been stigmatized by the society, **they might encounter more challenges and difficulties than heterosexuals while growing up. On the one hand, they have to confront social discrimination and suppression; on the other hand, they might internalize the Homophobia of the society, and become anxious about or suffer from their own sexual orientation.**

Among LGBTQ communities, teenagers are more likely to be confused and in pain about their sexual orientation, because they happen to be going through the stage of seeking identification. Meanwhile, since they are afraid of talking to others about how they feel, they very often end up feel estranged and marginalized. Moreover, as far as LGBTQ communities are concerned, schools present an unfriendly, even hostile environment, if you are still discriminating your LGBTQ schoolmates and classmates, it is you that need to be changed.

If you would like to know more about LGBTQ issues, you can visit the follow websites.

Taiwan Tongzhi Hotline Association (<http://www.hotline.org.tw>)

<http://www.pcc.ndhu.edu.tw>

Psychological Counseling Center cares about you!

Gender/Sexual Rights Association Taiwan (<http://gsrat.net/news/clip3.php>)

Reference:

The Epoch Times (<http://www.epochtimes.com/b5/5/9/28/n1067297.htm>)

Liu, An-Chen and Shu-Chu Chao (2006) *See!? Investigation on Current Situation of School Homosexual Counseling and Demand from Teacher Counselors for Homosexual Consultation Training.*