

## LBGTQ+ Online Activity

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LBGTQ+ is an acronym that is very misunderstood by those who aren't part of the community it represents. Personally, I consider myself an ally to the community as I know and love several people within it, but I would not say I'm one of the best. After watching the videos and quizzing myself on terminology, I found I only knew and understood the tip of the iceberg. When it comes to the terminology, I only knew the basics that I'd already been exposed to and the thought of asking someone about what everything else means was terrifying because as a straight woman I never want to offend them or let them think I was judging them, so I did my best to "stay in my lane". I'm grateful for the learning opportunity this assignment has given me. The biggest thing I learned about is how children that wish to transition to a different sex go through so much emotional turmoil due to puberty which they consider terrifying. Most of them feel trapped in their own bodies to begin with and as they grow and develop it only becomes worse with physical changes. Those without understanding or accommodating parents tend to feel the most pain emotionally and most of them consider taking their own life so they can escape what is happening to their body. However, even the children with supportive parents still face social issues as many people their age don't understand their perspective and can be cruel towards them. From a medical perspective, what seems to be the biggest fear is the unknown from the lack of research. Many unanswered questions such as "What are the complications from this medication that we haven't seen?" "Will this child change their mind in a few years?" "How do we best accommodate these kids that still aren't developmentally ready for the real world?". All these questions are valid in the healthcare industry as it is never black and white within this field. Being part of this community can be extremely rewarding but it is not without difficulty as it is one that is misunderstood and the things the people within this community deal with is not only hard on the

individual but also their family, friends, healthcare team, and anyone else they interact with daily.

Within my nursing practice, I would like to continue being an ally but now with more knowledge and resources than before. I will continue making conscious effort to respect their decision and provide the best care without offending them in the process. It is our job to help treat this community and remain unbiased while doing so. For them just trying to be accommodating and learning more about who they are individually and not placing them into a box seems to be the best way to do that.