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### LGBTQ + Reflection

After doing the activities and watching the videos, I was surprised by how much I did not know about the LGBTQ + community and there was so much for me to learn. The first obstacle that people in the community have to overcome is what they are sexually identify as versus what is their biological gender. In the videos growing up trans, most of the kids in the videos is already identify what their sexuality is and have already wishing to change their gender. When puberty age starts, I think it is the most stressful time for the kids because that is when the sexual body part of the child wants to grow because of all the hormone changes. Coming out to talk to their parents is one of the hardest tasks that these kids have to overcome, I think this could make or break the kids depending on how the parents react and if they accept and support the child or not. The incidence of attempts at suicide is high for these children because there will be some people who will not accept the child for who they are and depression among these children could occur. During the puberty periods, they could only stop the hormone treatment and wait until the child is old enough for the transition surgery. I think most parents accept and support their children, but they do not want the children to have the surgery because the parents do not know how their children will end up and what complication or disease the child could have after the surgery. After doing all the activities and watching the videos, it will change and help me with my nursing practice because after the terminology quiz, it will help me to understand what it means when the patient identifies as. I have learned that it is better to ask questions if I'm not sure how to take care of the patient because it is better to ask than to cross the line that is uncomfortable for the patient. I think that people in the LGBTQ + community is not getting the care that they deserved because there

are lots of people who will not accept them, and it is my responsibility to make sure that the patient feel accepted and make sure to speak up for my patients and provide a safe environment for the patient.