

## LGBTQ+ Reflection

I didn't know what LGBTQ+ stands for until now. I had an idea it was for the lesbian, gay, trans population but I didn't know what every letter stands for until now. Now that I know what each letter stands for it's important to ask them what pronouns they would like to go by because it is a sign of disrespect if you speak to them in pronouns they don't identify as. LGBTQ+ community is not only for adults but also for kids as well. I learned a lot watching the *Growing up Trans* video because I had no idea kids go through it as well. Seeing the kids make decisions on if they want to take hormones and it being a permanent choice or choosing if they take the hormones they won't be able to have kids later in life. That is a big decision the child and the parents talk about with the health care provider. Seeing the parents accepting them for who they are even though it took them a while to get there was tough seeing it. I'm glad they found resources and support groups that help them along through this journey.

The LGBTQ+ community has a hard time getting on insurance and if they do have insurance they don't pay for hormones or any other medications some of them need help with the gender. Also it is hard for them to find a provider they can trust and feel comfortable around with and understand their medical needs. Discrimination in healthcare endangers LGBTQ+ individuals' lives with unnecessary postponements or denials of basic medical services.

Learning about LGBTQ+ has had a great impact on me and I'm curious to research more on ways as a nurse I can help someone from this community feel comfortable when they go to the hospital or a clinic. Ways I can also help educate the people around me and even my kids as well. Every body is human and being open to the fact that this community is growing more as years go by we need to be prepared on how to make them feel welcome to the health care system. We as health care providers we need to be trained on how to care for them and show them we care no matter who they are they deserve medical services as everyone else.