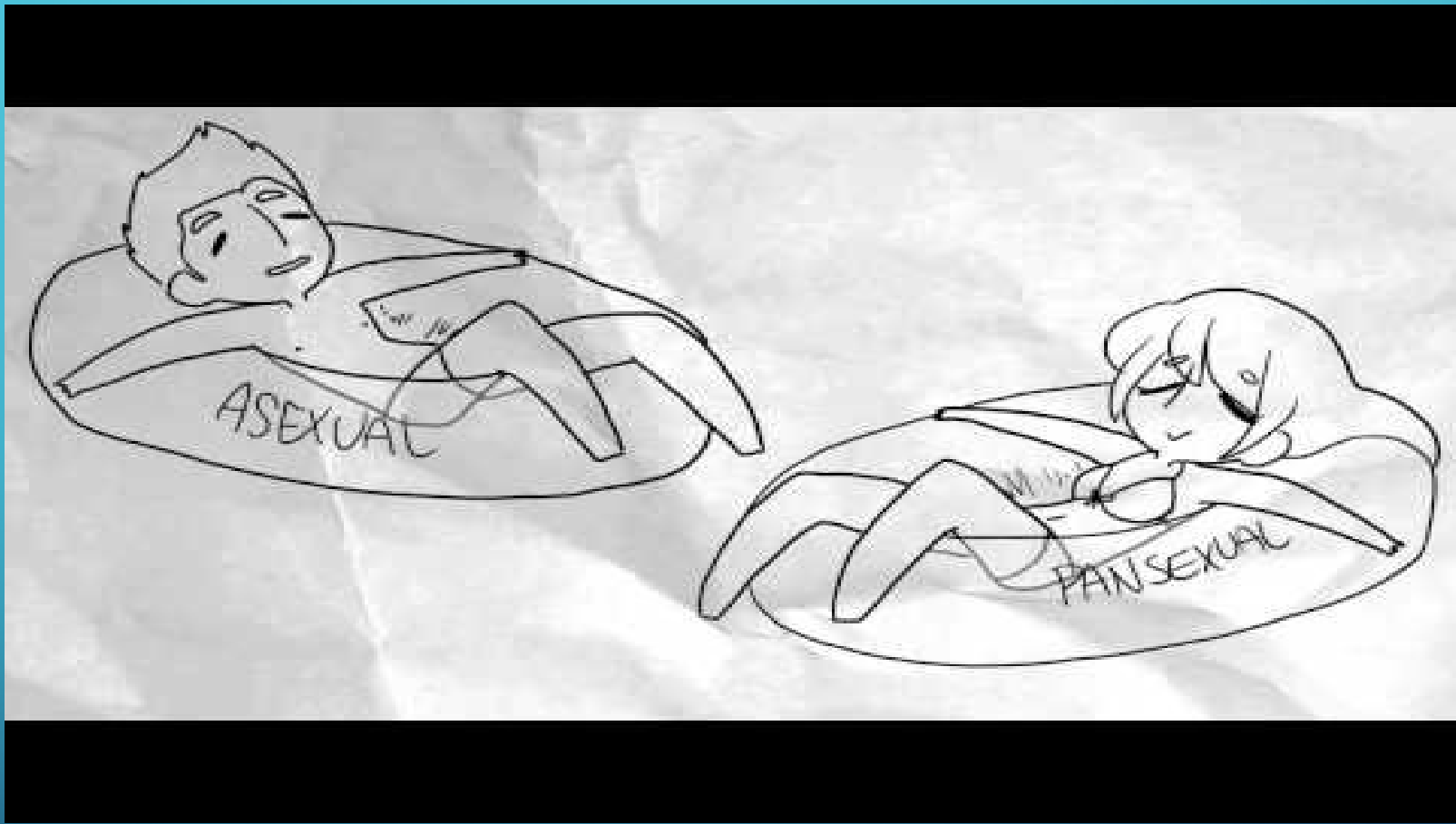




GENDER AND THE DDMI POPULATION

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June 27, 2016



AGENDA

- Definitions

- Sex

- Gender

- Gender Identity

- Gender Roles

- Sexual Orientation

- Coming Out

- Gender Fluidity

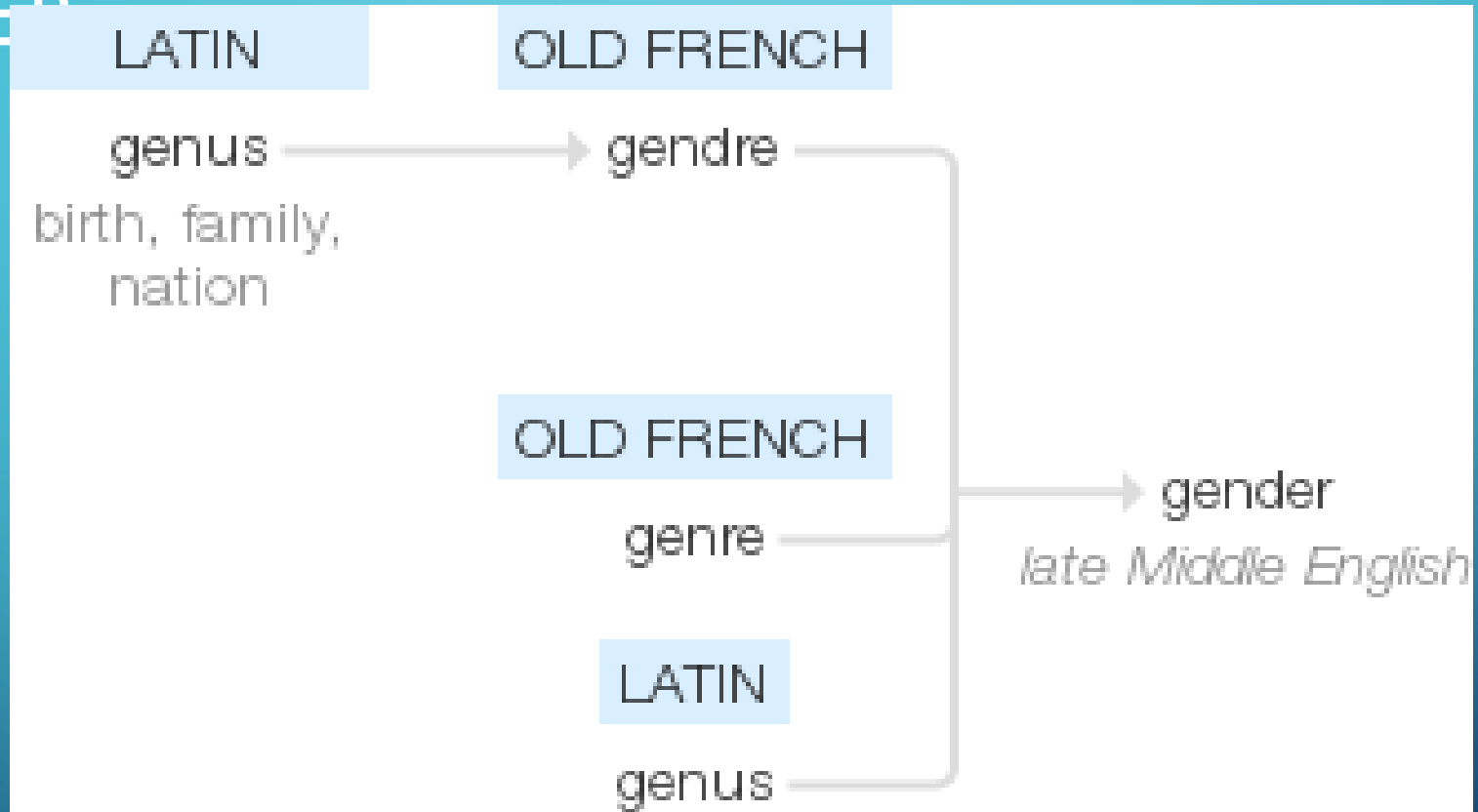
- Pan Sexual

- Media

- Gender Issues

Specific to DDMI

GENDER



SEX

- A person's *biological status*
- Typically categorized as:
 - male
 - female
 - intersex (i.e., atypical combinations of features that usually distinguish male from female).



BIOLOGICAL INDICATORS

- Sex chromosomes (XX, XY)
- Gonads (ovaries and testes)
- Internal reproductive organs
- External genitalia

GENDER

- Taught to us “blue for boys” “pink for girls”
- Culture determines gender
- Refers to the attitudes, feelings, and behaviors that a given culture associates with a person’s biological sex.
- Gender normative-behavior *compatible with cultural expectations*
- Gender non-conformity- behaviors that are *viewed as incompatible* with these expectations

- **Asexual:** A term describing individuals who do not experience sexual attraction or do not have interest in or desire for sex. Different from celibacy, which means abstaining from sex. Asexuality is often viewed as a spectrum – meaning there are varying levels and identities regarding someone’s emotional, spiritual and romantic attraction. The best way to refer to the asexual community is to use the umbrella term “ace” or “aces” as in the “ace community,” which acknowledges that spectrum.

Binary System: A binary system is something made up of two opposing parts. Gender (man/woman) and sex (male/female) are examples of binary systems.

Bisexual: A term that describes someone who is attracted to both men and women, or to more than one gender identity.

- **Cisgender:** A person who identifies with the sex they were assigned at birth. For example, if you were told you were “male” at birth and still identify that way, you would be cisgender.

Gay: In the past, only men who are attracted to men have used the word “gay.” Now, it is common for “gay” to be used by anyone who is attracted to their same sex or gender.

Gender: An idea created by society (A.K.A. a social construct) that tells us what certain genders are “supposed” to be like, based on a group of emotional, behavioral and cultural characteristics (like how we express our feelings or how we dress).

- **Gender Expression:** How we express our gender identity on the outside.

Gender Identity: Our internal, personal sense of what our gender is. Everyone has a gender identity.

Genderqueer: A term that describes someone whose gender identity is not just a man or a woman. This identity can mean different things to different people.

- **Lesbian:** A woman who is predominantly attracted to other women. Some women prefer the term “gay” – it’s all up to you and what fits your identity best.

Non-Binary: Anything that falls outside of the binary system (see definition above). Intersex, genderqueer, and bisexuality are all examples of non-binary identities.

- **Pansexual:** Describes people who are capable of being attracted to multiple sexes or gender identities.

GENDER IDENTITY

- “one’s sense of oneself as male, female, or transgender” (American Psychological Association, 2006).
- If one’s gender identity and biological sex are not congruent, the individual **may identify as transsexual** or as another transgender category (cf. Gainor, 2000).

GENDER EXPRESSION

- the “...way in which a person **acts to communicate gender** within a given culture; for example, in terms of **clothing, communication patterns and interests**. A person’s gender expression may or may not be consistent with **socially prescribed gender roles**, and may or may not reflect his or **her gender identity**” (American Psychological Association, 2008, p. 28).

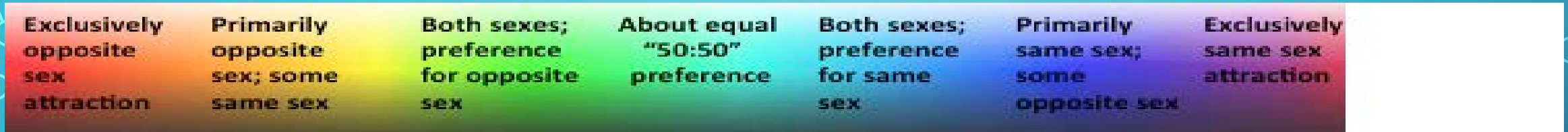
SEXUAL ORIENTATION

- Describes a person's **physical, romantic, emotional, and/or spiritual attraction to another person**. Everyone has a sexual orientation.

Categories of sexual orientation:

- attraction to members of one's own sex (gay men or lesbians)
- attraction to members of the other sex (heterosexuals)
- attraction to members of both sexes (bisexuals).

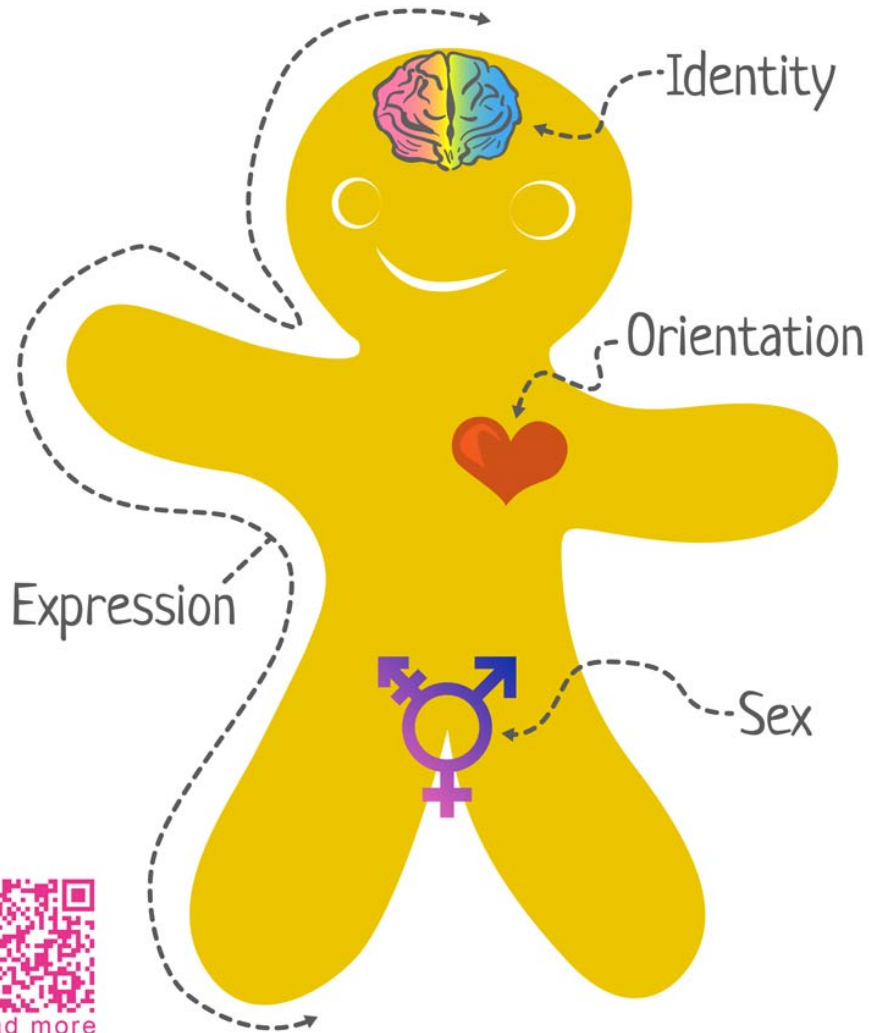
SEXUAL ORIENTATION AS A CONTINUUM



- Sexual orientation **does not always appear in such definable categories** and instead occurs on a **continuum** (e.g., Kinsey, Pomeroy, Martin, & Gebhard, 1953; Klein, 1993; Klein, Sepekoff, & Wolff, 1985; Shiveley & DeCecco, 1977)
- In addition, some research indicates that **sexual orientation is fluid for some people; this may be especially true for women** (e.g., Diamond, 2007; Golden, 1987; Peplau & Garnets, 2000).

The Genderbread Person

by www.ItsPronouncedMetrosexual.com



Gender Identity

← Woman Genderqueer → Man

Gender identity is how you, in your head, think about yourself. It's the chemistry that composes you (e.g., hormonal levels) and how you interpret what that means.

Gender Expression

← Feminine Androgynous → Masculine

Gender expression is how you demonstrate your gender (based on traditional gender roles) through the ways you act, dress, behave, and interact.

Biological Sex

← Female Intersex → Male

Biological sex refers to the objectively measurable organs, hormones, and chromosomes. Female = vagina, ovaries, XX chromosomes; male = penis, testes, XY chromosomes; intersex = a combination of the two.

Sexual Orientation

← Heterosexual Bisexual → Homosexual

Sexual orientation is who you are physically, spiritually, and emotionally attracted to, based on their sex/gender in relation to your own.

- **Transgender (Trans*)**: umbrella term to describe people whose true gender identity does not “match” the sex or gender they were assigned at birth.
- **Many identities** fall under the transgender umbrella, which are often designated with an asterisk after the abbreviation, “trans.”
- Not all **genderqueer or non-binary people identify as transgender** – and some people who have transitioned to their true gender choose to identify as just a “man” or “woman” instead of transgender.
- **Always be respectful of how someone chooses to identify,** and use their preferred identity, name, and pronouns.

- **Transitioning:** The social, legal, and/or medical process a trans* person may go through to make their gender identity fit their gender expression, presentation, or sex.
- Means many different things to different people, and a person doesn't have to experience all or any of these common transitioning elements to identify as their true gender.

Queer: A broad term that is inclusive of people who are not straight and/or cisgender. In the past this word was used as discriminatory. Today the word is often used in a positive way by folks who identify as queer as well as by allies of queer/LGBTQ people, however, some people still feel that it is a word that carries negative weight.

Questioning: A person who may be processing or questioning their sexual orientation and/or gender identity.

COMING OUT

- Process in which **one acknowledges and accepts one's own sexual orientation.**
- Encompasses the process in which one discloses one's sexual orientation to **others.**
- Closeted refers to a **state of secrecy or cautious privacy regarding one's sexual orientation.** *The 2011 guidelines replace the Guidelines for Psychotherapy with Lesbian, Gay, and Bisexual Clients adopted by the Council, February 26, 2000, which expired at the end of 2010

YOUNG PEOPLE WITH INTELLECTUAL DISABILITIES

- Heterogeneous group
- Heightened risk for compromised sexual health outcomes due to economic, educational and social disadvantage
- Higher rates of smoking drug use, alcohol use, and suicidal ideation
- Fewer protective resources

LGBT YOUNG PEOPLE AND INTELLECTUAL DISABILITY

- Under researched group
- Complex vulnerabilities to negative sexual health outcomes
- Little is understood about their sexual experiences and sexual health needs
- Program initiatives and policy discussions often exclude them
- Desire romantic and sexual connections
- Care givers' and service providers demonstrate discomfort with sexual and gender identities and sexual and romantic relationships of LGBT youth

MCCLELLAND

SEEKING SAFER SEXUAL SPACES: QUEER AND TRANS YOUNG PEOPLE LABELED WITH INTELLECTUAL DISABILITIES AND THE **PARADOXICAL RISKS OF RESTRICTION**

- *Goal of study: explore the ways in which **social and environmental conditions influence vulnerability** to adverse sexual health outcomes for this population*
- *Community-based research – qualitative interviews and focus groups with 10 young LGBT people (aged 17–26) labeled with intellectual disabilities*

- Participants reported *multiple limitations on their autonomy* that resulted in *having sex in places where they did not feel comfortable* and were *unlikely to practice safer sex*.
- Attempts by authority figures to protect youth through limits on their autonomy maybe *unintentionally leading to negative sexual health outcomes*.

“ The first time I had sex with someone *we went to this park* that was nearby and that time I had only half an hour to go on free time so I would have to be back. *I hated it . . . it was in the winter . . . I was freezing cold and it was like, I was so afraid I was going to get in trouble.*”

TWO THEMES

1. participants reflected on **experiences of restrictive rules**, most often in the context of residential services or co-residing with parents
2. sexual consequences of this restriction particularly on the **spaces where they could be sexual.**

1. participants reflected on **experiences of restrictive rules**, most often in the context of residential services or co-residing with parents

- There are rules in place and all that stuff, so I have to obey by the rules. . . well if you don't follow the rules, they try and take away whatever game system you have or anything that amuses you. (20-year-old, lesbian young woman)

2. sexual consequences of this restriction particularly on the **spaces where they could be sexual.**

- A 23-year-old recalled:

When I was in a group home, I wanted to have sex with [another resident] but the group home wouldn't let us I really wanted to get into sex because I guess I was ready at that point. I was 19. But the group home wouldn't let us. I was kind of upset and frustrated.

During member checking, a majority of young people present **identified their home or in a sexual partner's home as the most comfortable place to have sex:**

You are safer there because you know where you are. I like having sex at my place more . . . there are condoms beside my bed.

When you are at your partner's house and you know that person well, and you trust that person and you love that person, then the relationship is good.

The background is a solid teal color with a gradient. In the corners, there are decorative white line-art patterns resembling circuit boards or neural networks, with lines and small circles connecting them.

MENTAL ILLNESS? HOW DOES THIS AFFECT GENDER
AND SEXUALITY IN I/DD INDIVIDUAL?

The image features a blue gradient background with white circuit-like lines in the corners. These lines consist of straight paths that branch out and terminate in small circles, resembling a stylized PCB or network diagram. The lines are most prominent in the top-left, bottom-left, and bottom-right corners, with a few lines also visible in the top-right corner.

CASES?

REFERENCES

- Sex, Gender, Gender Identity, Sexual Orientation Excerpt from: The Guidelines for Psychological Practice with Lesbian, Gay, and Bisexual Clients, adopted by the APA Council of Representatives, February 18-20, 2011. The Guidelines are available on the APA website at <http://www.apa.org/pi/lgbt/resources/guidelines.aspx>
- Alex McClelland MES , Sarah Flicker PHD , Denise Nepveux PhD , Stephanie Nixon PhD , Tess Vo , Ciann Wilson MES , Zack Marshall MSW , Robb Travers PhD & Devon Proudfoot MA (2012) Seeking Safer Sexual Spaces: Queer and Trans Young People Labeled with Intellectual Disabilities and the Paradoxical Risks of Restriction, *Journal of Homosexuality*, 59:6, 808-819, DOI: 10.1080/00918369.2012.694760