

JUNE 2023

## Zoo Siab Lub Hlis **PRIDE**

Rau cov uas tsis paub, Pride yog ib qho ua kev zoo siab qhuas txog kev lees paub yus tus kheej, muaj lub meej mom, muaj cai sib npaug, thiab pom txog cov neeg uas yog poj niam nyiam poj niam, txiv neej nyiam txiv neej, cov uas nyiam poj niam/txiv neej, cov uas hloov mus ua poj niam/txiv neej, thiab cov uas tsis paub tias yog li cas (queer people) li yog ib pab pawg neeg muaj nqis zoo ib yam li sawv daws. Qhov no keev muab los ua ib qho kev zoo siab qhuas txog cov neeg no thooob teb chaws Meskas thaum lub Rau Hlis (June). Pride tau tsa muaj los ua ib qho kev nco txog qhov kev sawv tawm tsum Stonewall Riots uas tau tshwm sim thaum lub Rau Hlis (June) 28, 1969. Qhov no tau loj hlob txij ntawm cov kev tawm mus kwv paib taug kev mus rau cov koob tsheej loj, ntau cov kev ua ub no, thiab cov koob tsheej ua kev zoo siab. Tsab ntawv xov xwm lub hlis no peb yuav muab cov lus qhia rau koj paub kom muab kev pab txhawb zoo tshaj plaws rau koj cov me nyuam kawm ntawv los yog cov me nyuam uas yog LGBTQ.



## Tsuas Yog Cov Mus Muaj Tseeb

- Raws li Trevor Qhov Kev Soj Ntsuam Hauv Teb Chaws Xyoo 2019 (The Trevor Project's 2019 National Survey) hais txog cov Hluas LGBTQ Uas Muaj Kev Nyuaj Siab Mob Hlwb, 10.5% ntawm cov me nyuam kawm high school yog cov qhia paub tias lawv yog cov poj niam nyiam poj niam, txiv neej nyiam txiv neej, los yog nyiam poj niam/txiv neej tib si. Li ntawm 5% ntawm cov hluas 13-18 yog cov qhia paub tias lawv tsis paub tseeb tias lawv nyiam dab tsi tiag. Qhov khwv yees tau zoo tshaj plaws rau feem pua ntawm cov hnuv nyoog 13-18 xyooos uas qhia paub tias yog hloov mus ua poj niam/txiv neej yog 1.8%. ([thetrevorproject.org/survey-2019](https://thetrevorproject.org/survey-2019))
- Raws li tib qhov kev soj ntsuam 2019, cov hluas uas yog LGB muaj yuav luag txog 5 npaug uas tau los sim txov tus kheej txoj sia yog muab piv rau cov hluas uas nyiam cov poj niam/txiv neej tsis zoo li nws (heterosexual). ([thetrevorproject.org/survey-2019](https://thetrevorproject.org/survey-2019))
- Cov hluas uas yog LGB uas raug tsev neeg muab pov tseg loj heev yog 8.4 npaug ntau dua tau sim txov tus kheej txoj sia, 5.9 npaug ntau dua los muaj kev nyuaj siab loj, 3.4 npaug ntau dua los siv cov tshuaj txhaum cai, thiab 3.4 npaug ntau dua los muaj kev sib deev yam tsis siv khoom pab tiv thaiv yog muab piv rau cov hluas uas yog LGB uas tau hais qhia paub tias tsis muaj qhov raug tsev neeg muab pov tseg los yog raug tsis loj heev. (Pediatrics, Vol. 123, No. 1)
- Qhov kev soj ntsuam 2019 los ntawm The Trevor Project kuj tseem pom tias 40% ntawm cov neeg muaj hnuv nyoog uas tau hloov mus us poj niam/txiv neej tau hais qhia paub tias lawv tau sim txov tus kheej txoj sia ib zaug. Rau ntawm cov uas tau sim, 92% tau sim ua qhov ntawd ua ntej hnuv nyoog 25. ([thetrevorproject.org/survey-2019](https://thetrevorproject.org/survey-2019))

## Tas Nrho Qhov No Yog Txhais Li Cas? Cov Lus Siv Uas Tej Zaum Koj Hnov

- **Gay/Lesbian:** Nyiam cov uas yog poj niam/txiv neej ib yam li nws. Cov txiv neej keev siv lo lus “gay,” hos cov poj niam keev siv lo lus “lesbian,” tab sis cov poj niam tej thaum kuj siv lo lus “gay” ntxiv los yog siv lo lus no xwb.
- **Bisexual:** Nyiam txiv neej thiab poj niam. Muaj ib txhia kuj txhais lo lus bisexuality ib yam li lo lus pansexuality (hauv qab no).
- **Pansexual:** Nyiam txhua tus tsis hais yuav yog poj niam/txiv neej (uas yuav muaj xws li cov uas hloov mus ua poj niam/txiv neej, nonbinary, gender fluid, thiab lwm hom)
- **Asexual (“Ace”):** Tsis nyiam leej twg li, tsis hais yuav yog poj niam/txiv neej. Tej zaum nws kuj tseem nyiam muaj kev sib hlub, los yog tsis nyiam muaj kev sib hlub thiab, uas yog txhais hais tias nws tsis muaj kev sib hlub rau leej twg. Ib cov neeg tsis nyiam muaj kev sib hlub tab sis tsis yog tsis nyiam muaj kev sib deev.
- **Transgender (“trans”):** Ib tus neeg qhov qhia tias nws yog poj niam/txiv neej tsis yog raws li qhov nws yog poj niam/txiv neej thaum yug los. Nws yog ib lo lus siv dav dav, uas cov neeg hloov mus ua poj niam/txiv neej yuav muab hu meej dua tias yog FTM (female to male), MTF (male to female), nonbinary (tsis yog txiv neej los yog poj niam nkaus xwb, nyob thaj tsam nruab nrab), gender fluid (tsis yog poj niam/txiv neej kiag xwb, nws hloov pauv), agender (tsis muaj qhov tias yog poj niam/txiv neej), los yog genderqueer (lawv tsis yuav qhov kom muaj qhov sib txawv ntawm qhov yog poj niam/txiv neej, uas tsis yog qhov twg kiag los yog txiv neej thiab poj niam ob qhov tib si). Muaj ib cov neeg yuav siv cov lus no hloov mus hloov los, thiab muaj ntau cov lus tshaj no uas peb tsis tau muab tso rau ntawm no. Txhua tus neeg txiav txim siab rau lawv tus kheej seb qhov twg yog qhov piav tau zoo tshaj qhov lawv yog poj niam/txiv neej.
- **Queer:** Muab siv ua ib lo lus dav dav rau ib tus neeg (los yog pab pawg neeg) uas qhia tias lawv yog ib hom ntawm cov tau hais los saum toj no los yog ntau dua. Tej zaum muaj ib cov neeg tau xaiv los yuav lub npe “queer” los ntawm nws qhov siv thaum xub thawj li yog ib qho saib tsis taus tawm tsam pab pawg hos lwm cov kuj pom lo lus no li yog ib qho ua kom mob lwm tus tsis hais yuav yog nyob rau qhov xwm txheej twg.
- **Deadname:** Lub npe uas muab thaum yug los rau ib tus neeg thaum tus neeg ntawd tsis siv qhov tias nws yog poj niam/txiv neej/lub npe mus ntxiv lawm. Koj siv lo lus deadnaming rau ib tus neeg yog hais tias koj siv nws lub npe dhau los es tsis siv nws lub npe tam sim no, tsis hais yuav yog txhob txwm los yog yuam kev.

## Kuv Tuaj Yeem Pab Tau Cov Neeg No Li Cas?

- Ua ib tus neeg xav kom dav thiab muaj lub siab xav kawm kom paub ntxiv.
- Ua ib tus neeg txawj mloog.
- Tsis txhob muaj lub tswv yim xav tsis zoo ua ntej.
- Tawm tsam koj tus kheej tej kev tsis nyiam thiab ntxub lwm tus, tab txawm yog ib qho tsis khab seeb ua.
- Tiv thaviv cov neeg LGBTQ+ phooj ywg tawm tsam kev ntxub ntxaug.
- Cov lus hais tsis zoo txog LGBTQ+ cov lus hais tso dag tso luag yog cov lus mob. Qhia rau koj cov phooj ywg, tsev neeg, thiab cov neeg nrog koj ua hauj lwm ua ke paub tias koj pom tias cov lus no yog cov ua rau mob lwm tus.

### Kuv Yuav Nrhiav Tau Ntaub Ntawv Ntxiv Qhov Twg?

The Trevor Project | Parents, Families, and Friends of Lesbians and Gays (PFLAG) | Gay and Lesbian Alliance Against Defamation (GLAAD) | Human Rights Campaign (HRC) | It Gets Better Project | LGBT Foundation | Gay, Lesbian, and Straight Education Network (GLSEN)

Saib seb, qhov Straight for Equality Ally Spectrum®  
(Kev Ntsuas kom Ua Tau Phooj Ywg Muaj Vaj Huam Sib Luag rau cov neeg Straight):

