

Local GLBTQetc Resources

Standing Together Against Rape– Sexual assault crisis agency
www.staralaska.org 907-276-7279

ACLU Alaska– Civil liberties protection
www.akclu.org 276-2258

AMP Anchorage– Youth-focused GLBTQetc group
www.facebook.com/ancmpower

Anchorage Unitarian Universalist– Inclusive faith services
www.anchorageuuf.org 907-248-3737

AYPF/P.O.W.E.R.– Exclusive youth-focused health and safety information and downtown clinic www.aypfalaska.org 907-563-8336

Bent Alaska– Local news blog for GLBTQetc related items
www.bentalaska.com

The Family– UAA GLBTQetc campus organization
www.facebook.com/home.php?sk=group_138143512895086

FOUR A's– Alaskan AIDS Assistance Association
www.alaskanids.org 907-263-2051

Human Rights Campaign (HRC)- Equal rights advocacy
ww.hrc.org

Identity, Inc.– GLBTQetc community center
www.identityinc.org 907-929-4528

The It Get's Better Project– GLBTQetc youth anti bullying and suicide campaign www.itgetsbetter.org

PFLAG Anchorage– Parents and friends of lesbians and gays support group
www.identityinc.org/pflag 907-566-1813

St. Mary's Episcopal Church– Inclusive faith services
www.godsview.org 907-563-3341

The Trevor Project– GLBTQetc youth suicide prevention program
www.thetrevorproject.org 1-866-488-7386

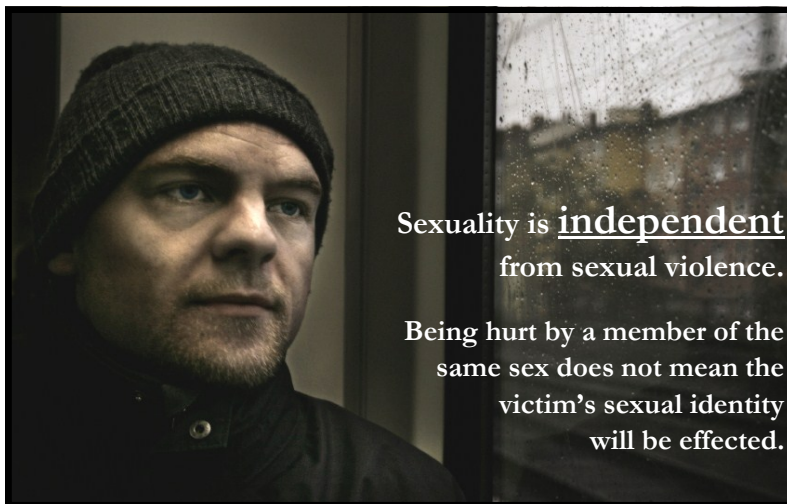


Sexual Violence Information for GLBTQetc Communities and Supportive Others



Standing Together Against Rape 24 Hour Assistance

1057 West Fireweed Lane, Suite 230 Anchorage, AK 99503
Business Line: (907) 276-7279 Crisis Line: (907) 276-7273
Crisis Line (Relay Friendly): 1-800-478-8999
www.staralaska.com



Questioning, Asexual, Allies and Intersex. It is imperative to only include the letters representing groups that are mindfully and intentionally included when using this acronym so as to avoid a false sense of inclusion. **GLBTQetc** is a further abbreviation and way to include additional identities.

Heterosexism– Prejudice against groups and individuals who display non-heterosexual behaviors or identities, combined with the majority power to impose such prejudice.

Intersex– A person whose biology and physiology differs from typical, medically-recognized patterns associated with female or male make-up. May be a combination of traditionally female and male anatomy or may be entirely different. Also covers individuals with atypical chromosomal make-up's such as XXY or XYY. Used instead of the offensive “hermaphrodite.”

Lesbian- Physical and/or romantic attraction to other female individuals (sex or gender).

MTF/M2F- Abbreviation for male-to-female transgender or transsexual person. Does not rely on choices related to medical transition and is often used by those who are openly “out” as such vs. living “stealth” or as a person whose status as trans is not publicly known.

Outing- Involuntary disclosure of one's sexual orientation, gender identity or status in relation to being trans or intersex.

Transgender- A person who lives as a member of a gender other than that expected based on anatomical sex. Note that sexual orientation varies and is not dependent on gender identity. Similarly, “Trans” is an abbreviation adopted by many of these individuals as a way to acknowledge a gender-variant identity without disclosing information on where they fall past, present or future medically or mentally.

Transsexual- Person who identifies psychologically as a gender/sex other than the one to which they were assigned at birth; often wish to medically alter their bodies to match their inner gender/sex.

Queer– Reclaimed negative used by some; umbrella term for GLBTQetc communities . Also, used as indicator of non– socially normative gender or sexual identity.

Questioning– Used to acknowledge individuals who are exploring their gender and sexual identities.

***Please note that these are working definitions and while they can be helpful in understanding or speaking to a GLBTQetc identified individual, it is important to use the language that the individual uses and/or asks you to use.**





Allies– A way to designate individuals who do not identify as a member of the GLBTQetc communities but who are supportive of individuals who do.

Asexual– An individual who does not feel a romantic or sexual attraction to anyone, regardless of sex or gender.

Bisexual- Physical and/or romantic attraction to both male and female individuals (sex or gender).

Cisgendered- A person whose internal sense of their sex and gender match their biology and expectations related to life as a person of that biological make up.

Cross-Dresser- Someone who wears the clothes typically associated with a gender/sex that is not their own. Not an expression of the way an individual views their gender/sex.

Down Low– Term often used by African American males who are publicly heterosexual but engage in non-heterosexual activities and maintain an ultra-masculine lifestyle.

Dyke- Reclaimed negative used by some; slang for lesbian.

Fag/Faggot- Reclaimed negative used by some; slang for gay male.

FTM/F2M- Abbreviation for female-to-male transgender or transsexual person. Does not rely on choices related to medical transition and is often used by those who are openly “out” as such vs. living “stealth” or as a person whose status as trans is not publicly known.

Gay- Physical and/or romantic attraction to a person of the same sex or gender. Often used to denote male sex or gender.

Gender Variant- A person who either by nature or by choice does not conform to gender-based expectations of society. Similar to: **Genderqueer**, a person whose identity is neither male nor female, is between or beyond genders or is some combination of recognized genders.

GLBTQAAI- An abbreviated way to write/say Gay, Lesbian, Bisexual, Transgender, Queer,



What is sexual assault?

Sexual Assault is **ANY** sexual contact made through **force, threats, trickery, manipulation or coercion.**

Sexual Assault is a crime of power and control; **it is not about sex.**

Sexual Assault is a felony and you have the right to report the crime to law enforcement, seek medical treatment and speak with other professionals if and when you choose.

Support Services Available

- 24-hour crisis line support and information
- Immediate crisis support, reporting options and knowledge of victims rights
- Medical , Law Enforcement and Legal Advocacy & Accompaniment
- 1-on-1 advocacy sessions
- Support groups
- Information on and referral to community resources

Adult Reporting Options Adult in Anchorage include:

- Report to Law Enforcement
- Access Medical Care through an ER or your Primary Care Provider
- Call STAR for Anonymous Reporting eligibility
- Speak only with STAR Advocates and/or Crisis Line
- Speak with a private counselor
- Speak with trusted friends or family members.

A STAR Advocate provides confidential support regardless of which option(s) you choose. Your options vary based on your age and where the crime occurred.



Not sure where to start? Call the STAR Crisis Line
24/7 at 907-276-7273 or 1-800-478-8999



Standing Together Against Rape

Supporting Others

It is okay to not know what to say. Your presence will do the talking.

Believe it.

There may be some confusion surrounding the details of an assault, but that does not mean the person isn't telling the truth. Sexual assault is a traumatic event for *anyone*; an assault that is sexual in nature can cause GLBTQetc individuals to also struggle with feelings of questioning their already often marginalized identity.

Say, "It's not your fault."

No one asks or deserves to be sexually assaulted. Regardless of a person's behaviors, rape is *never* a punishment and is not what a GLBTQetc individual "deserves" or "has coming" because of their identity. Additionally, the idea of "corrective rape," or rape to "correct" an individual's sexuality (i.e. make heterosexual), is equally unacceptable.

Listen.

Don't let your feelings get in the way of listening to the survivor's feelings. This may include concerns that include the survivor's identity and being outed, which may result in an undue increase in the level of stress the survivor is experiencing; it is important to hear *all* of the survivor's concerns.

Normalize their feelings.

Survivors respond in countless ways after an assault and all responses should be considered normal. Survivors need to hear that they are not "crazy" or "losing it;" encourage a phone call to STAR's 24/7 Crisis Line where staff and volunteers are prepared to listen to and help *all* callers.

Encourage the survivor to talk.

Silence does not make anything better, as so many members of the GLBTQetc community already know. Provide the survivor options for talking about their experience with you, a counselor or a STAR Advocate.

Respect the survivors confidentiality.

The story of the sexual assault belongs to the survivor alone; they may choose whom to tell and when, but you *never* should. Telling the story of a GLBTQetc survivor has the potential to be damaging to many facets of their life, particularly if the survivor is outed in the process. The *ONLY* exception to this is if the survivor is a child or vulnerable adult; call STAR to get help.

Don't pry or ask questions.

Allow time and space for the survivor to share information with you; respect this boundary and don't take it personally. This trauma belongs to the survivor, not you.

Respect the survivors decisions.

Surviving a sexual assault means learning to reclaim power over your physical and mental self. Choices that are made by a survivor, even initially, have the ability to effect everything else they may encounter down the road. By restricting the options available to a survivor or making choices for them, you are continuing the abuse.



Standing Together Against Rape

Supporting Yourself



If you are a friend or family member of a victim, do not discredit your own experience and grief.

Support your friend by taking care of yourself.

Not only will you demonstrate health and wellness, but you will also be a stronger support.

Self-care is just that— learning how to care for yourself. For victims of sexual assault, this is the most valuable method of healing. Since so many victims choose not to report or ever to tell anyone, their only source of support must come from within. In order to heal, **the fear of thinking about the assault must be faced.**

Facing fear, flashbacks, anxiety and nightmares:

- Acknowledge that you are having a flashback or nightmare
- Remind yourself that the event is over
- Take slow, deep, meaningful breaths
- Use your senses to ground yourself
- Acknowledge the pieces of you that are hurting
- Become aware of your personal boundaries; they may have changed as a result of the assault
- Allow yourself recovery time
- Seek support where and however you feel safest
- Be patient; time plays a large role in recovering from an assault
- Seek out support groups when you are ready STAR can provide services and referrals
- Honor your experiences; they are real and valid.

Remember, everyone responds differently to stress and trauma. Celebrate the healing you have done and the progress you have made.