



QUEER CAFÉ | LGBTQ INFORMATION & TRAINING
SAFE ZONE PROGRAM

SELF-REFLECTION

Heterosexual Privilege

Consider your own sexual orientation as you consider the following questions...

- _____ Are you defined primarily by your sexual orientation, gender identity, or gender expression?
- _____ Can you appear in public or to show public displays of affection with partner (kissing or holding hands) without fear of harassment or verbal or physical abuse?
- _____ Are there many authentic portrayals in the media of people who share your sexual orientation, gender identity, and gender expression?
- _____ Can you talk freely about or display pictures of romantic partners with friends, family, co-workers, neighbors, and members of your faith community without fear?
- _____ In your state, can you legally marry and receive the associated legal and social benefits of marriage, including social security benefits, tax-free inheritance, partner health benefits?
- _____ Do you have legal protection from discrimination in employment based on sexual orientation, gender identity, and gender expression?
- _____ Are you compelled or obligated to explain or dispel the myths of your own sexual orientation, gender identity, or gender expression?
- _____ Are the terms that describe your sexual orientation, gender identity, and gender expression generally used in derogatory ways?
- _____ Do you have to worry about hiding your friends, partner, and details of your weekend activities?
- _____ Do you feel like a split personality or that you are leading a double life?

- _____ Can you talk about aspects of your personal life without fearing that people will automatically disapprove or think that you are being “flamboyant,” “blatant,” or “forcing your beliefs” upon them?
- _____ Can you be open about your sexual orientation or gender identity at work without fear of reprisal in terms of job promotion, loss of job, or be accused of negatively affecting the work climate?
- _____ Can you bring your partner to campus parties and events?
- _____ Can your friends be seen with you without being afraid of being labeled by others?
- _____ Can you go apartment hunting with your partner without fear of reprisal?
- _____ Can you express yourself sexually without the fear of being prosecuted for breaking the law?
- _____ Can you go wherever you want and know that you will not be harassed, beaten, mugged, or killed because of your sexual orientation or gender identity?
- _____ Can you talk about your sexual orientation or gender identity without people thinking that it is abnormal, unnatural, a crime against God or Nature, or that you’re a freak?
- _____ Can you expect your family to include you and your partner at family events, occasions and gatherings?
- _____ Are you pretty sure you will not be denied the right to marry whomever you choose to?
- _____ Do you fear emotional and financial separation from your family because of your sexual orientation?
- _____ If you decide to adopt a child, are you perfectly certain that your sexual orientation or gender identity will not be an issue of concern; or that you will be seen as influencing a child towards a particular sexual orientation?
- _____ Can you approach your medical doctor and be open about your health and illnesses without fear of being judged or denied service?
- _____ Can you belong to a religious organization or denomination of your choice and know that you will not be condemned or denounced by the religious leaders and the members because of your sexual orientation or gender identity?