



QUEER CAFÉ | LGBTQ INFORMATION & TRAINING
SAFE ZONE PROGRAM

SELF-REFLECTION

Level of Support and Agreement

Clarifying our attitudes helps us to become more conscious of what we feel. Recognizing your level of support or disagreement concerning LGBTQ issues and people is the first step towards becoming a better ally. The purpose of the following exercise is not to change your attitudes and values, but to bring to your consciousness what those attitudes and values are. If you identify as lesbian, gay, bisexual or transgender, try to focus your answer about the identity you least identify with, or the one you think you still might carry biases about.

- _____ I am comfortable interacting with people that I know to be LGBTQ.
- _____ It does not matter to me whether or not my friends or co-workers are LGBTQ.
- _____ I am comfortable seeing open expressions of affection between people of the same gender.
- _____ I do not make judgments about people based on what I perceive their sexual orientation to be.
- _____ I use language and examples that are inclusive of LGBTQ individuals and their experiences.
- _____ I refrain from making homophobic remarks or jokes about LGBTQ people.
- _____ I always confront homophobic remarks and jokes made by others.
- _____ I believe that homophobic harassment and violence are serious issues and it is important to seriously sanction perpetrators.
- _____ I believe that homophobia, transphobia, and heterosexism effect all people, regardless of their sexuality or gender.
- _____ I believe that LGBTQ people are capable of the same normal, healthy relationships as everyone else.

- _____ I do not worry about what kind of effect an LGBTQ individual might have on my children or any other children.
- _____ I am comfortable publicly expressing my affection for friends of the same gender.
- _____ I would not feel awkward if an LGBTQ person disclosed their sexual orientation to me.
- _____ I respect the confidentiality of LGBTQ people by not gossiping about their sexual orientation or gender identity.
- _____ I am not concerned that a gay or lesbian person may flirt with me.
- _____ I am knowledgeable about the histories, cultures, psychosocial development, and needs of LGBTQ people.
- _____ I value the contributions that “out” LGBTQ people make to my community and to society.
- _____ I actively participate in LGBTQ social events and activities.
- _____ I actively participate in LGBTQ rights marches or demonstrations.
- _____ I actively advocate for LGBTQ rights and participate in LGBTQ organizations.
- _____ I am comfortable around people who dress, act, or present themselves in ways that are not traditionally associated with their assumed biological sex.
- _____ It does not bother me if I cannot identify the gender of a person just by looking at that person.
- _____ I believe that LGBTQ people are equally entitled to all of the same rights and privileges as everyone else.
- _____ I believe that LGBTQ people should not be discriminated against in the workplace.
- _____ I believe that LGBTQ people should be able to serve in the military.
- _____ I believe that LGBTQ people should be able to adopt and raise children.
- _____ I believe that marriage between individuals of the same sex is okay.