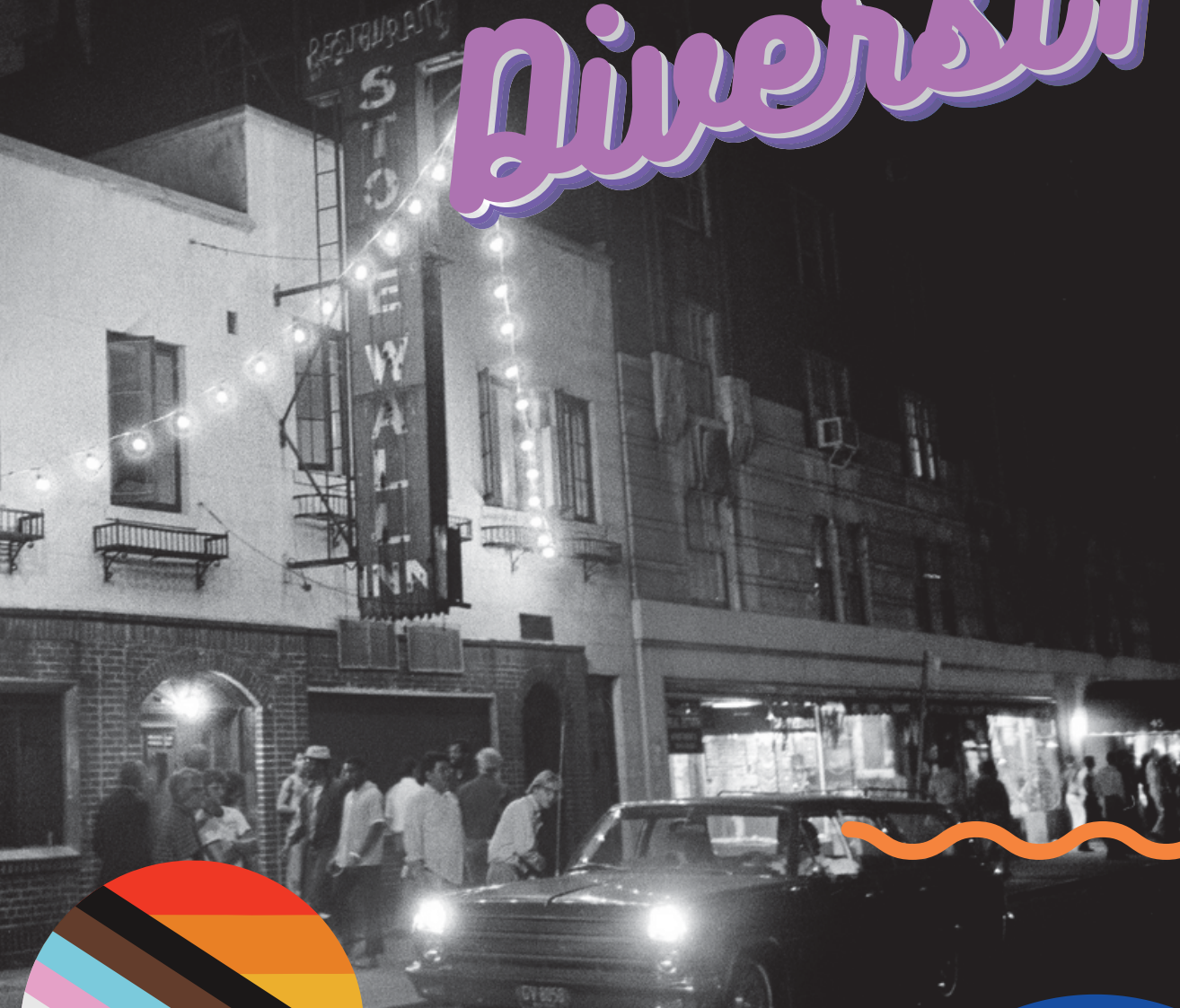


# PRIDE

# Diversity Tea



Designed in 2018 by Daniel Quasar, five arrow-shaped lines were added to the original six-colored Rainbow Flag. Black and brown stripes to represent the LGBTQ+ communities of color, those living with HIV/AIDS, and those lost to the disease. The pink, light blue, and white represent the transgender and non-binary community. The arrow of the chevron points to the right to represent forward movement and along the left edge to show that work still needs to be done. This flag was designed to highlight inclusion and progression.

The original Pride flag, created by Gilbert Baker in 1978.

The colors mean:  
**Red: Life**  
**Orange: Healing**  
**Yellow: Sunlight**  
**Green: Nature**  
**Blue: Harmony/Peace**  
**Purple/Violet: Spirit**



# Stonewall Riots

Monday, June 28th will mark the 52nd anniversary of the Stonewall Riots. Before this eventful day in history, the United States largely had no policies supporting gay rights or organizations pushing for these legislative changes. In 1969, there were laws in New York preventing 'homosexuality in public', causing many couples to stay hidden and gay businesses to remain in secrecy. On June 28th, 1969, a group of patrons at the Stonewall Inn, a gay bar in Greenwich Village, led a protest against police harassment towards LGBTQ+ individuals, shouting 'gay power' throughout the streets of the Manhattan neighborhood. Police forces brutally suppressed the protest, yet the demonstrations returned the next night with more people and more force. For the next few days, protestors fighting for gay rights clashed violently with riot police. Exactly one year after the initiation of the protests, gay pride parades were held in Greenwich Village, San Francisco, Los Angeles, and Chicago. The Stonewall Riots lit a fire under America's gay rights movement; not only were pride events inspired by this event, LGBTQ+ advocacy groups were founded within years of the riots to create sustainable change on citywide, statewide, and national levels of government.



# Blood Donor Restrictions



Ever since the 1980's, the HIV/AIDS pandemic has fueled health care policy changes for gay and bisexual men around the globe. One of these major changes has been the ban on blood donations from this demographic. Up until 2015, the American Red Cross held a lifetime ban on any person assigned male at birth that has had sexual intercourse with another male. Their justification for this decision cited the ever-present fear of faulty tests; although every blood donation sample is rigorously tested for HIV, among many other blood-borne pathogens, the risk of a false negative outweighed the reward. In 2015, however, the FDA changed the policy to a deferral of one year after having sex with another man to pre-screen for HIV. In April of 2020, this deferral was shortened to 3 months.

A pilot study from OneBlood, American Red Cross, and Vitalant will release data in December of this year, with the hopes of showing positive signs towards individual risk assessments instead of these deferral periods. This is a necessary step for multiple reasons. For one, blood shortages have been common in the past few years, and the COVID-19 pandemic only further depleted this inventory. Restricting gay and bisexual men from donating blood does not help this shortage in any way possible, as many of these men would be eligible donors if not for their sexual history. Secondly, a potential lifted ban will reduce the stigma linking gay men to a global disease that has fully transcended from the LGBTQ+ population. Our current times call for more blood donations, and denying gay and bisexual men willing to donate solely because of their sexuality further perpetuates heterosexual privilege in America.

# APTA: Managing Patients Who Are Transgender



According to a report by Lambda Legal, 70% of transgender or gender non-conforming patients report health care discrimination. How can we as PTs work towards reducing this percentage? The APTA has a few suggestions: firstly, do not be afraid to touch or get close to your transgender patients. Although this may seem obvious in a profession that heavily relies on the use of our hands, providers' unwillingness to touch was one of the main themes of Lambda Legal's survey responses. A patient that has fully transitioned or in the process of transitioning possesses unique hormonal characteristics that may affect their overall health, and thus require a thorough systems screen and evaluation. PTs should recognize this need and put aside any biases or uncomfortable feelings to ensure their transgender patient receives the most appropriate care, especially in direct access states where we may serve as first providers. The APTA also recommends seeking educational resources to further understand the transgender community's societal and psychological struggles outside of the healthcare system. Learning about the day-to-day struggles will help create patient-provider equipoise when these patients arrive in your clinic or on your schedule. Lastly, the APTA stresses the importance of writing properly-worded intake forms and notes. Understanding and scribing the proper semantics will lead to proper screening and considerations later on down the road. For example, a 'transgender male', meaning a person assigned female at birth that has transitioned to a male, deserves proper women's health screening both in a PT clinic and in gynecology practices. Omitting the 'transgender' prelude could lead to serious reproductive pathologies that could have been identified much earlier. The APTA acknowledges the unique physical and psychological characteristics of the transgender community, and has developed recommendations to best treat this population. However, it is still up to us to carry out these recommendations in the clinic, treating our transgender patients with a biopsychosocial approach and advocating for them in our healthcare system.

# Historical Figures

## MARSHA P. JOHNSON

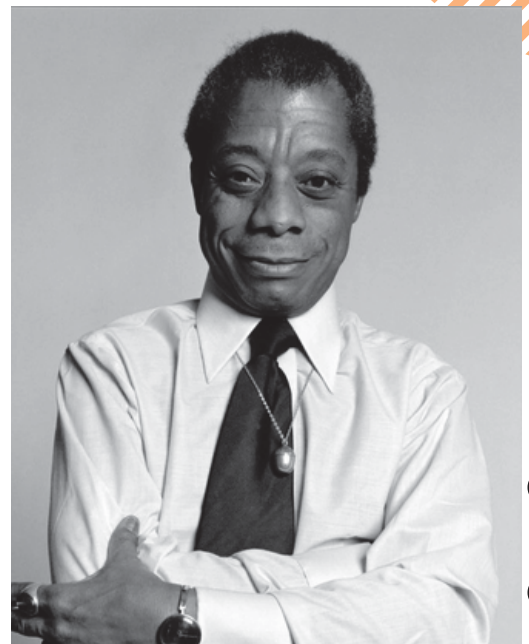
Possibly the most prominent and spirited activists to emerge out of the Stonewall Riots, Marsha P. Johnson was a self-identified drag queen that dedicated her life to civic action. Born Malcolm Michaels Jr. in 1945, Marsha represented the intersectionality of race and gender; if dressing in drag didn't bring enough scrutiny, being Black in 1960's America on top of the drag certainly would. And yet, amidst all of the societal barriers and civil unrest, she still found a way to blaze her own trail. Harnessing the power of joy, pride, and community, Marsha P. Johnson (the "P" standing for 'Pay it No Mind') worked tirelessly to promote gender nonconformity in the African-American community. She wore her identities on her sleeve and inspired many more to do the same. Today, the Marsha P. Johnson Institute carries on Johnson's legacy to support Black trans people struggling both internally with themselves and externally within their communities.



## JAMES BALDWIN

James Baldwin is an actor, poet, playwright, and activist, instrumental in the fight for gay and civil rights in the 1950's and 60's. Baldwin was notoriously "out and proud" before this phrase became commonplace, and centered his second novel, *Giovanni's Room*, around the love affair of two white men. This openness surrounding his sexuality made Baldwin an outfront figure in the LGBTQ+ community, yet conflicted his work in the fight for racial justice.

Many Christian-based civil rights groups gave Baldwin the cold shoulder, including MLK's Southern Christian Leadership Conference and the NAACP; it is still unknown why Baldwin, one of the most popular African-American wordsmiths in the 1960's, was removed as a speaker at the March on Washington in 1963. Although James Baldwin is more well-known for his civil rights leadership, he is the epitome of understanding intersectionality of identities, and how one can convey these identities through art.

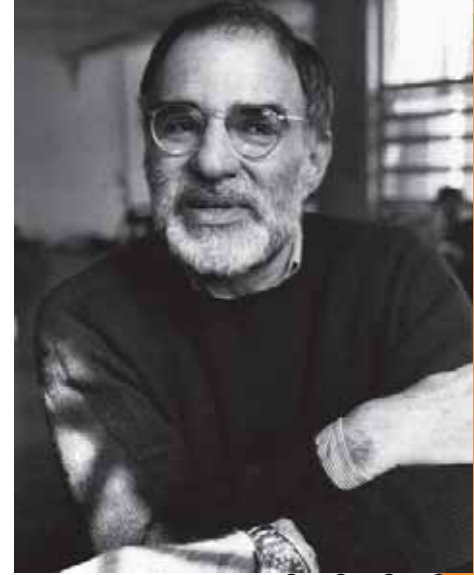




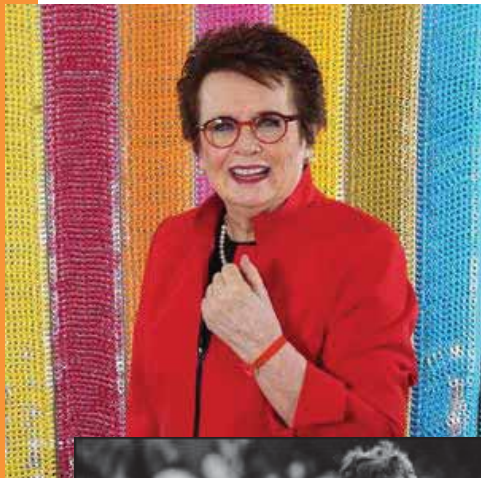
# Historical Figures

## LARRY KRAMER

Larry Kramer, who sadly passed away of pneumonia in May of last year, was a pioneering firebrand that fought relentlessly against the AIDS pandemic. Although Kramer was a well-known author and playwright, his activism in the 1980's and 90's became his lasting legacy. Before reading an article in 1981 describing a new 'gay cancer', Kramer saw dozens of his friends die mysteriously of illness. He saw hundreds more die before the disease was even given the AIDS nomenclature, then thousands more before the government took notice of it. From its inception, Kramer understood the deadliness of HIV/AIDS, and used his vulgar yet courageous voice to garner as much attention to the issue as he could. In 1982, with the help of 5 others, Kramer founded the Gay Men's Health Crisis, a leading service providing resources to those struck with AIDS. He believed that healthcare support and gay community bonding were two solutions to counteract the pandemic - neither of which happened as quickly as he would have liked. In fact, in a 1990 documentary, Kramer is seen screaming at a group of younger men, "You are going to die, and you are going to die very, very soon unless you get up off your f\*\*\*\*\* tushies and fight back!" Larry Kramer was in no way a champion of political correctness or sugar coating his ideas; yet when one's passion for change is as strong as his, high emotions can help stoke the fire and, eventually, push the agenda forward.



## BILLIE JEAN KING



Billie Jean King's legacy as a tennis champion and social activist has paved the way for women athletes to be recognized and respected for their exceptional athleticism. At the age of 12, she was barred from a group photo for choosing to wear shorts rather than the traditional tennis skirt that women wore during games. This was the first of many instances where she noticed inequality when it came to women's sports. Ranked number one in women's tennis, she won 20 titles at Wimbledon and 39 grand-slam titles. She went on to form the Women's Tennis Association and used the platform to campaign for equal treatment in sports, specifically calling for women to get paid the same as men for winning the same titles in their respective games. This movement gained attention worldwide when a male tennis player, Bobby Riggs - known to criticize the women's game as inferior to the men's, challenged Billie to prove him wrong. They went on to play in "Battle of the Sexes", a tennis match that had a viewership of 90 million and which Billie won (6-4, 6-3, 6-3). Throughout the next decade Billie had a secret relationship with a woman, and in 1981 was outed as a lesbian and lost many of her endorsements. Despite this, she continued to lobby for gender equality and win tennis titles. In 1987, she was elected to the Tennis Hall of Fame and in 2009 received the Presidential Medal of Freedom for her advocacy for women and the LGBTQ community.

# Champions of Diversity

## LAVERNE COX

Actress and producer Laverne Cox has already made serious waves in her decade-long career. Although she is most well-known for her role as Sophia Burset in Netflix's *Orange is the New Black*, Cox first hit the scene when she produced and starred in a VH1 show called *TRANSform Me*. As a transgender woman, her work both on and off screen highlights the struggles of trans Americans and gives inspiration to transgender and gender-nonconforming youth around the world. Her role in *Orange is the New Black* nabbed her an Emmy nomination, the first transgender person to receive such an honor. She also has gained critical and popular appraisal alike for her executive-produced documentaries focusing on trans people in entertainment and society at large, including *Disclosure*, *Laverne Cox Presents: The T Word*, and *Free Cece*.



## THE FAB 5

Over the past three and a half years, Netflix's Queer Eye has transformed 5 gay men into reality television stars and a spotlight of joy for the LGBTQ+ community. The ensemble demonstrates the power of a united community fighting for a common cause. The quintet of Antoni Porowski, Jonathan Van Ness, Karamo Brown, Bobby Berk, and Tan France are each LGBTQ+ advocates in their own right, but create a single, titular voice when together. Their main platform has been the Equality Act, a proposed piece of U.S. legislation that would expand on the 1964 Civil Rights Act to ban any form of discrimination based on a person's gender identity or sexual orientation. From drumming up support on Capitol Hill to promoting the cause through a Taylor Swift music video, the cast of *Queer Eye* show a passion for change both on and off the screen.



## DANICA ROEM

Danica Roem is the first transgender individual to both run and get elected into a U.S. state legislature position. Currently serving as the delegate to Virginia's 13th District, Roem started her career as a journalist and editor for the *Gainesville Times*. She left journalism in 2016 to run for political office. She won the 13th District seat in 2017 and was re-elected in 2019. Outside of her tireless efforts to create more LGBTQ+-friendly policies in the commonwealth of Virginia, Roem's main work in office has involved the expansion of Medicaid services in her home district.



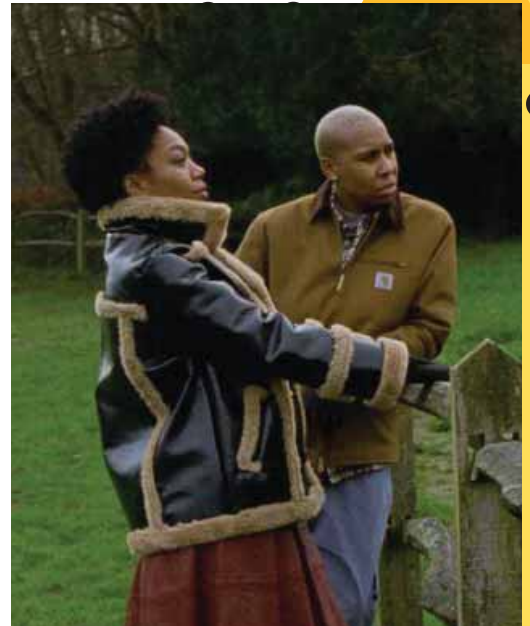


# What's on TV?

## MASTER OF NONE

*moments in love*

Netflix's Master of None, created by and starring comedian Aziz Ansari, recently released their third season in the midst of Pride Month. Spanning just 5 episodes long, these "Moments in Love" portray an intimate and honest view of black queer relationships in our day and age. Denise and Alicia are a married couple living out their ideal lifestyles in a cozy cabin in upstate New York, yet inevitably run into some speed bumps in their marriage, mainly surrounding their conflicting stances on children. Alicia, played by Naomi Ackie, is 100% sold on carrying and raising a baby. Amidst these five episodes, we follow Alicia as she navigates the labyrinth of the prepartum healthcare as a single gay woman. At one point, she is told by the doctor at the fertility clinic that it is virtually impossible to gain coverage for IVF techniques: "they have a code for being attacked by an orca, and they have a code for getting sucked into a jet engine, but not for 'gay and desires pregnancy.'" This powerful scene highlighted one of the many barriers to equitable health access for the LGBTQ+ community. Watch this series, and reflect on how we as healthcare providers can advocate to create a more equitable system for patients like Alicia.



## DISCLOSURE



A collection of voices belonging to trans individuals in the film industry shines light on both Hollywood's depiction of trans people and the impact Hollywood has had on the trans community, while educating viewers on the problematic representation of trans people on screen throughout time.



## WHEN WE RISE

This documentary showcases the emergence of normalizing homosexuality and the battle against HIV/AIDS. They follow the real life events of two activists in San Francisco, CA - Cleve Jones, an AIDS and LGBT rights activist, and Roma Guy, an LGBT and women's-rights activist. This shows the beginning of the civil rights movement for the LGBT community - the politics, triumphs, struggles, and more.



# Lasting Impacts



The United Nation's Universal Declaration of Human Rights (UDHR) turns 73 this upcoming December 10. The first line of the UDHR recognizes "the inherent dignity and . . . equal and inalienable rights of all members of the human family," principles that are "the foundation of freedom, justice and peace in the world." In other words, to be human is to have an innate dignity that bestows irreducible moral worth – a worth that makes all humans fundamentally equal to one another. The UDHR transformed the world; the beauty of the standards written therein is not restricted to law and institutions but are inclusive of moral obligation to one another – person to person – as culture proceeds law and institutions. In order to have lasting impact, the values in the UDHR must be understood and cultivated by each successive generation. In this month of Pride, I reflect on those who pave/d the way, who protest/ed society's refusal to acknowledge the dignity of all humans and feel immense gratitude. I also ask "Am I meeting my obligations to others?" and contemplate the words of the activist Bayard Rustin – "If we want to do away with the injustice to gays it will not be done because we get rid of injustice to gays. It will be done because we are forwarding the effort for the elimination of injustice to all."

*-anonymous*



# Lasting Impacts

I had two high school friends that both came out in the early part of our college careers. I loved who they become once they felt ready to fully express their true identities. Although the month of June is definitely a special time for them, they made an explicit point that the LGBTQ+ community should be Loud and Proud all months of the year. It has been a pleasure being their friends and watching them blossom into their true selves throughout college and now their early working careers.

Matt and Graham, you two are the main reason why I am an ally and advocate for gay rights 24/7, even and especially outside of Pride Month!!!

*-anonymous*

I have many friends who identify as LGBTQ+, and love finding various avenues to support the community. While I was in undergrad, I went to pride every year and volunteered with a free clinic called Health Brigade. While the clinic provides many incredible services, one thing that they did was provide free STI/HIV testing and treatment. They hoped to destigmatize getting tested and discussing safe sexual practices, especially within the LGBTQ+ community. So every year, I would go to Pride and hand out free condoms, chat with individuals about our services (including trans health care services), and advocate for this incredible clinic. But after I was done volunteering, I would always meet up with my friends and celebrate Pride with good food and amazing drag shows!

*-anonymous*

As a family member of people who identify within the LGBTQ+ community, it can feel daunting to see the hoops my loved ones have to go through to get appropriate, safe, and validating care within the health system. Through the PRIDE training over winter break and listening to the experiences of trans youth in our CDHD session, I've been able to gain a deeper understanding of the importance in making sure I am an informed provider as I enter this profession. I hope to continue to listen, learn, and provide an environment where all feel included and safe, as well as provide well-informed services that are relevant to the person sitting in front of me.

*-anonymous*