

Support LGBTQ+



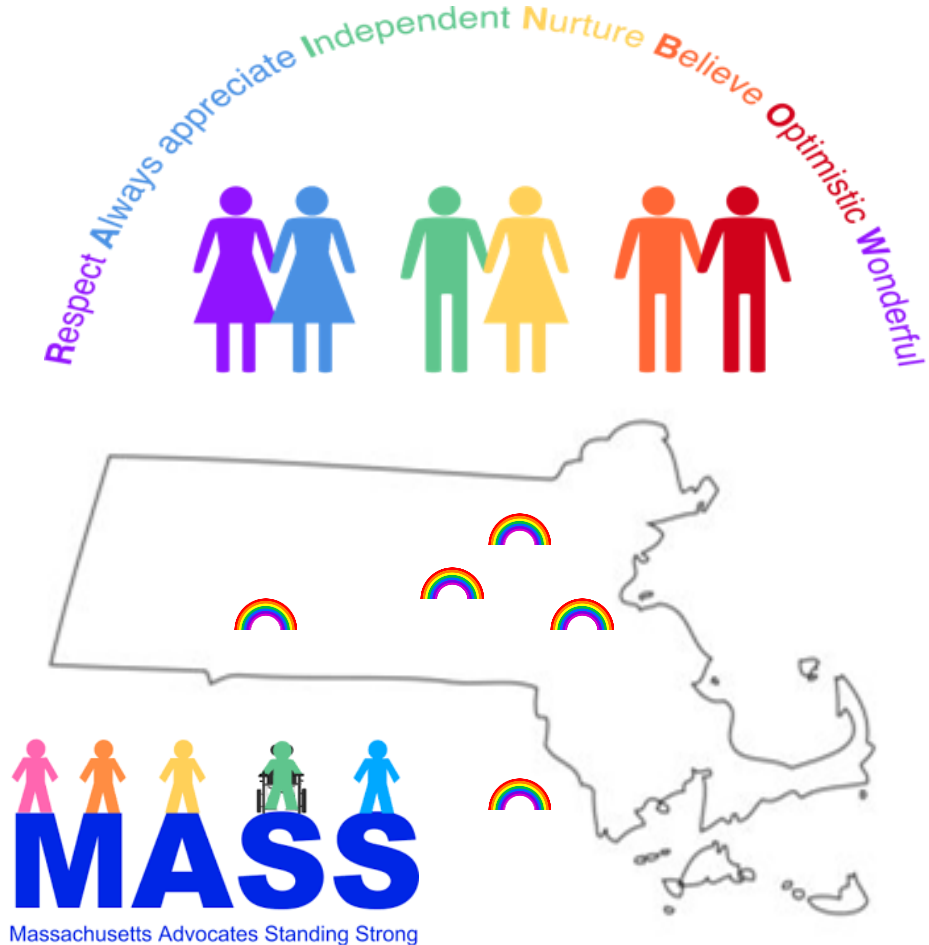
SARTAC January 2022

Pauline Bosma, Rainbow Group Founder and Coordinator

Rainbow Support Groups

The Rainbow Support Groups are a network of support groups for self-advocates who have intellectual and developmental disabilities and are LGBTQ+.

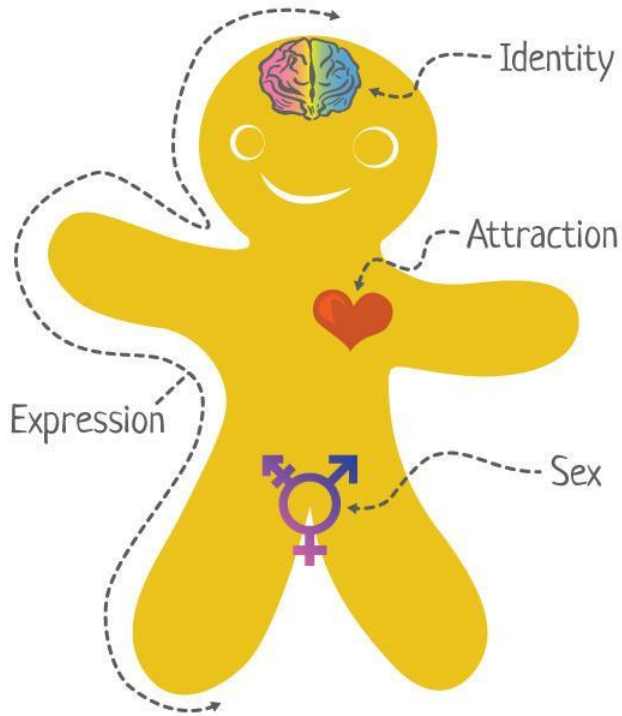
- **17 years** (started in 2004)
- **5+** active groups
- **200+** members



What does Rainbow do?



The Genderbread Person v3.3 by its pronounced METROsexual.com



Gender Identity



Woman-ness



Man-ness



Gender Expression



Feminine



Masculine



Biological Sex



Female-ness



Male-ness



Sexually Attracted to



(Women/Females/Femininity)



(Men/Males/Masculinity)



Romantically Attracted to



(Women/Females/Femininity)



(Men/Males/Masculinity)



Gay



Transgender



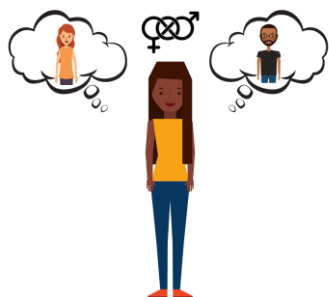
Queer

Questioning

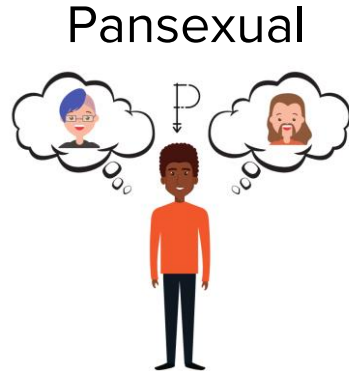
LGBTQ+



Lesbian



Bisexual



Pansexual



Asexual

Lesbian -- A woman who is attracted to other women

Gay -- A man who is attracted to other men, a person who is attracted to people of the same gender

Bisexual -- A person who is attracted to people of many different genders, a person who is attracted to men and women







Transgender -- A person whose gender identity is different from their sex at birth

Queer -- Umbrella term for LGBTQ+, someone who is not straight and cisgender

Questioning -- Someone who is not sure about their gender or sexual identity

+ -- There are many other gender and sexual identities included in the LGBTQ+ community, such as pansexual, asexual, gender fluid, intersex, etc.

Be Yourself!

- Listen to your heart and inner voice 
- Trust yourself 
- Love yourself for who you are 
- Think about your positive qualities 
- Speak up for what you need and want 
- Find other people you relate to 

Be an Ally!

- Listen
- Believe
- Don't assume
- Love them for who they are
- Support them through their ups and downs
- Speak up for positive words



Thank you!



Pauline Bosma

Rainbow Founder and Coordinator

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Website: www.wearemass.org/rainbow-group

Facebook: Rainbow Support Group

Online group: Last Tuesday of each month at 5:30-7:00pm ET

Zoom link: <https://us02web.zoom.us/j/84122253807>