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

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)
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!

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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