

Special Considerations: LGBTQIA+ Sexual Health

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Learning Objectives

Define basic terminology of LGBTQIA+
Sexual Health

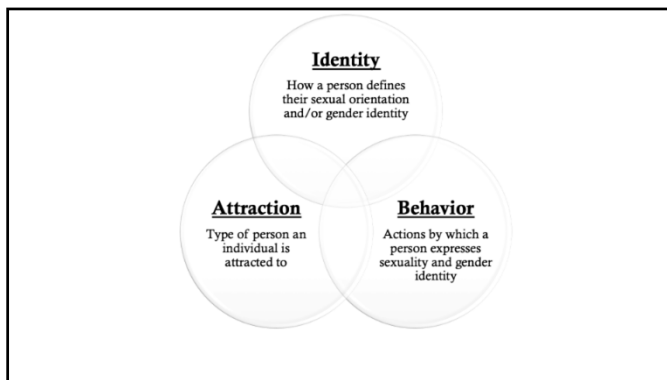
Identify sexual behaviors associated
with LGBTQIA+ individuals

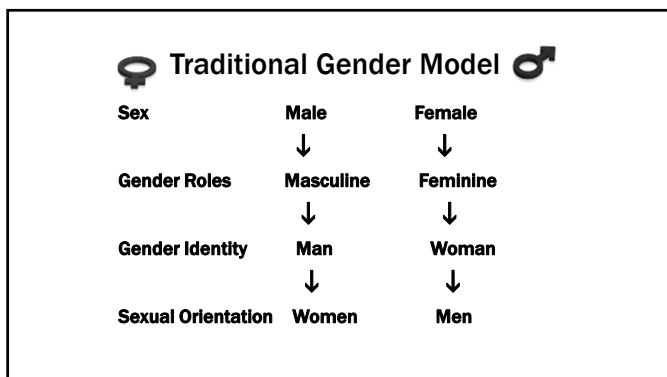
Discuss legal disparities seen in
LGBTQIA+ "sex offenders"

Identify treatment strategies and
special considerations in working with
sex offenders from the LGBTQIA+
community

L	G	B	T	T	Q	Q	I	A	A	P
Lesbian A woman who is primarily attracted to women.	Gay A man who is primarily attracted to men; sometimes a broad term for individuals primarily attracted to the same sex.	Bisexual An individual attracted to people of their own and opposite genders.	Transgender A person whose gender identity differs from their assigned sex at birth.	Transsexual An outdated term that originated in the medical and psychological communities for people who have permanently changed their gender identity through surgery and hormones.	Queer An umbrella term to be more inclusive of the many identities and expressions that make up the LGBTQ+ community.	Questioning The process of exploring and discovering one's own sexual orientation, gender identity and/or gender expression.	Intersex An individual whose sexual anatomy or chromosomes do not fit with the traditional markers of "male" and "female."	Ally Typically a non-queer person who supports and advocates for the queer community; an individual within the LGBTQ+ community can be an ally for another member that identifies differently than them.	Asexual An individual who generally does not feel sexual desire or attraction to any group of people. It is not the same as celibacy and has many sub-groups.	Pansexual A person who experiences sexual, romantic, physical and/or spiritual attraction to members of all gender identities/expression; not just people who fit into the gender binary.







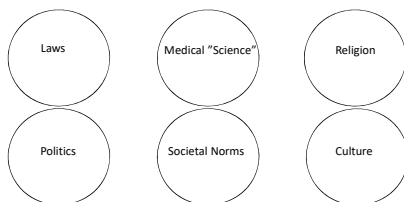
TERMS

- Transgender
 - Gender assignment at birth is inconsistent with gender identity
- Cisgender
 - Gender assignment at birth is CONSISTENT with gender identity
- Affirmed gender
 - Gender status post-transition
- Gender-affirming surgery
- Gender confirmation surgery

Terms (Transgender)

- Trans-man – FTM v. transmasculine
- Trans-woman – MTF v. transfeminine
- Drag Queen, Drag King

Who is a Sex Offender?



Social Acceptance (or lack thereof...)/Bias

- "Homosexuals are child molesters"
- "Homosexuality is perverse"
 - "granting equal protection to same-sex acts would open the door to combinations as three-party marriages, incestuous marriages, child brides, and other less-than desirable couplings."
- "Gay Men are promiscuous"
- "Lesbians don't have sex"
- Not immune to gender stereotypes of Men vs. Women (Boys vs. Girls).

Multiple Partners

- Gay men have significantly more lifetime partners than heterosexual men and women at all ages (Glick, et. al., 2012)
- "Shooting the Rainbow"

Open-Relationships/Polyamory

- Common among gay men
- As psychologically healthy as monogamous couples
- Longer relationships
- Greater age difference between partners
- Work best when terms of the relationship are defined

(Forsell, 2006)

Age Discordant Relationships (Adult)

- Not Uncommon
- Little Research
- Full of Stigma: Pedophile, "Daddy/Son"
- "May-December: Navigating Life as an Intergenerational Gay Couple" (Bannister)
 - The couple sees themselves as one unit
 - Support from their families benefits their relationship
 - Age differences bring mutual benefits.
 - The older partner feels younger and the younger feels older than their chronological ages
 - They consider discrimination a part of being gay.
 - Shared finances are a part of their commitment.
- Heterosexual Relationships Held to A Different Standard?
 - Michael Douglas (> 25 years)
 - Clint Eastwood (> 35 years)
 - Harrison Ford (>22 years)
 - George Clooney

Risk-Taking Behaviors

- High percentages of condomless sex
 - U = U
 - PrEP
- Chemsex – pairing of sex and drugs
- Bathhouse Culture → Hook-Up apps

Current Research: Legal Disparities

- LGBTQ+ people appear to be disproportionately charged and more harshly punished than their nonLGBTQ+ counterparts
- Where the age gap between the parties is narrow, charges for violations of age of consent laws are much more likely to be filed when the partners are of the same sex (Kansas v. Limon, 122 P.3d 22 (Kan. 2005))
- LGBTQIA+ Youth Are More Likely to be Labeled as Sex Offenders
- Prosecutorial discretion influenced by unconscious bias, politics, societal pressures

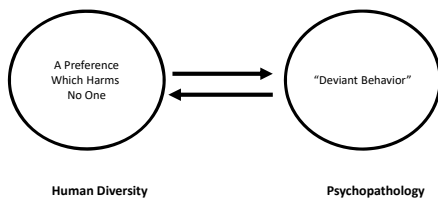
Healthy Sexuality

Adapted from Martin Klein, PhD

Sex Offender
World – What is
Healthy?



Sexuality: The Dialectic?



What
ordinary
people do

Masturbation	Commercial sex
Pre-marital sex	Adult entertainment
Pre-marital "virginity"	Sex toys
Extra-marital sex	Sex games
Pornography	Sex clubs
Romance novels	Cross-dress
Internet sexuality	Voyeurism/exhibitionism
B/D-S/M	Same-gender sex
Non-monogamy	Risk-taking
Role-playing; fantasies	Threesomes
Piercings	Fetishes, paraphilias
Anal sex	Friends w/benefits
Shave/wax pubic area	Post-breakup sex
Makeup sex	Posting sexual pictures to amateur porn sites
Costumes	

Framework for
evaluating patients'
sexual behavior &
decision-making:

- Honest?
- Consenting?
- Responsible?

- How do we define these?
- How does patient define these?

Ways to
evaluate
sexual
behavior &
decision-
making

- Understand the risks?
- Is there someone they can tell?
- Enjoyable?
- Enlivening?
- Feel satisfied?
- Honest w/self?
- Consonant with non-sexual values?
- Sober?
- Shame-free?

We don't want to pathologize behavior we don't adequately understand simply because it is...

condemned by
society,
the patient's partner,
or even the patient!

(or simply because
we're uncomfortable with it)

Healthy sexual
behavior is
not always:

Uncomplicated

Internally conflict-free

Free of unwanted consequences

We don't
demand this
of any other
activity

Sports

Home-owning

Parenting

Going to school

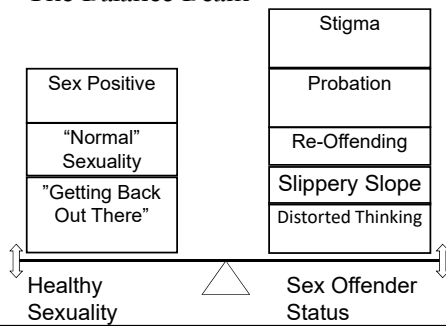
Shopping

TV or film watching

Attending a conference

Some people have heterosexual monogamous intercourse—and they are NOT emotionally healthy.

The Balance Beam



"Symptom"	Possible Explanation/Diagnosis
masturbation twice daily	sexually active
extramarital affairs	existential dilemma about aging or marriage
wants partner sex daily	sexually active; possible personality disorder
enjoys s/m	desire for intense stimulation or bonding; possible bipolar disorder
inappropriate come-ons	socially inept; possible narcissism or asperger's
exhibitionism	sexually active; possible OCD
wants non-monogamy	adventurous; possible borderline
straight, married, cruises public bathrooms	conflicted about orientation; committed to marriage
fetish behavior	self-aware; possible OCD
commercial sex	committed to marriage; social anxiety
internet pornography	sexually active; dissatisfied with partner sex; Committed to marriage; possible depression

Treatment

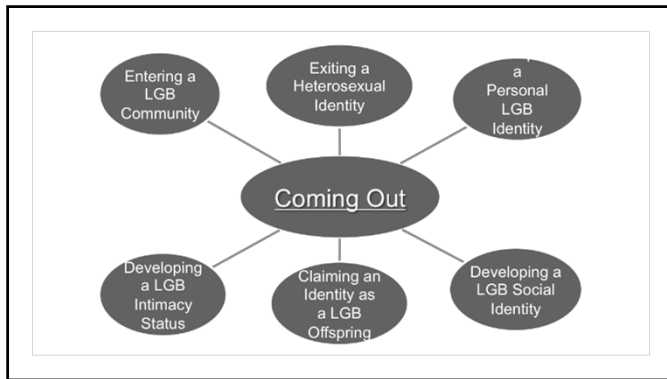
- Healthy Dating
 - Are Apps Safe? (Grindr, Tinder, etc...)
- Social Networks/Supports
 - Off the Internet to where?
 - Social Skills
- Sobriety
- Cognitive Distortions
- Victim Empathy
- Fantasy Regulation
 - Role of Pornography
- Stigma – Sex Offender + Sexual Minority
- Healthy Sexuality
 - Promoting Intimate Relationships

Dating Plan (adapted from Rob Weiss)

	Partner	Myself
RED	"He must get high to have sex" "He is still married"	"I access porn on "tube" sites" "I masturbate to deviant fantasies"
Yellow	"He still lives with his Ex" "He doesn't return my texts/calls"	"I isolate myself" "I drink to go on dates"
GREEN	"He listens to me" "He makes himself available"	"I meet people through social groups" "I don't hook up on the first date"

Psychosexual Development: Beyond Freud

Awareness	
Seeking Information/Reaching Out	
Disclosure to Others	
<ul style="list-style-type: none"> • Family • Peers • Others 	
Exploration	
<ul style="list-style-type: none"> • Individual • Others 	
Acceptance	
Integration	



Resources	<ul style="list-style-type: none"> • https://www.lgbtqihealtheducation.org/ • https://saigecounseling.org/ • https://www.thetrevorproject.org/ • https://www.lgbtcenters.org/LGBTCenters • https://transequality.org/ • https://www.hrc.org/ • https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/LGBTQI • https://nicic.gov/lesbian-gay-bisexual-transgender-and-intersex-offenders
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