

Plain Text of: **A LUNA PROJECT X GLASGOW LGBTQIA MEDICS COLLAB, BEING DISABLED AND QUEER**

This infographic resource is 10 slides long. The background of all slides is a beige colour, with a rainbow going from the bottom left to top right, which has been faded out. In the centre there is a white box with green text in it, and on most slides this is the title text. Around this in black text are the responses. In the bottom right corner of each slide is the LUNA logo and the Glasgow University Medical Students LGBTQIA Society Logo.

Slide 1:

To be both Disabled and Queer is a wonderfully beautiful thing, and about a third of LGBTQ+ people have a chronic illness/are Disabled. These are wonderful identities, However, the intersection of these two identities is rarely talked about, and can leave people experiencing two kinds of discrimination and prejudices. We want to share some of our experiences ...

Slide 2: What does it mean to you to be part of both the LGBTQIA and Disabled/Chronically ill communities?

- it can be quite difficult. Sometimes I feel both not disabled enough and not queer enough to be a part of either. Others I feel like a minority within a minority. Because for the most part I look able bodied and I present heteronormatively/cis know one even knows that I identify with these groups nor understands how it feels.
- Its like having a second family that understand every part of me!
- Being doubly discriminated against
- It means there are more hurdles to jump over to do anything in life. Something straight, able bodied people won't understand is the daily effort to keep up with their success.

- Living with just one of these can be challenging, both is that much harder. I can feel alone and like I don't fit in, and wary of not being accepted or wanted. It's a lot.
- Double the stigma BUT double the sense of community and pride
- It means being infantilized as a Disabled person, and therefore the legitimacy of your Queer identity is constantly being challenged

Slide 3: Some of us feel more part of the LGBTQ+ community...

- My disability is invisible but I am outwardly queer and everyone knows it. I have a huge network of queer friends but only a few disabled friends. Queer culture is being celebrated more publicly which is amazing, but still people seem to overlook the difficulties of disability in this world
- I feel because I can openly talk about my experiences as a queer person within my group of friends I can identify with this group most. I think because I don't have the the same confidence to talk about my health issues and I don't know anyone personally who is going through the same things that I don't know how best to interact with the disabled/chronically ill community.

Slide 4: ... some of us feel more part of the Disabled community...

- I feel more able to have conversations with my peers about disability, using a wheelchair means its blatantly obvious and often a conversation starter whereas my sexuality is something I would have to bring up in conversation, it feels more forced to talk about.
- I am openly Disabled, but not out as being gay
- I am still coming to terms with my Queer identity.

Slide 5... and, sadly some of us don't feel part of either.

- I feel fairly disconnected from both, in terms of social/cultural engagement, but there is no "neither" option; I am a trans man and most trans spaces are geared towards trans feminine people or trans women, while my disabilities are invisible and non-physical for the most part, meaning I am often excluded from disability groups or events.
- I can't say I feel part of either, but my experience is more probably recognisable and easier understood/accepted in the disabled community.

Slide 6... We want a more accessible LGBTQIA community...

- I am wary of taking up space due to my disability, I don't want to derail anything with it - once at an LGBT night I was told by a guy I didn't know not to be so uptight. I assume my anxiety was visible in bodily tension and on my face, and that was the worst thing someone could say. I felt like I could only drag the mood down and did not belong in that space. I ended up leaving because I couldn't face anything else remarking on it or expecting me to get involved.
- A lot of gay spaces are 'high energy' - bars, clubs, raves - and for someone with a disability, energy may be limited and these places not so accessible, and then you are left out from a lot of activity within the community
- Often at events like pride it doesn't feel like they have even considered that Disabled people might want to be here? No accessible loos etc

Slide 7: A more accessible LGBTQIA community may look like...

- Doing anything at all to include trans men and trans masculine people at larger more visible events; Particularly trans men as many of us do not quite fit into non-binary or genderqueer scenes, while many trans masc people do, although of course this varies based on individual self-ID.
- Events having sign language interpreters as standard

- The Queer community stepping up as allies to Disabled people, particularly in relation to the erasure of Disabled sexuality !
- Disability inclusive LGBTQ sex education

Slide 8: We want healthcare professionals to know...

- That being queer (specifically asexual) is not a symptom of my disability !
- We are dealing with two types of medical trauma at once.
- It can be more isolating than being part of either group individually. Aspects of my health require me to share information with my partners and be open about my sexual health and so people in healthcare need to be mindful of the language they use but also their body language gives a lot away. It's okay to talk about queer topics to queer people.

Slide 9: We want healthcare professionals to know...

- It's important to not that while some people who are queer and disabled are open and want to educate people about their experience they do not owe you that. They don't have to share their knowledge with you. You can and should do your own research
- It (being Queer and Disabled) can be difficult to talk about with strangers. Don't assume anything, just ask open questions. Please don't assume all your patients are straight, and please offer practical help and advice for our disabilities.

Slide 10: Thank you to everyone who was part of this.

We see and love you all, no matter how you identify! Please reach out to us if you would like to be introduced to people who understand the dual burden that being disabled and queer can feel at times. We want you to feel loved and valued as part of our communities!

End of Plain text.