Proud and Supported: Definitions and Beyond

Part 14: Having pride
Words to Know in Part 14
LGBTQ+

An acronym that stands for lesbian, gay, bisexual, transgender, queer/questioning, and more.

Pride

When you have pride, you feel good about yourself. You can have pride in your gender. You can have pride in your sexuality. Pride is important. It is important to be proud of who you are. Pride helps people make friends. Pride helps people work together.
Having pride

Many parts of being LGBTQ+ are like being a self-advocate with a disability.

Part of self-advocacy is being proud of who you are.
Both involve:

- Standing up for who you are.
- Being proud of who you are.
- Working with other people like you.
- Caring for people who are like you in some ways and different in others.
• Knowing that people are made up of different parts.

For example:

Jacob is a Black gay man with an intellectual disability.

Those things are all parts of Jacob.

He wouldn’t be the same person without all of them.
• Making the world a better place for people like you

You can be a self-advocate for LGBTQ+ people.

You can help make the world a better place for LGBTQ+ people.

It is a lot like being a self-advocate for people with disabilities.
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