

# Different in More Ways Than One.

Providing Guidance for Teenagers on Their Way to Identity, Sexuality and Respect

Aspetti psicologici e relativi alla salute

Verschiedene Lebensformen

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La comunità lesbica e gay

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# Glossary

**Acceptance** means to demonstratively advocate for and actively support minorities, marginal groups and non-conformists (see also -> tolerance).

**Anti-Lesbian and Anti-Gay Violence** There are different kinds of anti-lesbian and anti-gay violence: physical, psychical, sexualized, verbal, and structural violence. In extreme cases, homophobic individuals specifically seek out places where lesbians and gays meet in order to physically attack and hurt them. However, physical violence is usually not planned but is rather spontaneous and most often occurs when violent people recognize gays or lesbians in public. Those responsible often call this violent behaviour “gay bashing”. If someone is a victim of anti-gay violence, most large European cities have special police officers to handle these cases.

**Bisexuality** -> Sexuality

**Christopher Street Day (CSD)** -> Stonewall

**Coming-out** When a lesbian, gay or bisexual person decides to openly show or talk about their homo-/bisexuality, this is called “coming out of the closet” or “coming out”. It is possible to distinguish between an “inner” and an “outside” coming out. When someone starts to identify as gay and eventually accepts his or her homosexuality, this is called the “inner” coming out. When the same person starts to tell and demonstrate to other people that he/she is homosexual, this is called the “outside” coming out. Coming out is always a process and never a definite moment or point in time.

**Community** the word refers to all gay/lesbian venues in a city, like bars, clubs, discos, centres, etc. The expression “to visit the gay scene” has a similar meaning, and refers in this context to the fact of going to gay/lesbian venues.

**Cross-dresser** one who cross-dresses, who (regularly or occasionally, fully or partially) wears clothing intended for the other sex. A cross-dresser may be hetero-, homo- or bisexual.

**“Cure” of homosexual feelings** Some lesbians, gays or bisexuals (and also sometimes their parents) encounter enormous difficulties while living in a heterosexist world and wish to live as a heterosexual instead. But as homo- and bisexuality are not diseases or mental disorders, it is not possible to “cure” such feelings. Some people, often those with strong religious views, think homo-/bisexual desires can be cured and they support their arguments with examples of people who used to live out their homosexual feelings, but who now live a heterosexual life. Some religious organisations use dubious techniques in order to block sexual desire and create a feeling of guilt. But these people may very well only be suppressing their homosexual feelings in order to live a heterosexual life.

**Discrimination** Means that different people are treated unequally without an objective reason and in our society there is a large scale of different sorts of discrimination. This scale reaches from being called names or bullied, to ignorance of different ways of life as well as to physical violence up to murder. One has to make a difference between structural discrimination such as in legislation, criminalisation and pathologisation, institutional discrimination, e.g. banning gays from certain professions, ignorance, concealment, and individual discrimination like being insulted, psychological or physical violence. -> Heteronormativity, -> Heterosexism, -> Labelling, and -> Gay Marriage.

The new anti-discrimination legislation provides legally enforceable rights for all people in all EU countries for instance the implementation of equal treatment between people regardless of their racial or ethnic origin, or the equal treatment in employment and training. The ban on discrimination – or to put it differently – the ‘principle of equal treatment’ means that there shall be no direct or indirect discrimination on the grounds of racial or ethnic origin, religion or belief, disability, age or sexual orientation whatsoever. The expression “direct discrimination” refers to a situation in which one person is treated less favourably than another. Indirect discrimination occurs where an apparently neutral provision, criterion or practice would put persons belonging to one of the minority groups at a particular disadvantage compared with other persons. However, allowances for limited exceptions to the principle of equal treatment have been made, for example to preserve the ethos of religious organisations or to allow special schemes to promote the integration of older or younger workers into the labour market.

**Diversity & Diversity Management** Diversity refers to any mixture of items characterized by difference and similarities like racial or ethnic origin, religion or belief, age, disability or sexual orientation and identity. Diversity Management means that companies actively implement diversity policies – that is policies that seeks to encourage a mix of races, sexual orientation and identity, religions, physical disabilities, ages and sexes within the company. Companies who implement those policies can expect benefits like more satisfied colleagues, a better working atmosphere on the short and long term (see <http://www.stop-discrimination.info>).

**European Union** During their meeting in Amsterdam in 1997, fifteen EU Member States committed themselves to fight against discrimination and to promote equality. Since this date, gender, racial or ethnic origin, religion or belief, disability, age and sexual orientation may no longer be used as a basis for discrimination. The European Commission has presented a number of proposals to support Member States as they strive to act against unequal treatment (including Article 13 of the EC Treaty, in effect since 1 May 1999 as well as Directive 2000/78/EC dated 27 November 2000 which establishes general rules regarding equal treatment in working matters).

**Gay bashing** -> “Anti-Gay Violence”

**Gay or lesbian marriage / registered partnership / residence permission** Some European countries now have special laws granting legal status to homosexual couples. These laws differ from country to country and many nations still have no legislation on homosexual partnerships whatsoever. But even if laws do exist, they rarely guarantee the same conditions for gay couples as the ones granted to heterosexual couples. A very important aspect of partnership laws for homosexual couples is whether or not the law grants residence permits for bi-national couples, especially if one of them comes from outside Europe. In countries that do not have such laws, lesbians, gays or bisexuals have very little chance to obtain residence permits for their non-European partners.

**Gender** in contrast to the word “sex” that stands for the biological sex of a person, “gender” means the culturally and socially defined gender role and identity of a woman or a man. In every culture specific tasks and roles are attributed to each gender. The decision whether a man works in order to finance a family and a woman stays at home to raise children is often justified by a constructed concept of “nature”. In reality it is done because of cultural traditions and social conventions.

**Heteronormativity and heterosexism** mean that heterosexuality is defined as “normality” and ideologically as the only accepted form of sexuality within a society. Heterosexism has effects on a structural, institutional, social and individual level. Heterosexism is the basis for discrimination and even anti-lesbian and anti-gay violence. Heterosexism forces lesbians, gays or bisexuals to repeatedly “out” themselves, as they must constantly re-assess their sexual orientation in a way that heterosexuals are not obliged to do. This is a discrimination that most heterosexual people are not aware of.

Heterosexism is also in law because in many countries there is no or only a “second class“ possibility to marry or register a partnership for lesbians and gays. If a person is asked to fill in a questionnaire and then has to choose between the boxes “married”, “single” or “divorced”, this is also an example of heterosexism because it only considers heterosexual kinds of partnership.

**Heterosexuality** -> Sexuality

**Homophobia** This describes a group of emotions which include feelings of anxiety, disgust, aversion, anger, discomfort and hate of lesbians, gays and bisexuals. A number of researchers have criticized the term because homophobia is not a classic phobia. In comparison with other phobias like hydrophobia or arachnophobia homosexuals are not the direct source of “fear” or “discomfort”. It is rather a sort of anti-homosexuality or homonegativity that includes cultural values and norms that label homosexuals as something to be feared. In this perspective, homophobia is not a disease to be cured, but rather an attitude which should be positively influenced.

## **Homosexuality** -> Sexuality

**Homo-specific counselling** This is a form of counselling which is usually, but not necessarily, given by lesbian or gay counsellors to lesbian or gay clients. This is a useful approach to the counselling process because, as in the counselling of migrants, it is important for many gays and lesbians to know that the counsellor her-/himself is experienced in homosexual topics. Without this source of empathy, gay or lesbian clients often feel that they have to explain feelings or issues that they may not yet understand themselves and are afraid they will not be accepted. While homo-specific counselling does not require that the counsellors be gay or lesbian themselves, they should at least be well-acquainted with the local gay community in order to pass on appropriate advice to their clients. When conducting homo-specific counselling, it is, of course, very important that the counsellor accepts homosexuality as an equal form of sexuality and tries to help the client to live a fulfilling homosexual life.

**Internalised homophobia** Internalised homophobia is a central theme in working with lesbian, gay and bisexual clients. It is virtually impossible for lesbians, gays and bisexuals not to have internalised at least some negative messages about their sexuality if they have been raised in a western society. These negative messages can result in homosexuals feeling a kind of “self-hatred” towards this part of their own identity. Internalised homophobia can manifest itself in different feelings and emotions like fear of discovery; discomfort around open lesbians, gays and bisexuals, rejection and denigration of all heterosexuals or a feeling of being superior to heterosexuals. Persons with internalised homophobia may believe that lesbians, gays and bisexuals are not different from heterosexuals, yet they may be afraid of being rejected because others perceive them as different. They may be attracted to unavailable people, such as people of another sexual orientation who are unavailable as intimate partners. This can be a form of psychological self-protection against real intimacy. They may have difficulty maintaining long-term relationships, as their internal homophobia can turn against their (homosexual) partner as well.

**Intersexuality** The sex of a human being is determined by genetics, hormones and psychosocial factors. Differences between chromosomal sex, gonadal sex (ovaries, testes) primary as well as secondary characters of sex, that are controlled hormonally, are called intersexuality. This occurs in one of 2000 births. Sexual identity mostly develops before the 14th month of life but can still change afterwards. Changes in the development of a foetus can influence primary as well as secondary characters of sex and hence lead to intersexuality. Intersexual people can show more often than in the rest of the population a lack of gender identification with their assigned gender or gender identity, a disorder which sometimes leads to the wish to change their sex. Many intersexuals report considerable traumas caused by medical treatments, especially of shame because of being “different”, but also shame due to possible surgical procedures and their consequences (e.g., they lost the capacity to experience sexual pleasure). In some countries there are self-help groups for intersexuals.

**Labelling** To “label” a person means that a quality, characteristic, or type of behaviour is assigned to a lesbian, gay or bisexual solely on the basis of their sexual orientation. The qualities labelled onto lesbians, gays or bisexuals are frequently the result of stereotypical ideas: for instance, “Gays are ‘effeminate’ men”, “Lesbians have been ‘disappointed’ by men”, “Lesbians behave in a ‘masculine’ way”. The effect of labelling can be very strong on the recipients. If a person is exposed to such kind of labelling for an extended period, she/he may actually start to demonstrate the labelled quality because this is how the individual is treated and it is what the outside environment expects. In a sociological context, this is called a “self-fulfilling prophecy”.

**LGBT** is a frequently used abbreviation in the international context to describe lesbian, gay, bisexual and transsexual issues.

**Lifestyle** A lifestyle is defined as a coherent set of behaviours, perspectives and ideologies held by an individual or a group of individuals. Together, these define the way a person wants to live, so we refer to a subjective interpretation of reality. As such, it is not possible to refer to an “alcoholic lifestyle” when a person is addicted to alcohol, but it is possible to refer to a “same-sex lifestyle” when a person chooses to openly live her or his homosexuality. It is important to know that there is no general definition of gay or lesbian lifestyles. A lifestyle can encompass aspects of identity, sexuality, relationships, work, housing etc., but it is a very individual matter that cannot be related to a group of people in general.

**Norm of heterosexuality** -> Heteronormativity

**Outing** Outing means the practice of making the homosexuality of certain public figures known (in the media) against their will. The practice gained media attention in the 1980s and 1990s as radical lesbian and gay activists threatened to publicize the name of those homosexuals who were responsible for homophobic laws or social and clerical attitudes. Not all lesbians and gays approve of outing and some condemn it as infringing the individuals’ right to privacy.

**Sexuality** Sexuality encompasses any kind of human sexual behaviour. Sexuality implies not only sex acts, but also sexual fantasies, sexual orientation, etc. The three main kinds of sexual orientation are heterosexuality (a preference for sexual activity with someone of the opposite sex), bisexuality (enjoying sexual activity with partners of either sex) and homosexuality (a preference for having sex with someone of the same sex). It is important to note that there are no strict borders between the different kinds of sexual orientation, and they should rather be seen as fluid. The American researcher Alfred Kinsey, for instance, found out in the 1950s that there are very few people who can be considered 100% hetero- or homosexual. These terms only indicate an orientation; they do not describe sexuality in its entirety.

**Sexual identity** is part of the basic understanding that a person has of her- or himself as a sexual being – how he/she perceives her- or himself and how he/she wants to be perceived by others. This understanding includes four basic components: the biological sex (one is physically a girl/ woman or a boy/ man or has -> intersexual aspects of being a woman and being a man at the same time), the social sex as gender role (look, appearance, body language and behaviour that are classified as “female” or “male” in certain cultures), the psychological sex, which is to say the sexual identity (the inner conviction of being either a woman or a man or both at the same time) and the sexual orientation (to which sex one is erotically attracted). A person is not necessarily consistent concerning these four aspects of her/ his sexual identity (-> cross-dresser/ transvestite, -> sexual orientation, -> transsexual, -> transgender).

**Sexual orientation** is the sexual attraction felt towards other people. A sexual attraction can be felt towards one's own gender, towards the opposite gender or towards both. Sexuality involves more than just sex – it is not simply a question of whom one chooses have sex with. It also includes emotional needs and the need to feel safe within a relationship with another human being. Researchers have shown that sexual activity, fantasy and identity are not always congruent.

**S.T.D.** an acronym for Sexually Transmitted Disease (-> S.T.I.)

**S.T.I.** an acronym for Sexually Transmitted Infection; these can be spread by sexual practices like anal, vaginal or oral sex but also through contact with infectious body fluids. Some common STIs include AIDS, syphilis, hepatitis B, gonorrhoea or genital herpes.

**Stereotypes** Fixed negative beliefs shared within one social group in relation to another social group, stereotypes are characterised by generalisation and ethno-centrism (exaggerated attribution of positive qualities to one's own group and negative to the external group). There are four kinds of stereotypes regarding homosexuality: stereotypes related to gender non-conformity (for instance on lesbians as "butch"); stereotypes related to the social role (lesbian, gays and bisexuals are said to be deviant and transgressive); stereotypes related to relationships and sexual behaviour (gays are said to be paedophile and promiscuous; lesbians are said to have an immature sexuality); stereotypes related to the causes of homosexuality (a parent of a gay boy had wanted a daughter, a boy's lack of a father figure, sexual abuse ...).

**Stigma** is a characteristic feature of an individual, for example the colour of the skin, or the sexual orientation. When such a feature marks an individual as different from those of the majority, it can be used as a reason for discrimination. While skin colour is a visible stigma that cannot be hidden, homosexuality is an invisible stigma, which means that one can hardly identify it unless the person openly mentions it him or herself. Invisible stigmas like homosexuality can lead to strong dilemmas. A gay or lesbian person knows that if they "come out", their invisible stigma will be revealed. This could make them more vulnerable, as some people could use the stigma against them.

**Stonewall** "Stonewall Inn" is the name of a gay pub on Christopher Street in New York City. At the end of the 1960s, gay pubs in the city were often subjected to police raids. On the 27th of June, 1969, the Stonewall Inn was raided, but this time the cross dressers, gays and lesbians defended themselves against the police. This resulted in a huge street riot which lasted for three days. Many of the rioters were transgendered people, often belonging to ethnic minorities. Stonewall was the first time that gays and lesbians fought back and stood up for the right to live their own lives. The Stonewall emblem thus produced a popular re-appropriation of history and a collective memory for homosexuals, making it easier to get rid of stigma and shame, and act as proud citizens whose inalienable rights were being violated. This event marked the beginning of the American gay and lesbian movement. Today, it is commemorated by annual celebrations and gay pride marches in most of the large cities around the world. In European countries, the celebration is commonly referred to as gay pride parade or Christopher Street Day (CSD) that sometimes become absorbed as an institution by mainstream culture. The parades now attract tourists as well as sponsoring businesses.

**Subculture and Community** The gay and lesbian subculture or community is similar but wider than the term -> scene. The terms subculture and community imply certain gay and lesbian venues like bars and nightclubs as well as counselling services in lesbian and gay centres of the bigger cities but it does not necessarily have a local reference like “the scene”. It also implies any gay or lesbian activities or events. The gay and lesbian subculture developed because there wasn’t much space or acceptance for gays and lesbians within heterosexual mainstream culture. As a result, gays and lesbians started to build up a community for themselves where they could live the way they wanted without being watched by others or judged for being different. It is still a very impressive experience for most gays and lesbians when they visit the community for the first time, since they can see homosexuality as the norm in this community.

**Symbols, lesbian and gay** There are several symbols, which refer to homosexuality or lesbian and gay life-styles: The two **entwined symbols** denoting the **male** or **female sex** referring to lesbian or gay preference:

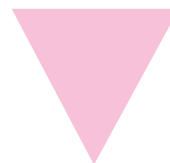
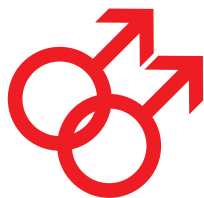
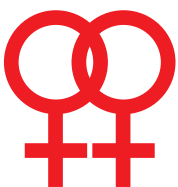
**The pink triangle** is a reference to the many homosexuals deported and interned in concentration camps by the Nazis. Gay men were forced to wear an inverted pink triangle on their prison clothing to indicate the reason for their internment. In the 1970s gay activists resurrected this symbol because it drew attention to the ongoing discrimination and violence against homosexuals:

**The Greek letter lambda** was chosen in 1970 by the Gay Activists Alliance to serve as a symbol of gay liberation and was later adopted as an international symbol signifying lesbian and gay rights and protest against the mainstream culture:

Ever since the 1990s, the **rainbow flag** came into use worldwide, signifying the lesbian and gay community. The flag has six stripes and is a symbol of pride in the face of homophobic activities. The American artist Gilbert Baker created the rainbow flag in 1978 and since then it has become the best-known symbol for the gay and lesbian movement worldwide. The six colours from top to bottom symbolize certain aspects of life, which are red for life, orange for health, yellow for sun, green for harmony with Nature, blue for art, and purple for spirit.

There are also symbols used by lesbians only such as the **labrys** (double-headed axe), which refers to the weapons used by the mythical female Amazon warriors. The labrys is associated to the goddess Demeter and served as a ceremonial sceptre.

The **red ribbon** is a symbol of solidarity with people with HIV or AIDS; it also can signify that one remembers the men and women who died of AIDS. It is not a symbol of homosexuality itself. However, as in North America and Europe gay men are part of the groups that are often infected with HIV or died of AIDS it is a symbol that sometimes is held to be a symbol for the lesbian and gay community.



**Tolerance** In contrast to „acceptance“ tolerance doesn't exactly mean to demonstratively advocate for and actively support minorities, marginal groups and non-conformists , but refers more to an inconspicuous attitude of laissez-faire towards them (from the Latin verb tolerare = bear, endure, suffer). Tolerance describes the tacit non-rejection of people who think, act, live differently and look different. In this regard tolerance is also the weaker and more passive term than acceptance. Tolerance is not necessarily respected and honoured by everyone. One cannot go to court because of intolerance and there are not necessarily sanctions for those who are intolerant. Tolerance only can be claimed to be followed by others on an abstract level and not on a concrete rule of behaviour. Therefore it is not possible to establish it as a compelling code of conduct. It also can be taken back without justification or other formal acts at any time.

**Transgender(ed)** A generic term for people whose gender identity and/ or gender expression differs from the sex they were assigned at birth. For some transgendered people, the birth-assigned gender and the internal sense of gender identity do not match. Transgendered people can be female-to-male (FTM), or male-to-female (MTF), or may define themselves as something completely different than either one of these directions.

**Transsexuality** For a transsexual person the gender identity differs from his/ her biological sex. Transitioning and possible sex reassignment surgery can therefore be desired or already performed. Transsexuality must be considered apart from sexual orientation: Transsexual people can be hetero-, bi- or homosexual.



# Adresses

## **ILGA Europe – International Lesbian and Gay Association**

avenue de Tervueren 94, B-1040 Brüssel, Belgium  
Telephone +32/ 2 732 54 88, Fax +32/ 2 732 51 64  
info@ilga-europe.org  
www.ilga-europe.org

## **LesMigras – Lesbian Immigrant Women in Europe**

www.lesmigras.de

## **Kenric**

Lesbian social organisation  
SAE to: BM Kenric WC1N 3XX  
0115 9663638

## **Freedom Youth Network**

for LGBT under 26  
SAE: PO Box 393  
Chatham ME4 5WD

## **Gay Teens Resources**

Support for young people and their families and for those unsure of their sexuality.  
www.gayteens.org

## **The Queer Youth Alliance**

National support and organisation for under 25s.  
Email: info@queeryouth.org.uk  
http://www.queeryouth.org.uk/

## **Focus World**

A national organisation for lesbian, gay, bisexual and transgender people.  
sae to PO Box 393,  
Chatham, Kent, ME4 5WD

## **Terrence Higgins Trust (THT)**

Leading British charity for AIDS and HIV, established in 1982 and providing direct services to groups most affected by HIV and AIDS, gay men and the UK African communities.  
Email: info@tht.org.uk

## **Metrosexual Health**

Extensive and practical information on sex and sexual health, as well as information on booking an appointment for a personal sexual health check-up and costs. Based in Harley Street in London.  
http://www.metrosexual.co.uk

## **Pink Therapy Services**

Network for LGBT counsellors.  
1 Harley St London W1G 9QD 020 7291 4480

## **Galop**

Assistance to LGB in dealing with homophobic violence & the Police  
2G Leroy House 436 Essex Rd N1  
3QP 020 7704 6767  
Helpline 7704 2040

## **Gays And Lesbians Sharing Sobriety**

for those living with drink problems  
01142 880 350

## **Regard**

National organisation of disabled lesbians, gay men and bisexuals  
BM Regard London WC1N 3XX  
Email: regard@dircon.co.uk or regard@tinsleyviaduct.com

## **Gemma**

Lesbian & bisexual women with/without disabilities  
BM Box 5700 WC1N 3XX

## **Sola**

For lesbians in abusive relationships  
020 7328 7389  
Email: solalondon@hotmail.com

## **The Samaritans**

Registered charity based in the UK and Republic of Ireland that provides confidential support to any person who is suicidal or despairing and that increases public awareness of issues around suicide and depression. Telephone and e-mail addresses are on the front page of this site.  
Email: jo@samaritans.org  
http://www.samaritans.org.uk

## **Young Lesbian & Gay Christians**

E-group and meetings, support, worship, friendship for under 30's  
Email: ylge\_group@yahoo.co.uk

## **Quest GLB**

Catholic group. Nationwide with local groups  
BM BOX 2585 WC1N 3XX 020 7792 0234 24hr  
ansaphone Email: quest@dircon.co.uk

## Links

The editor cannot be held responsible for the contents of the web sites that are mentioned here, and cannot guarantee their accuracy, their completeness, and their availability. Only the providers of these web sites are responsible for the illegal, defective, or incomplete nature of their contents, especially for those remainders that result from the use or neglect of the information which is provided, as opposed to those which directly give access to a specific information.

[www.comingoutstories.com](http://www.comingoutstories.com)

[www.eurogayway.org](http://www.eurogayway.org)  
(European webpage for young gay men)

[www.gayhistory.com](http://www.gayhistory.com)

[www.glbtc.com](http://www.glbtc.com)  
(an encyclopaedia of gay, lesbian, bisexual, transgender and queer culture)

<http://glee.oulu.fi>  
(GLEE - European project where teachers can follow a seminary on homosexuality at school and exchange each other)

<http://www.glsen.org/templates/index.html>

[www.hosilinz.at/summermeeting](http://www.hosilinz.at/summermeeting)  
(European youth summer camp at Attersee, Austria)

[www.iglhrc.org](http://www.iglhrc.org)  
(International Gay and Lesbian Human Rights Commission)

<http://www.ihlia.nl/>  
(international gay and lesbian archive and information centre)

<http://www.lgbt-education.info>  
(beginning in summer 2005)

<http://outcyclopedia.0catch.com/index.html>

<http://www.schools-out.org.uk/>

[www.stop-discrimination.info](http://www.stop-discrimination.info)  
(the European Commission's campaign against discrimination)

[www2.hu-berlin.de/sexology](http://www2.hu-berlin.de/sexology)  
(Magnus-Hirschfeld-Archive for Sexology)

# Literature

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**The Journal of Gay & Lesbian Issues in Education**, quarterly magazine,  
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## **Video**

**"The Celluloid Closet"**, documentary film about lesbians and gays in Hollywood films.

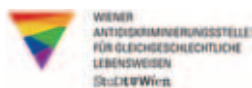
Coming-out und Identitäten

Lesbisch en homospecifieke hulpverlening



empowerment  
lifestyle services

ProChoix



Beziehungen



Ministerium  
für Gesundheit, Soziales,  
Frauen und Familie des  
Landes Nordrhein-Westfalen

NRW.