

## Check Yourself: Understanding Your own Beliefs

1. If someone were to come out to you as LGBT, what would your first thought be?
2. How would you feel if your child came out to you as LGBT? How would you feel if your mother, father or sibling came out to you as LGBT?
3. Would you go to a physician whom you thought was LGBT if they were of a different gender than you? What if they were the same gender as you?
4. Have you ever been to an LGBT social event, march or worship service? Why or why not?
5. Can you think of three historical figures who were lesbian, gay, bisexual or transgender?
6. Have you ever laughed at or made a joke at the expense of LGBT people?
7. Have you ever stood up for an LGBT person being harassed? Why or why not?
8. If you do not identify as LGBT, how would you feel if people thought you were LGBT?

Recognizing your own biases is an important first step. Discuss why your answers important.