

# Wellness InSTALLments

## August

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### Upcoming Events

**8/2– UPD & ISUCCEED Alcohol Education Event**

10:45AM, Library Lawn

**8/16– Class of 2025 Welcome Night**

5PM, SoVi

**8/19– First Day Fair**

11AM, Library Lawn

**8/21– Eagle Family Reunion**

11AM, Recreation Field 1

**8/26– Party with P&W!**

8PM, Cohen Ballroom

**8/27– Welcome Back Cash Attack: A Free Money Game Show**

7PM, Library Lawn

**8/28– Weeks of Welcome Day of Service**

8AM, Student Plaza Bus Loop\*

**8/31– Diversity YOUiversity**

6PM, CSU 201

\*RSVP on Eagle Link for instructions



### Wellness Tip

Labels are not for everyone. It is perfectly okay not to self-identify or disclose how you identify to someone else.

### Question of the Month

What is the difference between sexuality and gender identity?

RSVP on [Eagle Link](#) with the correct answer to enter into a drawing for **\$10 of Eagle Dollars!**

### Ally for All



As our society advances, so do laws, policies, and social norms. An amazing event occurred on June 26, 2015: same-sex marriage was fully legalized in the U.S. Unfortunately, this did not stop hatred and stereotypes towards our LGBTQ+ community. There is still a great need for advocates for this community. **According to the Gay and Lesbian Alliance Against Defamation, allies are those who are supportive to people in the coming-out process and help others understand the importance of equality, fairness, acceptance and mutual respect for those in the LGBTQ+ community.** Anyone has the capacity to be an ally. You can even take steps toward becoming an ally today! Read on to learn more about how you can be supportive.

### All the Love

Sexuality refers to who a person is attracted to, while gender identity refers to how a person perceives their gender and how they feel on the inside. Knowing the definitions of various sexualities and gender identities can help us better understand ourselves and others. Take a moment now to learn about some of the sexualities & identities within the LGBTQ+ acronym!

**Gay:** a person who is attracted\* to a person of their same gender

**Lesbian:** women who are attracted\* to other women

**Bisexual:** a person who is attracted\* to people of their gender and another gender

**Transgender:** persons whose gender identity doesn't match their assigned sex at birth

**Queer:** describes sexual and gender identities other than straight and cisgender

**Questioning:** someone exploring their sexual orientation, gender identity, and/or expression

**Asexual:** absence of desire or interest in sexual activity; but, still capable and often interested in loving and affectionate relationships

**Pansexual:** a person who is attracted\* to persons of all genders or to another person regardless of gender



\*Attraction involves romantic, sexual, and/or emotional attraction

### Coming Out



Say someone you care about says they sexually identify other than heterosexual, or their gender identity is other than cisgender. What would you say? You can keep these statements in mind when someone comes out to you!

“I am happy for you!”

“How can I best support you?”

“Thank you for trusting me with this information.”

“Does anyone else know or is it private?”

“I am interested about this, can you educate me about it?”

Remember, allowing the other person to feel comfortable, happy, safe, and supported is one of the most important steps of being an ally.



**PEERS CARE**  
Educate. Engage. Empower.

