

# That's So Gay!: Microaggressions and the Lesbian, Gay, Bisexual and Transgender Community (Perspectives on Sexual Orientation and Gender Diversity)

Kevin L. Nadal

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People who identify as lesbian, gay, bisexual, or transgender (LGBT) experience subtle forms of discrimination, also known as microaggressions. Microaggressions are commonplace interactions that occur in a wide variety of social settings, including school or the workplace, among friends and family, and even among other LGBT people. These accumulated experiences are associated with feelings of victimization, suicidal thinking, and higher rates of substance abuse, depression, and other health problems among members of the LGBT community. In this book, Kevin Nadal provides a thought-provoking review of the literature on discrimination and microaggressions toward LGBT people. The generous use of case examples makes the book ideal for gender studies courses and discussion groups. Each case is followed by analysis of the elements involved in microaggressions and discussion questions for the reader to reflect upon.

This book includes advice for mental health practitioners, organizational leaders, educators, and students who want to adopt LGBT-accepting worldviews and practices. It has tips for how to discuss and advocate for LGBT issues in the realms of family, community, educational systems, and the government.



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