



Hidden Performances: Paths of Stigmatization for Sexual Minorities

Ruoning Zu^{1,*}

¹ Sui County Hui Senior High School, Shangqiu, Henan, 476000, China

*Corresponding author. Email: zuyafei@shangzhonggroup.com

Abstract. The LGBTQ community is different from most others. Sometimes they encounter situations, often unfriendly ones, that are unusual to the majority of people. In the past, the LGBTQ community was often not understood, so they suffered more from prejudice, stereotypes, and stigma than the others. But gradually, people become aware of the right of this community and began to understand it, and the community starts to be seen. When most people who are prejudiced against the LGBTQ community verbally and physically assault sexual minorities, they are often ostracized by very many people because people do not want the LGBTQ community to be treated unfairly. Thus, new discrimination arises-micro aggressions. They hide the fact that they don't like the LGBTQ community and pretend to be friendly to the LGBTQ community. But their thoughts do not match their actions, so there are times when their unintentional behaviors reveal their unfriendliness, and this can make the LGBTQ members feel even worse.

Keywords: LGBTQ, Microaggression, gay, stigmatization.

1 Introduction

For the most part, people are used to growing up following the "rules" of society. But there are situations where some people may not agree with the identity society has given them, or are not satisfied with the regulations that represent the standard of "normality". The LGBTQ community is an umbrella term for lesbian, gay, bisexual, transgender, queer, intersex, asexual, and other people whose sexual orientation, gender identity, and gender expression are not known or understood by the majority. Findings show that LGBTQ campaigners faced serious difficulties admitting their sexual orientation [1]. Only about 350 million people in the world are identified as members of the LGBTQ. As society progresses, people are becoming aware of sexual minorities and are learning to embrace and care for them. A lot of research has been done on the topic of discrimination against the LGBTQ community. I believe that there has been a lot of research done on this topic and that many people are aware of the need to embrace minorities. In the past, people might have thought of the LGBTQ community as this paperird or abnormal and therefore attacked them physically and verbally. Now, hothis paperver, discrimination has changed, perhaps from overt to covert microaggressions. LGBTQ

patients report feeling uneasy, uncomfortable, humiliated and distrusted during medical interactions even when overt manifestations of prejudice are not present. this paper contend that several small, presumably inconsequential aspects of healthcare environments and human interactions, known as microaggressions, are responsible for these unpleasant experiences. Healthcare facilities and staff frequently exhibit heteronormative microaggressions, which signal to LGBTQ people—particularly, this paper argue, intersex and asexual (IA)—that their identities, experiences, and romantic relationships are aberrant, pathological, unexpected, undesired, or humiliating. this paper list the typical heteronormative microaggressions that occur in medical settings and explain how they harm LGBTQIA people. this paper contend that conventional diversity education falls short in addressing heteronormative microaggressions. Despite these difficulties, healthcare organizations and clinicians must acknowledge their role in heteronormative microaggressions and take action to lessen their frequency and lessen their negative consequences on LGBTQIA treatment [2].

To study microaggressions more closely, I decided to conduct some in-depth surveys and interviews and then organize the information to draw conclconcludet step is to start by reviewing some LGBTQ-related materials and reading some papers on the discrimination against sexual minorities. Once I have a better understanding of this group and the discrimination they suffer, I will be able to take the next step and ask more accurate and relevant questions. Secondly, I will look for LGBTQ people around me to interview, and no one will know better than them what makes them feel uncomfortable. After interviewing multiple people, I will be able to get some information about microaggressions. Finally, I will integrate the information in hand and analyze it. The reason for studying microaggressions is that I believe many people are unconscious of their offensive acts or language toward LGBTQ members. So I hope that I can summarize what would make the LGBTQ community feel offended and uncomfortable, and if I am lucky enough to have my research seen, people can take note of this and do better in the future.

2 Theoretical Review

From a long time ago, when the LGBTQ community just started to enter the public view. People this paperre learning about this such a different group that there are other genders than just males and females, but who can fall in love with people of the same gender. The emergence of this new group cannot help but become the “this paperirido” to this society, so the LGBTQ community is not in an easy situation. They will suffer from criticism because of their different gender and orientation from the majority of the population, and trying to get out of such a situation is certainly a huge challenge for this new group and will take a long time with a high percentage. There is no doubt that sexual minorities do suffer from a lot of stigmas and are labeled as such. stigma has an impact on all people, perhaps a great impact, and it causes many people to have a great deal of stigma and discrimination against a group or thing that is present in many parts of our lives. stigma can greatly affect some people This is not a good thing, and stigma can be the result of misperceptions. When people don't know about this community,

they have a lot of misconceptions about them, and misconceptions can lead to stigma, so I think people need to be more knowledgeable about the LGBTQ community so that they can clear up a lot of misconceptions and learn how to respect and view the LGBTQ community better.

Most people are becoming more accepting of the existence of different groups in regards to their views now. Many people focus on the "stigma that the LGBTQ community suffers in their lives." Sexual minorities may indeed encounter some problems in their lives regarding discrimination, perhaps through verbal abuse from passersby, or being misunderstood, attacked, or labeled as aberrant when sharing photos online. This happens a lot of the time, and people should try to address and research the issue, but in this case, it is certainly working, and many people have learned about this group and treat them with as much kindness and respect as possible. There is still blatant discrimination, but I think there is still some distance between people and sexual minorities because it is only understood but not detailed. Many people will rarely attack them physically, for example, on the road out of the blue, maybe verbally or physically. At some point, it is more about the psychological harm to sexual minorities. In everyday life, people who are discriminating against sexual minorities can be uncomfortable and very aggressive in many cases. So these people may choose to hide from obvious discrimination and instead discriminate privately or through less obvious behaviors.

Many studies have not focused much on microaggressions, and it is especially important to study microaggressions because people who are internally offended and discriminate against LGBTQ people do not show it in their lives. microaggressions research can help people become aware of the problem and understand what can happen in their lives that may make others feel very uncomfortable. At times, not only do people who discriminate against LGBTQ people exhibit microaggressions, but people who do not discriminate against LGBTQ people may unconsciously act and say bad things because of long-standing habits or thoughts. For example, when a gay person goes to a class reunion, no one may attack him or her, but they may not want to communicate with him or her too much or sit close to him or her during the conversation, even though everyone is friendly. So I think people need to understand microaggressions so that they can help create a more harmonious society.

3 Manifestations and causes of invisible exclusion of sexual minorities

It is not always easy for the LGBTQ community to integrate into the larger community. When they want to integrate into society and be more accepted, they need some support from the community. Who the supporters are, what kind of status the supporters have, or how much this support they have will determine whether they will be better accepted and integrated into society.

3.1 Politics

First of all, the most authoritative institution in a country is the government. For example, if a country wants to develop agriculture, there will be more people working in agriculture. So for many countries around the world, the government holds a lot of power and does a lot of things to help the country develop. Sometimes, general attitudes and acceptance of the LGBTQ community have a lot to do with the country's politics. Most countries support the LGBTQ community and hope to create an environment where LGBTQ members can act freely and be embraced. But for people who have lived in a heterosexual and binary gender environment for a long time, are not aware of the existence of a third choice. That's why people at the top should start to guide the public. They will make speeches, express opinions, or enact laws to protect the rights of the LGBTQ community to lead people to the acceptance of sexual minorities. But bringing a minority group into the public eye means the unveiling of their identities to the people. People need to be aware of their existence so that the LGBTQ community can have a chance to be noticed and prosper. But the problem is that when people or governments give too much attention and support to the LGBTQ community, it is a form of microaggressions for the LGBTQ community because when a segment of the population receives more attention than the majority, it is a sign that the community is special and different from the norm in the minds of most people. But this is a path that the LGBTQ community must travel to gain development. So in a sense, the political aspect may be a kind of microaggression that cannot be avoided.

3.2 Economics

When a group suffers from stigma, it can suffer discrimination in many situations. The most typical is in finding a job. Discrimination generally takes the form of not wanting to be in close contact with stigmatized people. So when an LGBTQ person reveals his or her identity and the company knows he or she is "different," the person may face dismissal. An even less fortunate scenario is when an LGBTQ person is known to be a sexual minority by everyone before he or she is employed. Such a situation is undoubtedly very problematic. The population to be employed is very large, and the chosen path is with the employer. If a boss has a discriminatory attitude toward LGBTQ people, then he may hide his reluctance to hire sexual minorities in very many different ways. For example, a restaurant owner who is extremely prejudiced against gay people may be very resistant to contacting gay people. Suppose there are ten applicants for the job, of whom the most experienced and most educated is a homosexual. But the restaurant owner will still reject him without hesitation, even for some very strange reasons. Perhaps the hands are not strong enough to carry the plates very inconveniently. With such a sound "reasonable" reason to refuse to hire gay people.

3.3 Society

The most contact in daily life or friends, or strangers. The social environment has a great impact on people. In the same way, discrimination will also become more. The

unconscious actions and words of some people may hurt the people who are subjected to stigma. For example, when a woman whose gender identity is different from everyone else goes to a party, people may be polite to her, but when she mentions how she found out she doesn't consider herself a woman, the subconscious frown from the other person is a blow to her.

4 How to deal with invisible rejection

Implicit exclude is very difficult to eliminate, and eliminating implicit exclude is unrealistic. The most fundamental way to resist stigma is to strengthen mental toughness, and when a person has more resistance to stress, he will have less mental stress. One way to strengthen mental toughness is to fit in. When people in the LGBTQ community are this paperll integrated into a circle, they will receive support and assistance from their peers in the circle. This circle can be family, friends, or classmates. Being in a circle surrounded by people who are familiar with each other is a great way to provide help and support, so fitting into a circle is a great way to do that.

4.1 Self-esteem and self-confidence

Self-esteem and self-confidence need to be cultivated from an early age, and favorable variables this paperre linked to the youth's identity, peer networks, and engagement in the LGBTQ community; negative elements this paperre linked to families, schools, religious institutions, communities, or neighborhoods. These results point to the prevalence of negative experiences in many circumstances and emphasize the value of developing a positive LGBTQ identity and helpful peer and community networks. Work should be done to lessen and eradicate the discriminatory attitudes that LGBTQ kids frequently confront in institutions and circumstances [4]. When a person is surrounded by family members who will respect him when he wants to make a choice. When a person decides to do something but feels worried and distrustful, family members will offer encouragement and support. For example, there is a girl named Amy, who is a lesbian and lives in a wonderful family. Her parents understand and respect Amy's choice to be an LGBTQ person, and Amy has become a strong, independent person by living in this environment. So when she encounters discrimination and stigma from the outside world, she will not deny herself because of it but remembers how supportive and respectful her parents this paperre to her. She knows clearly that she is a person who deserves respect, so she does not feel inferior and very much unhappy because of bad comments. In addition to the family, friends can bring self-esteem and confidence to a person as this paperll. Friends can, in many ways, be more sympathetic and understanding. When a circle of friends gives support, a person will have more self-confidence. Peer influence has the pothis paperr to develop constructive, non-discriminatory social norms in a society, underscoring the significance of social learning in bullying-related behaviors. They discovered in their research that young people learn from the actions of their peers whether to engage in bullying, watch it happen passively, or step in to stop it [3].

4.2 Social Support

It's not just family and friends, society inevitably has to come into contact with other people. Maybe it's a waiter at a restaurant, a neighbor, or a doctor at a hospital. The larger society has a huge impact on a person's character and thinking. That's why social inclusion and support are crucial, and the LGBTQ community wants to be respected. For example, LGBTQ kids favor the same clinical qualities as are valued by all teenagers: discretion, neatness, integrity, respect, competence, and a lack of bias. They are frank about what appeals to them (such as physicians who understand their way of life) and what irritates them (e.g., equating their sexuality with HIV). Clinicians need to be more at ease and communicate this when dealing with the unique needs of young people who identify as sexual minorities [5]. The lack of support from society is reflected in the unfriendliness of people. For example, when a sexual minority lives in a society where he or she is at a disadvantage and suffers from stigma and bad comments about many things he or she does, he or she may believe that society is not inclusive of the LGBTQ community and therefore may be afraid to tell others about his or her LGBTQ identity in society. The same is true in school. School is also a part of society in which the student is not a mature adult. Most students in elementary, middle, and high school are in their adolescence, and adolescents are easily influenced by the outside world to form a person's character. Youth who identify as lesbian, gay, bisexual, or transgender (LGBT) experience health inequalities as a result of prejudice and stigma in society. Teenagers from sexual minority groups and those who identify as transgender are far more likely than heterosexual and non-transgender youth to have depressive symptoms, feelings of protracted despair or unhappiness, suicidal thoughts, and suicide attempts [6]. So the LGBTQ community is in great need of social support during their student years or adolescence. Giving that support as a person grows up will have more effect than giving it when they grow up.

To live this paperll in society, people need to have a job and some money. Because if they don't have a job they don't have money and without money, there is no way to live in society. There are very many people in society, but there are only a limited number of jobs. People need a lot of opportunities and social resources to help them survive [7].

People have been trying to make efforts for the emancipation of the LGBTQ group. For example, educators and policymakers, Although examples of "inclusive" sexuality education was given, the results show that LGBTQ teenagers view present sexuality education as largely "exclusive." [8]. Participants also suggested ways to make the experience more inclusive, including addressing healthy relationships, directly addressing LGBTQ concerns, and prioritizing STI prevention above pregnancy prevention. These suggestions can be used by educators and decision-makers to enhance the standard of sexuality education [9]. The success of these approaches emphasizes the need to understand bullying in the complex and overlapping contexts in which it exists, including peer influence, social factors, school curriculum, and adult role models [10].

5 Conclusion

In 2004, the American Academy of Pediatrics released its most recent position paper on homosexuality and young people. Although the majority of LGBT adolescents are extremely resilient and leave adolescence as healthy adults, homophobia and heterosexism can hurt mental health, leading to greater rates of suicide thoughts, and higher rates of, and more sexually transmitted diseases. After a period of research, I found that in addition to verbal abuse and assault, there are also micro-aggressions in the lives of LGBTQ people. In contemporary situations, there are even more microaggressions that are targeted toward the LGBTQ community. So I hope that my research will better identify this issue and make people aware of the severity of it and that it is much more common than verbal abuse and physical aggression. People need to be aware of this problem and understand how it arises and help more people to correct it. It is also important to help the LGBTQ community become more caring and self-respecting without the interference of microaggressions. The subjects of the study are the LGBTQ community and non-LGBTQ community. How do people perceive and detect the presence of microaggressions in their lives, and how do they respond if they do? The reason I want to conduct this research is that I believe the society is now more inclusive and has chosen to support the LGBTQ community, and that many discriminatory behaviors are no longer allowed or supported by the general public. Many articles are now written about some of the issues that the LGBTQ community have in their lives, such as the views of doctors and nurses on the LGBTQ community: The most prevalent response from participants was that everyone should be treated as an individual, regardless of their sexual orientation or gender identity. By avoiding any preconceptions, participants this paper eager to avoid prejudice or stereotyping. They this paperre cautious not to insult patients with their words or behavior. Even while some participants demonstrated sophisticated understandings of oppression and marginalization, the focus was frequently limited to sexual health when the social difference was taken into consideration. Differentiating betthis paperen preconceptions and generalizations might help nurses understand social differences without hurting LGBTQ patients. Or the LGBTQ community in the home: Some of the participants, particularly those whose parents had always been out, felt a sense of belonging to the LGBTQ community when they this paperre young. Among them, the majority remained in touch throughout time. Some, hothis paperver, are becoming more and more disaffected with the LGBTQ community, which they occasionally linked to their heterosexual identity. Others recalled growing up without any connection to the LGBTQ community, especially those whose parents came out later in life. Those questions all have literature. Hothis paperver, I would rarely see literature on the LGBTQ community suffering from microaggressions, so I think this is an issue worth studying and thinking about.

References

1. T, Veronica.. Intersectional mobilization, social movement spillover, and queer youth leadership in the immigrant rights movement. *Social Problems*(3) (2015), 343-362. DOI: 10.1093/socpro/spv010
2. M. A. Dean. Victor, E., & Guidry-Grimes, L. . Inhospitable healthcare spaces: why diversity training on LGBTQIA issues is not enough. *Journal of Bioethical Inquiry*, 13(1) (2017). DOI: 10.1007/s11673-016-9738-9
3. L. J. this paperrnick, Kulick, A., & Inglehart, M. H. . Factors predicting student intervention when witnessing anti-LGBTQ harassment: the influence of peers, teachers, and climate. *Children and Youth Services Review*, 35(2) (2013), 296-301. DOI: 10.1016/j.childyouth.2012.11.003
4. D. Higa, Hoppe, M. J., Lindhorst, T., Mincer, S., & Mountz, S. . Negative and positive factors associated with the this paperll-being of lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQ) youth. *Youth & Society*, 46(5) (2014), 663. DOI: 10.1177/0044118X12449630
5. K. R. Ginsburg, R. J. Winn, B. J. Rudy, J. Crawford, & D. F. Schwarz,. How to reach sexual minority youth in the health care setting: the teens offer guidance. *Journal of Adolescent Health*, 31(5) (2002), 407-416. DOI: 10.1016/S1054-139X(02)00419-6
6. A. Topper. A proposed suicide prevention intervention for LGBTQ youth: addressing an unmet need. (2017).
7. L. K. Gothis papern, & N. Wings-Yanez,. Lesbian, gay, bisexual, transgender, queer, and questioning youths' perspectives of inclusive school-based sexuality education. *Journal of Sex Research*, 51(7) (2014), 788-800. DOI: 10.1080/00224499.2013.806648
8. D. A. Levine, & T. C. O. Adolescence. Office-based care for lesbian, gay, bisexual, transgender, and questioning youth. *Pediatrics*, 132(1) (2013), 198-203. DOI: 10.1542/peds.2013-1282
9. B. L. Beagan, E. Fredericks, & L. Goldberg. Nurses' work with LGBTQ patients: "they're just like everybody else, so what's the difference"?. *can j nurs res*, 44(3)(2012), 44-63. DOI: LGBTQ ISSUES
10. A. E. Goldberg, L. A. Kinkler, H. B. Richardson, & J. B. Downing. On the border: young adults with LGBTQ parents navigate LGBTQ communities. *J Couns Psychol*, 59(1) (2012), 71-85. DOI: 10.1037/a0024576.

Open Access This chapter is licensed under the terms of the Creative Commons Attribution-NonCommercial 4.0 International License (<http://creativecommons.org/licenses/by-nc/4.0/>), which permits any noncommercial use, sharing, adaptation, distribution and reproduction in any medium or format, as long as you give appropriate credit to the original author(s) and the source, provide a link to the Creative Commons license and indicate if changes were made.

The images or other third party material in this chapter are included in the chapter's Creative Commons license, unless indicated otherwise in a credit line to the material. If material is not included in the chapter's Creative Commons license and your intended use is not permitted by statutory regulation or exceeds the permitted use, you will need to obtain permission directly from the copyright holder.

