



## **Definitions**

### **Ally**

An ally is someone who is a non-target of homophobia and who stands in the way of the oppression and intervenes to stop the mistreatment.

### **Heterosexism**

Heterosexism is the preoccupation with heterosexuality. The societal/cultural, institutional, and individual beliefs and practices that assume that heterosexuality is the only natural, normal, or acceptable sexual orientation. These beliefs and practices create a societal imbalance in power, which leads to the systematic, institutional, pervasive, routine mistreatment of gay, lesbian, bisexual, and transgender people.

### **Homophobia**

Homophobia is the fear, hatred, or intolerance of lesbians, gay men, transgender individuals, or any behavior that is outside the boundaries of traditional gender roles. Homophobic behavior can range from telling jokes about lesbian and gay people to physical violence against people thought to be lgbt.

Homophobia is also the fear of association with lgbt people and the fear of being perceived as an lgbt person. This fear can threaten all same sex relationships, which can even lead to the destruction or demise of friendships.

Adapted from: "No Boundaries: A Manual for Unlearning Oppression and Building Multicultural Alliances," written by Hugh Vasquez and Isoke Femi.