Queer And Questioning Support Group

Presented by CSUEB Counseling Services
Introductions

- Share your name, pronouns, year @ CSUEB, & major
- Icebreaker Question: Mythical Creature
Agenda for Today

- Group Guidelines
- Grounding Activity
- Quote
- Topic Discussion
- Closing Question
- Resources
Group Guidelines

- Please mute your audio and type any questions into the chat box
- Your video can be off or on, whatever makes you most comfortable
- Confidentiality, and Zoom limitations
- Sharing (Headlines not details)
- Chat privately for specific needs
Grounding Activity
Change the world by being yourself.

AMY POEHLER
Issues Impacting Us

- Representations in Media
- Fear of how others perceive us/being seen differently
  - Being hypersexualized
- Intersectionality/Intersecting Identities
- How people talk about Queer people when Queer people aren’t in the room
  - Erasure/Assumption of Straightness/Hetero and cisnormativity
- Coming Out/Visibility - Is it safe?
- Codeswitching - changing music, language, dress
- Assumption of Attraction/Hypersexualization/Being seen as predatory
- Being made to represent an entire community
- Fear of approaching people and making someone uncomfortable
- Overwhelming to try to research and learn more about identity
- Feeling pressure around knowing how to identify
- How do we know what our identity is?
- Binaries
- Passion and Attraction
Closing Question

- What was the conversation like for you today?
- Any feedback you want to share?
Additional Resources

- Counseling Groups throughout every week
- Virtual RAW events: Mindful minutes now twice a week!
- Pioneers for HOPE - support with food and housing
- Follow us on Instagram - @eastbayshcs
Thank you for joining us!

Resources:

Check out the Wellness Resource Tab on the CSUEB Student Health and Counseling Services Web Page!

For an Appointment:
Call (510) 885-3735 or
https://health.csueastbay.edu