International Student Travelers and Gender Concerns: A Brief Overview

Greetings from Montana State University!

What we’ll discuss in this session

LGBTQI+

- Definitions
- Travel (and non-travel) considerations
- Health challenges in this population
- Risks with International Travel
- College Travel Health possibilities for the LGBTQI+ traveler
- Resources
- Broader context and perspective will be addressed

- We won’t be discussing the Solo Female Traveler or related concerns due to time constraints… but great resources are available for that!

Underappreciated yet crucial

- Gender-related concerns often not discussed – in travel or other appointments
- Profound impacts on travel health and safety and on life in general
- Not a huge time investment to include in travel discussion
- Important opportunity too often missed
- Excellent resources available for students and providers
- We are in a position in conducting a travel consult or teaching an International Travel Health and Safety Class to open doors and have a positive impact – traveling or not traveling
- We do not need to be experts… we can open the door and start the dialog and offer resources… do not let that inhibit us from asking and caring
**Terminology / Definitions**

- Can be confusing but very important to understand working with students – and others!
- It is respectful – and essential – to have good working knowledge of current terminology
- However, don’t let terminology be a barrier to opening a discussion….and many terms are continually changing
- Resources abound to help us all learn more
- Many colleges offer or mandate training such as Safe Zone Project

**Basic Terminology / Definitions**

**LBGTQI+**

- L – Lesbian
- G – Gay
- B – Bisexual
- T – Transgender
- Q – Queer or Questioning
- I – Intersex

- + – includes multiple other identities often considered too numerous to delineate
Agender (adj.) – Describes a person who identifies as having no gender.

Bigender (adj.) – A person who supports and stands up for the rights of LGBT people.

Asexual (adj.) – A sexual orientation or identity characterized by a lack of sexual attraction or desire. People who identify as asexual may have nonsexual romantic attraction and may participate in nonsexual friendships or romantic relationships.

Ambisexual (adj.) – A term used to describe a person who is attracted to both men and women.

Aromantic (adj.) – A sexual orientation characterized by a lack of romantic attraction or desire. People who identify as aromantic may have sexual attraction and may participate in sexual relationships.

Biological sex (n.) – The sex assigned to a person at birth, which is determined by the presence or absence of certain genetic markers.

Gender identity (n.) – A person's internal sense of their gender, regardless of their sex assigned at birth.

Gender expression (n.) – A person's external expression of their gender, including their physical characteristics, clothing, voice, and behavior.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderfluid (adj.) – A term used to describe a person who experiences fluctuations in gender identity or expression over time.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.

Genderqueer (adj.) – An umbrella term for people who do not identify as strictly male or female.
Outdated Terms to Avoid

The following terms may have been used in the past, but are now considered outdated and sometimes offensive. We recommend replacing these words with the suggested terms provided.

- Biphobia: See two-spirit.
- Hermaphroditism: See intersex/disorders of sex development.
- Homosexuality: See gay or lesbian.
- Sexual preference: See sexual orientation.
- Transgender/transgender/transvestite: See transgender.
- Sex change: See gender affirmation surgery.
Identifying as LGBTQI+ has broad and far-reaching significance on many levels

- Global
- Community
- Local
- Personal
More than a third of the world’s countries criminalize consensual, loving same-sex relationships, entrenching prejudice and putting millions of people at risk of blackmail, arrest and imprisonment. Many countries force transgender people to undergo medical treatment, sterilization or meet other onerous preconditions before they can obtain legal recognition of their gender identity. Intersex children are often subjected to unnecessary surgery; causing physical and psychological pain and suffering. In many cases, a lack of adequate legal protections combined with hostile public attitudes leads to widespread discrimination against lesbian, gay, bisexual, transgender and intersex people – including workers being fired from jobs, students bullied and expelled from schools, and patients denied essential healthcare.
Identifying as LGBTQI+ has broad and far-reaching significance

- Personal
  - Local
  - Community
  - Global

Issues at home....
Become issues while traveling.....
.....often with greater risks and higher stakes
.....and little if any support or community

What is going on at home for US LGBTQI+ students?

Stunning report from the CDC
- High School students
- 2007 – 2017 data
- Very relevant to our populations
Understanding Unequal Health Risks of LGBT Students

LGBT Students Experience Disparities in Health Outcomes

Some LGBT youth are at higher risk than heterosexual youth for HIV, sexually transmitted diseases (STDs), pregnancy, and related risk behaviors. The 2017 Youth Risk Behavior Survey (YRBS) shows the health disparities that exist among the 2.6 million high school students who identify as lesbian, gay, or bisexual (LGB); are not sure of their sexual identity; or who report sexual contact with persons of the same sex. YRBS results reveal that sexual minority youth experience significantly higher levels of violence in school, bullying and sexual violence, and face significantly higher risks for suicide, depression, substance use, and poor academic performance than their heterosexual peers. These findings are consistent with previous studies that show that LGBT students are at a disproportionately higher risk for negative health outcomes, including sexual behaviors, violence victimization, substance use, and suicide. These YRBS data and the Teen Summary and Trends Report (June 2018) are available on the HealthyYouthWeb site.
SEXUAL MINORITY YOUTH VIOLENCE VICTIMIZATION VARIABLES, 2017

In 2017, the percentage of high school students who were threatened or injured with a weapon, such as a gun, knife, or club, on school property during the past year varied significantly by race/ethnicity and by sex of sexual contact.

In 2017, the percentage of high school students who were electronically bullied, nonverbal harassment, or prank calls, in the last year varied significantly by race/ethnicity and by sex of sexual contact.

In 2017, the percentage of high school students who were physically bullied, including being hit, kicked, slapped, or pushed, on school property during the past year varied significantly by race/ethnicity and by sex of sexual contact.

In 2017, the percentage of high school students who were verbally bullied, name-calling or threatening, on school property during the past year varied significantly by race/ethnicity and by sex of sexual contact.

In 2017, the percentage of high school students who were threatened or injured with a weapon, such as a gun, knife, or club, on school property during the past year varied significantly by race/ethnicity and by sex of sexual contact.

In 2017, the percentage of high school students who were electronically bullied, nonverbal harassment, or prank calls, in the last year varied significantly by race/ethnicity and by sex of sexual contact.

In 2017, the percentage of high school students who were physically bullied, including being hit, kicked, slapped, or pushed, on school property during the past year varied significantly by race/ethnicity and by sex of sexual contact.

In 2017, the percentage of high school students who were verbally bullied, name-calling or threatening, on school property during the past year varied significantly by race/ethnicity and by sex of sexual contact.

In 2017, the percentage of high school students who were threatened or injured with a weapon, such as a gun, knife, or club, on school property during the past year varied significantly by race/ethnicity and by sex of sexual contact.

In 2017, the percentage of high school students who were electronically bullied, nonverbal harassment, or prank calls, in the last year varied significantly by race/ethnicity and by sex of sexual contact.

In 2017, the percentage of high school students who were physically bullied, including being hit, kicked, slapped, or pushed, on school property during the past year varied significantly by race/ethnicity and by sex of sexual contact.

In 2017, the percentage of high school students who were verbally bullied, name-calling or threatening, on school property during the past year varied significantly by race/ethnicity and by sex of sexual contact.
Many resources available

- To all types of providers
  - Medical
  - Mental Health
  - Others
- Many are excellent
- Many are free
- More openness in this discussion is crucial – and we can play a role with our traveling students!
So, Let’s Talk Traveling Students!

- As with all of Travel Health, advance planning makes a world of difference!
- Discussions with Study Abroad on good destination options
- Discussions with Health Care Provider, CPS, etc
- Excellent communication plans in advance

- As with providing Travel Health care in our college settings, this can be an excellent opportunity to address student health and wellbeing in many ways beyond travel issues
Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population

- Destination Choice is Critical for this population
Update Your Passport

Some transgender travelers have reported difficulties entering a country on a passport bearing a name and photo that no longer correspond to their gender identity.

- To change your name only, see Change or Correct a Passport.
- To update the sex marker on your passport, see the Change of Sex Marker page.
- If you were born abroad, follow the instructions on how to Request or Amend a Consular Report of Birth Abroad (CRBA) to update gender marker.

Pack Important Documents

LGBTI travelers should take copies of important documents, especially when traveling in countries where legal rights differ from those in the United States:

- Legal and health documents (such as a living will or health care directive).
- Parentage and/or custody documents for accompanying minor children (especially if your children do not share your last name).
- Contact information for your family and/or lawyer in the United States, including someone who has a copy of your itinerary.
- Address and phone number of the nearest U.S. embassy or consulate, in English and the local language.

Consider Buying Insurance

Travel insurance can cover your costs during emergencies, including in cases where medical evacuation may be required. Some insurance companies have products specifically tailored to LGBTI travelers. Verify that any insurance you purchase will cover all traveling family members.

Obtaining a U.S. Visa for your Foreign National Spouse or Fiancé

- Read out information about visas for same-sex spouses or fiancés.
- For information on filing an immigration petition for your same-sex spouse or fiancé, visit U.S. Citizenship and Immigration Services Same-Sex Marriages page.
Travel Consult

- An opportunity to open doors
- Potentially valuable if traveling or not
- Possibility to initiate discussions
- Good possibility that support would be very helpful and has not been sought
- Opportunity to provide resources as well
- Consider and evaluate itinerary regarding orientation
- Consider wisdom of travels if in questioning or active transition

For Which Destinations? All!

As an example of one approach, here are a few items from our Travel Health Questionnaire, completed in advance online

ASK!
Open the door

PHQ: Included with every Travel Health Questionnaire
Mental Health history very important as well
Occasionally not disclosed, but often opens
important dialogue opportunities.....

Other important things to cover in the
Travel Consult

- Travel Health Questionnaire answers
- Receiving regular care anywhere?
- Appointments with regular providers – PCR specialists, MH to discuss travels
- If Transgender and actively transitioning
  - Many additional considerations
  - Must arrange appointments with regular provider well in advance
  - Meds?
  - Injectables?
  - Monitoring?
  - Leaving support community at home?

More Travel Consult Thoughts

- Always leaving the door open for changing plans is important
- Destination changes
- Delaying or canceling travels
- Wherever you go there you are......Taking care of business at home first
- Travel as an escape?
- Referrals and recommendations as appropriate
- Excellent plans for communication and support – multiple options important
  - WhatsApp (not in China) – preload contacts
  - Skype
  - Email
  - ? Phone use

More Travel Consult Thoughts

- Provide a welcoming, respectful and safe environment
- Encourage and enable open communication
- Provide direct and appropriate information
- Provide resources
  - on campus
  - in community
  - national and international
  - for travel
- Provide answers to questions or offer to facilitate learning answers
- Leave the door open for another appointment and future communication

Risks

- Violence
- Interpersonal
- Social
- Sexual assault
- Substance use
- Mental health issues
- Isolation
- Discrimination
- Others
- Be open and honest when discussing

Sexual activity while traveling

- Frequency of sex and numbers of partners usually increases abroad
  (multiple studies from multiple countries)
- STD Risks
- Hooking Up
  - Apps make this much easier now (Tinder, Grindr, etc)
  - Newly found freedom
  - Not constrained by friends, family, community or expectations / assumptions at home
- Anonymity
- Discuss and counsel re risks
- Intimate partner violence risk
- Increased substance use may also be present
- Legal and cultural risks
Additional Related Considerations

- Bringing condoms from home – may increase use
- Importance of protection must be emphasized
- Inconsistent use
- Frequency of sex and numbers of partners usually increases abroad (multiple studies from multiple countries)
- HIV
- Hepatitis B – complete full series, check titer
- Hepatitis C
- Potential for higher endemic HIV, Hep B and Hep C rates on travels
- GC, CT
- Syphilis
- Zika

Non-Academic Travel

- How to reach students to invite for appointment?
- Often “just going to Europe” it often does not cross their mind to seek a travel consult
- May involve higher risk activities
  - Gay Pride Festival travels
  - Travels directly related to sex tourism or greater opportunities
- Many missed opportunities for education and discussions that could be significant for all concerned

Practical Concerns to Discuss

- Roommate
- Homestay
- Group travel
- Cultural considerations
- TSA and other security
- Finding restrooms and other facilities
- Sensitive / exposed situations

Finding Support Abroad

- Medical
- Emotional
- Mental Health
- Community
- Advance knowledge very helpful
RESOURCES for our students ABOUND!!!!
STUDY ABROAD STUDENTS

One of the missions of the Rainbow SIG is to provide resources for students studying abroad who identify as lesbian, gay, bisexual, transgender, or queer (LGBTQ+). Contact the Website Co-Content Managers if you wish to have additional resources added to the Resource Center.

The Ultimate Travel Advice for LGBT Study Abroad

In this Ebook, LGBTQ travelers’ perspectives. CoAbroad experts share their meaningful travel tips and tricks specifically for LGBT travelers, including all the highs and lows. Find info on travel scholarships for LGBT students, advice on whether or not to come out to your host family, program evaluation tips, & more.

Let’s get you inspired—and ultimately abroad. 🌈❤️️

MEANINGFUL TRAVEL TIPS AND TALES
LGBT TRAVELERS’ PERSPECTIVES

An Initiative to Make Travel More Inclusive

WHY LGBTQ TRAVELERS FACE UNIQUE CHALLENGES

How to Study Abroad as an LGBTQ Student

Why we created this book for LGBTQ travelers

A note from CoAbroad

LGBTQ travelers who decide to travel—whether to see the city, meet new people, escape the realities of home, or to visit a place that holds a special meaning. CoAbroad is a community of LGBTQ travelers who use our tips to make their travels safer and more comfortable. We also have programs and resources for students and their families, including scholarships for LGBTQ students, global LGBTQ+ communities, and more.

More and more, travelers are taking advantage of a standard educational experience with the opportunity to explore a new culture and lifestyle. The LGBTQ+ community is increasingly traveling to experience different countries and cultures. This is a great book for travelers, who will continue to grow as they travel more and will share stories.

WHY WE CREATED THIS BOOK FOR LGBT TRAVELERS

A note from CoAbroad

LGBTQ travelers who decide to travel—whether to see the city, meet new people, escape the realities of home, or to visit a place that holds a special meaning. CoAbroad is a community of LGBTQ travelers who use our tips to make their travels safer and more comfortable. We also have programs and resources for students and their families, including scholarships for LGBTQ students, global LGBTQ+ communities, and more.

More and more, travelers are taking advantage of a standard educational experience with the opportunity to explore a new culture and lifestyle. The LGBTQ+ community is increasingly traveling to experience different countries and cultures. This is a great book for travelers, who will continue to grow as they travel more and will share stories.
SAFE, NEUTRAL, & NEGATIVE LOCALES FOR LGBTQ STUDENTS ABROAD

7 TIPS FOR COMING OUT TO YOUR HOST-FAM

TRAVELING WITH SOMEONE YOU LOVE, IN A PLACE YOU AIN'T ALLOWED TO LOVE THEM

HOW TO FIND YOUR COMMUNITY WHILE TRAVELING

RESOURCES FOR LGBTQ STUDENTS
Many university websites have excellent info

Great youtube from Univ of Minnesota
https://www.youtube.com/watch?v=U-a93xd75V&feature=youtu.be
About Equaldex

Equaldex is a collaborative knowledge base for the LGBT, lesbian, gay, bisexual, transgender movement. The site aims to create a resource every law related to LGBT rights to provide a comprehensive and global view of the LGBT rights movement.

Planning and development of the site began in December of 2009. Equaldex launched to the public on February 25, 2014.
Thank You !!!

Catherine Ebelke PA-C, CTH
Montana State University
cebelke@montana.edu