

Zoe Miller
K. Oakes
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In the article “Widespread Discrimination Continues to Shape LGBT People’s lives in Both Subtle and Significant Ways” the authors, S. Singh and L. Durso, explain the ways that LGBT people are living because of discrimination. They provide evidence of people who are needing to make changes to their daily lives to avoid discrimination, something that often causes them to lose opportunities or keeps them from being themselves. The authors provide data about people’s whose mental health has been affected, whose opportunities were limited, and who were treated differently all because of their sexual preference and/or how they identify. They take note of something that came up in one of my other sources which is discrimination verses the fear of discrimination. They provide examples of real people who have changed their lives by dressing differently, talking differently, applying to schools that are in LGBT-safe areas only, etc. to keep themselves safe. Some people have even taken items off their resume because they thought that it would keep them from getting a job.

This article showed me that I do not know the first thing about what people who experience this go through. The idea that people are changing their lives and who they are to please other people so that they can stay safe and be successful is disgusting and so upsetting to hear about. What I loved about this source was that it included personal stories and experiences, because unless the author explicitly says that they are a part of the LGBTQ+ community, we as readers have no way of knowing if they are discussing their feelings or feelings that they have discovered through methods and surveys. This was the most eye-opening source that I have read and feel that it taught me even more about these experiences and issues that people are facing, especially when they do not deserve them.

Sejal Singh and Laura E. Durso. “Widespread Discrimination Continues to Shape Lgbt People's Lives in Both Subtle and Significant Ways.” *Center for American Progress*, 3 May 2021, www.americanprogress.org/issues/lgbtq-rights/news/2017/05/02/429529/widespread-discrimination-continues-shape-lgbt-peoples-lives-subtle-significant-ways/.