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When picking my topic, I was debating between discrimination against people with disabilities and discrimination against people who are a part of the LGBTQ+ community. I choose the LGBTQ+ community because I wanted to educate myself more about it, it is a topic that has become very prominent recently and does not get as much attention as it should, and it is more than just discrimination – it is about what discrimination does to the people who experience it. The sources that I choose all had something different to contribute to the idea of LGBTQ+ discrimination. One discussed discrimination in sports and the athletic industry, one discussed discrimination affected people's mental health, one explained how it is causing people to alter their lives out of fear, one gave ways to change working environments, one discussed how discrimination can lead to substance abuse, and one laid out the laws that are in effect in different states. I choose all these sources because they each give a different view and different ideas on the topic.

The way I found most of the sources was by using the advanced search tool and put in different key words until I found an article that I felt would contribute well. Once I discovered the other strategies that were available to me, I used web of knowledge, subject searching (which is almost the same as using the advanced search tool), and backlink checker to find more sources which is how I found the ones that taught me the most and gave me the most information. These sources opened my eyes and showed me that there was a lot about the concept of discrimination and the experiences that people have with it that I did not know. I would like to use what I have researched to become a better ally and to help those who have had to experience this type of discrimination.

My first thought was to research people being discriminated against for something that they cannot control and something that is not anyone else's business. That plan changed because there is not much research to do on that. From what I was

finding, there is no explanation for people being discriminated against and there most likely never will be. If possible, I would love to find information on it because I would like to hear why people are discriminating against someone for being a little different since I believe that it is not right or fair. I also would have liked to have an article written by someone who is a part of the LGBTQ+ community but was not able to, I did get peoples experiences but that was as close as I got. What I find to be the most intriguing about this topic is that people who are a part of the LGBTQ+ community are like everyone else who should be able to go about their day without being treated differently for the way that they live their lives.