



坦荡出柜：

亚太裔 LGBTQ 群体亦应享受真实的生活

**COMING OUT: Living Authentically
as LGBTQ Asian and
Pacific Islander Americans**

在线获取本文的英文或其他语言版本，请访问：

hrc.im/APIComingOut 或

[nqapia.org/wpp/api-parents-who-love-their-
lgbt-kids-multilingual-psa-campaign/](http://nqapia.org/wpp/api-parents-who-love-their-lgbt-kids-multilingual-psa-campaign/)

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Introduction

No matter who we are or whom we love, we all deserve the right to live out our lives genuinely, completely and honestly.

Our race, ethnicity, language, religion, cultural dress, sexual orientation or gender identity should never be barriers to us living our full lives. For lesbian, gay, bisexual, transgender and queer people, coming out as our true selves is often a significant part of reclaiming this right and living authentically.

Coming out is a personal choice, and the lifelong coming out experience is different for everyone.

For those of us who identify as LGBTQ and as Asian and Pacific Islander Americans, the coming out process can be even more complex to navigate.

This resource is designed for those embarking on their own coming out journey at the intersections of LGBTQ and API identities. We hope that it can provide you ideas and advice during this process. This resource and its [accompanying English-language translation](#) can also be shared among your close family and friends, some of whom may still be learning how they can best support you during your journey.

Before coming out, create a safe space for yourself and evaluate your unique circumstances. Look for supportive people you can turn to during times of need, especially if you believe you may face disapproval from others. Depending on your individual situation, pick a place and time to come out that makes you feel the most comfortable and safe.

In too many places, LGBTQ people who live openly can face discrimination and even violence. If you fear this mistreatment, it is important to remember that there is nothing wrong with you. The problem is not you, but rather the prejudice and discrimination that many of us learn from our society and cultures.

You are not alone: Know that there is a history of resilience in our community of LGBTQ API Americans, family members and allies who support and love you exactly as you are.

前言

无论我们是谁，无论我们爱谁，我们都有权利拥有真实、完整的生活。

出柜是个人选择

我们的种族、民族、语言、宗教、文化、性取向或性别认同，永远不应成为我们在实现完满生活过程中的障碍。对于女同性恋、男同性恋、双性恋、跨性别者和酷儿人群来说，坦荡出柜展现真实的自我，往往是重获这种权利和真实生活的重要一步。

出柜是个人选择，每个人的出柜经历都是不同的。对于我们中的亚太裔 LGBTQ 的人群来说，出柜的过程可能会更加复杂。

本资源旨在为那些开启

出柜之旅的亚太裔 LGBTQ 人群而设计。我们希望其能在这个过程中为您提供一些想法和建议。欢迎将本资源及其 [附带的英文译本](#) (accompanying English-language translation) 分享给您的亲朋好友，他们中的一些人或许还在学习如何在您的这段旅程中给予您最有力的支持。

出柜前，为自己创造一个安全的空间，并评估您自身的特殊情况。找到支持您的人，以便在需要时求助，尤其是在您认为自己会遭到他人反对的情况下。根据您的个人情况，选择一个让您感到最舒适和安全的地点和时间来出柜。

出柜的 LGBTQ 人群很多时候会直面歧视甚至暴力。如果您害怕遭到这种苛待，重要的是要谨记您没有做错任何事情。问题的根源不在于您，而在于我们社会和文化中存在的固有偏见和歧视。

您并不孤单：要知道，我们这个大家庭素来有顺应力，亚太裔 LGBTQ 人群、您的家人和盟友都会给予您支持并爱着那个最真实的您。

Coming out for API Americans

Many LGBTQ people report that after coming out, they are able to communicate better with their family and friends. While the LGBTQ API experience is as varied and diverse as the many cultures within our community, in the following sections we will discuss common issues during the coming out process.

亚太裔人群出柜

许多 LGBTQ 人士表示, 出柜后, 他们能够更好地与家人和朋友沟通。尽管亚太裔 LGBTQ 的经历就像我们社区中的许多文化一样各不相同, 下文我们将讨论在出柜过程中一些常见的问题。

Family Acceptance

“I was terrified of coming out to my family. The potential for rejection or being thrown out of the house all seemed like very real possibilities. When I finally told my mom, she was silent for a few very awkward moments. But then she told me that although it would be difficult for her to handle and understand, she would support me because, she said, ‘You’re my son, and I love you. Nothing can change that.’”

–Prateek Choudhary

Although coming out to family is difficult for many LGBTQ people, it can pose additional challenges for those who grew up in traditional API cultures that emphasize parental sacrifice and familial duty. Given that more than 6 in 10 API Americans are immigrants, many API youth are raised by parents who left their home countries, family and friends in search of a better life. These parents work hard to ensure that their children have greater educational and occupational opportunities.

Growing up amid these significant sacrifices, API American youth often feel indebted to their parents. They fear disappointing their parents, and will avoid doing anything that might humiliate them or bring shame upon the family among the wider community. Especially in cultures that stress familial duty or conformity, LGBTQ API youth can carry a weight of expectations rooted in traditions that define success through rigid gendered norms. This sense of duty may be passed along to future generations and be reinforced across communities.

Coming out is a deeply personal decision, but many LGBTQ API people must also contend with the impact this may have on others in their families and wider community, including:

- the ancestors who bring us good fortune.
- our family line and good name.
- extended family members.
- relatives “back home” in our countries of origin.

家庭接纳

“我害怕向家人出柜。被拒绝或被赶出家门的情况都很有可能发生。当我最终告知妈妈的时候，她沉默了好一会儿。然后她告诉我，虽然这对她来说很难处理和理解，但她会支持我，因为她说，‘你是我的儿子，我爱你。什么都改变不了这一点。’”-

–Prateek Choudhary

对许多 LGBTQ 人士来说，向家人出柜很困难，但对于那些在强调父母牺牲和家庭责任的传统亚太文化中长大的人来说，这更具挑战。考虑到超过 60% 的亚太裔美国人都是移民，许多年轻一代亚太裔的父母远离自己的国家与亲朋好友来追寻更好的生活。这些父母努力工作以期确保他们的孩子有更多的机会。

在这些重大牺牲中长大的亚太裔美国年轻人常常对他们的父母心怀亏欠。他们害怕令父母失望，会避免做任何可能会让整个家庭蒙羞的事情。尤其是在强调社会一致性的文化中，亚太裔 LGBTQ 年轻人在遵循严格的性别规范方面被寄予厚望。这种责任感可能会传给下一代，并在各个社区得到强化。

出柜是一个非常个人的决定，但很多亚太裔 LGBTQ 人士还必须应对出柜可能对他们的家人和更广泛社区中的其他人产生的影响，包括：

- 带来财富的先祖。
- 家族和名望。
- 家族成员。
- 原籍国“老家”的亲戚

Family Acceptance

Though LGBTQ acceptance has seen encouraging developments throughout Asia and the Pacific Islands, LGBTQ people still face stigma in many countries and cultures. Some people believe that being LGBTQ brings shame upon their family. **It's important to know that your LGBTQ identity should not be the cause of shame or pain. Pain comes from the prejudices around you, not from who you are or who you love.**

“As a Korean American mom, I'm so grateful that my child came out as a transgender man and has included me in his journey to live his authentic self. It wasn't easy in the beginning due to my limited understanding of LGBTQ topics, but we now have close relationship that any parent would dream of having.”

—Korean mom Clara Yoon

尽管 LGBTQ 的接纳程度在整个亚太地区得到了令人鼓舞的发展, 但 LGBTQ 人群在许多国家和文化中仍不被认同。一些人认为 LGBTQ 给他们的家庭蒙羞。**重要的是要知道 LGBTQ 身份不应该成为羞耻或痛苦的原因。痛苦来自于您周围的偏见, 而在于您是谁或您爱谁。**

“作为一名韩裔美国母亲, 我很感激我的儿子能出柜公开自己的跨性别者身份, 让我也能加入他活出真实自我的旅程中。一开始并不容易, 因为我对 LGBTQ 话题的理解有限, 但现在我们有了任何家长都梦寐以求的亲密关系。”

—韩国母亲 Clara Yoon

Reactions Family Members May Have

“When my son first came out to me, I retreated into shame, sadness and fear as a mother who failed in her most important responsibility. But I love my child and have never stopped loving him. And it is this love that has helped me process through my negative feelings to stand by Aiden and watch him successfully live his life as his true self. He makes me so proud.”

—Japanese American mother Marsha Aizumi

Some family members may embrace the news immediately, while others may require time to work through concerns or fears they have regarding the unfamiliar or unknown.

Unfortunately, the absence of comprehensive education and exposure to LGBTQ people may lead some family members to mistakenly believe that being LGBTQ is a choice, preference or temporary phase. This process can be especially challenging for immigrant parents who were raised in places where information about LGBTQ identities was less widely available. It can be further exacerbated by language barriers that make it challenging to directly translate LGBTQ terminology or make it impossible to find equivalent words to describe LGBTQ identities and experiences.

家人可能会出现的反应

“当我的儿子第一次在我面前出柜时，我认为我是一个失责的母亲并陷入了深深的羞愧、悲伤和恐惧之中。但我爱我的孩子，并从未停止过爱他。正是这份爱帮助我克服了自己的负面情绪，我在 Aiden 身边支持他，看着他成功地活出真实的自己。他令我骄傲。”

—日裔美国母亲 Marsha Aizumi

一些家人可能会立即接纳这一消息，而其他人可能需要时间来克服他们对不熟悉或未知事物的担忧或恐惧。

不幸的是，由于缺乏全面的教育和与 LGBTQ 人群的接触，一些家人可能会错误地认为 LGBTQ 是一种选择、偏好或暂时的现象。对于那些在 LGBTQ 身份信息传播不太广泛的地方长大的移民父母来说，这一过程尤其具有挑战性。语言障碍使得直接翻译 LGBTQ 术语具有挑战性，或者无法找到描述 LGBTQ 身份和经历的对应词汇，更加剧了这种错误的认知。

Reactions Family Members May Have

Some facts:

- Parents cannot, and did not, “turn” their children LGBTQ because of some parenting mistake. Parents and their LGBTQ child have done nothing wrong; in fact, there is nothing wrong.
- There are no known environmental factors that “cause” a person to be LGBTQ.
- LGBTQ people generally do not choose their sexual orientations or gender identity. Many LGBTQ people become aware that they are different at an early age.
- The vast majority of LGBTQ people go on to live successful, happy and healthy lives — especially when they are embraced for who they are and who they love.

Finally, another common reaction that family members may have is fear. They may be afraid that you will suffer and be mistreated as a result of your LGBTQ identity. In these instances, remind your family members that supporting you and providing a safe haven is the greatest gift they can give in the face of prejudice and challenges.

When considering if, when or how to come out to your family members, consider the full range of reactions that could arise from your LGBTQ identity being disclosed, especially if you are financially dependent on any of them.

Your safety and security always come first.

“When I came out, I was 21 and my parents spent three months at first shocked and then they joined PFLAG... they became so political and they realized that being gay wasn’t a huge crisis that couldn’t be overcome. They needed to be educated so they took steps to do that; it’s nice to have that support.”

—Openly lesbian actor and model Jenny Shimizu, on her parents’ initial reactions and journey through acceptance

一些事实：

- 父母无法也不会因为一些教育方式而把他们的孩子“变成”LGBTQ。父母和他们的 LGBTQ 孩子没有做错任何事；事实上，根本没有任何错误的存在。
- 尚未发现已知的环境因素“导致”一个人成为 LGBTQ。
- LGBTQ 人士通常不会选择自己的性取向或性别认同。很多 LGBTQ 人士在很小的时候就意识到他们是不同的。
- 绝大多数 LGBTQ 人士继续过着成功、幸福和健康的生活——尤其是当他们因为自己是谁、爱谁而被接受的时候。

最后，家人的另一个常见反应是恐惧。他们可能担心您会因为您的 LGBTQ 身份而遭受痛苦和苛待。在这种情况下，告诉您的家人，在您面对偏见和挑战的时候，支持您，为您提供一个温暖的避风港，是他们能给予您的最好礼物。

当您在考虑是否、何时或如何向您的家人出柜时，细想一下公开您的 LGBTQ 身份可能引发的各种反应，尤其是他们中有人是您的经济来源时。**您的安全和保障永远是第一位的。**

“当我 21 岁出柜的时候，我父母花了三个月的时间来消化，从最先的震惊到加入 PFLAG 同性恋亲友会...他们变得如此政治化，他们意识到同性恋不是无法克服的巨大危机。他们需要接受教育，他们做到了；很高兴有这样的支持。”

—公开性取向的女同性恋演员模特 Jenny Shimizu, 讲述了她父母最初的反应和接受的过程

Supporting Family Members in Their Process

Recognize that just as you are on a coming out journey, your family members are taking their own journey as well. You can help them through this process by directing them to **resources** available to educate parents and other family members about LGBTQ identities, including sources that help with overcoming myths and misconceptions.

Many LGBTQ APIs are fearful that if they come out to their parents, they will be disowned or thrown out of the home. While these are possibilities, countless LGBTQ APIs have come out to their parents and were not abandoned. At the same time, only you can determine when or how is the best time or way to come out to your parents. Only you can fully evaluate your own physical safety, emotional support system and financial circumstances.

During this sensitive time, stay strong and acknowledge their feelings. But also remember to honor and assert your own feelings. It is also not uncommon for coming out to family members — especially parents — to take several years. Over time, it is quite common for individuals to move from feelings of disappointment and confusion, to simple tolerance, to understanding and finally to acceptance.

Many API parents move beyond acceptance to fully embrace and celebrate their LGBTQ children, both in public and private.

The Coming Out Continuum

Denial → Opposition → Tolerance → Recognition → Understanding → Acceptance → Celebration

“We are concerned about our family and the huge fear of rejection we may face. It’s true that many Asian parents tend to be very conservative and protective of their children. But once you can get them behind their kids, they will take on the world!”

–Trinity Ordon, longtime activist for LGBTQ rights

在出柜过程中给予家人支持

要认识到，和您在经历出柜的旅程一样，您的家人也有他们自己的旅程。您可以帮助他们度过这个阶段，引导他们找到针对父母和其他家人关于 LGBTQ 身份的可用科普 **资源** (resources)，包括帮助他们克服迷思和误解的资源。

许多亚太裔 LGBTQ 人士担心，如果他们向父母出柜，就会被断绝关系或被赶出家门。虽然这些都是可能的，但是无数亚太裔 LGBTQ 人士已经向父母出柜，并且没有被抛弃。与此同时，只有您自己才能决定向您的父母出柜的最佳时间和方式。只有您自己才能全面评估自己的人身安全、情感支持系统和财务状况。

在这敏感的时刻，要保持坚强，并承认他们的感受。但也要记住尊重和维持自己的感受。花几年的时间向家人，尤其是向父母出柜，这种情况也并不少见。随着时间的推移，人们很容易从失望和困惑过渡到单纯的宽容、理解，最终变为接受。**许多亚太裔父母从难以相信到在公共和私人场合完全接受和赞美他们的 LGBTQ 孩子。**

出柜连续统一体

否认 → 反对 → 宽容 → 承认 → 理解 → 接受 → 赞美

“我们担心我们的家庭以及我们可能面临对被拒绝的巨大恐惧。的确，许多亚洲父母对他们的孩子往往非常保守，充满保护欲。但一旦您能让他们支持自己的孩子，他们就能接纳世界！”

–Trinity Ordon, LGBTQ 权益长期活动家

Religion and Faith

Around the world, more and more faith traditions are now openly embracing LGBTQ people. Many LGBTQ APIs are raised in Buddhist, Christian, Confucian, Hindu, Islamic, Sikh or other faith traditions, each with varying levels of LGBTQ acceptance and affirmation both in the U.S. and abroad.

Sometimes, it may feel difficult to reconcile your religious beliefs or those of your family with your LGBTQ identity. However, millions of LGBTQ people are people of faith, including many who are learning to reconcile their own identities with the religious traditions of their families and communities.

Some South Asian and Pacific traditions have long histories of scriptural inclusion of LGBTQ identities and multiple perspectives of God(s), Goddess(es) and Divine Spirits. Many religious communities and denominations that were once non-affirming now recognize that embracing LGBTQ people is in line with the strong religious and spiritual values of compassion, love and the commitment to treat others how they would like to be treated. Today, countless congregations openly welcome and affirm their LGBTQ members, including blessing their weddings and welcoming their full participation in worship and religious activities.

Just like any group of people, religious communities vary greatly in their attitudes and level of inclusion of LGBTQ people, even within the same denomination or sect. Moreover, the number of LGBTQ-affirming religious communities across the country is steadily increasing, and that is true among API religious communities as well.

宗教信仰

在世界各地，越来越多的信仰传统正公开地接纳 LGBTQ 人群。许多亚太裔 LGBTQ 是在佛教、基督教、儒家、印度教、伊斯兰教、锡克教或其他宗教传统下抚养长大的，在美国和国外，对 LGBTQ 的接纳和认同程度各不相同。

有时候，您会觉得很难将您的宗教信仰或您的家庭信仰与 LGBTQ 身份统一起来。然而，数百万的 LGBTQ 人士都是有信仰的，其中许多人正在学着将自己的身份认同与家庭和社区的宗教传统调和起来。

一些南亚和太平洋地区的文化中长久以来就有对 LGBTQ 身份认同的经文记载，以及对神、女神和神灵的多重认知。许多宗教团体和教派曾经不认可 LGBTQ，但现在认识到，接纳 LGBTQ 人群符合强烈的宗教和精神价值观，即同情、爱和承诺以自己希望他人对待自己的方式对待他人。如今，无数的集会公开欢迎和肯定他们的 LGBTQ 成员，包括祝福他们的婚礼，欢迎他们积极参与礼拜和宗教活动。

就像任何一群人一样，宗教团体对 LGBTQ 的态度和接纳程度也存在很大差异，即使是在同一个宗派或教派内。此外，全国各地支持 LGBTQ 的宗教团体数量正在稳步增加，亚太裔宗教团体也是如此。

Religion and Faith

Remember, only you can decide the degree to which faith plays a role in your life and how you choose to integrate it with living an authentic life. As you approach this topic, you might wish to pursue some of the following suggestions and resources:

- Identify supportive and allied members in your existing religious community who may be able to provide assistance should you decide to come out.
- Read the stories or writings of other LGBTQ people and allies from your same denomination, ethnic or racial backgrounds to learn from their faith journeys.
- Explore LGBTQ-affirming places of worship and congregations.
- Seek support from LGBTQ API religious organizations that may be able to direct you to others who have had similar experiences.

To learn more, visit [HRC's Religion & Faith resources](#).

切记，只有您能决定哪种信仰能在您的生活中扮演角色，以及如何选择将它与真实的生活相结合。在接触这个话题时，您可能希望获得以下一些建议和资源：

- 在您现有的宗教团体中找出支持您的和同盟的成员，在您决定出柜的时候，他们可能会提供帮助。
- 阅读其他 LGBTQ 人士和同宗派、民族或种族背景的同盟者的故事或著作，学习他们的信仰之旅。
- 寻找肯定 LGBTQ 的礼拜和集会场所。
- 寻求亚太裔 LGBTQ 宗教组织的支持，这些组织可能会引导您结识有类似经历的人。

了解更多信息，请访问 [HRC 相关宗教和信仰资源](#) (HRC's Religion & Faith resources)。

LGBTQ API Immigrants

The immigrant experience is intricately tied with the lived experiences of many LGBTQ API Americans. API Americans are the nation's fastest-growing ethnic or racial group, largely as a result of immigration.

Approximately **22.5 million** Asians and Pacific Islanders live in the United States.

Roughly **six in 10** is foreign born, and **1.45 million** are undocumented.

There are more than **1 million LGBTQ immigrants** in the U.S., including 40,000 who are LGBTQ API undocumented immigrants.

All LGBTQ immigrants seek the opportunity to better their lives in the United States, to be safe from discrimination and to be free to live their full lives as LGBTQ people.

Many LGBTQ API immigrants come from countries that may be less accepting or even intolerant of LGBTQ people. In **some countries**, LGBTQ identities are still criminalized. In too many places, LGBTQ people are censored, jailed, tortured or even put to death. Others might come from conformist societies in which the LGBTQ community may be shunned or ostracized.

For LGBTQ Latinx immigrants in the United States:

- Coming out as LGBTQ does not affect one's chances of facing deportation or visa revocation.
- It may be possible to obtain political asylum if LGBTQ people are persecuted in a person's country of origin (consult with an attorney).
- LGBTQ immigrants, whether undocumented or documented, who fall in love with American citizens can legally marry, and U.S. citizens can petition for their spouses to remain in the U.S. and become citizens themselves (consult with an attorney).

Unfortunately, some LGBTQ API people still encounter racial profiling when entering government buildings or boarding planes. Sometimes their gender presentation and/or perceived differences from their gender-marker on their IDs, in combination with their ethnic, racial or religious presentation, may trigger heightened scrutiny. It is important to be vigilant, careful and aware of potential discrimination. It is equally important to identify supportive friends, family and community that affirm who you are, regardless of where you were born or how you choose to live out your identities.

亚太裔 LGBTQ 移民

移民的经历与许多亚太裔 LGBTQ 美国人的生活经历有着复杂的联系。亚太裔美国人是美国增长最快的民族或种族群体，主要来自移民。

大约有 **2250 万 (22.5 million)** 亚洲和太平洋岛民生活在美国。

大约 **60% (six in 10)** 的人是在国外出生的，**145 万人 (1.45 million)** 没有合法身份。

美国有 **100 多万 LGBTQ 移民 (1 million LGBTQ immigrants)**，其中 4 万是亚太裔 LGBTQ 非法移民。

所有 LGBTQ 移民都希望有机会改善自己在美国的生活，不受歧视，作为 LGBTQ 人自由充实地生活。

许多亚太裔 LGBTQ 移民来自对 LGBTQ 人群不太接受甚至不宽容的国家。在 **一些国家 (some countries)**，LGBTQ 身份仍然被视为犯罪。有太多的地方会审查、监禁、折磨甚至处死 LGBTQ 人士。也有一些人可能来自保守的社会，在那里人们会躲开或排斥 LGBTQ 群体。

对于美国的拉丁裔 LGBTQ 移民：

- 出柜公开 LGBTQ 身份并不会影响当事人面临被驱逐出境或签证被撤销的几率。
- 如果 LGBTQ 人士在原籍国受到迫害，可能还会获得政治庇护（请咨询律师）。
- LGBTQ 移民，无论是非法还是合法的，只要爱上美国公民就可以合法结婚，美国公民可以请愿他们的配偶留在美国并成为美国公民（请咨询律师）。

不幸的是，一些亚太裔 LGBTQ 人士在进入政府大楼或登上飞机时仍然会遭遇种族歧视。有时，他们的性别表征和/或与身份证上的性别标记的差异，加上他们的民族、种族或宗教表现，可能会导致更严格的审查。请务必警惕、小心和意识到潜在的歧视。找到支持您的朋友、家人和社区，他们会确认您的身份，不管您出生在哪里，也不管您选择以怎样的身份生活。

Living in a Bicultural World

For many API Americans, especially those who are immigrants or the children of immigrants, it can feel like living in a bicultural world, where you must grapple with norms and expectations of both American and API American cultures. Determining when, if and how to work through these overlapping realities — especially if they conflict — may first require identifying what is important to you personally. Indeed, the role your LGBTQ identity plays in relation with your API identity may vary depending on the context and your current situation.

Part of this often means engaging with bilinguality and cross-cultural communication. This may include speaking two or more languages with varying levels of regularity, whether at home, in places of worship, when among family or at community events. It can already be difficult for many people to express their sexual orientation or gender identity, especially when they are first coming out. For those who must express it across multiple languages or cultures, it can be even more challenging. For API youth who speak a primary language different than their parents, this linguistic barrier can make it even harder to express feelings or emotions. Moreover, in some languages, there may not be equivalent translations of LGBTQ terminology or concepts.

生活在一个双文化的世界

对于许多亚太裔美国人，尤其是那些移民或移民的孩子，感觉就像生活在一个双文化的世界里，受制于美国和亚太裔美国文化的规范和期望。决定何时、是否以及如何处理这些重叠的现实——尤其是如果它们相互冲突——可能首先需要确定对您个人来说最重要的东西。实际上，您的 LGBTQ 身份与亚太裔身份之间的关系可能会因环境和您具体情况而有所不同。

这通常意味着说多种语言和参与跨文化交流。对许多人来说，用母语表达自己的性取向或性别认同已经很困难了，尤其是当他们第一次出柜的时候。跨越语言或文化障碍传达这些复杂的感受和情感可能更具挑战性，尤其是对于那些母语与父母不同的亚太裔年轻人来说。此外，某些语言可能无法有效的翻译 LGBTQ 术语和概念。

Living in a Bicultural World

When confronted with these challenges, you might consider:

- Seeking out LGBTQ-affirming resources **specific to your native language** and/or the language of your parents.
- Getting assistance from supportive loved ones who can help translate or facilitate difficult conversations across languages.
- Looking for LGBTQ-affirming stories and media specific to your native language and/or country of heritage or origin; international and culturally specific movies, TV shows, online videos and other media featuring LGBTQ people are increasingly accessible in the digital era.
- Reading the stories of LGBTQ API people and other LGBTQ people of color who learned how to navigate their own bicultural identities.
- Finding community with others of a similar background who are also LGBTQ and/or allies, which you may find through in-person support groups, organizations like the ones listed in the end of this guide and online communities.

Just as there is no singular American or API American experience, there is no single way to live out your own ethnic or racial identity. Especially in the absence of prominent LGBTQ figures in Asia and the Pacific Islands, it can sometimes feel like LGBTQ identities are not compatible with your API identity. Above all, know that there is no specific API “mold” you have to fit, even as you may feel pressure from your family or community. Being LGBTQ does not make you any “less” Asian, Pacific Islander or any other national heritage or ethnic or racial identity you may hold.

“I didn’t want to come out to my mom in English. I came out to her in Urdu because I wanted her to know that coming to terms with my orientation was solely about me and not about my attending Berkeley or becoming Americanized.”

–Aleem Raja, former board member of Trikone, a San Francisco non-profit organization for LGBTQ people of South Asian descent

当面对两种文化或双语的挑战时，您可以参考以下的方法：

- 寻找 **有关于您母语 (specific to your native language)** 或您家人使用语言的对 LGBTQ 持肯定态度的资源。
- 从支持您的朋友亲戚那里寻求帮助，他们可以帮助您翻译或促进跨语言的高难度谈话。
- 寻找针对您的母语、传统或出身国家的对 LGBTQ 持肯定态度的故事和媒体；尤其是在数字时代，以 LGBTQ 人群为主角的国际和文化特色电影、电视节目、在线视频和其他媒体变得越来越普及。
- 阅读那些懂得驾驭自己双文化身份的亚太裔 LGBTQ 人士和其他 LGBTQ 有色人种的故事。
- 通过个人支持团体，如本指南末尾所列的组织和在线社区，寻找其他有类似背景的 LGBTQ 人群或同盟者的社区。

正如并无单一的美国人或亚太裔美国人生活模式一样，以您自己的民族或种族身份生活是多元的。特别是在亚洲或太平洋岛屿缺乏卓越杰出的 LGBTQ 人士的情况下，有时会让人觉得 LGBTQ 身份与自己的亚太裔身份无法共存。最重要的是，即使您可能会感受到来自家庭或所在社区的压力，也要知道并没有特定的亚太裔“模式”需要您来迎合。身为 LGBTQ 并不会“削弱”您的亚裔、太平洋岛民身份或您可能拥有的任何其他民族传统或种族身份。

“我不想用英语同我妈妈出柜。我用乌尔都语同她出柜，因为我希望她明白，接受自己的取向只与我个人有关，而与我在伯克利上学或是变得美国化并无关系。”

–Aleem Raja, 旧金山南亚裔 LGBTQ 人士非营利组织 Trikone 前董事会成员

Other Coming Out Considerations

其他出柜注意事项

Coming Out at School

Coming out at school can be a significant decision for many young people, especially in communities or at campuses where LGBTQ people may not yet be fully embraced. At the same time, many school districts, colleges and universities actively and openly support their LGBTQ students, faculty and staff. Before deciding to come out at school, you may first consider:

- Does your city, state, school district or university have non-discrimination and anti-bullying policies to protect LGBTQ students, faculty and staff?
- If you are not fully out in your community or to your family, can your physical safety and privacy be guaranteed if you are out at school? For some college students who rely on their parents for financial support, you may need to carefully weigh your specific circumstances when coming out.
- Can you seek out classmates, teachers, counselors and other adults at school whom you can trust and go to for support during your coming out process?
- Does your school have a dedicated safe space or LGBTQ-affirming organizations, including a queer-straight alliance, LGBTQ resource center or LGBTQ and API organizations?

For more information about this topic, please refer to Lambda Legal's [Know Your Rights](#) for LGBTQ teens and young adults in school.

在学校出柜

对许多年轻人来说, 在学校出柜可能是一个重要决定, 特别是在尚未完全接纳 LGBTQ 人群的社区或校园内。与此同时, 也有许多学区、学院和大学积极公开地支持其 LGBTQ 学生、教职人员和工作人员。

决定在学校出柜之前, 您可能首先要考虑:

- 您所在的城市、州府、学区或大学是否有保护 LGBTQ 学生、教职人员和工作人员不受歧视和霸凌侵害的政策?
- 如果您在自己所在社区或对自己的家人未完全出柜, 那么如果您在学校出柜, 您的人身安全和隐私能否得到保证? 对于一些依靠父母提供经济支持的大学生来说, 可能需要在出柜时仔细权衡自己的具体情况。
- 在出柜过程中, 您能否在学校找到自己可以信任的同学、老师、辅导员和其他成年人寻求帮助?
- 您的学校是否有专门的安全空间或获得 LGBTQ 肯定的组织, 包括同直联盟、LGBTQ 资源中心或 LGBTQ 和亚太裔组织?

如需了解更多有关本主题的信息, 请参见美国少数人群权益组织 (Lambda Legal) 的 [《你的权益》\(Know Your Rights\)](#) 了解有关校园内 LGBTQ 青少年和年轻人的相关信息。

Coming Out at Work

Just as in other facets of life, being open at work can be a daunting challenge. But it can also relieve the daily stress of hiding who you are. At the same time, however, no one wants to put their job security or opportunity for advancement in jeopardy. Before choosing to come out at work, you may first consider:

- Does your employer have a formal non-discrimination policy that specifically covers sexual orientation and/or gender identity/expression? Check the official Equal Employment Opportunity statement (usually found on the company website and in the employee handbook).
- Does your state or locality have a non-discrimination law including sexual orientation and gender identity/expression?
- Is your company ranked on the Human Rights Campaign [Corporate Equality Index](#)? If so, what rating has it earned?
- Are your employer's health benefits fully LGBTQ-inclusive, including covering transition-related health care and domestic partner benefits?
- What is the overall climate in your workplace, including whether other LGBTQ people are out in the office and whether co-workers make derogatory or supportive comments about LGBTQ people?

For more information about this topic, please refer to HRC's [Coming Out at Work](#) and Workplace Equality resources.

在职场出柜

正如生活的其他方面一样，要在职场保持坦诚开放也可能是一项艰巨挑战。没有人愿意让自己的工作安全和晋升机会受到威胁。然而，出柜也可以缓解每天隐藏真实自我的压力，让您在工作中更高效、更舒适。

选择在职场出柜之前，您可能首先要考虑：

- 您的雇主是否有专门涵盖性取向、性别认同和/或性别表达的正式反歧视政策？查看官方平等就业机会声明（通常可在公司网站和员工手册上找到）。
- 您所在州府或地区是否设立了包含性取向、性别认同和/或性别表达在内的反歧视法律？
- 贵公司是否参与了人权委员会（HRC）[企业平等指数 \(Corporate Equality Index\)](#) 评分？如果参与了，其获得了怎样的评分？
- 您雇主的健康福利是否完全包含了 LGBTQ 人士，包括涵盖变性相关的医疗保健和同居伴侣福利？
- 您的雇主是否有 LGBTQ 员工网络或资源小组？如果有，那么这可能是一个能够获得支持的好地方。
- 您的工作场所整体氛围如何，包括办公室的其他 LGBTQ 人士是否出柜以及同事对 LGBTQ 人士做出贬损还是支持性评论？

如需了解更多有关本主题的信息，请参见美国少数人群权益组织（Lambda Legal）的 [在职场出柜 \(Coming Out at Work\)](#) 和职场平等相关资源。

Being an Ally

“As both an individual, and as an educator, I have experienced and witnessed bullying in its many forms. And as the proud jichan, or grandpa, of a transgender grandchild, I hope that my granddaughter can feel safe going to school without fear of being bullied. I refuse to be a bystander while millions of people are dealing with the effects of bullying on a daily basis.”

-Japanese American Representative Mike Honda (D-CA), founding member and vice chair of the Congressional LGBT Equality Caucus

If you have a friend, family member or co-worker who is coming out, you can help them by being a supportive ally. However, be aware that they are the only person who can make the decision about how and when to come out with their LGBTQ identity.

You can help by researching and sharing culturally competent, linguistically appropriate resources, making introductions to others who are LGBTQ and allies and speaking up when others make anti-LGBTQ jokes and gender assumptions. You can be an advocate for LGBTQ equality and fairness. You can speak out. Educate others, especially those for whom LGBTQ identities may be unfamiliar. Share information. We must all work together to build a better world that embraces diversity and personal freedom. To learn more about how you can get involved, visit [HRC's Ally resources](#).

成为盟友

“从我个人和作为一名教育者的角度来讲，我经历并目睹了各种形式的霸凌行为。同时作为为自己的跨性别孙女感到骄傲的爷爷，我希望自己的孙女可以放心上学，不用担心遭受霸凌。当成百上千万的人每天都在应对霸凌带来的影响时，我拒绝袖手旁观。”

-日裔美国人众议员 Mike Honda (D-CA)，国会 LGBT 平等同盟 (Congressional LGBT Equality Caucus) 的创始成员兼副主席

如果您的朋友、家人或同事要出柜，您可以成为提供支持的盟友，从而帮助他们。不过，要明白他们是唯一可以决定何时以何种方式公开自己 LGBTQ 身份的人。

您可以研究并分享在文化层面和语言层面合适的资源，为其他 LGBTQ 人士和盟友做介绍，并在其他人讲反对 LGBTQ 的笑话和性别假设时勇于挺身而出。您可以成为推进 LGBTQ 平等和公平的倡导者。您可以大胆发声，共享信息并普及知识，特别是面向对 LGBTQ 身份不熟悉的人群。我们必须一同努力，打造一个包容多样性和个人自由的更美好世界。如需了解更多有关如何参与其中的信息，请访问人权委员会的 [盟友 \(ally\)](#) 相关资源

At the Intersections of Race and the LGBTQ Community

“Being gay and Asian in America is like fighting a two-front battle. One not only has to fight racism and homophobia in society in general, but also stereotypes and lack of representation in the gay community. With more awareness of gay Asian issues, and as more Asians become involved, I have confidence that there will be victory.”

—Edward Kai Chiu

Racial discrimination continues to be a pervasive issue in our society, and LGBTQ people of color often must face heightened challenges in many facets of daily life. Unfortunately, just as it is in any community, the LGBTQ community is not untouched by these issues — and as you seek love and acceptance, there may be times where you may have to confront that reality.

As you choose to come out and live authentically in your own way, you may find it helpful to surround yourself with others who recognize and affirm your identities — including both API and LGBTQ. Many LGBTQ people, including those who may not find full support among our families or communities of heritage, find love and support from “chosen family,” who fully embrace us for who we are.

Most importantly, know that you are not alone: Far beyond the proud community of LGBTQ API Americans, there are many who stand with you and who will accept you for who you are.

身处种族和 LGBTQ 群体交叉点

“在美国，身为同性恋和亚裔就像在双线作战。不仅要对抗社会上普遍存在的种族歧视和恐同症，还要对抗同性恋群体中存在的成见和缺乏代表的现状。随着对亚裔同性恋相关认知的加深，以及越来越多亚裔人士参与进来，我有信心会取得胜利。”

—Edward Kai Chiu

种族歧视仍然是我们的社会中普遍存在的问题，而 LGBTQ 有色人群在日常生活中的许多方面都必须面对更大的挑战。遗憾的是，就像在任何社区一样，LGBTQ 群体亦受到这些问题的影响——而当您寻求爱和接纳时，您可能不得不在某一刻面对这一现实。

当您选择出柜，以自己的方式真实地生活时，您可能会发现，让周围的人认识并肯定自己的身份会有所帮助——包括亚太裔和 LGBTQ 人士在内。许多 LGBTQ 人士，包括那些在我们的家庭或传统社区得不到充分支持的朋友，从“新家庭（组织）”处获得爱和支持——他们会完全接受真实的我们。

最重要的是，知道自己并非孤军奋战：除了自豪的亚太裔 LGBTQ 美国人群体之外，还有很多人与您并肩作战，他们希望接纳真实的您。

LGBTQ API History and Culture

**亚太裔 LGBTQ
人士历史与文化：**

A Historical Appreciation of Sexual & Gender Diversity in Asia and the Pacific Islands

Although many LGBTQ API people still face discrimination and persecution in many countries, LGBTQ people have existed and been well-documented throughout history in Asia and the Pacific Islands.

In **China**, as far back as the Qing dynasty (1644-1912), the Golden Orchid Society (Jinglanhui) was a women's organization that celebrated "passionate friendships" and embraced same-sex relationships between women. Meanwhile, many regard Guanyin, the "Goddess of Mercy" to be a transgender deity.

Japan has a well-documented history of same-sex relations, including among the samurai and Buddhist monks.

Korea had Hwarang warriors, "flower boys of Silla," the dynasty that united the Korean peninsula in 7th century. These elite archers who dressed in long-flowing gowns have been interpreted by many historians to hold LGBTQ identities.

In **South Asia**, the term Hijra includes transgender people, intersex people and non-binary people. These individuals, who have been well documented since antiquity, are officially recognized today by governments in Bangladesh, India, Nepal and Pakistan.

Many Asian cultures have long had terms for LGBTQ individuals who may not fit within Western or other traditionally binary gender structures. These terms, sometimes treated as a third gender, include phet thi sam in **Thailand**, meti in **Nepal**, the khanith in the **Arabian** peninsula, bakla in the **Philippines** and mak nyah in **Malaysia**.

Meanwhile, the **Pacific Islands** have a multitude of broadly LGBTQ traditions and identities, including mahu in Hawai'i, fa'afafine in **Samoa**, fakaleiti in **Tonga**, vaka sa lewa lewa in **Fiji**, rae rae in Tahiti, fa'fafine in Niue, akava'ine in the **Cook Islands** and whakawahine among the Maori of **New Zealand**.

亚洲和太平洋岛屿

性向和性别多样性的历史认知

尽管众多亚太裔 LGBTQ 人士在许多国家仍然面临歧视和迫害, LGBTQ 人士在亚洲和太平洋岛屿的整个历史上都曾存在并有所记载。

在**中国**,早在清朝(1644-1912),就有金兰会存在,是推崇“热情的友谊”并接受女性之间同性关系的女性组织。同时,许多人认为观音——“观世音菩萨”是一位兼备双性之神。

日本历史上拥有丰富的同性关系记录,包括武士和佛教僧侣之间的关系。

韩国曾有花郎武士,即“新罗花郎”——七世纪统一朝鲜半岛的王朝。许多历史学家对这些身着飘逸长袍的精英弓箭手进行解读,认为其拥有 LGBTQ 身份。

在**南亚**,海吉拉斯(Hijra)一词包含了跨性别者、双性者和中性者。这些自古以来就被文献记载下来的个体,如今获得了孟加拉国、印度、尼泊尔和巴基斯坦政府的正式认可。

许多亚洲文化很早就有了针对 LGBTQ 个体的术语,他们可能不符合西方或其他传统的双性别结构。这些术语有时会被认为是第三性别,包括**泰国**的 phet thi sam、**尼泊尔**的 meti、**阿拉伯半岛**的 khanith、**菲律宾**的 bakla 以及**马来西亚**的 mak nyah。

同时,**太平洋岛屿**拥有众多广泛的 LGBTQ 传统和身份,包括夏威夷的 mahu、**萨摩亚**的 fa'afafine、**汤加**的 fakaleiti、**斐济**的 vaka sa lewa lewa、**塔希提岛**的 rae rae、**纽埃岛**的 fa'fafine、**库克群岛**的 akava'ine 以及**新西兰**毛利人当中的 whakawahine。

LGBTQ Progress in the 21st Century

LGBTQ equality has seen encouraging forward momentum in recent years in Asia and the Pacific Islands, led by the courage and persistence of local activists and allies even in many countries where LGBTQ identities are still ostracized or persecuted.

Taiwan, well-known for hosting the largest annual LGBTQ pride event in Asia, is set to become the first in the region to have marriage equality by 2019, after a constitutional court ruling ordered the government to recognize same-sex marriage. In Japan, several localities have begun registering same-sex partnerships, a clear sign of growing acceptance. Meanwhile, Nepal's Supreme Court ordered the government to "study" the possibility of legalizing marriage equality in a 2007 ruling.

In Southeast Asia, Thailand passed a Gender Equality Act in 2015 prohibiting anti-LGBTQ discrimination and is likely to recognize same-sex relationships in the near future. Although same-sex couples still do not have legal recognition in Vietnam, the country recently repealed a ban on same-sex marriage.

Out elected officials and other leaders provide hope and strength for local LGBTQ communities, including:

- Sunil Babu Pant, longtime Nepali LGBTI rights and HIV activist and Asia's first openly LGBTQ national-level legislator.
- Geraldine Roman, the first openly transgender woman elected to the Congress of the Philippines.
- Manvendra Singh Gohil, an openly gay prince who has been a strong advocate for LGBTQ rights in India and around the world.
- Japan's Tomoya Hosoda, the world's first openly transgender man elected to public office. Groundbreaking Japanese politicians Aya Kamikawa, a transgender woman, and Taiga Ishikawa, a gay man, who both have continuously advocated for LGBTQ rights.
- Kanako Otsuji, the first openly LGBTQ member of the Japanese House of Representatives.
- Audrey Tang, the first openly transgender cabinet official to serve in Taiwan's Executive Yuan, after she was appointed to lead the government's digital innovation efforts.

LGBTQ 在 21 世纪取得的进展

近年来, 在当地积极分子和盟友的勇气和坚持下, LGBTQ 平等在亚洲和太平洋岛屿取得了令人振奋的前进势头, 即使在许多 LGBTQ 身份仍然受到排斥或迫害的国家亦是如此。

台湾因每年举办亚洲最大的 LGBTQ 骄傲活动而闻名, 在宪法法院裁定政府承认同性婚姻后, 台湾将在 2019 年成为该地区首个实现婚姻平等的地区。在日本, 一些地方已经开始登记同性伴侣关系, 这是一个接受度越来越高的明显迹象。同时, 尼泊尔最高法院在 2007 年的一项裁定中要求政府“研究”婚姻平等合法化的可能性。

在东南亚, 泰国于 2015 年通过了一项禁止反 LGBTQ 歧视的性别平等法案, 并有可能在不久的将来承认同性关系。虽然同性伴侣在越南仍未获得法律认可, 但越南最近废除了一项同性婚姻禁令。

当选的官员和其他领导人为当地 LGBTQ 群体带来了希望和力量, 包括:

- Sunil Babu Pant, 长期为尼泊尔 LGBTI 权利和 HIV 事宜奔走的积极人士, 同时也是亚洲首位公开的 LGBTQ 国家级立法委员。
- Geraldine Roman, 菲律宾首位当选国会议员的公开跨性别女士。
- Manvendra Singh Gohil, 公开自己同性恋身份的王子, 在印度和世界各地一直大力倡导 LGBTQ 权利。
- 日本的 Tomoya Hosoda, 全世界首位当选公职的公开跨性别男士。
- 打破刻板印象的日本政客 Aya Kamikawa, 一位跨性别女士, 以及 Taiga Ishikawa, 一位同性恋男士, 二位一直都在积极倡导 LGBTQ 权利。
- Kanako Otsuji, 第一位公开自己 LGBTQ 身份的日本众议院议员。
- Audrey Tang, 台湾行政院首位公开自己跨性别身份的内阁官员, 之后, 她被任命负责政府的数字创新工作。

LGBTQ Progress in the 21st Century

Even in countries with limited legal or political progress, emboldened activists and a growing acceptance of LGBTQ identities provide an optimistic outlook for future. For instance, after Chinese social media giant Weibo announced that it would begin censoring LGBTQ-related content, a massive user-led protest by LGBTQ Chinese and allies led to the company reversing its decision.

At the same time, many LGBTQ people in Asia and the Pacific Islands continue to face discrimination and even violence, including recent waves of state-sponsored persecution in Central Asia, Bangladesh, Indonesia, Iraq and Malaysia. As LGBTQ API Americans and believers of equality, we must continue to stand with communities abroad and advocate for global LGBTQ equality.

即使在法律或政治上进展有限的国家，积极人士的勇气和对 LGBTQ 身份的日益接受，也为未来提供了乐观的前景。例如，中国社交媒体巨头微博宣布将开始审查与 LGBTQ 相关的内容之后，中国的 LGBTQ 人士及其盟友发起了一场由用户主导的大规模抗议，导致该公司改变了这一决定。

与此同时，亚洲和太平洋岛屿的许多 LGBTQ 人士继续面临着歧视甚至暴力行为，包括最近在中亚、孟加拉国、印度尼西亚、伊拉克和马来西亚发生的政府支持的迫害浪潮。作为亚太裔 LGBTQ 美国人和坚信平等的人士，我们必须继续与海外群体站在同一战线，倡导全球 LGBTQ 平等。

Contemporary LGBTQ API American Leaders

Today, we celebrate the myriad stories and contributions of LGBTQ API Americans who continue to provide leadership, visibility and pride to our diverse community.

In 2012, Representative Mark Takano (D-CA), a career educator, became the first openly LGBTQ person of color elected to Congress. Georgia's Sam Park similarly became the first openly gay man elected to the state's general assembly in 2016. Benjamin Cruz, who made headlines for being openly gay when he was first nominated for judgeship in the 1980s, became the Speaker of the Guam Legislature in 2017. And Kim Coco Iwamoto, a descendent of World War II internees, became the nation's highest-ranking openly transgender elected official in 2006 when she was elected to the Hawai'i Board of Education.

In local communities and across the nation, we celebrate the work of advocates like Geena Rocero, Glenn Magpantay, Mia Frances Yamamoto, Sasanka Jinadasa, Jim Toy, Pauline Park, Ben de Guzman, Urooj Arshad, Cecilia Chung, Dan Choi, Mohan Sundararaj, Pabitra Benjamin, Kham Moua and Faisal Alam, who challenge us to question the bias, discrimination and prejudice that disproportionately affect LGBTQ people of color in America.

We also look to artists and writers like June Millington, Parvez Sharma, Jose Antonio Vargas, Ghalib Shiraz Dhalla, Helen Zia and Kit Yan, who share our stories and intersectional perspectives through their work. Meanwhile, athletes like Esera Tuaolo, Amazin LeThi and Julie Chu fight for equality both inside and outside the sports arena.

当代亚太裔 LGBTQ 美国领导人

今天，我们颂扬亚太裔 LGBTQ 美国人所做的贡献和卓越事迹，他们继续在为我们的多元化群体提供领导力、可见度和自豪感。

2012年，职业生涯教育家兼众议员 Mark Takano (D-CA) 成为首位当选国会议员并公开自己 LGBTQ 身份的有色人种。同样，乔治亚州的 Sam Park 也于 2016 年成为了首位当选州议会议员的公开同性恋男士。Benjamin Cruz，在 20 世纪 80 年代首次获得法官提名时，却因为公开自己的同性恋身份而上了头条，于 2017 年成为关岛立法机构议长。还有 Kim Coco Iwamoto，二战战俘的后裔，于 2006 年入选夏威夷教育委员会，成为美国最高级别的公开自己跨性别身份的当选官员。

在当地社区和全国范围内，我们颂扬像 Geena Rocero、Glenn Magpantay、Mia Frances Yamamoto、Sasanka Jinadasa、Jim Toy、Pauline Park、Ben de Guzman、Urooj Arshad、Cecilia Chung、Dan Choi、Mohan Sundararaj、Pabitra Benjamin、Kham Moua 和 Faisal Alam 这样的倡导者们所做的工作，是他们促使我们去质疑美国存在的严重影响有色人种 LGBTQ 人士的成见、歧视和偏见。

我们同时也关注像 June Millington、Parvez Sharma、Jose Antonio Vargas、Ghalib Shiraz Dhalla、Helen Zia 和 Kit Yan 这样的艺术家和作家，他们通过自己的作品分享我们的故事和多元化视角。与此同时，像 Esera Tuaolo、Amazin LeThi 和 Julie Chu 这样的运动员也同时在竞技场内外为平等而战。

LGBTQ stories in film and television

Although LGBTQ API Americans are often underrepresented in mass media and entertainment, trailblazing artists continue to pave the way to share our stories. Celebrities from Margaret Cho, Bryan Chan and Alec Mapa, to Rex Lee, Jenny Shimizu, Maulik Pancholy, BD Wong and Gia Gunn live proudly, openly and authentically, inspiring others to live their truth and serving as role models for API youth.

Meanwhile, LGBTQ cinema and television are on the rise in Asia and the Pacific Islands, bolstered by the wider accessibility provided by digital platforms. Although LGBTQ films have flourished in the region for decades, mainstream media platforms and networks increasingly feature LGBTQ actors, storylines and themes in Taiwan, Korea, Japan and Hong Kong, but also in countries where LGBTQ people face greater societal barriers, including China, Malaysia and the Philippines.

- Before winning accolades for *Brokeback Mountain*, filmmaker Ang Lee created *The Wedding Banquet* (1993), an Oscar-nominated story of a Taiwanese American gay man and cross-cultural family acceptance.
- *Yuri on Ice*, named 2016 Anime of the Year, prominently depicts a same-sex relationship that has drawn praise from fans and international figure skaters alike in one of Japan's most popular sports.
- More and more primetime television shows are featuring LGBTQ API characters, including *Code Black*'s Malaya Pineda, *How to Get Away with Murder*'s Oliver Hampton (a HIV-positive character portrayed by openly gay Conrad Ricamora), and *Superstore*'s Mateo Liwanag (an undocumented immigrant portrayed by openly gay Nicos Santos).

电影和电视中的 LGBTQ 故事

尽管亚太裔 LGBTQ 美国人在大众媒体和娱乐领域缺乏有力的代表性人物，但具有开拓性视角的艺术家们仍继续为分享我们的故事铺平道路。从 Margaret Cho、Bryan Chan 和 Alec Mapa，到 Rex Lee、Jenny Shimizu、Maulik Pancholy、BD Wong 和 Gia Gunn，他们都是生活在骄傲、开放和真实之中的名人，激励着其他人活出真实的自我，并成为亚太裔年轻人的榜样。

与此同时，由于数字平台使可访问范围更加广泛，亚洲和太平洋岛屿的 LGBTQ 电影和电视的数量正在上升。虽说 LGBTQ 电影已在该地区蓬勃发展了数十年，但在台湾、韩国、日本和香港以及包括中国、马来西亚和菲律宾在内的 LGBTQ 人群面临更大社会障碍的国家和地区，主流媒体平台和网络仍在越来越多地使用 LGBTQ 演员、故事情节和主题。

- 在凭借《断背山》获得赞誉之前，电影制作人李安创作了《喜宴》(1993)，影片获得奥斯卡提名，讲述了一个台湾裔美国同性恋者与跨文化家庭认同的故事。
- 《冰上的尤里》荣获了 2016 年度动画的殊荣，在日本最受欢迎的运动中突出描绘了一段同性关系，受到了粉丝和国际花样滑冰选手的一致好评。
- 越来越多的黄金时段电视节目开始加入亚太裔 LGBTQ 人物，包括《黑色代码》(Code Black) 中的 Malaya Pineda，《逍遥法外》(How to Get Away with Murder) 中的 Oliver Hampton (由公开自己同性恋身份的 Conrad Ricamora 扮演的 HIV 呈阳性的角色) 以及《百味超市》(Superstore) 中的 Mateo Liwanag (由公开自己同性恋身份的 Nicos Santos 扮演的非法移民)。

Additional Resources

Educate Yourself and Others. Support and resources are readily available.

Family is Still Family

The National Queer Asian Pacific Islander Alliance and Asian Pride Project have many multilingual resources to help API parents who have LGBTQ children. Videos are available in seven Asian languages, translated informational leaflets in 25 Asian and Pacific Islander languages, live local workshops and parent support groups in many cities.

www.familyisstillfamily.org

PFLAG supports parents, families and friends who support their LGBTQ loved ones. Please visit www.pflag.org/blog/resourcesapifamilies for additional resources specific to Asian Pacific Islander families. Local chapters of PFLAG also offer API-specific resources and support, including chapters in **New York City**, the California **San Gabriel Valley** and **Washington State**.

The National Queer Asian Pacific Islander Alliance

is a federation of local LGBTQ Asian American, South Asian, Southeast Asian and Pacific Islander (APIs) organizations who support LGBTQ APIs.

www.nqapia.org

其他资源

教育自己 and 他人。随时可以轻松获得支持和资源。

家庭仍是家庭 (Family is Still Family) ——全国亚太裔酷儿联盟 (National Queer Asian Pacific Islander Alliance) 以及亚洲骄傲项目 (Asian Pride Project) 拥有丰富的多语种资源来帮助那些家有 LGBTQ 孩子的亚太裔父母。在许多城市都提供七种亚洲语言的视频、翻译成 25 种亚洲和太平洋岛民语言的信息传单、当地举办的现场讲习班和父母支持小组。

www.familyisstillfamily.org

同性恋亲友会 (PFLAG) 为那些支持自己所爱的 LGBTQ 人群的父母、家人和朋友们提供支持。请访问 www.pflag.org/blog/resourcesapifamilies 获取特别针对亚太岛民家庭的其他资源。同性恋亲友会 (PFLAG) 地方分会同样提供特别针对亚太裔的资源和支持, 包括位于 **纽约市 (New York City)**、加州 **圣盖博谷 (San Gabriel Valley)** 和 **华盛顿州 (Washington State)** 的分会。

全国亚太裔酷儿联盟 (**National Queer Asian Pacific Islander Alliance**) 是一个由当地亚裔美国人、南亚人、东南亚人和太平洋岛民 (即亚太裔) LGBTQ 组织构成的为亚太裔 LGBTQ 提供支持的联盟。 www.nqapia.org

Additional Resources

The South 南部

- [Asian Queers and Allies \(AQUA\), Durham, NC](#)
- [Collective of Houston Asian Americans \(CHAA\)](#)
- [Trikone- Atlanta, GA](#)
- [Khush Texas, Austin, TX](#)
- [VAYLA- New Orleans](#)

Midwest 中西部

- [Invisible-to-Invincible \(i2i\): Asian Pacific Islander Pride of Chicago](#)
- [Trikone-Chicago](#)
- [Freedom Inc. – Madison, WI](#)

Mid-Atlantic/Metro DC Area 大西洋中部/华盛顿特区

- [Asian Pacific Islander Queers United for Action \(AQUA\), Washington, DC](#)
- [Asian Pacific Islander Queer Society \(APIQS\), Washington, DC](#)
- [hotpot!, Philadelphia, PA](#)
- [Khush-DC, Washington, DC](#)

Greater New York City Area 大纽约地区

- [Gay Asian & Pacific Islander Men of New York \(GAPIMNY\)](#)
- [Q-WAVE](#)
- [SALGA](#)
- [PFLAG NYC Chapter – API Project](#)
- [Desi Rainbow Parents](#)

New England 新英格兰地区

- [Massachusetts Area South Asian Lambda Association \(MASALA\), Boston, MA](#)
- [Queer Asian Pacific-Islander Alliance \(QAPA\), Boston, MA](#)

Pacific Northwest 太平洋西北地区

- [Asian Pacific Islander Pride of Portland, OR](#)
- [Trikone-Northwest, Seattle, WA](#)
- [UTOPIA- Seattle](#)
- [Project Q of APIFWSC-Chhaya, Seattle, WA](#)
- [Pride Asia, Seattle, WA](#)

Northern California 北加利福尼亚地区

- [API Queer Sacramento Coalition \(APIQSC\)](#)
- [Asian Pacific Islander Equality-Northern California](#)
- [Asian Pacific Islander Queer Women and Transgender Community \(APIQWTC\)](#)
- [Gay Asian Pacific Alliance \(GAPA\), San Francisco, CA](#)
- [GAPA Foundation, San Francisco, CA](#)
- [South Bay Queer and Asian, San Jose](#)
- [Trikone, San Francisco, CA](#)
- [UTOPIA- San Francisco](#)

Southern California 南加利福尼亚地区

- [Asian Pacific Islander Equality-Los Angeles](#)
- [Barangay - LA](#)
- [Satrang](#)
- [UTOPIA- San Diego](#)
- [Viet Rainbow Orange County \(VietROC\)](#)
- [API PFLAG San Gabriel Valley, CA](#)

Pacific Islands 太平洋岛屿

- [Pride Marianas, Saipan](#)
- [Guam Alternative Lifestyle Association \(GALA\)](#)

National 全国性组织

- [Muslim Alliance for Sexual and Gender Diversity \(MASGD\)](#)
- [Desi lgbtQ Helpline \(DeQH\)](#)
- [Network on Religion and Justice \(NRJ\)](#)
- [Korean American Rainbow Parents \(NY, DC, LA\)](#)