



The following guide has been created to help increase awareness about and education around the LGBTQ+ community. We have included a list of important days that recognize and amplify voices and members of our community who are too often overlooked and ignored in mainstream society, as well as weeks & months that celebrate the many contributions of our vibrant and loving community.

We have also included resources spanning from best practice tips developed by LGBTQ+ non-profit organizations to books, articles, movies, and TV shows that represent the diversity of identities & experiences within our community.

BEST PRACTICE TIPS, LGBTQ+ HISTORY, TED TALKS AND MORE!

- [Talking About Pronouns in the Workplace](#) by the Human Rights Campaign
- [GLAAD Media Reference Guide: Transgender](#) by GLAAD
- [International Pronouns Day](#)
- [Intersex Inclusive Language to Use](#) by InterACT
- [Beyond XX and XY Binary](#) by Scientific American
- [History of the LGBTQ Movement in America](#) by the History Channel
- [The Gender Unicorn](#)
- [Ted Talk](#) by Geena Rocero, trans model, founder of *Gender Proud*, and LGBTQ+ advocate
- [My \(Blank\) is Trans, Now What?](#) by Ben Greene

TV / MOVIES / DOCUMENTARIES

- Disclosure (Documentary)
- The Death and Life of Marsha P. Johnson (Documentary)
- The Celluloid Closet (Documentary)
- Paris is Burning (Documentary)
- Do I Sound Gay (Documentary)
- A Secret Love (Documentary)
- The Normal Heart (Movie)
- Moonlight (Movie)
- Lingua Franca (Movie)
- Orange is the New Black (TV Series)
- Tales of the City (TV Series)
- Pose (TV Series)
- It's A Sin (Mini)

BOOKS TO READ

- *Gender: Your Guide* by Lee Airton
- *Tomorrow Will Be Different: Love, Loss and the Fight for Trans Equality* by Sarah McBride
- *Symptoms of Being Human* by Jeff Garvin
- *Redefining Realness: My Path to Womanhood, Identity, Love & So Much More* by Janet Mock
- *Giovanni's Room* by James Baldwin
- *Sister Outsider* by Audre Lorde
- *She's Not There* by Jennifer Finley Boylan
- *Wow, No Thank You* by Samantha Irby
- *Call Me By Your Name* by Andre Aciman
- *All Boys Aren't Blue* by George M. Johnson
- *Under the Udala Trees* by Chinelo Okparanta
- *Sissy: A Coming of Gender Story* by Jacob Tobia

HERITAGE CELEBRATIONS: DAYS, WEEKS AND MONTHS DEDICATED TO RECOGNIZING & CELEBRATING THE LGBTQ+ COMMUNITY.

A Note on Global Pride Celebrations

At Hummingbird Humanity, we celebrate Pride Month - a commemorative month dedicated to honoring the 1969 Stonewall Uprising in New York City - each year in June. However, we wanted to take a moment and recognize the global nature of Pride marches, parades, and celebrations, and acknowledge that not all countries around the world celebrate Pride at the same time as we do in the United States. For example, in India, many cities host their Pride parades during November; in Australia, Pride celebrations and events around the country typically take place between February and March; and in Tokyo, Japan, Rainbow Pride Week occurs from late April to early May.

While we formally celebrate Pride here in June, we love the diversity of events and parades that take place throughout the year all across the world, and cheer on our LGBTQ+ members globally as they celebrate our community!

A full list of LGBTQ+ Heritage Celebrations is available on the following page

LGBTQ+ HERITAGE CELEBRATIONS: DAYS, WEEKS, AND MONTHS DEDICATED TO RECOGNIZING & CELEBRATING THE LGBTQ+ COMMUNITY.



Days / Weeks

- **Aromantic Spectrum Awareness:** Takes place the week following Valentine's Day. Aromantics are people who do not experience romantic attraction. During the week, LGBTQ groups worldwide hold events to raise awareness of aromanticism and show support for people on the aromantic spectrum.
- **National LGBT Health Awareness Week:** LGBT Health Awareness Week aims to bring attention to the devastating cycle of discrimination and health disparities that affects the LGBT community, held during the last week of March.
- **International Transgender Day of Visibility:** Held each year on March 31, this day is dedicated to celebrating transgender people and raising awareness of discrimination faced by transgender people worldwide.
- **Day of Silence:** Held on April 17, it's the Gay, Lesbian, and Straight Education Network's (GLSEN) annual day to protest the bullying of LGBT students and their supporters. The day-long vow of silence represents the silencing of LGBT students and their allies.
- **Lesbian Visibility Day:** Held on April 26, celebrates, recognizes, and raises the visibility of lesbians. The National Coalition for LGBT Health first organized it.
- **International Day Against Homophobia, Transphobia, and Biphobia:** Observed on May 17 to raise awareness of anti-LGBT violence and repression worldwide.
- **Pulse Night of Remembrance:** Observed on June 12 each year, it commemorates the loss of 49 people in the Pulse Nightclub shooting in Orlando, Florida on June 12, 2016.
- **International Drag Day:** Celebrated on July 16, this day was created by Adam Steward in 2009, this event aims to celebrate and recognize Drag art all around the world.
- **Celebrate Bisexuality Day:** Observed on September 23, as a day to recognize and celebrate bisexuality, bisexual history, community, and culture.
- **National Coming Out Day:** An LGBTQ awareness day observed on October 11 and encourages LGBTQ people to come out to the people in their lives as a form of personal political activism.
- **International Pronouns Day:** Held on October 17. The day seeks to make asking, sharing, and respecting personal pronouns commonplace.
- **Spirit Day:** Occurs on the third Thursday in October. Started in 2010 by Canadian teenager Brittany McMillan, and promoted by GLAAD, it was created in response to a series of bullying-related suicides of gay students like Tyler Clementi. Observers wear purple as a sign of support for LGBTQ youth.
- **Asexuality Awareness Week:** The timing varies from year to year but typically occurs between October 20 and 26. The international campaign seeks to educate about asexual, aromantic, demisexual, and grey-asexual experiences.
- **Intersex Awareness Day:** Commemorates the first intersex protest on held on October 26, 1996, outside the American Academy of Pediatrics national conference in Boston, Massachusetts. It's an international day of grass-roots action to end shame, secrecy, and non-consensual genital cosmetic surgeries on intersex children.
- **Transgender Awareness Week:** Typically occurs in the second week in November - leading up to Transgender Day of Remembrance - and celebrates and educates about transgender and gender non-conforming people.
- **Transgender Day of Remembrance:** An annual observance on November 20 that honors the memory of the transgender people whose lives were lost in acts of anti-transgender violence.
- **World AIDS Day:** World AIDS Day takes place on December 1 each year. It's an opportunity for people worldwide to unite in the fight against HIV, to show support for people living with HIV, and to commemorate those who have died from an AIDS-related illness. Founded in 1988, World AIDS Day was the first-ever global health day.

Months

- **June - LGBT Pride Month:** Pride Month is currently celebrated each year in the month of June to honor the 1969 Stonewall Uprising in New York City. The purpose of the commemorative month is to celebrate the LGBT community and the impact that LGBT individuals have had on history - locally, nationally, and internationally.
- **October - LGBT History Month:** Dedicated to recognizing important moments in the history of LGBT people. Encompassing a number of important days, October is set to remind both the LGBT and wider communities of important roles LGBT people have taken in creating the social, legal, & political worlds we live in today.