

## **How to Spread Many Kinds of Sexualities?**

### 1. Motivation behind Research Paper

My birth sex is “female” but I do not think about being female. Some people say, “oh, you are LGBT” when I talk about this to my surroundings. No, I am not cisgender, which are people who feel that they match their birth sex and gender identity, but I do not belong to the LGBT community. My current sexual identity is unknown. I have felt gender identity discomfort since I was a junior high school student, but I was not aware of any specific terminology. When I entered high school, I found out what term to use to describe my sexuality. I have faced many challenges as a result of this. For example, being grouped by men and women unnecessarily in my school life. I have been told many times, “to be more feminine” by family, friends or our society. However, my sexualities are not well-known so I have to explain myself to them many times.

Moreover, the term LGBT has become widely known because of the media or celebrities who have come out on social networking sites (SNS). But, more sexualities other than LGBT are not well-known. Therefore, I think more people are under the false belief that sexual minorities belong to the LGBT community. I started this study because I wanted to decrease the difficulties that people such as myself face around the world.

## 2. Introduction

I want to spread awareness about unknown sexualities by questionnaires

To support this study, I have used research conducted by the sexuality diagnosis site “anone,” Sexuality consists of four parts. The first one is “gender identity”. This is your gender. The second one is “sexual orientation for sex”. This is related to the gender you may or may not have a sexual attraction towards. The third one is “sexual orientation for love”. This is the gender you can or cannot fall in love with. However, the second one and third one are not necessarily the same. The last one is “gender expression”. This means how you expressed your gender through your clothes, behaviour or individuality. All in all, there are said to be 4000 kinds of assortment of sexualities.

According to a study conducted by Dentsu in 2020, “Attitudes towards sexuality”, 96% of people know the meaning of “Lesbian” and “Gay”, 87% people know “Bisexual”, 63% of people know “Transgender”. Around 6,240 people were surveyed, from teenagers to those in their 50s. Each one exceeded 50%. However, only 9.6% of people know the meaning of the word “Questioning”, “Asexual, Aromantic” is 5.7%, “Xgender” is 7.1%, and “Pansexual” is 6.t% of people. Only few people know about sexualities other than LGBT. In this way, sexualities other than LGBT are not well-known in our society. Thus, I came up with the question when I saw this graph for the first time. It is “Why has LGBT become so well-known, but other sexualities have not? I started my research with two questionnaires made by me.

## 3. Results and Analysis

Many students at Kokusai High school understood about sexualities that are not well-known. To investigate this, two questionnaires were conducted (sexualities glossary, sexuality discovery map) I came up with a project called “Self Discovering Journey”. I made a “Sexualities Glossary” and “Sexuality Discovery Map.” I researched the change in people’s awareness about their sexualities before and after the project.

#### (1) The result and analysis for “Sexualities Glossary”

In May and June in 2022, I placed four glossaries in front of the school library with a questionnaire. 14 people in our school gave me responses. According to the results, most people read them to gain more knowledge about sexualities. One respondent said many people were surprised that each glossary had a wide variety of sexualities. I asked the question in a questionnaire, “How have you changed after seeing the glossaries?” More people thought about LGBT, but they did not know about sexualities other than LGBT. The most common response was that they were surprised by the amount of sexualities and they all had been categorized. From this research, more people voluntarily studied about sexualities.

#### (2) The results and analysis for “Sexuality Discovery Map”

In June and July (in an international conference in Nara), I put a QR code for the map in each third grade classroom. I got 41 responses from participants. My hypothesis is that more people took interest because the sexualities were in a visual format. As a result, upon questioning those who scanned the QR code, they said that they chose to use the map because they had an interest in sexualities and because they learned about it in Global Studies class.

Before using the map, some people felt that, “looks like fun or interesting” and “feel anxious about what questions to have” was common and the changing of feelings that after using the map, more people said “I could know about range of sexualities”, or “it is interesting to know about many sexualities”.

My hypothesis was that “not many people know about many kinds of sexualities, so no one gets the new discovery”. However, as a result, more people discover many new things. As a viewpoint, 21 people responded “the result of sexualities showed the map is expected”, 18 people responded “the result of sexualities showed the map is not expected”. I think it is because more people do not know about many kinds of sexualities. So, a reason why more people gets a result is not expected. Furthermore, I asked the question “Were you aware of the ‘sexualities glossaries’ in front of the library?”. 35.9% of people said “Yes. I read them”, 35.9% of people said “I looked at a poster but I did not see them”, and 28.2% of people said “I didn’t know about the existence of glossaries”. I was very surprised when I saw responses to the questionnaire. Then, I suggested “You can write freely about how the map was.” I read opinions that “It was complicated” or “The map was interesting but I am too embarrassed to send a response”. After I graduate, I think that I have no opportunity to use it, but if I make the chart similar to it, I want to refer to these opinions.

### (3) The activity of KOKUSAI RAINBOW PRIDE

I held an event called “KOKUSAI RAINBOW PRIDE” on the 28th of June, 2022. Two people participated in it. I introduced the history of “rainbow pride”, and we had a discussion about how to be yourself. We studied about living beyond

gender, or the history of the freedom movement about LGBT and shared opinions about lives beyond gender. This time, I could not gather many participants. If I do this event next time, I think it is important to get more participants. In addition to presentations, I would like to have group work or play games.

#### 4. Conclusion and Future Problems

Brief summary: more people could study about not well-known sexuality by using “sexualities glossary” and “sexuality discovery map”. I want to spread the information of many kinds of sexualities not only school but also society. I am very happy that more people learned about not well-known sexualities voluntarily in the society that “sexual minority means only LGBT”. Glossaries made “seeing” and a Map made “answering questions” by new discoveries to have more people. I will continue this research individually after graduate school, and I will ask about “How do I spread many kinds of not well-known sexualities understood by society easily. Then, I want to join and spread the community to spread them on my Instagram, and I participate in Rainbow Pride. If not well-known sexualities become well-known, more people who has well-known sexualities will easily live and come out. Finally, I think our society gets diversity. For this, we should catch the sexuality that is related to our lives, and should act for diversion of society.

#### 5. Reflection

I will not continue this research when I become a university student, I will continue an individual project for spreading awareness on my SNS or by participating in Rainbow Pride events. If I have an opportunity to do so, I want to

continue my project with fellow people who understand my project. In the end, I will write about suggestions for high school students, teachers and their parents to decrease people who face difficulties of not well-known sexualities. First, you should not feel blue for different sexualities with your friends. Everyone has different sexualities. Second, you should use caution when saying "Boyfriend/Girlfriend" or "You should be Masculine/Feminine". I suggest for you to say "Lover/Partner " and "you should just be you" instead of these words. Do not discriminate between the different sexualities. Third, you should not commit the act of "outing" someone. Outing is when someone says the other people's sexuality without their permission.

When I learned about sexual minorities in my high school, the content was only LGBT and I have never learned about other sexualities in the class. I wanted to learn more about sexualities other than LGBT. To understand the kinds of sexualities for high school students, I believe that they should learn about other sexualities such as "Asexual" or "Questioning". As much as possible, students should be taught the title of the majority such as "cisgender" or "heterosexual". As a result, more students will be able to understand themselves and their individual problems. Finally, I would like to ask a favour from the parents of students. Please don't deny your children's coming out experiences.

## 6. Work Cited

References:websites, questionnaires

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