

Heterosexual Privilege

1. I do not have to fear that if my family, friends, or co-workers find out about my sexual orientation there will be emotional, physical, psychological, or economic consequences.
2. My roommates and classmates will probably be comfortable with my sexual orientation.
3. I never have to justify my identity, my life, or my sexual orientation to people who think I should not exist.
4. I am able to talk openly, comfortably, and without fear of judgment about my friends, personal relationships, and social activities.
5. I do not have to hide or lie about my personal life when talking to co-workers or classmates.
6. I enjoy support and inclusion from my family of origin for my relationship with my partner.
7. I can disclose my pain if my relationship ends and expect family, friends, and co-workers to express support for me.
8. When I talk about my heterosexuality (such as in a joke or talking about a relationship), I will not be accused of pushing my sexual orientation onto others.
9. My masculinity/femininity is not challenged because of my sexual orientation.
10. No one questions the “normality” of my sexuality or believes my sexuality was “caused” by psychological trauma, abuse, or sin.
11. People do not try to convince me to change my sexual orientation. I am not accused of being deviant, warped, perverted, confused, or dysfunctional because of my sexuality. People do not ask me why I chose my sexual orientation.
12. My sexual orientation (if known to others) is not used to exclude me from any organization.
13. People do not assume I am experienced in sex (or that I even have it!) merely because of my sexual orientation. People do not assume that I am promiscuous or sex-focused because of my sexual orientation.
14. I can go home from most meetings, classes, and conversations without feeling excluded, attacked, ostracized, outnumbered, intimidated, invisible, stereotyped, dehumanized, or feared because of my sexual orientation.
15. I did not grow up with pejorative terms that ridicule my sexual orientation. My sexuality is not used as a synonym for something bad or disgusting.
16. I can walk in public with my significant other and not have people double-take or stare.
17. If I need legal or medical help, my sexual orientation will not work against me.
18. I can find a therapist or doctor willing and able to talk about my sexuality.
19. I am able to go to a doctor and get treatment that doesn't conflict with my identity.
20. I can find sex education materials for couples of my sexual orientation.
21. I can access social services without fear of discrimination or being turned away.
22. I (may) feel safe in my interactions with police officers.
23. I feel secure that few hate crimes would target people like me because of my sexuality.

24. I can be affectionate with my sweetie in public without comments, laughter, harassment, threats, or violence.
25. I can use public restrooms without fear of threat or punishment.
26. I can show identification in restaurants or bars without fear that I'll be rejected.
27. My sweetie and I can check into a hotel room with one bed without incident.
28. I can find a religious community that will not exclude me for being heterosexual. My relationship receives validation and blessing from my religious community.
29. I can find people of my sexual orientation represented in the MC curriculum, faculty, and administration.
30. I am not identified, labeled, or grouped—politically, socially, economically, or otherwise—because of my sexual orientation.
31. I can remain oblivious to the language, culture, and history of LGBTQ+ people without any penalty for such oblivion.
32. I can find role models of my sexual orientation.
33. When I watch television, go to the movies, or listen to music, I can expect my sexual orientation to be represented often and accurately.
34. I can date the person I am attracted to in my adolescence and throughout my life.
35. I can live openly with my partner without the scrutiny, curiosity, or condemnation of others.
36. I can have immediate access to my loved one in the hospital in the event of an accident or illness.
37. I can purchase insurance benefits for my partner.
38. I can purchase family memberships in health clubs or other recreational activities.
39. I can celebrate my marriage with family, friends, and coworkers.
40. I can file joint tax returns with my partner.
41. I can receive paid leave from my job when grieving the death of my partner.
42. I can inherit from my partner after their death.
43. I can work with young children and not fear being accused of molesting, corrupting, or recruiting them to my sexual orientation (“grooming”).
44. I can foster or adopt children.
45. I can raise my children without worrying about people rejecting them because of my sexuality. I do not have to prepare my children for people who may treat them badly because of my sexuality.
46. My individual behavior does not reflect on all heterosexuals.