

Reflecting on IDAHOBIT: The Fight Against Homophobia, Biphobia, and Transphobia



by Jade Lambeth

It is easy to view homophobia, biphobia, and transphobia as far removed from our immediate environment. However, the International Day Against Homophobia, Biphobia, and Transphobia (IDAHOBIT) is a clear reminder that these issues are prevalent in our communities. For example, Transphobic hate crimes have quadrupled in the UK. Four out of five trans people experience transphobic hate crimes. This is exacerbated by certain UK media outlets and social media platforms where anti-trans groups and individuals can undermine trans people actively. The increase in homophobic attacks is also worrying, with data indicating at least a 22% rise in homophobic hate incidents in one year.

As a gay woman, I can personally attest to the impact of homophobia. There are times when I am anxious to hold my partner's hand in public because it can be dangerous. My journey to embracing my sexuality has been fraught with challenges. Initially, I came out as bisexual while I was still discovering my sexuality. Looking back, I realise that I was always just attracted to women, but societal norms, judgments, and oppression forced me to hide that aspect of myself, even after coming out.

I naively thought that identifying as bisexual would save me from some of the grief, but I encountered biphobia from every direction: friends, partners, strangers. A friend at the time told me I couldn't be bisexual because, if I was, I would be able to give a percentage (a percentage of how attracted I was to each sex). Others said bisexuality was greedy.

Now, as a lesbian, I still face prejudice. I vividly remember kissing an ex-girlfriend goodbye once, only to be harassed by a man who decided it was okay to ask if he could film it or be involved. Men have told me they could 'turn me'; Women have expressed confusion over how I could be sexually satisfied. Complaints about these incidents have not been taken seriously.

These experiences underscore the pervasive nature of both homophobia and biphobia. To read more about the impact of Transphobia, I would encourage you to read our previous blog post by Azza Essakhi ([006 | Thursday 9th May 2024 | Trans+ History week: Thoughts & Reflections by Azza Essakhi](#)).

We will discuss this further on our upcoming Podcast, 'Sections of Intersectionality'. Keep an eye out for announcements.

