

'Bes, OK Ka Lang Ba?'

('Friend, are you OK?')

A Baseline Study on the Well-Being of Lesbians,
Bisexual Women, and Trans Men



WELL-BEING INDEX (WBI)

A Baseline Study on the Well-Being of
Lesbians, Bisexual Women, and Trans Men
(LBTs)

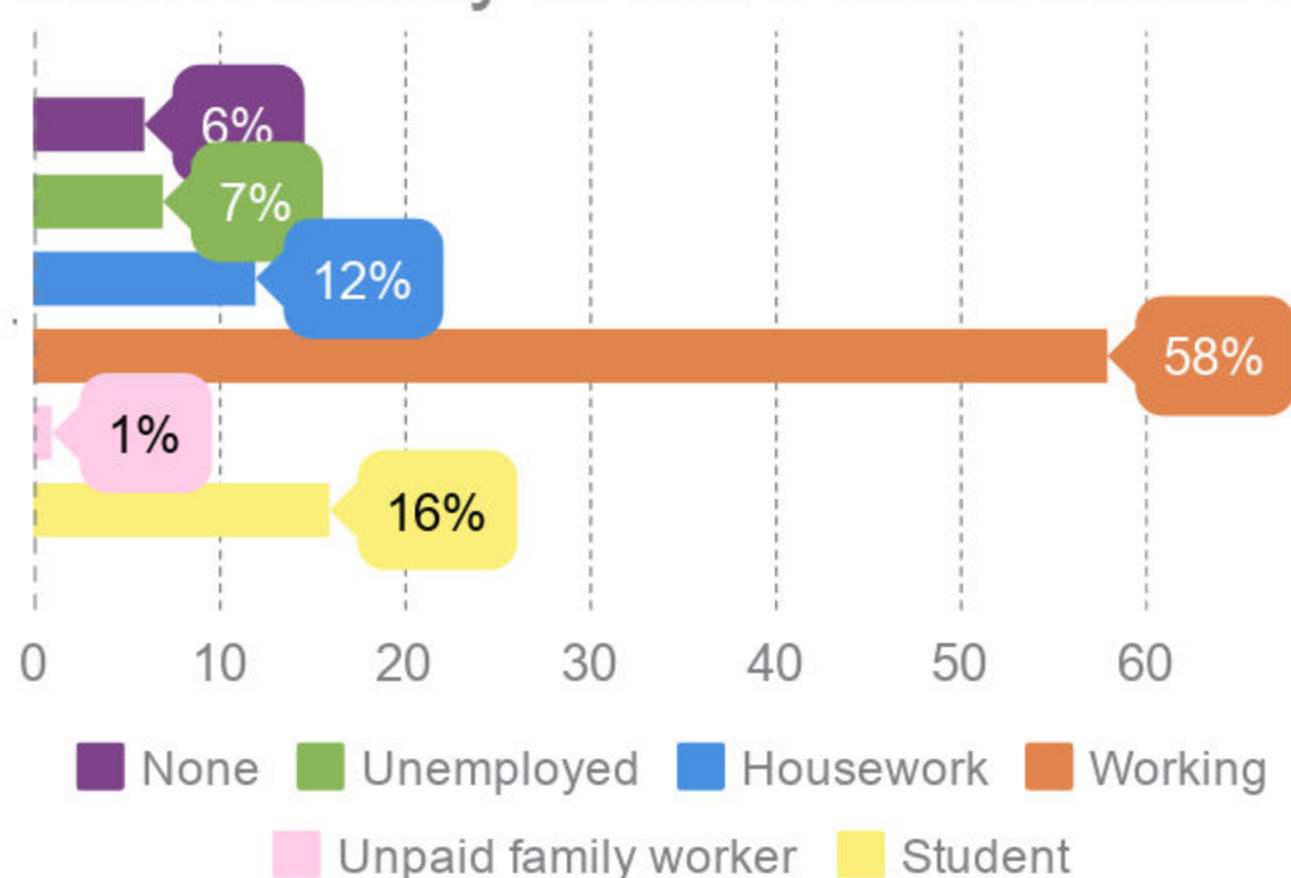
TIMELINE OF THE STUDY



PROFILE OF THE PARTICIPANTS

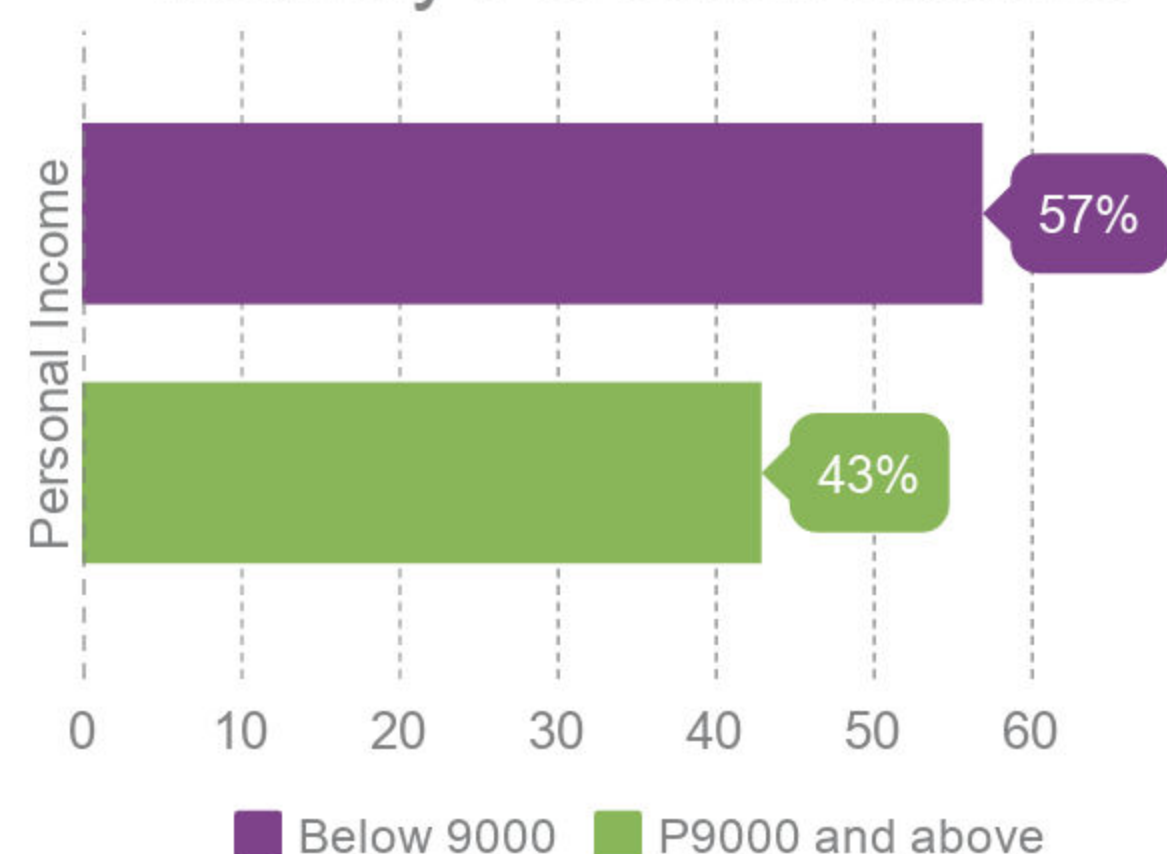
The **82** participants in this study are relatively young. At the time of the survey, the youngest is **18** years old, the oldest is **42**, and the mean age is **23-24** years old.

Main Activity in the Past 3 Months



58% of them are working, while **6%** are neither working, studying, nor looking for work.

Monthly Personal Income



Of those who are working, **57%** are earning less than P9,000* a month**.

**For the first semester of 2015, a family of 5 needed at least P9,140 (\$197) a month for its basic food and non-food needs (clothing, housing, transportation, health, and education expenses)." -National Economic Development Authority (NEDA)

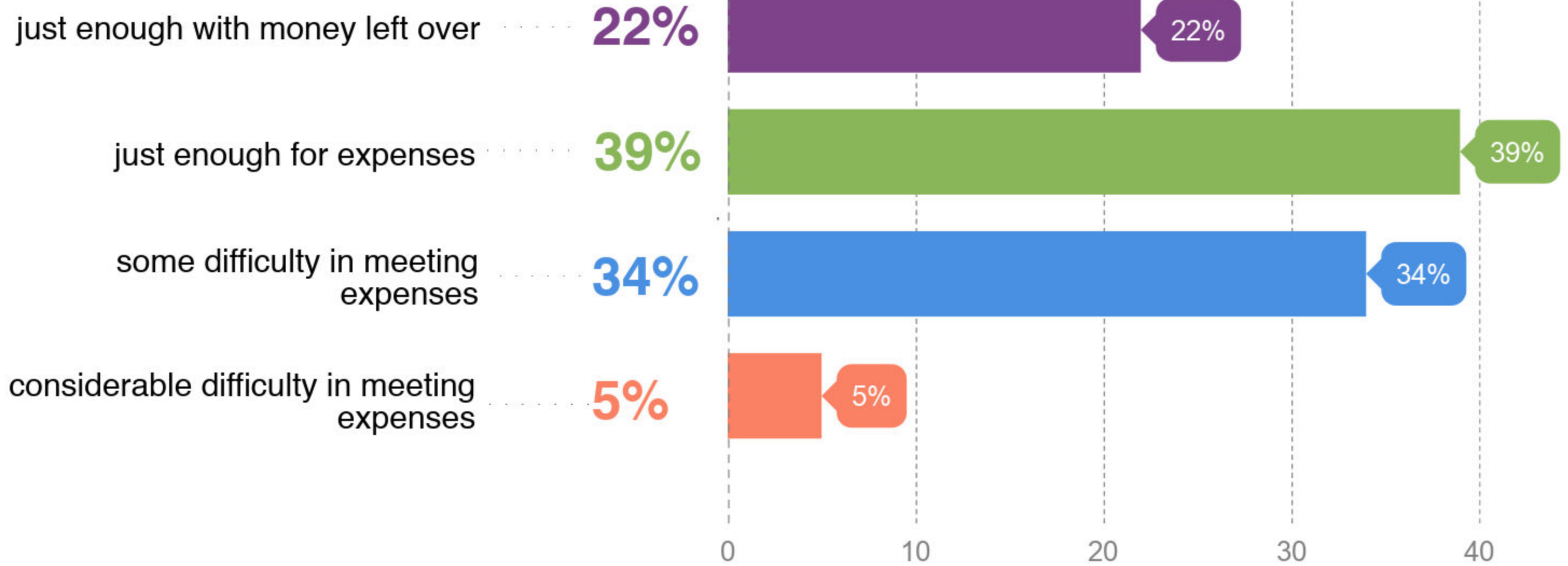
* PhP 43 = US\$ 1

SOCIO-ECONOMIC CHARACTERISTICS

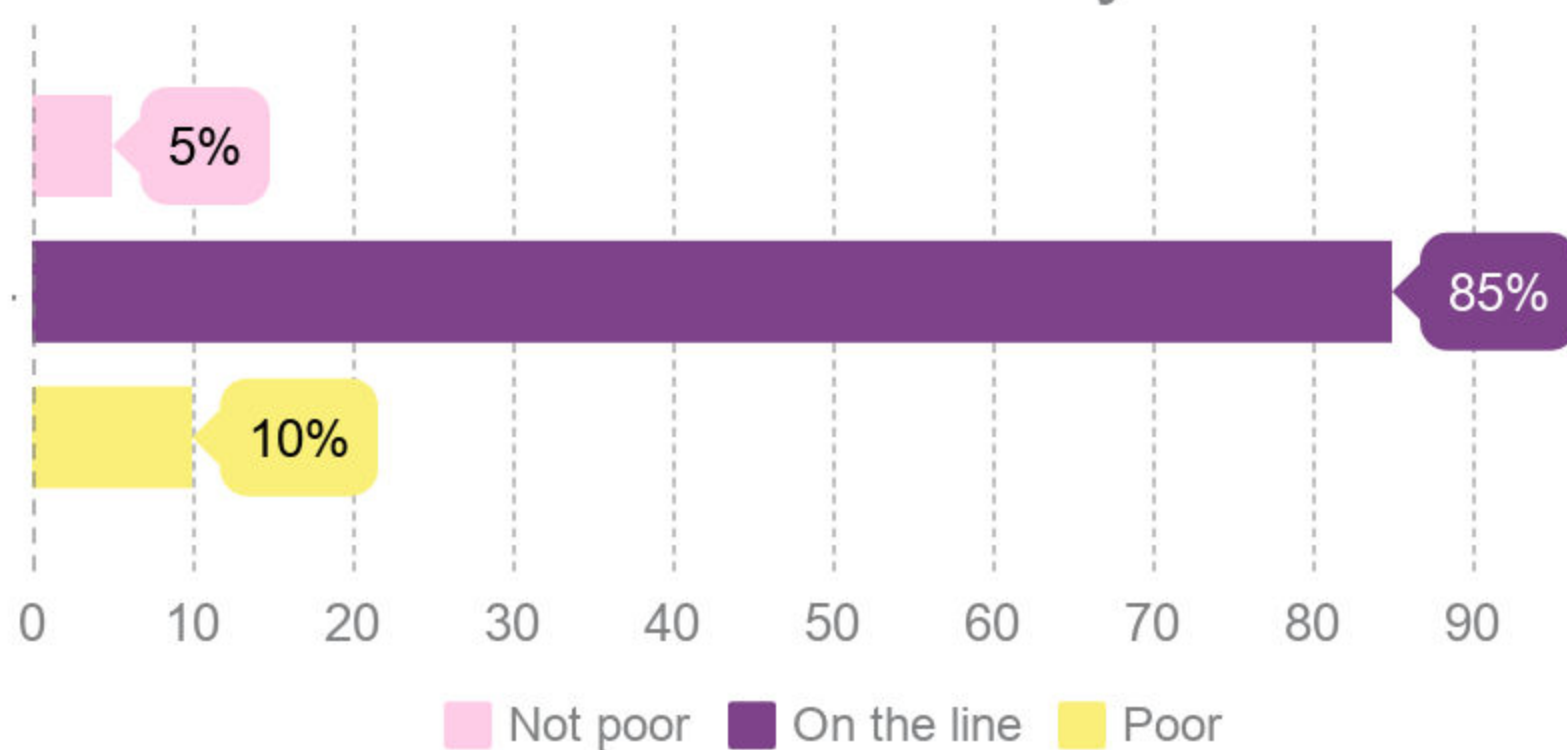
The participants were asked:

"CAN 9,000PHP SUPPORT A FAMILY OF 5?"

Perceived Income Adequacy



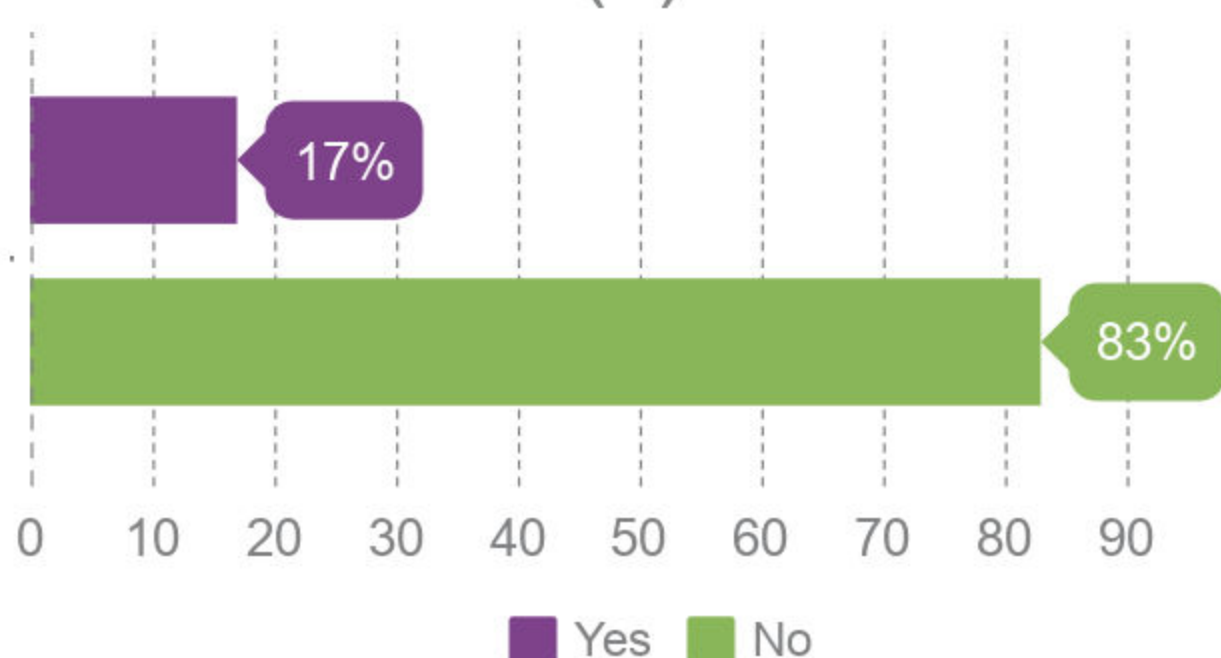
Self-Assessed Poverty Status



85%
believe they are
"on the line"
which means they experience being
below, above, or in the middle of the
poverty threshold.

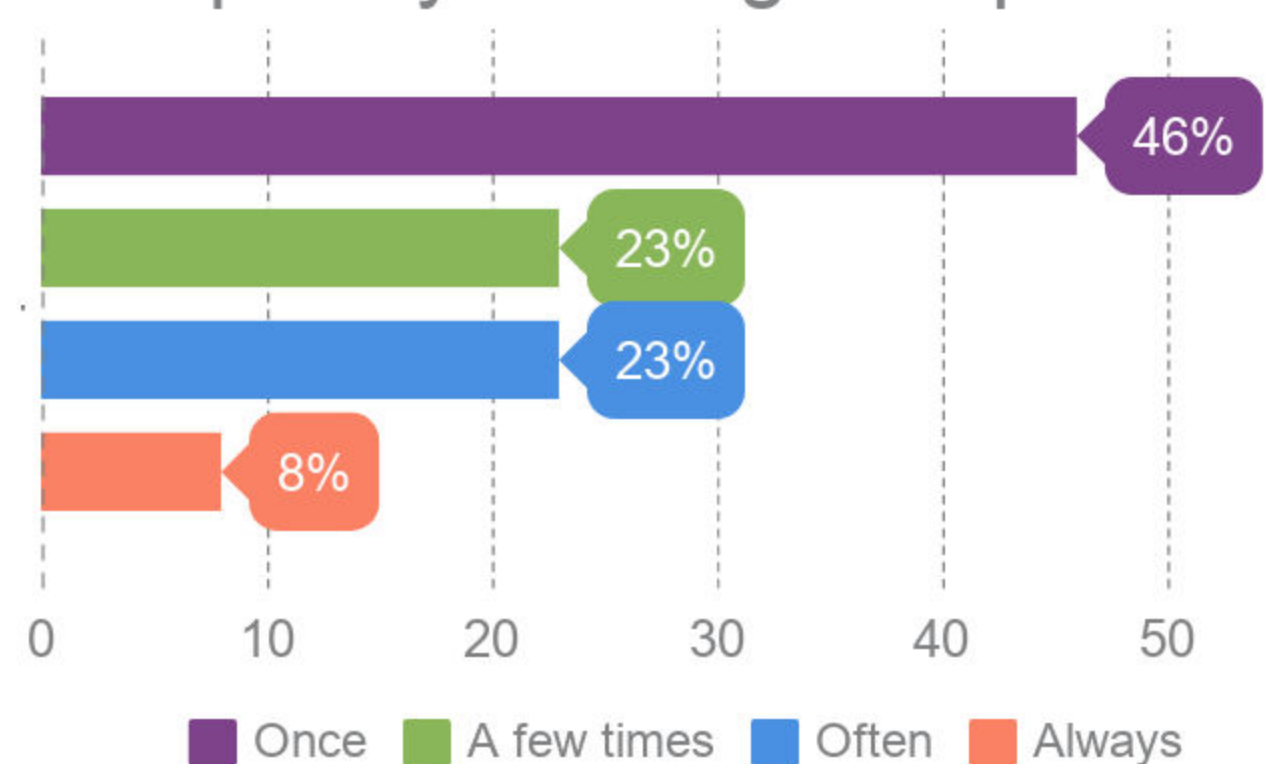
EXPERIENCE OF HUNGER

Experienced Hunger in the Past Three (3) Months



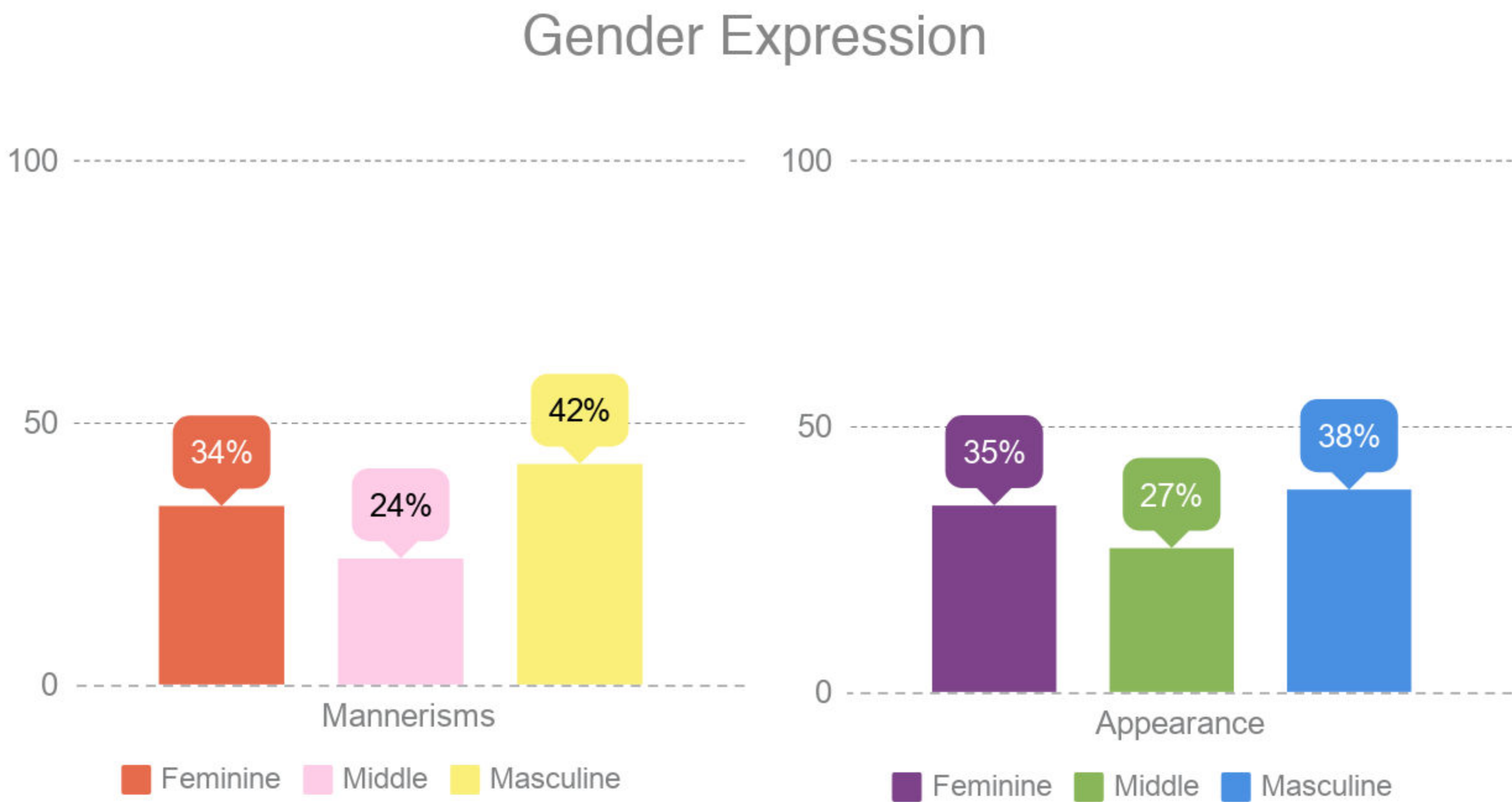
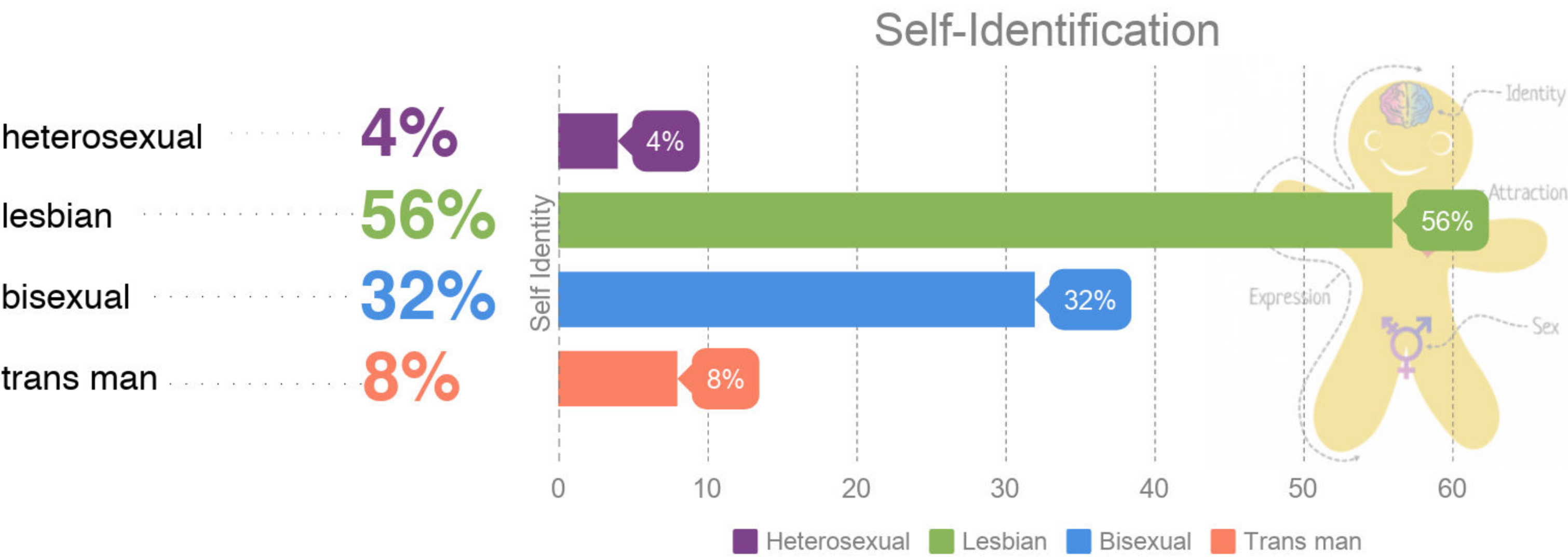
17% said that their household **experienced hunger** in the past three (3) months.

Frequency of Hunger Experience

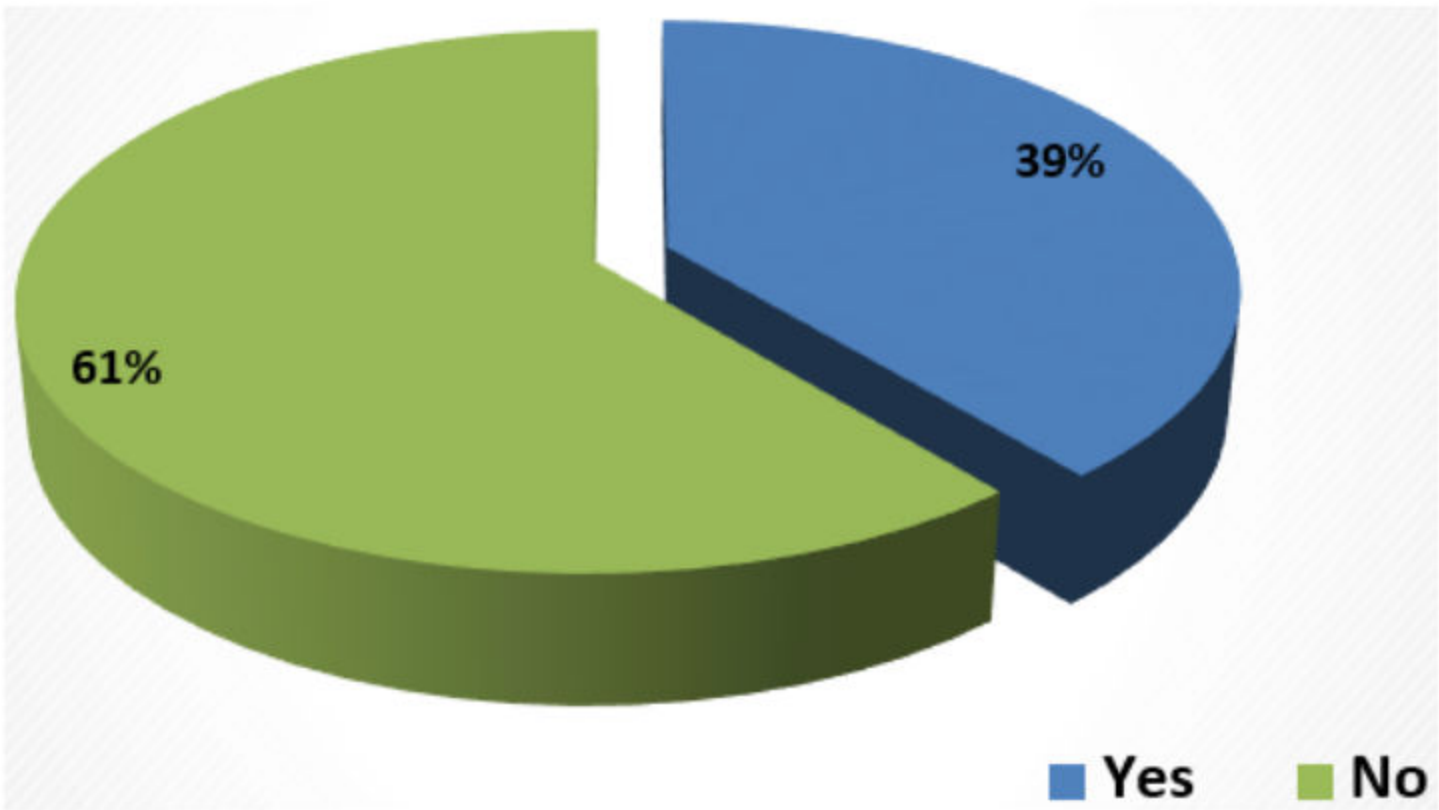


For those who experienced hunger, a little over **30%** experienced hunger **often to always** in the past three (3) months.

SEXUAL ORIENTATION, GENDER IDENTITY AND EXPRESSION (SOGIE)



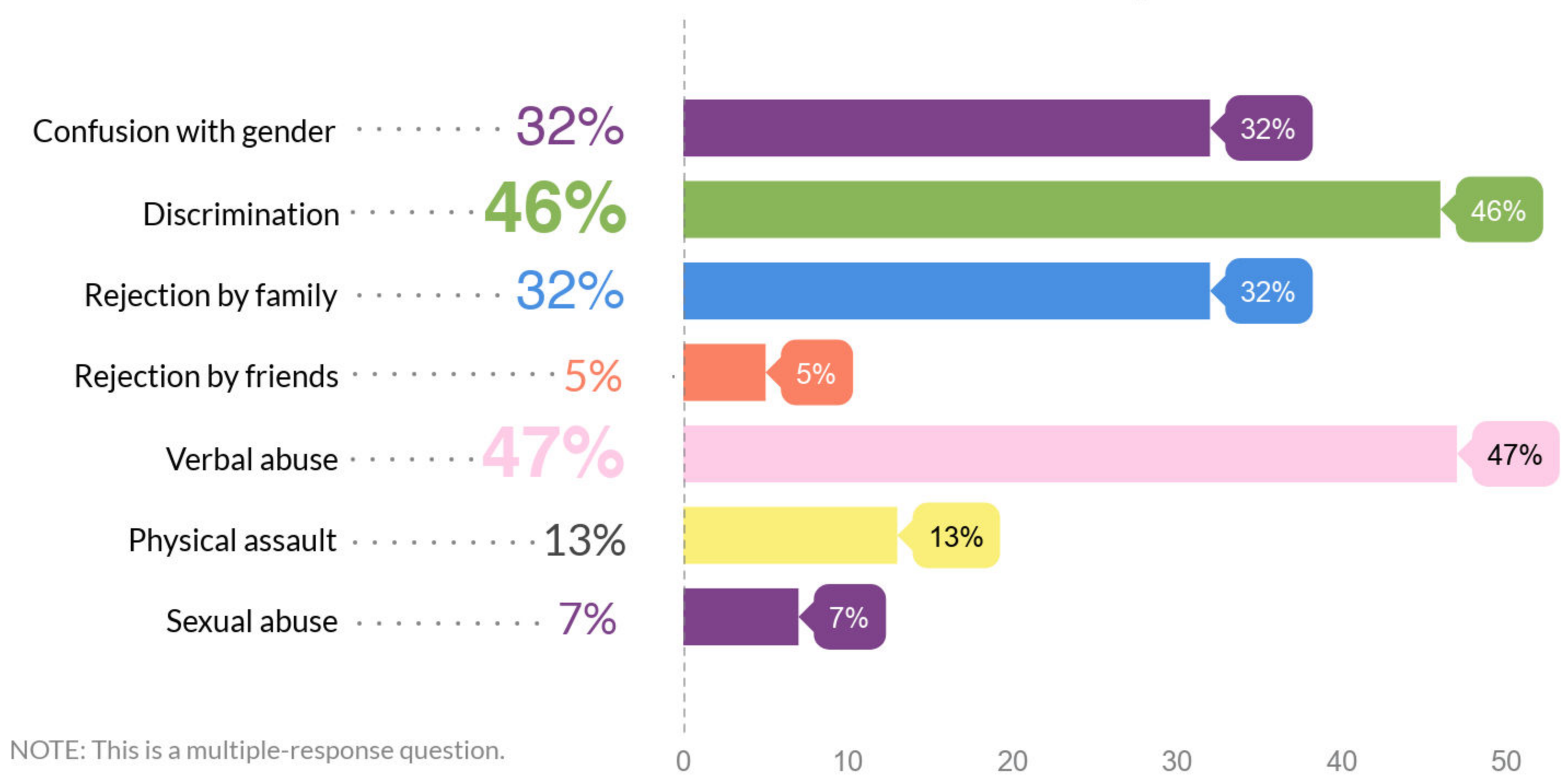
24% of mannerisms and 27% of appearances are in the middle of being masculine and feminine.



""When a person's sex & gender do not match, they might think of themselves as transgender. Sex is what a person is born with; gender is how a person feels. Do you think of yourself as transgender?"

39% said they are transgender.

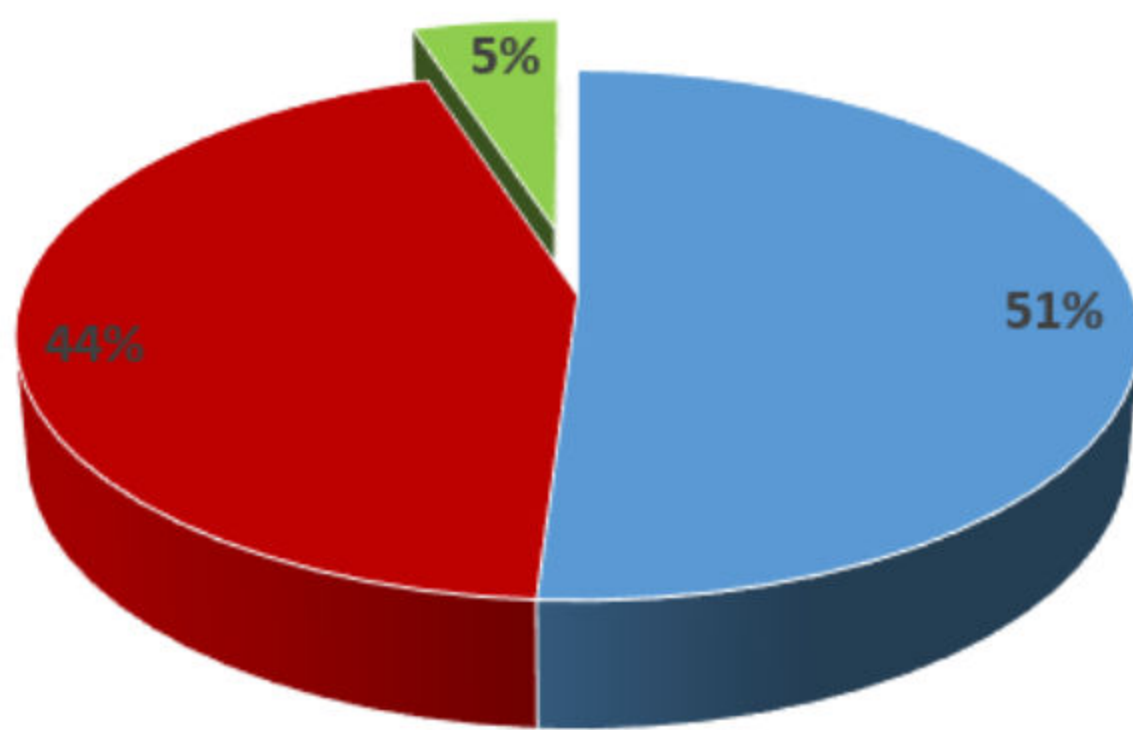
PROBLEMS BECAUSE OF SOGIE



The results showed that **verbal abuse** and **discrimination**, mostly on the employment process, were the usual SOGIE-based problems encountered.

Close to one-third of the respondents reported **confusion regarding their gender** and experience of **rejection by family**. It was also noted that 6 out of 82 respondents were **sexually abused**.

- When applying for jobs, the LBT participants were rejected without first assessing their qualifications, and are being openly told by hiring personnel that their companies do not hire lesbians/tomboys/trans men.
- One participant shared an incident when someone among her/his peers wanted to rape her when they were drinking. Other participants shared that they get taunted by people, saying their partners will have no future with them. Another shared that she left home because she was beaten by her father, telling her to act like a (feminine) woman.
- The participants also encountered discrimination in the church and in their schools. They have been told not to enter the church for being LBTs, and were also scolded by teachers for not acting like feminine women.
- Other prevailing issues are: 1) access to comfort rooms, being told specifically that they are not allowed to use the girls' restroom, being called a 'tomboy' and murmured about by other restroom goers; 2) being rejected by families for having same-sex relationships, being laughed at called useless/wicked in their communities.



■ Yes, very satisfied ■ Yes, somewhat satisfied ■ No, not satisfied

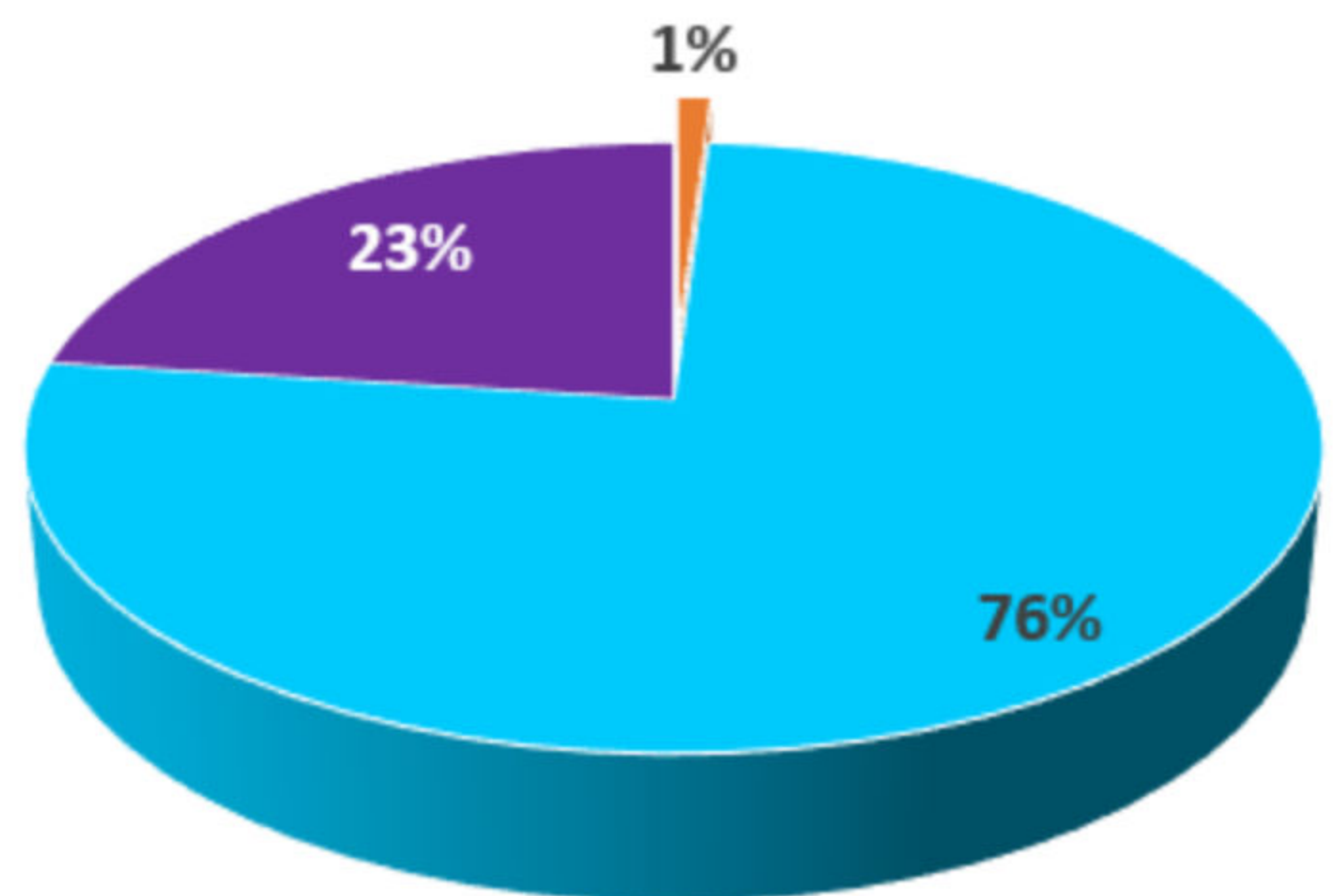
Even after reporting low socio-economic class and experience of hunger, a great majority are "very satisfied" with their present life.*

*This may be culturally influenced, as Filipinos were always taught about being content, satisfied, and content with what they have."

-Joy P. Cruz, Demographic Specialist, University of the Philippines Population Institute

The participants evaluated their **present life situation** and their **anticipated life situation in five (5) years**.

76%
of the participants are
struggling
-- neither suffering nor thriving.



■ Suffering ■ Struggling ■ Thriving

Struggling

- Neither thriving nor suffering
- Rate present life moderately
- Tend to worry about making day-to-day ends meet

10
9
8
7
6
5
4
3
2
1

Thriving

- Rate present life as 7 or higher
- Outlook over 5 years 8 or higher
- Tend to have higher incomes, more education, good health, social support

Suffering

- Rate present life and outlook 1 to 4
- Tend to have lower income, less education, less access to basic needs such as food, shelter and health care

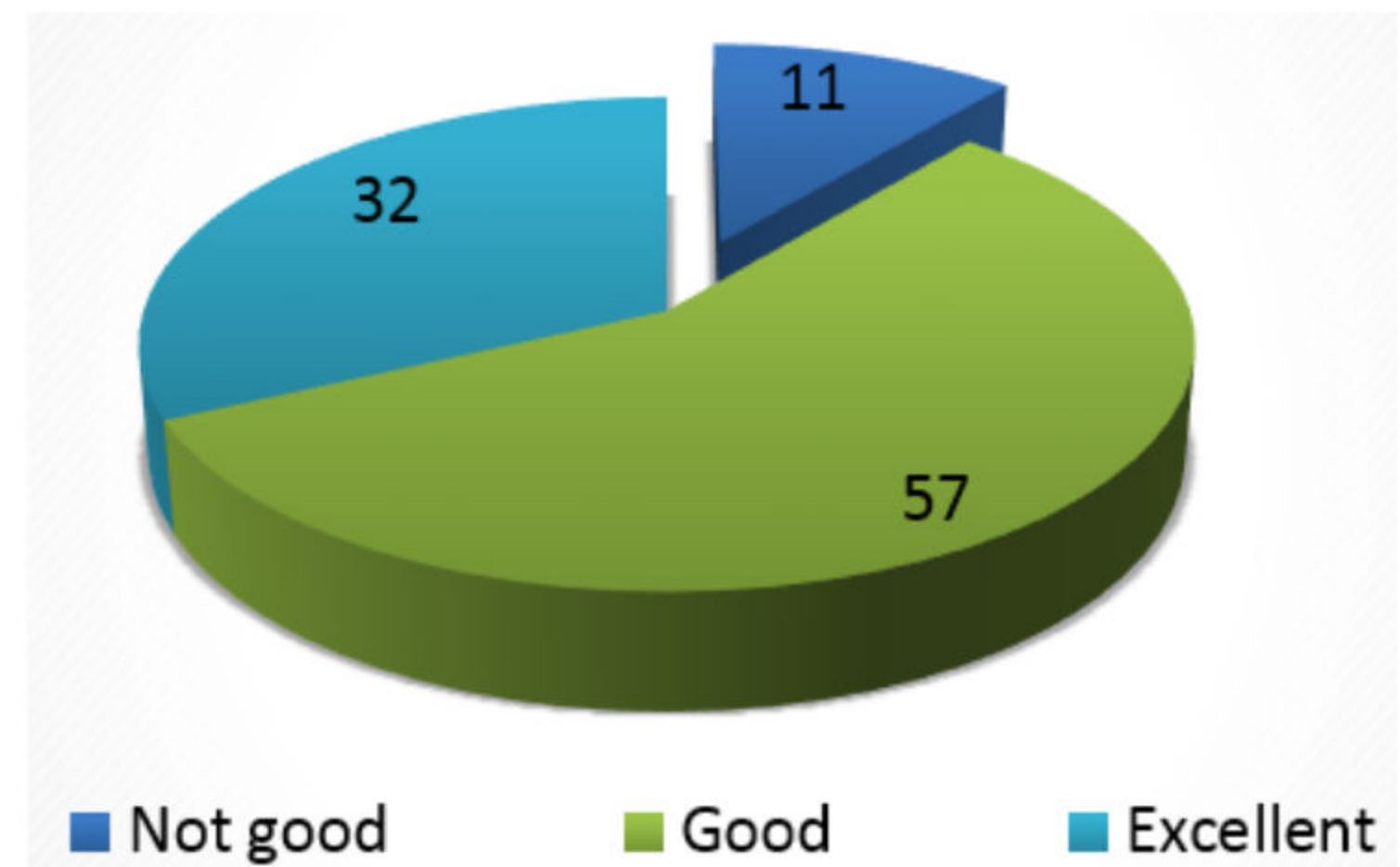
IMAGE: Cantril Ladder Scale

EMOTIONAL HEALTH

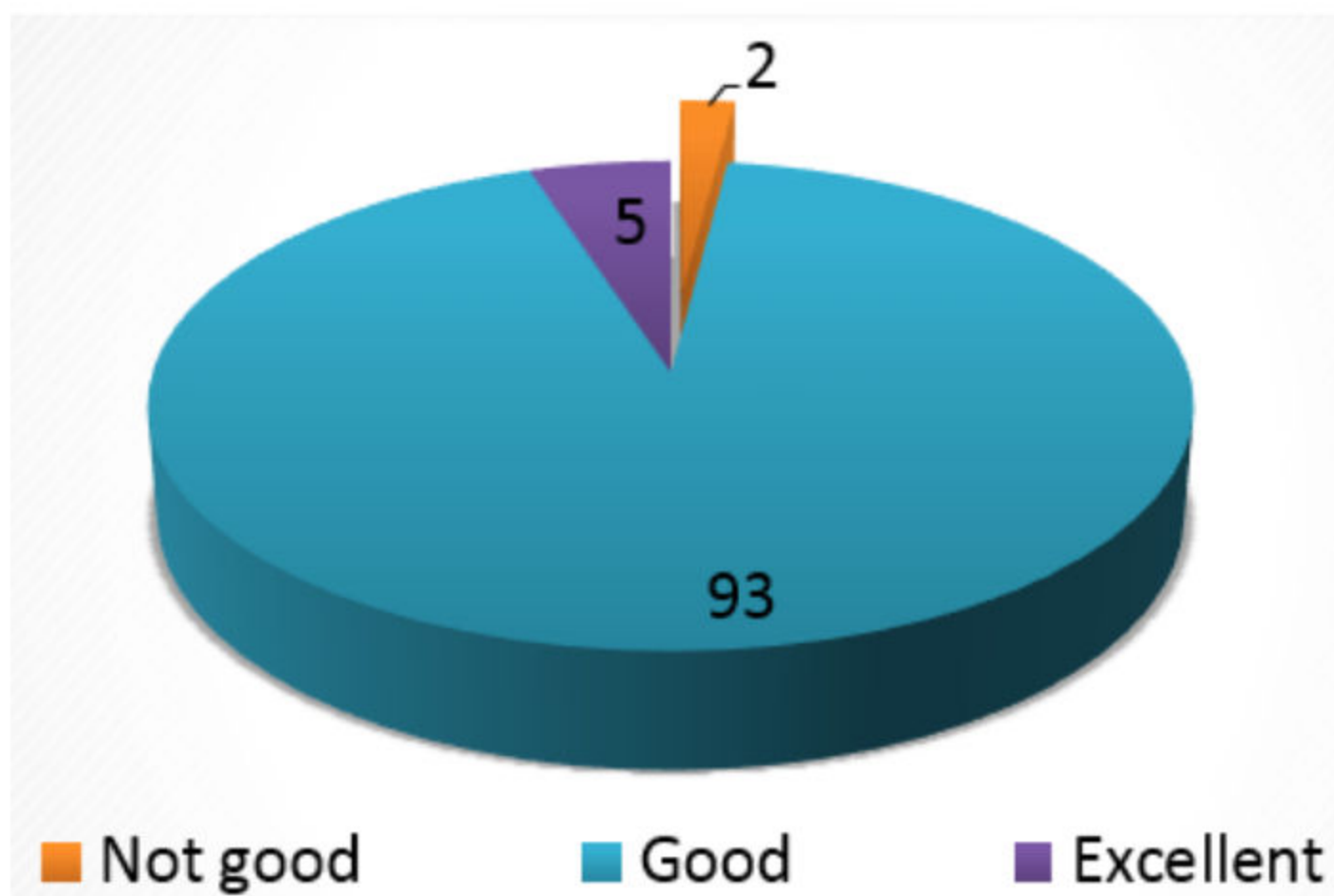
57% are in a good emotional state,
while **11%** are not.

The Emotional Health Index is based on responses to the following items:

- being treated with respect
- smiling or laughter
- learning or doing something interesting
- enjoyment
- physical pain
- worry
- sadness
- stress
- anger
- happiness



PHYSICAL HEALTH



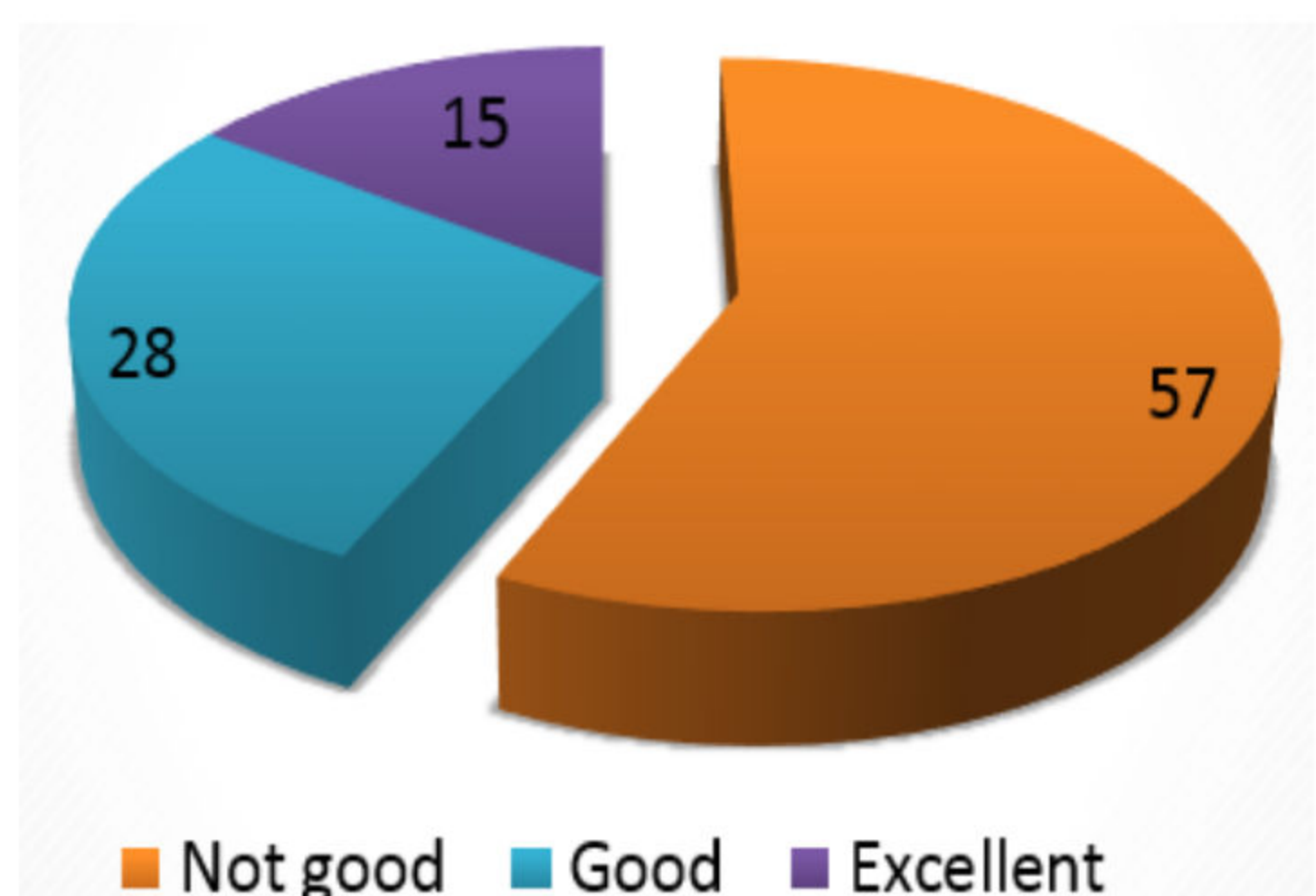
97% are in good physical health,
while **2%** are not.

The Physical Health Index is composed of history of diseases and daily health experiences:

- disease burden
- health problems that get in the way of daily activities
- obesity / being underweight
- feeling well-rested
- daily energy
- daily colds
- daily flu
- daily headaches

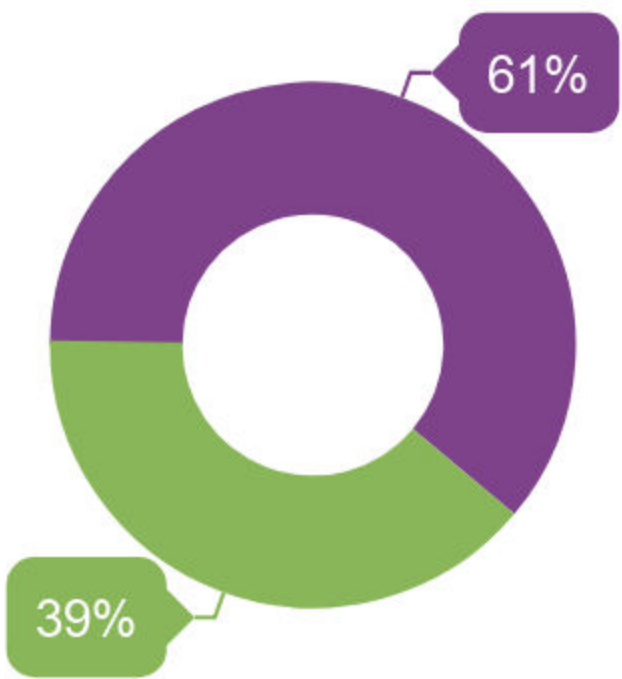
HEALTH BEHAVIOR

While 97% are in good physical health,
57%
are assessed to have a
"not good"
health behavior status.



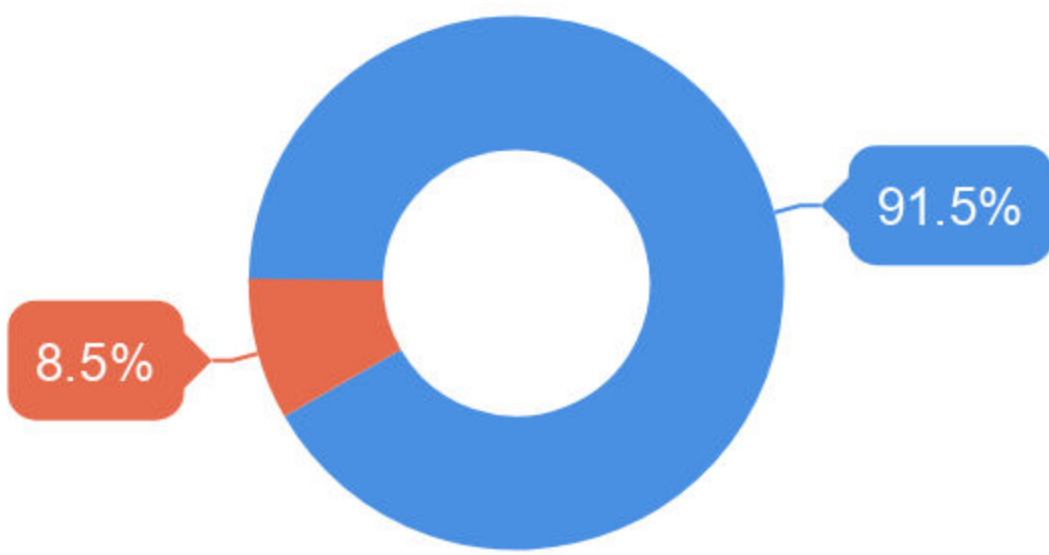
HEALTH BEHAVIOR

Do you smoke?



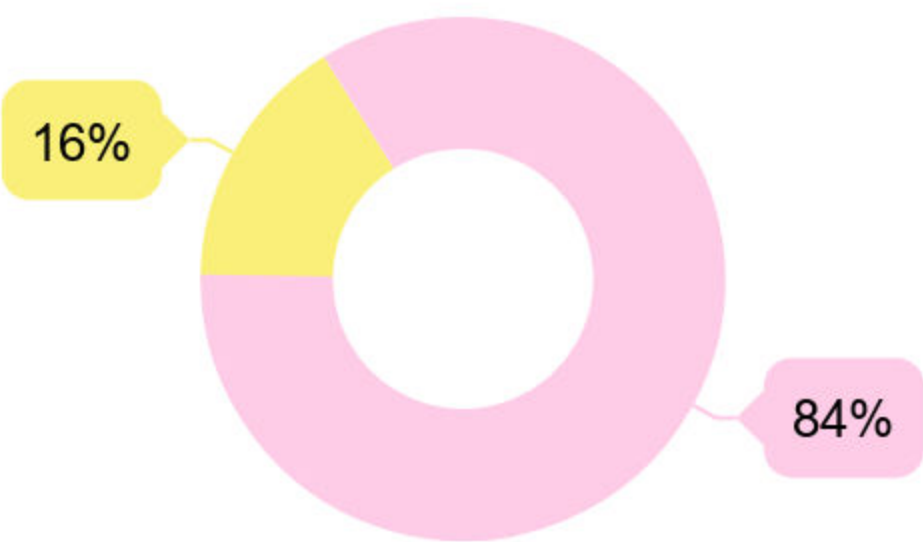
Yes (61%) No (39%)

Tried alcohol?



Yes (91.50%) No (8.50%)

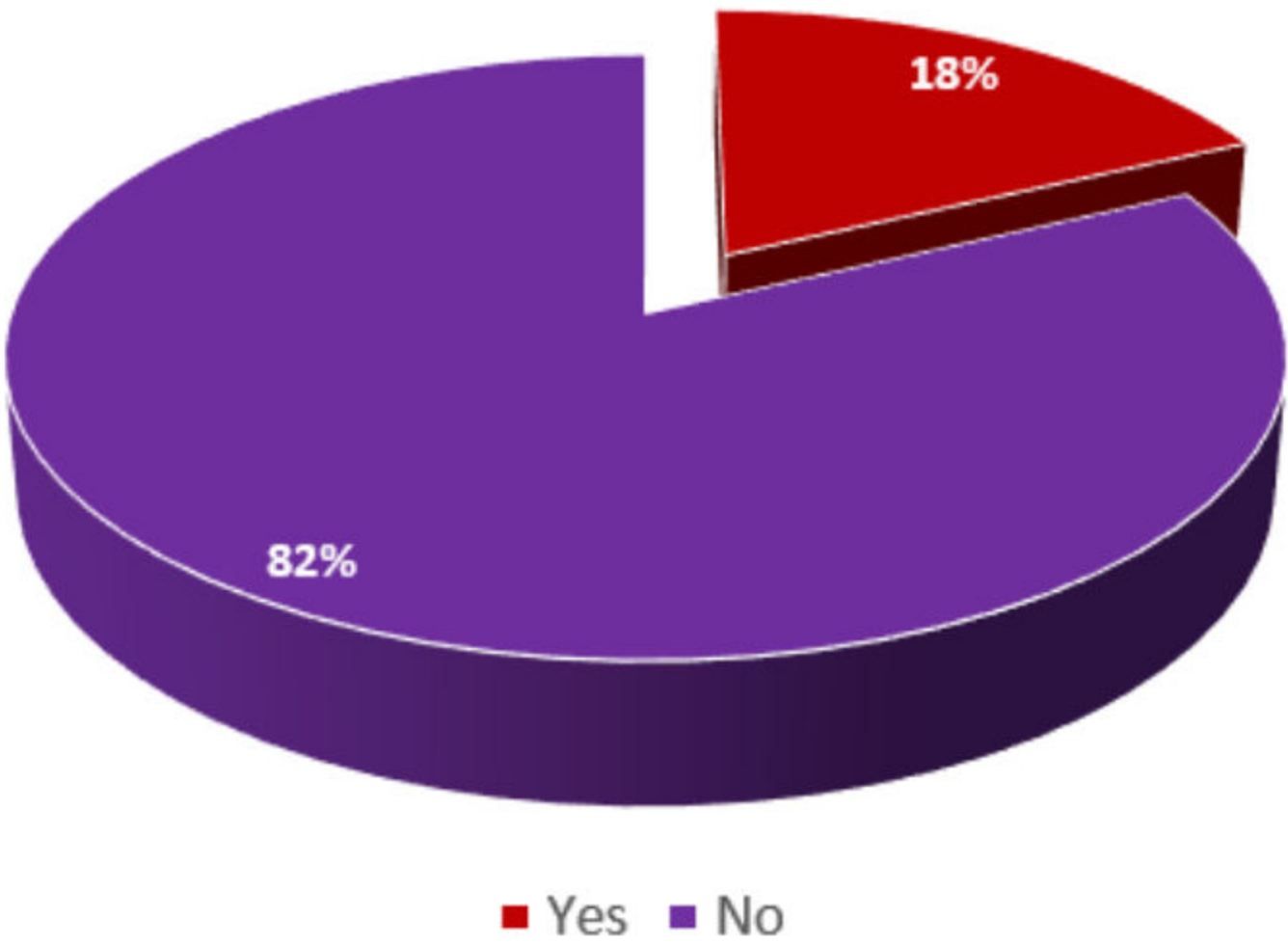
Used drugs?



Yes (16%) No (84%)

According to GALANG's psychologist project consultant, these responses are indicative of the participants' awareness on health issues and their desire--or lack thereof--to be healthy. However, health is not a priority if the primary concern is meeting the family's basic needs.

SUICIDE ATTEMPTS



Yes No

"Have you ever attempted suicide?"

18% of the participants have previously attempted **suicide.**

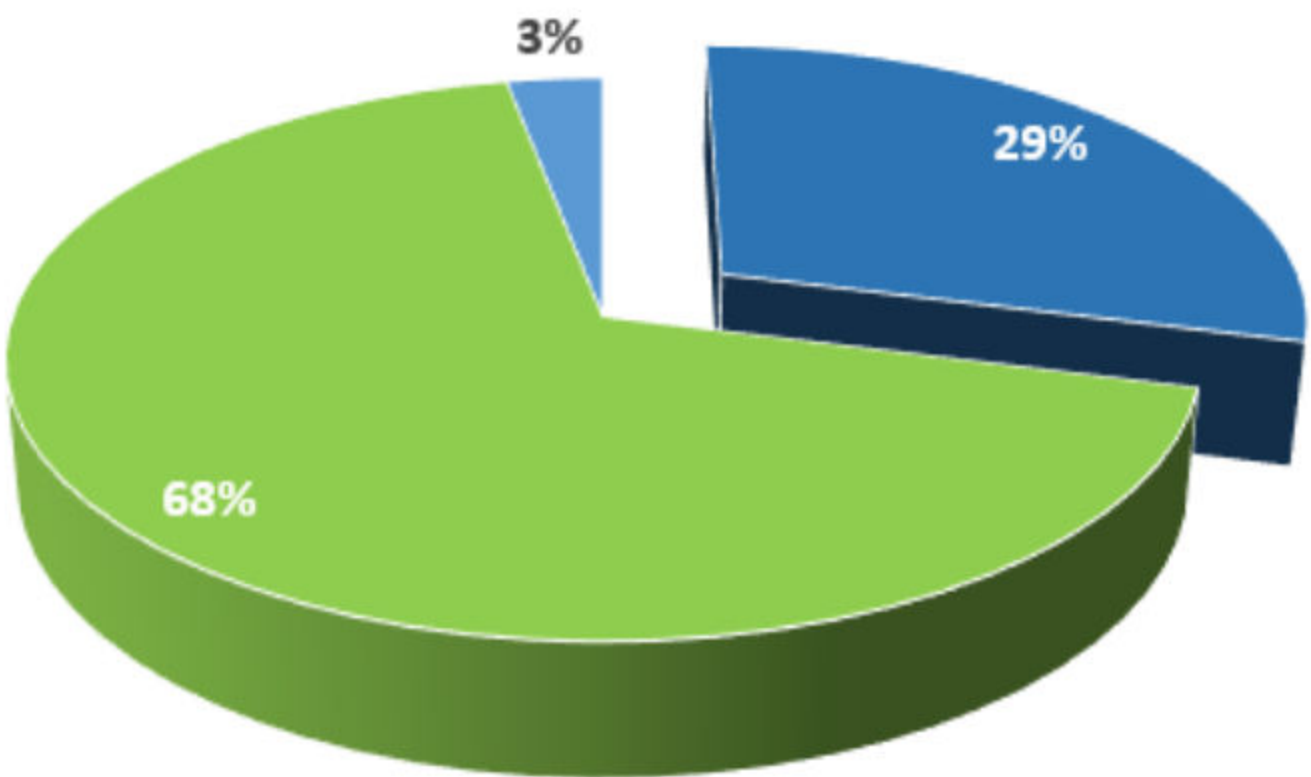
COMMON REASONS FOR CONSIDERING SUICIDE:

- heartbreak
- family problems
- pressure in school
- financial problems
- academic failure
- non-suicidal self-injury
- feeling unloved

BASIC ACCESS

The **Basic Access Index** measured the participants' access to:

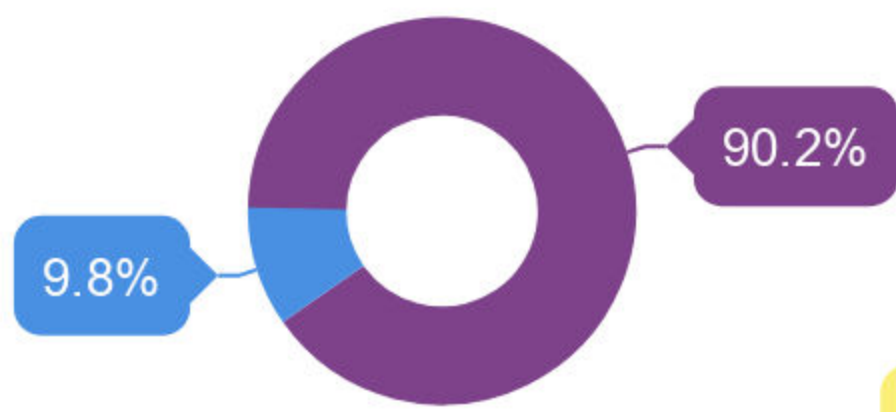
- FOOD
- SHELTER
- HEALTH CARE
- A SAFE AND SATISFYING PLACE TO LIVE



Not good Good Excellent

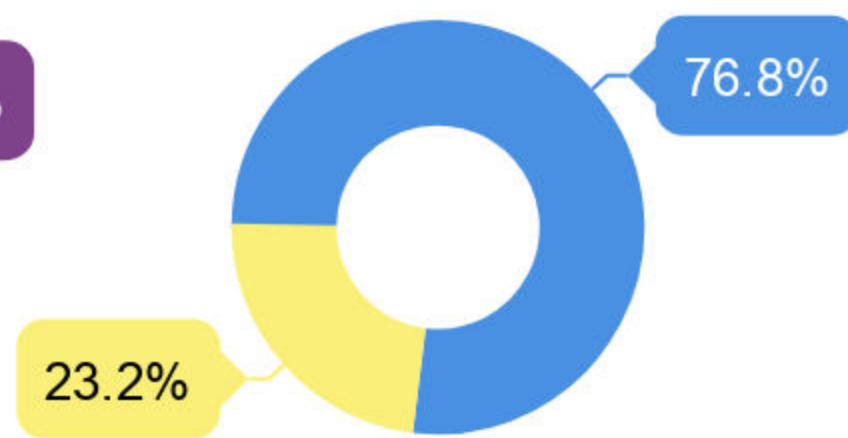
BASIC ACCESS

Satisfaction with Community or Area



■ Satisfied (90.20%)
■ Dissatisfied (9.80%)

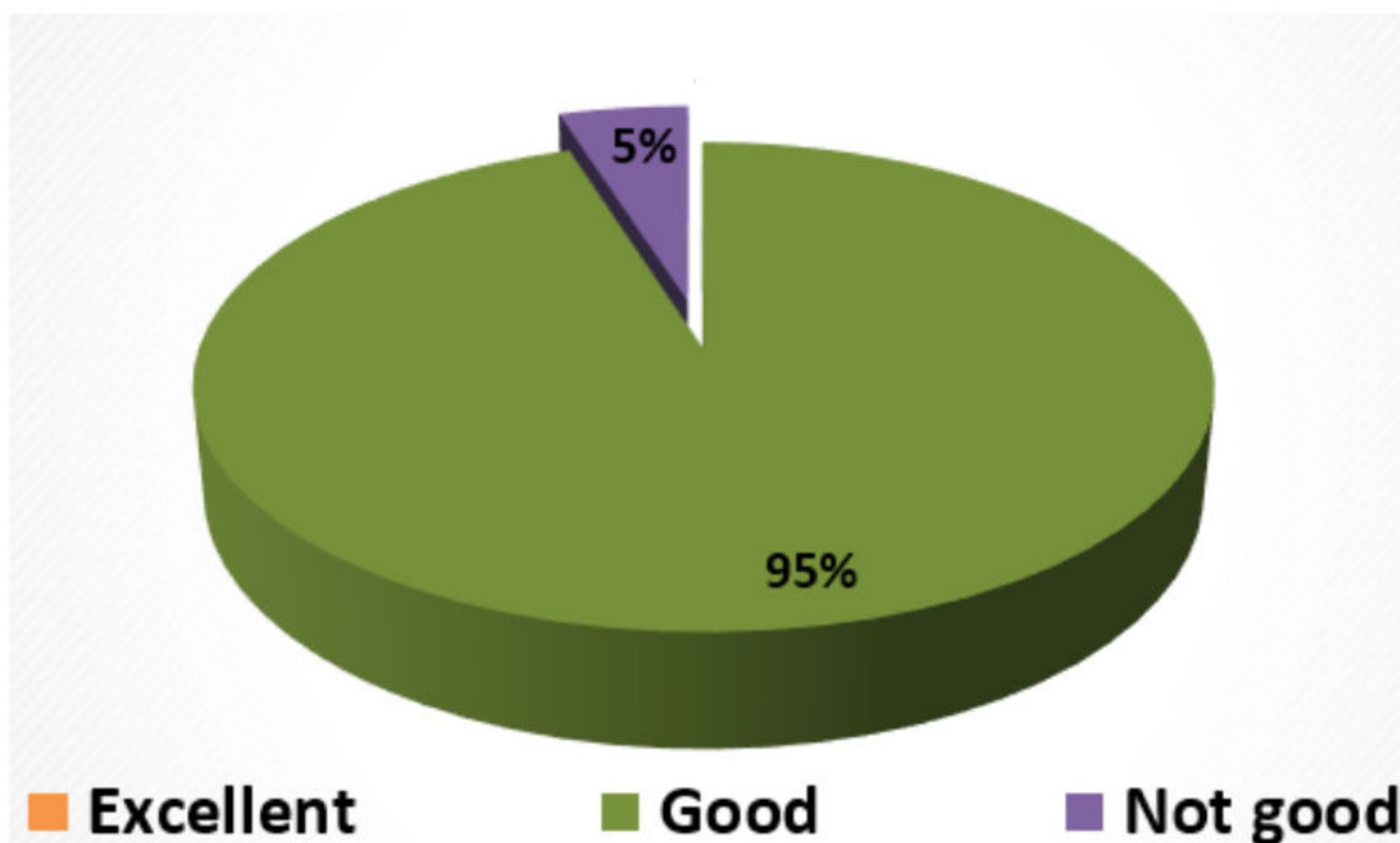
Area Getting Better as a Place to Live



■ Worsening (76.80%)
■ Getting Better (23.20%)

The participants may be satisfied with their communities in general, but criminality such as drug-related shootings and killings make them think that the situation in their areas is worsening.

OVERALL WELL-BEING



95% have "good" well-being.
However, **5%** do not.

None of the participants expressed having excellent well-being.

RECOMMENDATIONS



Family acceptance of one's sexuality matters greatly as a form of support, creating an enabling community where LBTs are motivated to play important roles, and to become productive members of society.



Key government agencies need to align their definition of a family's minimum basic needs (food and non-food) when setting classification standards for all affected sectors (poor and non-poor).



National government data on poverty, basic access, and violence should be aggregated based on SOGIE to realistically respond to the LGBT sector's specific needs.



Enacting laws on SOGIE equality and mental health would set the standards in promoting inclusive social protection, healthy practices/habits, promoting diversity, and would also provide additional impetus for the implementation of age-appropriate Comprehensive Sexuality Education to public and private schools.



Given the participants' health behavior index (i.e. smoking, drinking, drug use, and suicide attempts), academic institutions, and NGOs/CSOs should support, replicate, expand, and fund further studies relevant to risky health-related practices/behaviors of LBTs, and the LGBT sector at-large.