

### *Gender and Sexual Minority Microaggressions Scale*

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The following questions ask about recent experiences you've had. Please note that these are experiences that people can have whether they are LGBT+ or not. Please indicate how often you have experienced each in the past year.

	Never	Rarely	Sometimes	Often	All of the Time
1. People assuming you are attracted to them or willing to have sex with them simply because you are LGBT+ or they perceive you to be LGBT+.	1	2	3	4	5
2. People assuming that you match an LGBT+ stereotype (e.g. assuming that you are knowledgeable about interior design if a man or carpentry if a woman).	1	2	3	4	5
3. People accusing you of being defensive or sensitive when talking about your gender identity or sexual orientation.	1	2	3	4	5
4. People referring to you as a gender you do not identify as or using incorrect pronouns when referring to you.	1	2	3	4	5
5. People expecting you to act like a gender you do not identify as (e.g. expecting you to act stereotypically male if you don't identify as a man or stereotypically female if you don't identify as a woman).	1	2	3	4	5
6. People suggesting that your sexual orientation or gender	1	2	3	4	5

identity is just a phase, a choice or not real.

7. People changing the subject/topic when reference to your sexual orientation or gender identity comes up.	1	2	3	4	5
8. Finding it hard to find public facilities such as washrooms or toilets that you feel safe or comfortable using because you are LGBT+ or perceived as LGBT+.	1	2	3	4	5
9. People finding you fascinating or exotic because you are LGBT+ or they perceive you to be LGBT+.	1	2	3	4	5
10. People telling you to stop acting stereotypically LGBT+ (e.g. telling you to stop acting gay, or feminine for men, or masculine for women).	1	2	3	4	5
11. People asking you invasive questions because you are LGBT+ or they perceive you to be LGBT+.	1	2	3	4	5
12. People using words relating to LGBT+ people when talking about something or someone bad that is not LGBT+ related (e.g. calling something annoying “gay”).	1	2	3	4	5

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*Note.* Scores are calculated by computing the mean of all items. If you are only taking data on cisgender sexual minority individuals, items 4, 5 and 8 can be discarded. Higher scores indicate more frequent experiences of microaggressions for all versions.

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This measure should be cited as follows:

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