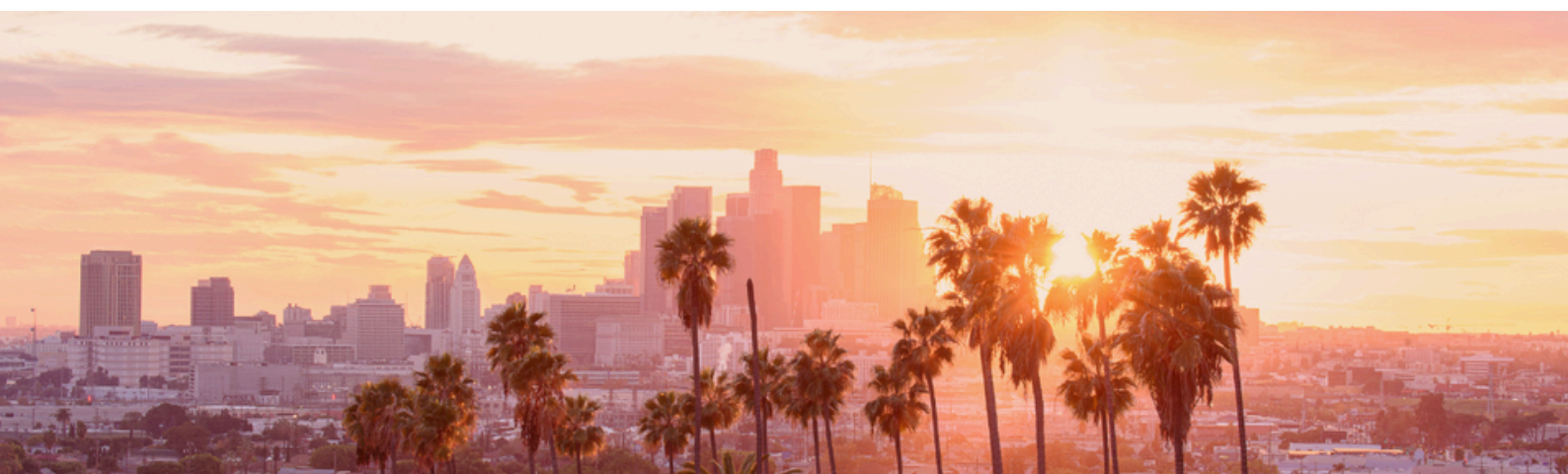




Debunking Common Homophobic Narratives

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Many negative beliefs about gay people are rooted in fear, misinformation, and outdated theories—not science. Claims that homosexuality is caused by trauma, parenting failures, moral weakness, or cultural influence have been repeatedly studied and consistently disproven. These narratives persist not because they are true, but because they serve social, religious, or political agendas. Evidence-based psychology affirms that sexual orientation is a natural variation of human experience—and not something that needs to be fixed, prevented, or explained away.

Gay Psychology Fact Sheet

1. Same-sex attraction has always existed

Sexual fluidity and same-sex relationships have been documented across nearly every known civilization, from Ancient Greece and Rome to Indigenous cultures worldwide. Homosexuality is not a modern trend or social invention.

2. Trauma does *not* make someone gay

There is no scientific evidence linking homosexuality to childhood trauma, abuse, or dysfunctional family dynamics. Trauma can affect mental health—but it does not determine sexual orientation.

3. Sexual orientation cannot be changed by therapy

Decades of research show that no form of therapy can change a person's sexual orientation. Claims to the contrary are unsupported by evidence.

4. Major health organizations are in agreement

Every reputable medical and psychological organization—including the American Psychological

Association, American Psychiatric Association, and World Health Organization—affirms that homosexuality is not a mental disorder and has formally condemned conversion therapy.

5. “Conversion therapy” has been rebranded—not validated

Many practitioners now market conversion therapy under new names (e.g., “*reintegrative*” or “*sexual attraction fluidity*” therapy). Despite rebranding, these practices remain unscientific and harmful.

6. Gay men live functional, meaningful lives

Gay men do not live inherently dysfunctional lives. In the U.S., gay men on average are more likely to attain higher education and, in many regions, out-earn their heterosexual counterparts.

7. Are people “born this way”? The honest answer

There is no single known cause of sexual orientation. Current research suggests a complex interaction of biological, developmental, and environmental factors. Importantly, *not knowing the cause does not imply pathology*.

8. Homosexuality is not a pathology

No credible medical or psychological institution considers homosexuality a disease, disorder, or developmental defect.

9. What homosexuality is *not* caused by

Homosexuality is **not** caused by:

- Absent fathers
- Overbearing mothers
- Pornography
- Social influence, recruitment, or “propaganda”

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