

## Perceived Online Heterosexism Scale

We are interested in your personal experiences of heterosexism in online settings as you interact with others and surf the Internet. We refer to **heterosexism as behaviors, attitudes, and belief systems that denigrate and dehumanize those who do not identify as heterosexual or “straight”**.

We recognize the vast diversity of identities that comprise the sexual minority or LGBTQ+ umbrella. We define LGBTQ+ to include all sexual orientations other than heterosexual or straight. We also understand sexual orientation and gender identity as related but distinct identities and experiences. Therefore, to the best of your ability, please answer the questions based on experiences related to your sexual orientation.

**The questions below pertain to your online experiences with heterosexism in the past 6 months.**

Please rate your responses based on the following options:

1=Never, 2=Rarely, 3=Sometimes, 4=Often, 5=Always.

*In the past 6 months, while online, I have...*

### **Heterosexist Cyberaggression (4 items)**

1. Received heterosexist insults regarding my online profile (e.g., profile pictures, user ID).
2. Received heterosexist insults regarding my online content (e.g., posts, writing).
3. Received heterosexist insults about how I express myself online
4. Received a direct message, reply, or post with heterosexist insults.

### **Online Heterosexist Stereotyping (4 items)**

5. Received a direct message, reply, or post suggesting that LGBTQ+ people are not real.
6. Received a direct message, reply, or post suggesting that being LGBTQ+ is criminal (e.g., pedophile or sex offender).
7. Received a direct message, reply, or post suggesting that LGBTQ+ people should be marginalized or persecuted.
8. Received a direct message, reply, or post suggesting that being LGBTQ+ indicates mental illness.

### **Online Exposure to Systemic Heterosexism (8 items)**

9. Been informed about a viral/trending heterosexist event happening elsewhere (e.g., in a different location).
10. Been informed about unfairness in healthcare for LGBTQ+ individuals (e.g., denial of treatment, antigay providers, or lack of insurance coverage for LGBTQ+ services).
11. Been informed of heterosexist legislation, laws, or policies (e.g., “Don’t Say Gay” legislation, dismantled LGBTQ+ federal protections, or other heterosexist policy efforts).
12. Been informed about financial unfairness affecting LGBTQ+ individuals (e.g., higher homelessness and poverty rates, wage gap, being fired for being LGBTQ+, denied loans).
13. Been informed about unfairness in education for LGBTQ+ individuals (e.g., discrimination by teachers, bans on LGBTQ+ content in curriculums, or higher suspension rates for LGBTQ+ students).
14. Encountered harmful disinformation about LGBTQ+ people (e.g., language about LGBTQ+ as “groomers,” “pedophiles,” or “diseased,” etc.).
15. Been informed about the social exclusion and isolation that LGBTQ+ people face in local communities and/or larger society.
16. Been informed about underrepresentation of LGBTQ+ in mass media and popular culture.

### **Heterosexist Online Media (4 items)**

19. Seen online media (e.g., videos, memes, GIFs, etc.) that portray my sexual orientation negatively.
20. Seen online media (e.g., videos, memes, GIFs, etc.) that portray LGBTQ+ people negatively.
21. Seen online media (e.g., videos, memes, GIFs, etc.) that portray verbal harassment against someone who is LGBTQ+.
22. Seen online media (e.g., videos, memes, GIFs, etc.) that portray physical violence against someone who is LGBTQ+.

## **Scoring**

Total scale score: add up the scores of all of the items and calculate the mean score.

Subscale scores: for each subscale, add up all of the items and calculate the mean score.

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Keum, B.T., & Waters, E.M., & Chong, E.S.K. (*in press*). The mental health costs of online heterosexism among LGBTQ+ individuals: Development and initial validation of the Perceived Online Heterosexism Scale. *Archives of Sexual Behavior*.