



2023

# LGBTQ+ Guide to Living in France

Created by Adrian Pilkington



# Table of Contents

---

01

Introduction &  
History

02

Vocabulary

03

Laws & Rights

04

Resources

05

Conclusion &  
Bibliography

## Introduction & A Short History

---

Every year people come from America to work, study abroad, teach English, or vacation in France. This is a guide for LGBTQ+ people written by an LGBTQ+ person to help acclimate to a new country and a different culture.

In 2022, I was a [Fulbright](#) scholar from the United States that got placed in France. I had previously studied abroad in Paris for a semester and then I had a chance to continue living in France, but in Montpellier. This project is part of my work as Fulbright scholar and cultural ambassador. I wanted to do create a guide that would give back to future Americans that moved to or visited France.

There are things that you need to know as an LGBTQ+ person living in a foreign country. This guide outlines vocabulary, laws, and resources to help you transition to *une belle vie en France*.

### Important historical dates:

- Since 1990, homosexuality is no longer a **mental illness**. Furthermore since 2010, transidentity is no longer considered a mental illness.
- Same-sex **marriage** and **adoption** was passed by parliament in 2013.
- In 2016, a bill passed that would allow trans people to legally change their gender without the need for **sex reassignment surgery** or **forced sterilisation**. Though trans people still need to go before a court to have their gender marker changed.
- Paris hosted Europride in 1997, and in 2001, the annual **Paris Pride** began.

## Relevant Vocabulary

---

### What vocabulary should you know as an LGBTQ+ person living in France?

[Leyla from French Today](#) wrote a very thorough article about important LGBTQ+ vocabulary. I recommend reading it, especially for those staying in France long-term, but this short-list highlights the most important parts. If you would like to learn more slang words I recommend [Frederic Bibard's article in TalkinFrench](#). Also, [Oliver Smith in Panoramic the Magazine](#) explains the homophobic language used against the community today.

être gay	to be gay
un(e) homosexuel(le)	homosexual
un(e) hétérosexuel(le)	heterosexual
un(e) bisexuel(le)	bisexual
un(e) lesbien(ne)	lesbian
une personne non-binaire	non-binary person
une personne transgenre	transgender person
un homme transgenre	transgender man
une femme transgenre	transgender woman
une personne cisgenre	cisgender person
la communauté LGBTQ+	LGBTQ+ community
l'orientation sexuelle	sexual orientation

To refer to a non-binary person or someone that goes by they/them pronouns in French we use "iel"/"ielle".

# Laws and Rights

---

## What rights do LGBTQ+ individuals have?

This information and more can be found in more detail on [Equaldex](#). Please be safe no matter where you travel. Not being fluent in French or completely familiar with the culture can create dangerous situations.

<b>Discrimination</b>	Illegal
<b>Adoption</b>	Legal
<b>Conversion Therapy</b>	Banned
<b>Changing Gender</b>	Legal, no surgery requirement
<b>Employment Discrimination</b>	Banned
<b>Non-binary gender recognition</b>	Not legally recognized
<b>Housing Discrimination</b>	Banned
<b>Donating Blood</b>	Legal

France has come a long way in accepting LGBTQ+ people, but like America, has a long way to go when it comes to public opinion. [Le Ministère de l'Intérieur](#) published statistics about anti-LGBT+ attacks in France. In 2021, 3,790 anti-LGBT+ hate crimes were recorded by police which was an increase of 28% from 2020.



### SOS Homophobie

[SOS Homophobie](#) is legal counsel for victims of homophobia. They have online legal resources, an online chat help, and a phone number you can call.

**TIP** For Americans, no medical certification is required if the gender on your identity documents doesn't match what you want on your passport. For some while traveling, having their desired gender on their passport can help avoid dangerous or uncomfortable situations.

## Resources

---

# What organizations exist in France that support LGBTQ+ individuals?

While you many know organizations that exist in the US that support the LGBTQ+ community, you may not know about what kind of support exists in France. This is an overview of some of the largest French organizations that help and support the community. I encourage you to do research on smaller organizations local to your region in France.



### Fédération LGBTI+

[Fédération LGBTI+](#) is a federal organization that aims to unite community activists by bringing together local and national centers. They release important information relevant to LGBTQ+ people living in France.



### Let's Meet LGBT

[Let's Meet LGBT](#) plans events and parties for people in the community. It gives you a chance to meet other LGBTQ+ individuals in a safe and inviting space. The events are primarily in the south.



### Fondation Le Refuge

Every year thousands of LGBTQ+ young people face rejection from their family. [Le Refuge](#) was created 20 years ago to help support and shelter young LGBTQ+ individuals.



### Centre LGBTQI+ de Paris

[Centre LGBTQI+ de Paris](#) organizes events, provides support, and continues to fight for equality for those in the community.



### Regional Specific Facebook Groups

I encourage you to search on Facebook for groups of English speaking LGBTQ+ people in your region. There are many people looking for community just like you!

# Acknowledgements

---

- Leyla. "French LGBTQ+ Vocabulary ." Frenchtoday, 22 Mar. 2022
  - Paris by Emy. "LGBT Paris History and the LGBT+ Rights in France." Paris by Emy, 12 Dec. 2022
  - Bibard, Frederic. "35 French Gay Slang Words You Need to Know - Talk in French." Talk in French, 1 Sept. 2022
  - Centre LGBTQI+ De Paris Et D'Île-de-France, Le Centre Lesbien, Gai, Bi, Trans, Queer Et Intersexe De Paris Et D'Île-de-France.
  - Fondation Le Refuge. "Fondation Le Refuge: Protéger Les Jeunes LGBT+." Fondation Le Refuge, 15 Jan. 2023
  - Wikipedia contributors. "Paris Pride." Wikipedia, Jan. 2023
  - Wikipedia contributors. "LGBT History in France." Wikipedia, Feb. 2023
  - Wikipedia contributors. "LGBT Rights in France." Wikipedia, Apr. 2023
  - "The Persistence of Homophobic Language in France." Panoramic, 5 Feb. 2021
  - Fédération LGBTI+. "Accueil - Fédération LGBTI+." Fédération LGBTI+, 15 May 2020
  - Let's meet LGBT. "A Propos De Nous - Let's Meet LGBT." Let's Meet LGBT, 20 Feb. 2023
  - "SOS Homophobie - Accueil." SOS Homophobie
  - LGBT Rights in France | Equaldex
  - Le Ministère de l'Intérieur Info rapide n°20 : Les atteintes « anti-LGBT+ » enregistrées par les forces de sécurité en 2021
  - Commission Franco-Américaine Fulbright
- 

This guide would not have been possible without the help of the amazing LGBTQ+ community in France.

## Contact

Adrian Pilkington  
pilkadrian6@gmail.com  
+1 402-613-7669