



## DEBUNKING THE MYTH: WHY BEING HOMOSEXUAL ISN'T WRONG?

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### ABSTRACT

*Debunking the myth: why being homosexual isn't wrong is my research topic. The belief that being homosexual is wrong is a harmful myth that promotes discrimination and prejudice, but in reality, sexual orientation is a natural part of human diversity, and all individuals deserve equal rights, dignity, and respect regardless of their sexual orientation. Sexual orientation is a complex and varied aspect of human identity. Research suggests that sexual orientation is influenced by a combination of genetic, hormonal, and environmental factors. The idea that LGBTQ+ individuals can change their sexual orientation is false; in reality, since sexual orientation is not a choice, individuals cannot alter it through therapy or any other means. Regardless of their sexual orientation, every individual deserves to be treated with respect and dignity. Discrimination or prejudice can have severe consequences, including mental health issues, social isolation, economic instability in the workplace, or lack of access to resources and opportunities. Misconceptions and harmful stereotypes about homosexuality can be challenged through education, awareness, and personal stories by promoting acceptance and understanding to create an inclusive environment. Sharing personal stories, experiences, and engaging in open and respectful conversations may foster cultural empathy, humanise the LGBTQ+ community, and promote understanding and inclusivity.*

**Keywords:** Homosexual, Sexual Orientation, LGBTQ+, Same-Sex, Discrimination.

### INTRODUCTION

The idea that being homosexual is wrong is a deeply ingrained myth that has caused harm and marginalisation to LGBTQ+ individuals. This misconception stems from a lack of understanding and acceptance of human diversity. In reality, sexual orientation is a natural part of human identity, and people who identify as LGBTQ+ deserve the same respect, dignity, and

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rights as everyone else. Research shows that sexual orientation is not a choice; it is influenced by a complex mix of genetic, hormonal, and environmental factors, which do not inherently harm others. It is about personal identity and relationships. Like everyone, LGBTQ+ individuals deserve equal rights and legal protections, including marriage equality, employment rights, and healthcare access. By fostering understanding and acceptance, we can reduce stigma and build a more inclusive society.

Accepting LGBTQ+ individuals offers many benefits, such as improving mental health, which can reduce stress, anxiety, and depression among LGBTQ+ people, and strengthen relationships. Acceptance can foster closer, more supportive bonds between LGBTQ+ individuals and their families, friends, and communities, encouraging a more inclusive and fair society where everyone has the chance to succeed. By recognising and respecting the rights and identities of LGBTQ+ individuals, we can work toward a more welcoming and compassionate world. It is crucial to challenge misconceptions and promote understanding, acceptance, and inclusion. Doing so helps us build a society that values diversity and supports the well-being of all people, regardless of their sexual orientation.

## **DEFINITION**

The word homosexual is a Greek and Latin hybrid, where 'homos' is derived from the Greek word meaning 'same', connoting sexual acts, relationships, and affection between the same sex or gender. The most common terms for homosexual people are lesbian for females and gay for males, but the term gay also generally refers to both homosexual females and males. Estimating the percentage of people who are gay or lesbian, or the proportion involved in same-sex romantic relationships or sexual experiences, is challenging for researchers due to various reasons, including many gay and lesbian individuals not openly identifying as such because of prejudice or discrimination, such as homophobia and heterosexism. Homosexual behaviour has also been observed in many non-human animal species, though humans are one of only two species known to exhibit a homosexual orientation (the other is sheep).

Many gay and lesbian individuals are engaged in committed same-sex relationships. These relationships are fundamentally similar to heterosexual relationships in key psychological aspects. Throughout recorded history, homosexual relationships and acts have been both admired and condemned, depending on the cultural context and the specific form they took. Since the end of the 20th century, there has been a global movement toward freedom and

equality for gay people, including the implementation of anti-bullying laws to protect gay students, legislation promoting non-discrimination, equal rights to serve in the military, equal access to healthcare, and the ability to adopt and parent. Additionally, marriage equality has been established.

There is significantly more evidence supporting biological, nonsocial reasons for sexual orientation than social ones, especially in males. There is no solid evidence indicating that parenting or early childhood experiences influence sexual orientation. Although some believe that homosexual behaviour is unnatural, scientific research demonstrates that homosexuality is a normal and natural variation in human sexuality and does not, in itself, cause negative psychological effects.

### **SCIENTIFIC CONSENSUS ON THE NATURE OF SEXUAL ORIENTATION**

Yet, scientists do not know the exact cause of sexual orientation, but they theorise that it results from a complex interplay of genetic, hormonal, and environmental influences and do not see it as a choice. Here's a breakdown of the current understanding of the nature of sexual orientation:<sup>1</sup>

Biological factors where genetics play a vital role, but are not the only determinant of sexual orientation, and research has identified multiple genetic variants linked to same-sex behaviour, but they explain only a small part of the variation in sexual orientation. Hormonal influences are prenatal exposure to hormones like testosterone, may affect sexual orientation development. Studies have identified differences in finger length ratios and handedness between heterosexual and homosexual individuals, which indicates a potential connection to prenatal hormone exposure.

Research on Brain Structure and Function has identified differences between heterosexual and homosexual individuals, including differences in the hypothalamus, amygdala, and thalamus. However, these findings are not consistent across all studies, and more research is needed to understand their significance. Environmental Factors where there is no evidence that social environment or parenting style determines sexual orientation, non-shared environmental factors, such as prenatal exposure to hormones, may play a significant role.

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<sup>1</sup> Sorumatik <<https://en.sorumatik.co/t/what-does-contemporary-research-suggest-about-the-nature-of-sexual-orientation/19985>> accessed on 21 September, 2025

Fluidity and Stability in sexual orientation can be fluid, especially for women, with some individuals experiencing changes in their attractions and identity over time. However, stability is also common, particularly among men and those identifying as heterosexual. Overall, the scientific consensus is that sexual orientation is a varied trait that cannot be attributed to a single factor; it is a complex interplay of genetic, hormonal, and environmental influences that shape human sexual orientation.

### **ARGUMENTS AGAINST HOMOSEXUALITY BEING WRONG**

The idea that homosexuality is inherently wrong lacks empirical evidence, as many studies demonstrate that homosexuality is a normal variation of human sexual orientation. Some main arguments against the notion that homosexuality is wrong:

Lack of scientific basis, where the American Psychiatric Association and the American Psychological Association stated that there is no empirical evidence to support the claim that homosexuality is a mental disorder, consistently shows that homosexual individuals are not inherently more prone to mental health issues or psychopathology than heterosexual individuals.

Studies find a genetic basis for homosexuality, but no single gene has been implicated, and even if a link has been found, it remains unclear how that would influence societal attitudes and moral judgments about homosexuality. Some people who believe homosexuality is a choice tend to see it as morally wrong, but studies have shown that attributing homosexuality to genetics or biology can result in more positive attitudes and greater tolerance. No evidence suggests a negative impact on society; in fact, many countries that have legalised same-sex marriage have seen increased social cohesion and acceptance.

Some arguments against the idea that homosexuality is wrong focus on human rights and dignity, emphasising that all individuals deserve equal rights and respect.<sup>2</sup> Key points are:

Violation of human rights that criminalises consensual same-sex relationships by infringing on their rights to privacy, non-discrimination, and dignity, which is considered a violation of international human rights laws. Every person, regardless of their sexual orientation or gender

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<sup>2</sup> Kinda Lawful, <<https://kindalawful.com/human-rights-law/discrimination-and-violence-against-lgbtq-individuals.html>> accessed on 22 September, 2025

identity, deserves equal treatment and respect under the law and protection from discrimination.

Discrimination against LGBTQ+ individuals can cause mental health problems, social isolation, and financial instability. Promoting equality and respect helps improve overall well-being. Global organisations have consistently condemned laws and practices that discriminate against LGBTQ+ individuals, highlighting the need to uphold human rights and protect

Many countries have laws that protect LGBTQ+ individuals from discrimination, but enforcement remains challenging. Advocacy and education are essential for promoting equality. Discrimination not only harms individuals but also impacts society as a whole. It can cause higher healthcare expenses, reduced productivity, and social instability.

Some key documents that support LGBTQ+ rights are:

1. **Universal Declaration of Human Rights (UDHR):** Establishes fundamental rights and freedoms for everyone.
2. **International Covenant on Economic, Social, and Cultural Rights (ICESCR):** Guarantees rights to health, education, and adequate living standards.
3. **International Covenant on Civil and Political Rights (ICCPR):** Safeguards rights to life, liberty, and security.

Some arguments supporting diversity and acceptance are essential for fostering inclusivity and understanding for the LGBTQ+ community against the idea that homosexuality is wrong.<sup>3</sup>

Embracing diversity by recognising and celebrating the variety of human experiences and identities helps break down stereotypes and encourages understanding. It acknowledges the complexity of human relationships and orientations and works toward creating a more inclusive environment.

Addressing internalised homophobia within the LGBTQ+ community is a vital challenge that can show up as self-hatred or discrimination against others in the community. Education, self-reflection, and support groups can help individuals recognise and confront their biases. Creating safe and inclusive spaces for LGBTQ+ individuals is essential for their well-being

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<sup>3</sup> OHCHR, <<https://www.ohchr.org/en/special-procedures/ie-sexual-orientation-and-gender-identity/effective-inclusion-lgbt-persons>> accessed 22 September 2025

and sense of belonging, achieved by promoting diverse representation, providing mental health resources, and implementing anti-discrimination policies.

Advocating for LGBTQ+ rights to ensure equal protection under the law helps promote inclusivity and understanding by supporting policies that prevent discrimination in employment, housing, and education. Educating oneself about LGBTQ+ issues and experiences can foster empathy and understanding by listening to and amplifying LGBTQ+ voices, helping to create a more compassionate and inclusive society.

Some potential steps to promote inclusivity and understanding include educating oneself, engaging with LGBTQ+ individuals, acknowledging past biases, and advocating for their rights. By working together to foster diversity, acceptance, and inclusivity, we can create a more supportive and understanding environment for all individuals, regardless of their sexual orientation or gender identity.<sup>4</sup>

## ADDRESSING COMMON CONCERNS

Common concerns, such as religious perspectives and societal norms around homosexuality, are important to approach the conversation with empathy and respect. Respecting individuals' beliefs while promoting acceptance and challenging harmful stereotypes through effective strategies is:

- Understand others' perspectives and concerns to promote open and respectful dialogue by actively listening and recognising their viewpoints without judgment.
- Educate and raise awareness to share accurate information about homosexuality, dispel myths, and challenge misconceptions, which promotes understanding and acceptance.
- Challenge stereotypes and foster empathy by sharing personal stories to humanise experiences and enable others to connect emotionally.
- Avoid confrontational or judgmental attitudes, and focus on fostering understanding through respectful conversations that recognise diverse beliefs and perspectives.

When addressing religious perspectives, recognise that religious texts can be interpreted in various ways, and consider the historical and cultural context in which they were written. Acknowledge the diversity of perspectives within and across different faith traditions and

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<sup>4</sup> THE TECH EDVOCATE, <<https://www.thetechadvocate.org/how-to-stop-being-homophobic-13-steps/>> accessed 22 September 2025

engage in respectful dialogues with individuals who hold different beliefs. Emphasise the importance of love, compassion, and understanding in religious teachings, and explore how these values can promote acceptance and inclusivity.

When challenging harmful stereotypes and promoting understanding through providing education and resources, advocating for policies and practices to promote equality and inclusion, and engaging with local communities and organisations to foster acceptance and support for LGBTQ+ individuals. This is further enhanced by media representation that promotes diversity and inclusivity by highlighting the complexity and variety of human experiences.

Some actions to consider include educating yourself and learning about LGBTQ+ issues, experiences, and challenges; listening to and amplifying LGBTQ+ voices and their stories; advocating for practices and policies that promote equality and inclusion; engaging in respectful conversations that foster understanding and acceptance; and fostering a culture of empathy, compassion, and understanding.

## CONCLUSION

In conclusion, promoting acceptance, understanding, and inclusivity is essential for building a society that values diversity and upholds the dignity of every individual. By recognising the complexities of human experiences and identities, we can work toward creating a more compassionate and inclusive environment. It requires a diverse approach that involves education, awareness, and empathy, achieved through open and respectful conversations, which can foster a culture of acceptance and understanding. Sharing personal stories can humanise experiences and promote empathy, while advocating for inclusivity helps to create a more just and equitable society. Ultimately, our collective efforts can create a society that values diversity and promotes acceptance through collaboration, commitment, and action, building a world where everyone feels seen, heard, and valued. Let's make every effort to create a world where everyone can thrive, regardless of their background, identity, or orientation, by promoting acceptance, inclusivity, and understanding. This can build a brighter future for all. With respect, empathy, and compassion, we challenge the divide that separates us and work towards building a world that values diversity and promotes acceptance.