

## On Being Gay? The Gay Decalogue: A Subjective Commentary

Isman Kuyz\*

TMR Montreal Qc, Canada

\*Corresponding Author: Isman Kuyz, TMR Montreal Qc, Canada.

Received: September 02, 2025; Published: April 15, 2026

### Abstract

Being Gay was a euphemism popularized in the 20<sup>th</sup> century, for a disposition known since recorded times began. Homosexuality is not deemed to be a psychological illness or abnormal mental health problem. LGB has expanded to: The 2SLGBTQIA+, called here the Gay Decalogue. Much confusion persists into the 21<sup>st</sup> century about what being 'Gay' denotes, with consequent development of angst, heart-break and emotional turmoil. Clarified here are some fundamental facts derived from or impacting being Gay. Hopefully, these are intended to assist all people in understanding and coping with gay society, or those who are gay.

**Keywords:** 2SLGBTQIA+; Gay Decalogue; Homosexuality

### Abbreviations

2SLGBTQIA+: The Gay Decalogue; 2S: Two Spirited; L: lesbian; G: Gay/Homosexual; T: Transsexual; Q: Queer; I: Intersex; A: Alternate; +: Including those whose sexual practices are not heterosexual; Trans: Transexual; Tri: Trisexual; MGP: Minority Group Psychology; ASB: Attention Seeking Behavior

### Provenance

Mankind evolved as species with two sexes, male and female. Both are needed to provide gametes to produce offspring. It is a fact of history that most Men and Women enjoy each other's company, but also that many Men enjoy the company of other Men, and similarly many Women enjoy the company of other Women. And both are capable of having orgasms with coitus. Both sexes have the ability to induce orgasms with masturbation, and both sexes can induce erotic orgasms with people of the same sex. This no longer deemed as an aberration of behavior, but well within the range of expression of affection between people. Erotic experiences with same sex people does not mean that experience determines that the people involved are committed as lifetime homosexual or lesbian.

### Aim of the Study

This essay discloses and exposes and hopefully clarifies many gay outlooks, notions, concepts and dispositions, but also differentiates between gay behavior that differentiates gender between homophiliac, and homosexual in choice of partners.

### Notions and emotions

The 2SLGBTQIA+, The Gay Decalogue has grouped those people who behave in an alternative, different lifestyle from what is generally accepted as 'normal', heterosexual behavior.

The Gay Decalogue indicate the following: 2S = Two Spirited; L = lesbian; G= Gay/Homosexual; T= Transsexual; Q= Queer; I = Intersex; Alternate; + = including those whose sexual practices are not heterosexual.

**Brotherly- and/or sisterly-love:** Fraternity and sorority friendship and companionship does not have to culminate with genital contact to reach the zenith of total commitment, devotion and loyalty to another. Men and women enjoy activities that each find rewarding. An all-women activity, like meeting to discuss reading books, is not necessarily a lesbian meeting. Nor is an all-men activity, like playing a rugby game, necessarily a homosexual action. Fraternity and sorority activities do not demand genital contact. Homophiliac is not homosexual. Activities by exclusively males or females are not deemed gay.

**Pleasurable erotic orgasms:** Whether self-induced, or procured with stimulation from other people, erotic satisfaction and the desire to repeat orgasms, an orgasm releases oceans of emotions. Mutual consent between two people to have orgasms is fundamental to the establishing of trust, dedication,.... and often, but not always, a total commitment, is combined with a whole slew of feelings that impact motivation and relationships. An orgasm as an orgasm, may be totally isolated and devoid of these psychological attitudes mentioned. Some call it "Chasing the Dragon" as a driving force for immediate hedonistic sexual pleasure. All people are capable of having orgasms with others, regardless of the sex. Erotic drives can easily be separated from love emotions and commitments that traditionally go with being in love. Sex workers master these skills to separate orgasms from emotions, and retain their equanimity, and ensure their survival without emotional or psychological damage.

Most young people are generally attractive, sexy and usually attracted to the opposite sex. The vast majority reach their prime and maximal beauty around 20 years. Also, the sexual libido, seeking pleasure and that whole-body experience of elation in an orgasm, is driven by hormones that peak optimally and maximally, between 18 to 40 years. Accordingly, most sexual activity happens, but is not restricted to-, people between 18->48 year-old group.

**Freedom of action (FRA):** Freedom of action is intimately entwined and inseparable from responsibility and accountability. (FRA) each factor in this freedom trilogy is fully dependent on each other, and this tripod of freedom will not stand if either of the standing prevalent factors are compromised or omitted. Freedom is accorded by society to those who accept this approach to life. Anyone can choose to be a homophiliac and not being gay.

**Personal discretionary choice (PDC):** A person's entire frame-of-references influence their choice of behavior. Individual subjective, judgment calls are made and are influenced by known, expected outcomes. All too often ignorance is used as an excuse for activities that are damaging, destructive or just evil. Choosing a partner for consensual sexual contact demands a personal discretion, agreement, and freely entered into and not solely determined by the sex of either. A person who is not interested in any sexual expression and has no desire to indulge in any sexual activity, is labeled celibate. Often many, but not all, people after 70 years lose all interest in sexual activity and choose celibacy.

**Societal attitudes and norms:** Society in general does not approve of LGB dispositions and those who profess to be committed homosexuals. As stated, PDC and FRA can be at work, as well as brotherly/sorority love. However, if two people decide they wish to enter into a universal committed agreement and/or partnership, equivalent to a heterosexual marriage, the law should accept this. How they manifest their sexually expressed choices remains a private affair, and just as Society should not denigrate or play down genuine fraternal love and homophiliac activities, so too LGB people should not promote or encourage homosexual practices in a heterosexual society. Norms and practices may vary in societies yet, in general sexual experiences between two people after a two-year gap post puberty, is tolerated. This is regarded as exploration, self-discovery and learning about one's own sexuality. Sexual expression between prepubescent individuals is frowned upon, tolerated but not accepted. Sexual activity between consenting mutually agreeing adults, has no limits on age differences. Adults having sex with prepubescent individuals or those under the age-of-consent, are deemed pedophiles and psychopaths.

Age-of-consent in some countries is as low as 14 years, but generally is accepted at 18 years old. Celibacy, that is no erotic sexual activity... may be the PDC of some people under age 40, but is usually the choice of many after 65 and most after 80 years old.

### **Erotic satisfaction**

Both males and females are capable of experiencing orgasms with masturbation, and both sexes can induce erotic orgasms with people of the same sex. Erotic experience with same sex people does not denote that the erotic experience condemns the people involved as committed homosexuals or lesbians for life. Many hebephrenics will try-out sexual experience, subsequently discard the memory to the pile of trash history, and follow a hetero-sexual paths. Some may call these transient exploratory experiences as being Tri-sexual, meaning the participants may 'try anything'.

### **Discussion**

#### **Nature or nurture: Genetic or acquired**

**Nature:** Dimorphic sexual activity in fauna and flora are global, ubiquitous, prevalent and as entrenched and ancient as evolution of life itself. Evolution of the sexes in all species exist and reproduction in Nature demands fusion of haploid gametes to produce diploid offspring to ensure survival of the species. Consequently, from insects to Mankind two sexes evolved, with the ability to produce haploid gametes. Fusion of haploid gametes produces diploid embryos, which complete with enhanced vigor for life. Renewal of diploid cells completes the life-cycle and grows into adults who after reaching puberty, will create new haploid gametes (sperm and ova), to ready the individuals for reproduction. Whether orgasms are experienced during coitus among all species remains an unresolved notion, but in Mankind for certain, there is pleasure associated with fornication, producing orgasms with ejaculation for Men and Women. Yet in Nature homosexual behavior among animals, and preference to keep company of the same sex has been noted with regularity. Reproduction of species continues even though same-gender expressions of emotion, association and homosexual coitus simultaneously exist. This is the Natural Order of happiness, survival and sexual expression. Being gay is not a pathological congenital condition, but is within the spectrum of human behavior.

**Nurture:** Yet, from birth to adulthood all humans are subject to a vast variety and hugely complex set of modulating influences on behavior and sexual expression. These embrace parental, sibling, family, societal, national, environmental, social, intellectual, spiritual, dietary, psychological, material, religious influences, and many others, all in varying proportions, each according to an individual's upbringing experiences. These confounding influences have given rise to a host of hypotheses, false theories, and cul-de-sac polemics about the cause of homosexual, lesbian or alternative expressions of sexual behavior and expressions. Psychosocial and parental influences are often, but not exclusively, the most significant modifiers implicated in becoming gay. This is the Nurturing influence on happiness, survival and sexual expression. Being gay is not a pathological, psychosocial condition, but is within the range of human behavior,

#### **Physiognomy of male and female**

Genetically the haploid Y-chromosome determines the physical manifestation of sex. The Y-Chromosome unites with a haploid female X-chromosome to produce a male. A double-X combination grows into a female. An extra X or Y-addition produces miscegenated offspring: as in XXX Turners Syndrome; or an extra Y -chromosome, as XXY Klinefelter's syndrome: XYY is also known. Having an extra sex chromosome in the genome does not automatically make a person lesbian or gay, and although the aberrant combinations exist, they are rarely found in the gay community and are discussed elsewhere. The vast majority of people professing to be gay will have XX chromosomes for females, and XY chromosomes for males. The XY or XX gene determines that the body produced estrogen and testosterone, the hormones that determine the embryogenesis and growth of male and female organs, and later secondary sexual characteristics and developments. Males grow testes, a penis, vas deferens, seminal vesicles, a prostate gland, and produce testosterone which increases muscular growth, hirsutism, voice changes, male characteristics and boosts libido. Females grow a vulva, with internal

female organs (vagina, uterus, fallopian tubes, ovaries); ovaries that produce estrogen that constrains muscular development, voice changes, facial hair, and female characteristics but retain a libido, though this may be less strident than in males. The ratio of testosterone to estrogen is higher in males than females.

### From LGB-trilogy... to ... The Decalogue (2SLGBTQIA+) movement

The original LGBT (meaning, Lesbian, Gay/Homosexual, Bisexual, Transsexual) has evolved into a more all-embracing Decalogue (2SLGBTQIA+) movement.

2S = Two Spirited; L = Lesbian; G = Gay; B = Bisexual; T = Transgender; Q= Queer or Questioning; I = Inter sex; A= Asexual or Allies; + = All other sexual identities not covered.

Add to this Tri-sexual = Try anything.

### Traditional and institutional learning role models

There are few universally accepted written laws about how males and females must behave in society. Assumptions and traditions are enshrined into dress codes, attitudes and behavior that differentiate between males and females. Learning mostly by observation, copying behavior and duplicating approaches and attitudes, promotes and sustains how Males and Females behave in a society. Overlap between the two has been recorded since time immemorial. "Tom-boy" behavior by young girls and female behavior by young boys is common and ubiquitous in many societies. Most mature and assume traditional sex roles in later life, but many who have these preferences persist and become trans or gay. Warriors are usually men, but warrior-women are well recorded. Amazon women in Greek History, and St Joan in French history are examples. People who exercise PDC may be Trans in secret or openly, and can live a full and productive role in society. Dress codes classically determine that women wear skirts and men trousers. But not always, as is illustrated by Scots kilts and some traditional dress-costumes in Eastern Europe and the Levant. Work demanding muscular or strong mechanical power is usually retained and reserved for Men, but women are fully capable of doing any of those jobs. From ditch digging, to mining, trades, machine operating, car, bus and train-driving, women have been proved this to be true. Sex is traditionally allocated by developed genitalis at birth, but a whole litany of influences may impact a person who chooses to modify tradition and assume roles usually allocated to the opposite sex. Dress, behavior, attitudes and actions will be included in this. Most societies are uncomfortable with these people, as breaking tradition demand proof of proficiency, and especially being trans is often regarded as a public deception. Those who publicly express their gender preference contribute to the Gay decalogue, and are increasingly gaining respect and equal civic rights. Yet job reservation and traditional male roles are more frequently being executed successfully by women.

**Minority group psychology (MGP):** This subgroup of thinking comes from psychology that helps sustain mental health. Minorities all develop common features including identifying as a group, developing a strong sense of belonging, having their own behaviors, rituals and attitudes, helping each other to survive and progress, and often regard themselves as special among the throngs of society. This labeled here, Minority Group Psychology (MGP), the conceptual area of understanding mental dispositions at work among the decalogue is very important. It explains much of the motivation Gays derive from being gay, and clarifies driving forces that intensifies emotions and actions that stimulate among gays. Minority-group-psychology (MGP) provides a sense of belonging, identity, purpose and being privileged to indulging in an alternative and exciting life style. Identifying as gay to gays, eases positive attitudes between them. Social networking, sharing of "in" knowledge between gays, and gays readily help each other more easily than heterosexuals do. Many gays adopt a speech timbre and modulation that is identifiable as gay. The gay community see themselves with a silent mission to improve their world and those who are gay. The Tern Lavenda Network is frequently applied.

### Community, belonging and identity from MGP

In this utilitarian, materialist, capitalist world, feeling special, with an unique purpose to living is increasingly challenging. Identifying as being gay, immediately gives gays a sense of being part of a special minority community. A strong sense of identity, community and belonging to a progressive group is strong consolation for unresolved characters who are trying to make sense of the world. Gays identify themselves in different ways, some cryptic others overt, but this strong sense of identity, with confidence and well-being, develops from being a part of a defined group.

### Coming out and public exposure

Many professed gay folks want to keep their gay passions and disposition secret. This derives from reasons felt that society at large disapproves of their behavior and sexual practices. Some live double lives, sustaining gay activities in secret, while appearing to be living a heterosexual lifestyle. Many metamorphose emotionally and psychologically and will announce to family and friends and the world, that they are gay. Indifference to the reactions towards gay, and following their own PDC (doing their own thing), is called 'coming out'. This may happen at any age.

### Gay speak, posture/gesture and communication from MGP

Many gay people adopt a style of speaking which exaggerates sounds and gestures of the gender they wish to convey. The 'dropped-wrist', combined the facial overreaction in conversation and the exaggerated shrill laugh, is often noted among gays. This may be deemed as attention seeking behavior. Some gays adopt a nasal tone to their voices and modify the sibilant s-sound to be a lingua-dental 'sh' constant. 'Mincing', is a term used to describe the provocative suggestive sexual movements. Part of MGP is adopting, knowing, speaking or developing a unique characteristic 'in-vernacular' vocabulary, modulation, even a language, is typical of social minorities. Words assume double meanings. Among gay society the common ubiquitous term is 'Camp', and it has various meanings. Camp is often synonymous with gay. Camp also means a stylish statement that implies it originates from gay thinking, 'To camp someone', means to make sexual advances towards a person. Other 'In-words' are: 'Laura' meaning a lover; 'Dora', meaning al alcoholic drink, or being inebriated; 'Hilda' meaning hideous or ugly; 'Norah' meaning ignorant of the existence of gay disposition or people. "Butch' means a female has masculine characteristics; 'A Dyke' means a strident lesbian; 'A Fem' is a female, with usual accepted female accoutrements, but is lesbian's lover and partner. To 'Send-up' someone is to use gay speak with people unaware of the gay pun-intentions of the words; this is considered funny and a great source of humor. 'TBH' means 'To Be Had', or being available, In a sexual way. Various sexual practices are given names. 'Active or passive', 'Top or tail', 'Eating' is genitally oriented (meaning cunnilingual), 'Topping or fountaining' or 'Blow job' means fellatio; 'Catching a pearl necklace' means allowing a sperm ejaculate to spurt over the chest. 'Rent' means a person is available as a paid sexual worker. An orgy, when multiple gay men indulge in multiple consensual linked sodomy in a human orgiastic sexual circle, is called a "Daisy-chain." This passed practice has virtually disappeared from male gay parties during the 1980's because of AIDS. The communication network among gays is called the 'Lavendar Network', and news and as well as gossip is spread by word-of-mouth or on the new Internet. Bars, drinking holes, and restaurants that are welcoming to gays use the Lavendar network to popularize the venues for gays. Certain professions seem to sustain a placement inflow of gay candidates because of the lavender network at play: like staff on Cruise ships, entertainment venues, hairdressers and personal assistant employments.

### Gay parties, celebrations and gay pride day

People of like-minded attitudes beliefs and practices, enjoy celebrating life together. Rejoicing in small parties among gay friends, is called a 'Gavotte', a term derived from a communal dance in the past, when people dressed in their finest robes to celebrate. The ultimate expression manifests with what is now called, "Gay-Pride-Day" of "Fierete" in French, which takes the form of a Mardi-gras public parade in many towns and cities. Colorful floats, imaginative scenes, from fairy-tales, adventures or fantasies are use as vehicles, called Floats, to show well intentioned goodwill happiness and love in society. Flaunting sexual choices is tolerated but frowned upon.

### Illusions, delusions and confusions of being gay

Descriptive terms need to be clear, unambiguous, and specific. Any discrimination based on assumed homosexual preferences is labeled as 'Homophobe'. 'Misogyny' is a negative hateful and vexatious attitude by people against women. 'Homosexual' is the term used for those intimate sexual acts by Men who have sexual experiences with Men, and 'Lesbian' is the term for intimate sexual acts by women who have sexual experiences with other women. 'Androphobe' is a negative, hateful and vexatious hate against males. A 'Homophiliac' is a person of either sex, who prefers the company of the same sex for full social intercourse, but who does not have any intimate physical or genital sexual experiences with people of the same sex.

### Ultimate expression of being Gay

Inter personal relationships involve psychological social, spiritual and physical communication and intercourse. The ultimate expression of being gay is the intimate physical contact of genitalia for sexual gratification. Manual and/or genital organ sexual arousal, contact and stimulation from people of the same biological sex, is deemed as gay or homosexual activity. Should there be no physical genital contact, this would be regarded as homophiliac, and not homosexual.

### Concluding Remarks

Sexuality is expressed physically, emotionally, socially, sexually and psychologically, both by Nature and Nurture. Patterns of behavior (ASB), vocabulary and dress codes are acquired as institutionalized rituals of expectation. Changing these are subject to fashion influences that may be ephemeral or become institutionalized. Each sex does not have the monopoly on using these symbols. A collar and tie are examples for males, and ribbon hair- bows for females. Sexual attitudes and roles follow similar paths of appearance, comfort and acceptance. The individual must be totally honest with themselves, and sustain a personal integrity to reinforce their decision. This way they empower themselves to follow the pathway in the life they wish. Gay people should never do anything they do not want to do. Suppressing inner drives of expression only leads to irrational and harmful and hurtful behavior. Openly expressing feelings, thoughts and emotions facilitates living in harmony with others and oneself. and at this includes all folks in the Gay Decalogue.

The spectrum of Gay decalogue component is probably incomplete, as global values and tolerances of difference in different societies exist. When there is no physical genital contact, this would be regarded as homophiliac, and not homosexual.

### Authors Statement

The contents in this anecdotal subjective commentary are the opinions of the author, and do not necessarily reflect attitudes, views or beliefs of the publisher. This is a personal appraisal from a male octogenarian.

### Funding Support

There are no sources of funding to declare.

### Author Contributions

This is a spontaneous contribution from the author.

### Conflict of Interest

The author declares no conflict of interest.

### Data Availability Statement

Not applicable.

**Institutional Review Board Statement**

Not applicable.

**Informed Consent Statement**

Not applicable.

**Volume 15 Issue 1 January 2026**

**©All rights reserved by Isman Kuyz.**