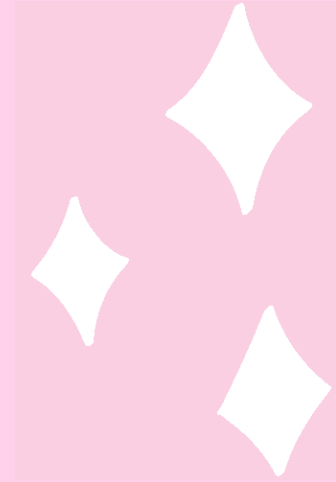




**Be a Beacon**



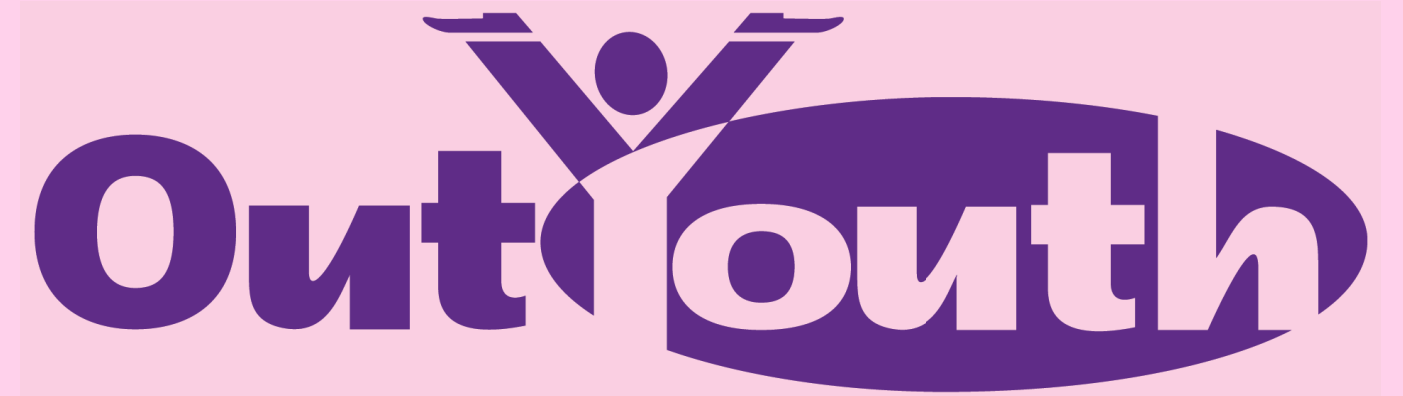
**Supporting**



**YOUTH 101**

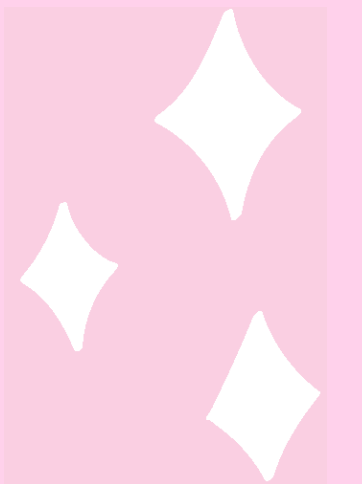


**Be a Beacon**



**Danisha Almonte**

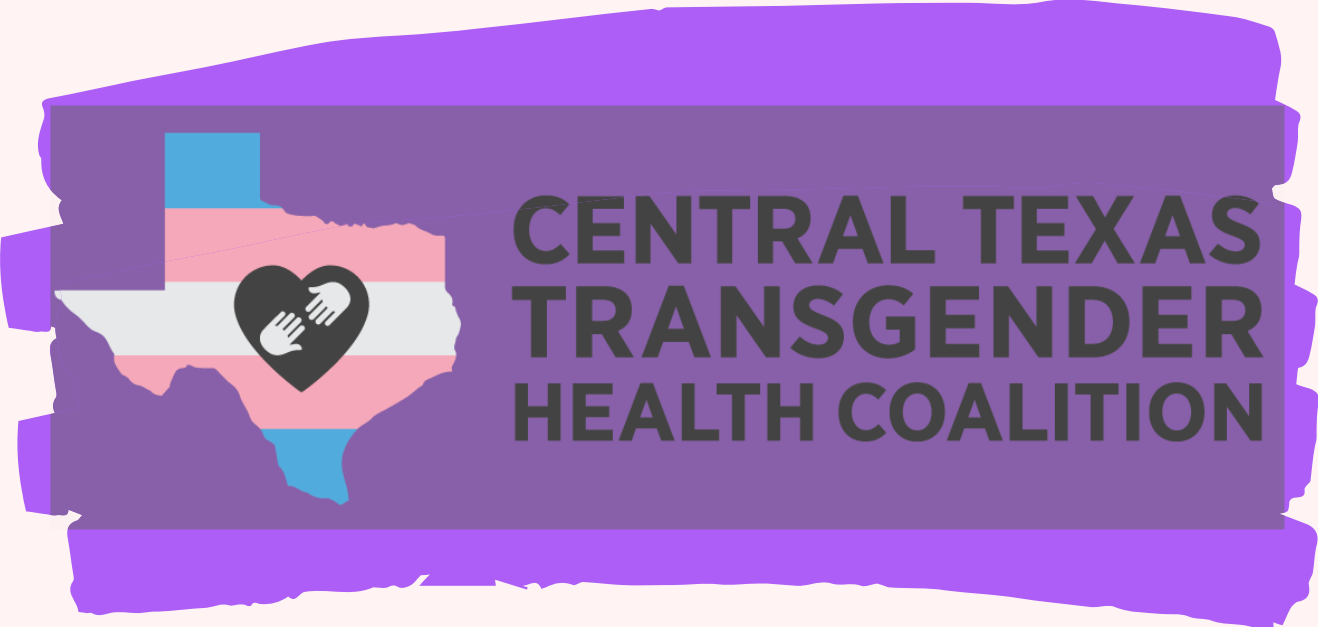
**LMHC, LPC (she/her/hers)**



**Summer Hough**

**LPC (she/her/hers)**

# Who is Out Youth?



# Learning Objectives



**Define concepts related to gender identity and sexual orientation**



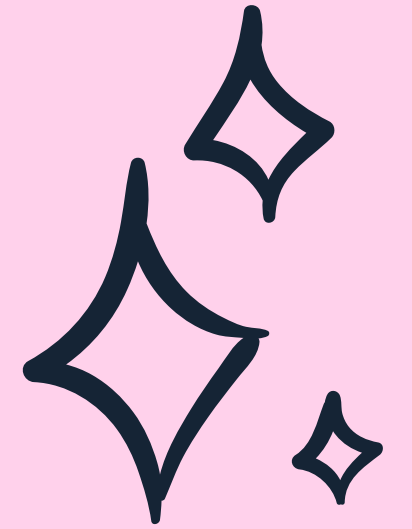
**Name risk and protective factors for LGBTQIA+ youth**



**Identify ways to improve mental health outcomes for LGBTQIA+ youth**



# Gender Questionnaire

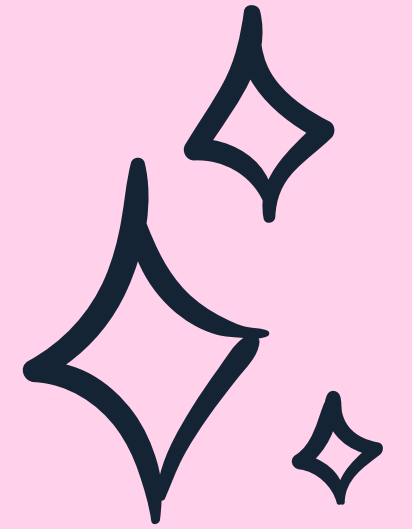


What is a boy?

What is a girl?

How do you know?

# Gender Questionnaire



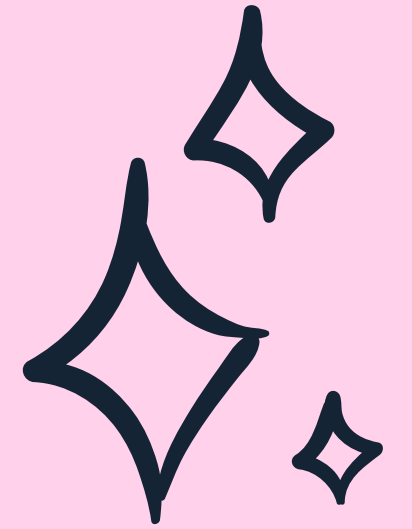
When does a person know  
that they are a boy or a girl?

Are you male?

Are you female?

How do you know?

# Gender Questionnaire



Are you, or parts of you, both?

How do you know?

If your anatomy changed overnight to the opposite sex, would it change who you feel yourself to be?

# Quiz 1



**1) What makes a boy a boy?**

**2) What makes a girl a girl?**

**3) How do you know you are male or female?**

**4) What thoughts or feelings come up for you when you ask yourself these questions?**





# CASE STUDY



A 14 year-old youth, who recently asked to be called Ronnie not Veronica, discloses to you a desire to go by “they” pronouns. Ronnie wants to cut their hair short but isn’t sure how their parents will react, making them feel anxious.

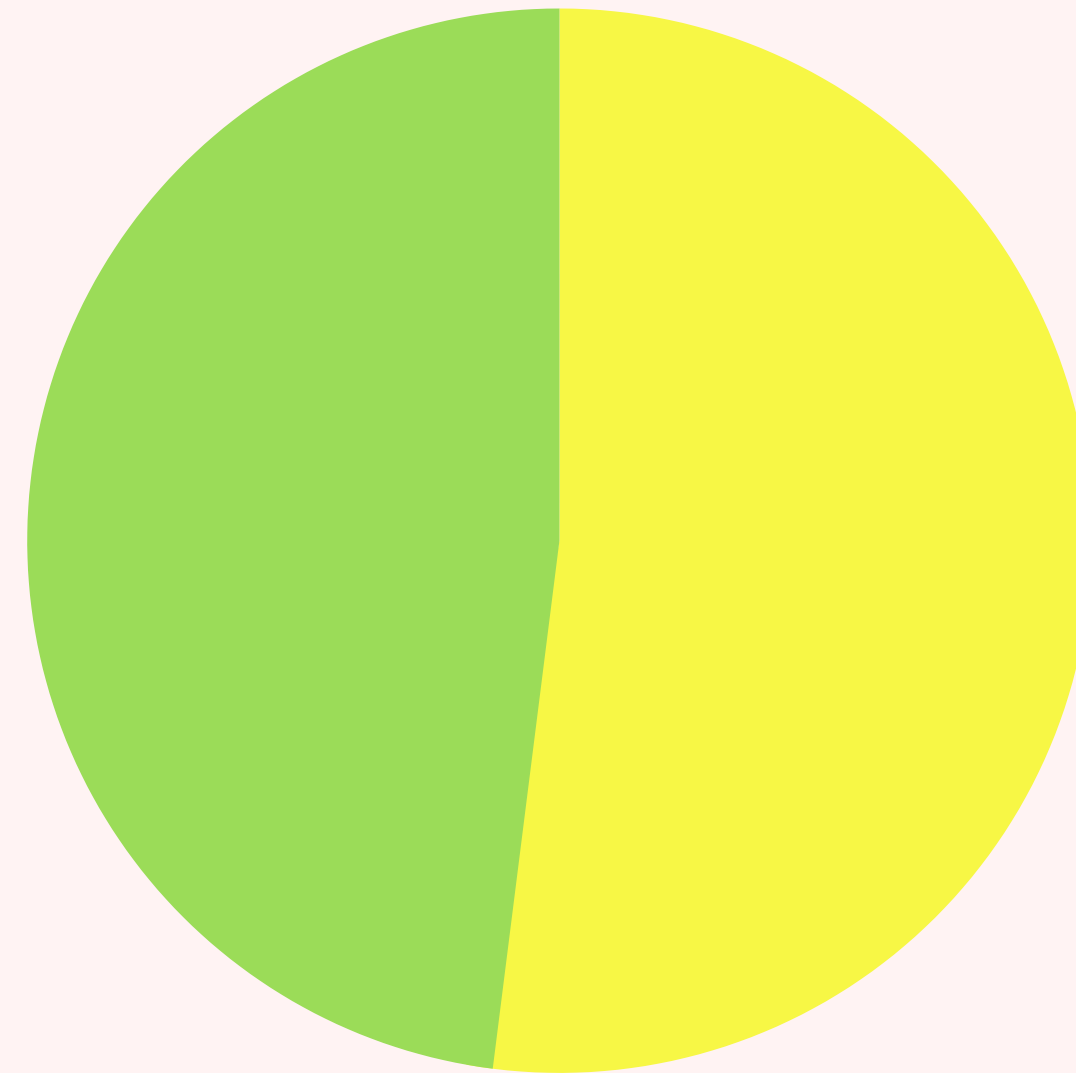
Ronnie is also stressed because while they have been dating Julie and “came out as a lesbian” in 7th grade, they have started to have feelings for Ted, who identifies as male, and this is confusing for them.

# Gender Identity and Sexual Orientation: Gen Z

Sexual Orientation Identification: 13-20 Year Olds



**Exclusively Heterosexual  
48%**



**Not Exclusively Hetero  
52%**

**56% of youth know someone who uses gender neutral pronouns (they/them, ze/hir, etc.)**



# The Four Boxes



## Sex Assigned at Birth

The assignment of someone as male, female or intersex at birth based on anatomy or karyotyping (chromosome analysis).

Examples: AFAB (assigned female at birth), AMAB (assigned male at birth), intersex

## Gender Expression

External appearance of gender identity through clothing, hairstyle, voice, gesture etc. May not conform with socially defined behaviors and characteristics culturally associated with particular gender identities.

Examples: Masculine, feminine, androgynous

## Gender Identity

One's innermost concept of self as male, female, neither or both. One's authentic identity. Everyone has a gender identity (including you)! For transgender people, their sex assigned at birth and their gender identity may not be the same.

Examples: Female, male, genderqueer, non-binary, genderfluid

## Sexual Orientation

One's inherent enduring emotional, romantic or sexual attraction to other people. \*\*Note that sexual and romantic attraction can also be fluid\*\*

Examples: Gay, straight, bisexual, queer, asexual

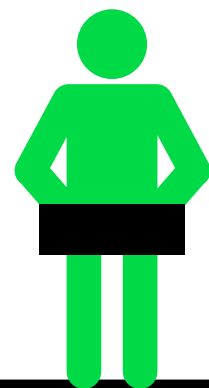


# The Four Boxes



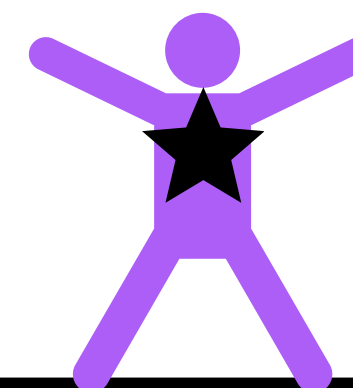
## Sex Assigned at Birth

What parts were you born with?



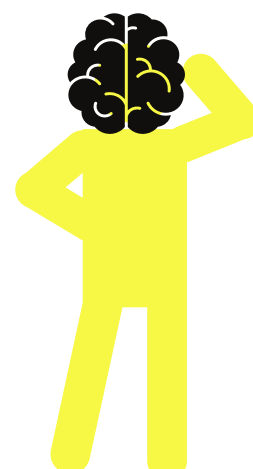
## Gender Expression

How do you show the world how you feel inside?



## Gender Identity

What gender do you identify with?



## Sexual Orientation

Who are you attracted to?



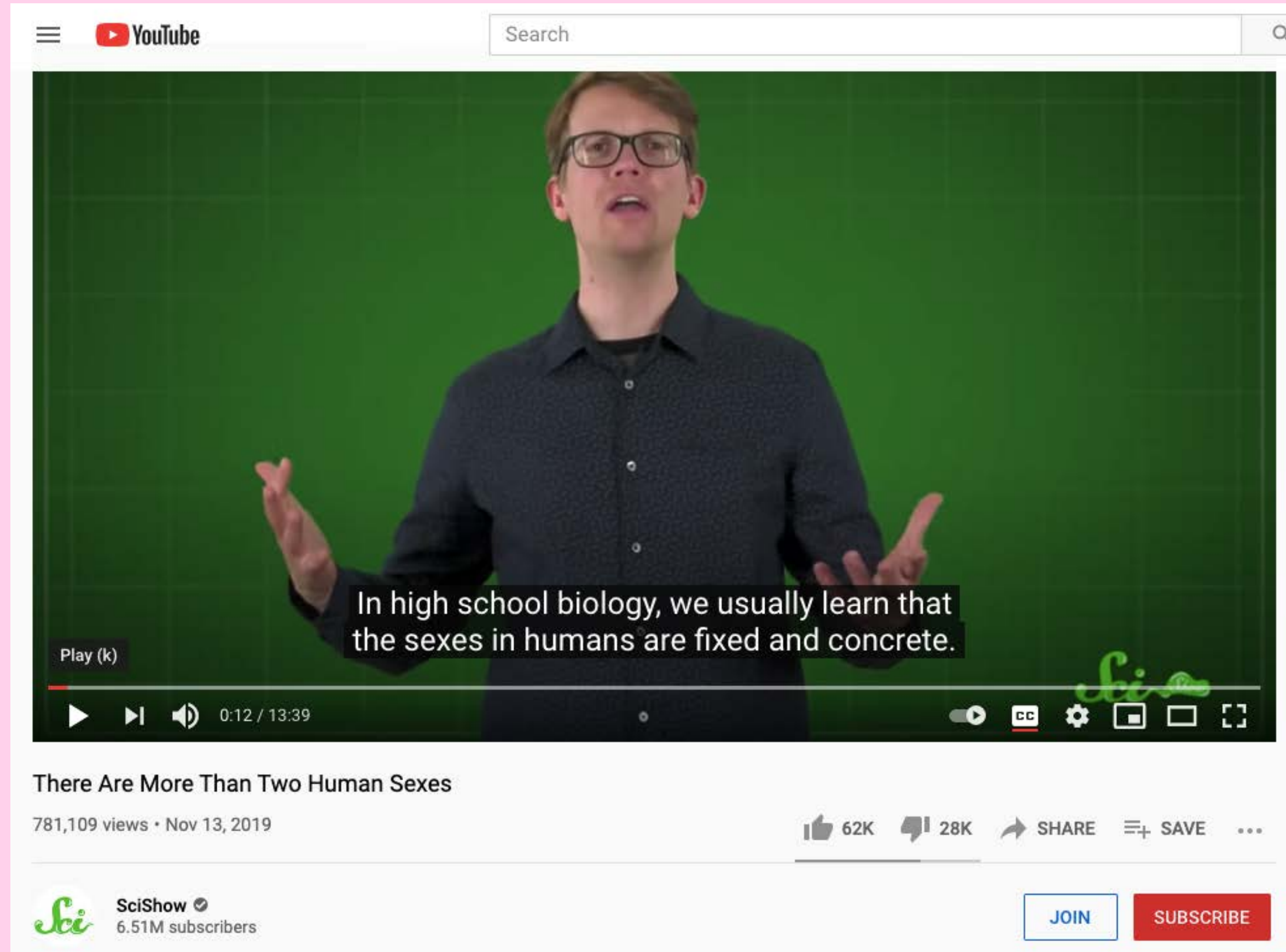
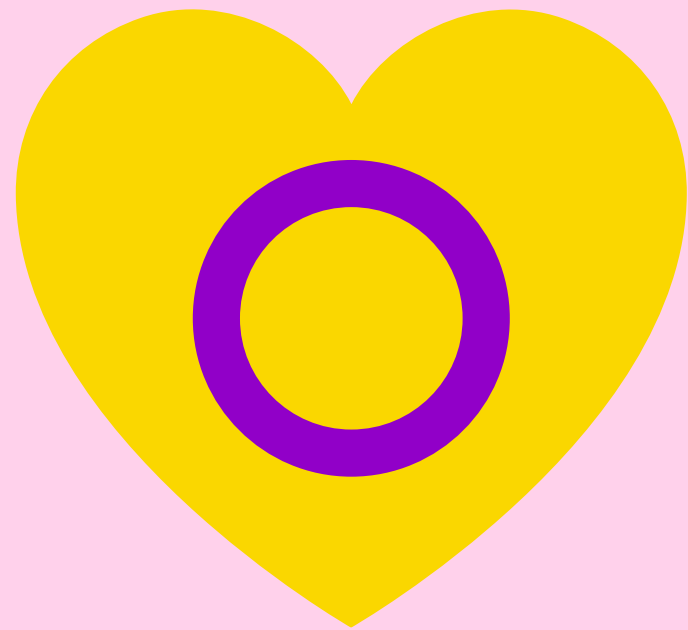
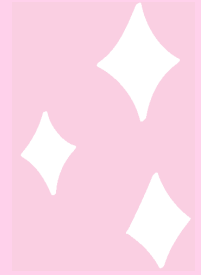
# Quiz 2



- 1) What sex were you assigned at birth?
- 2) What is your sexual orientation?
- 3) What is your gender identity?
- 4) How do you express your gender identity?



# More Info on Intersex



YouTube Search

In high school biology, we usually learn that the sexes in humans are fixed and concrete.

Play (k)

0:12 / 13:39

62K 28K SHARE SAVE

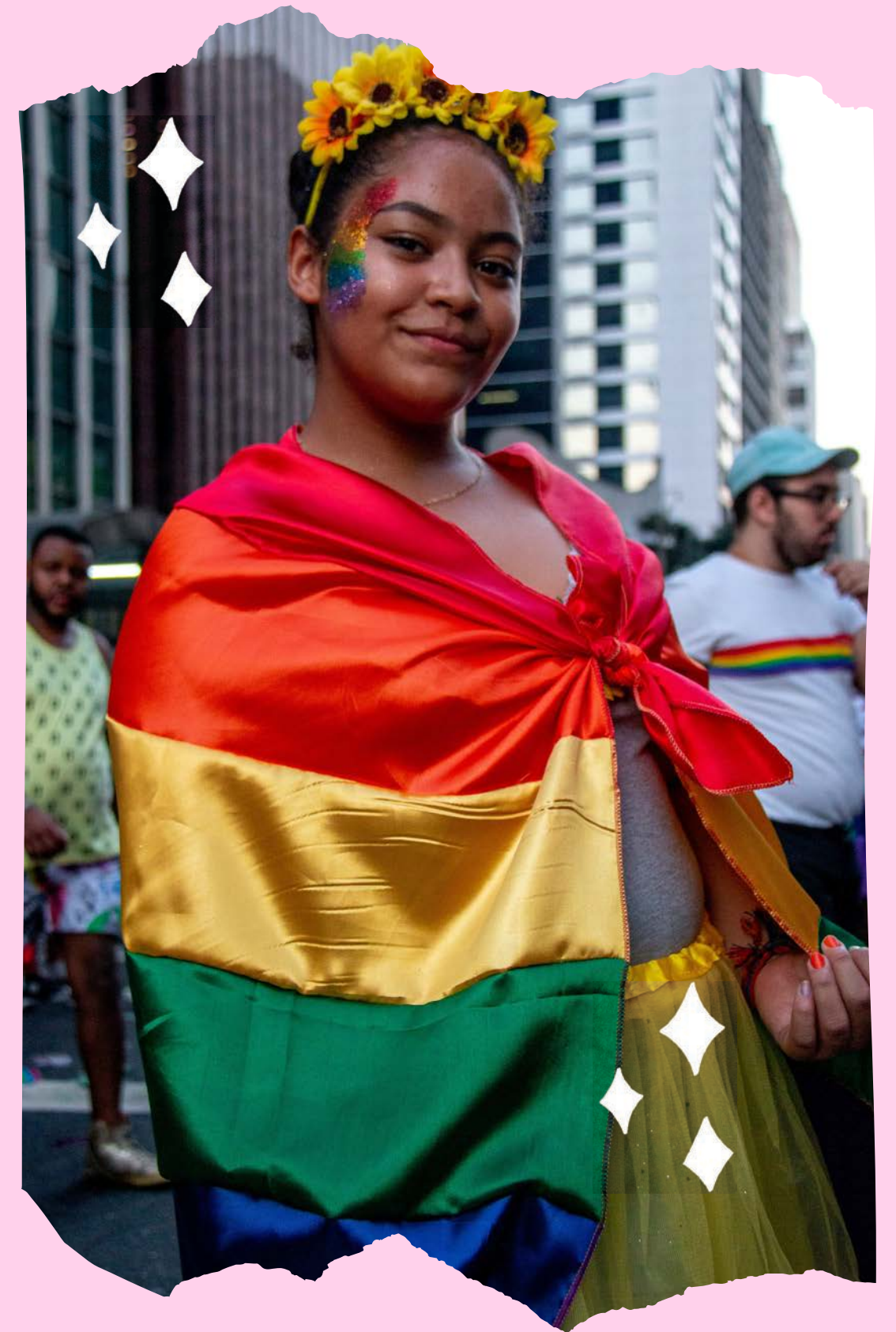
SciShow 6.51M subscribers

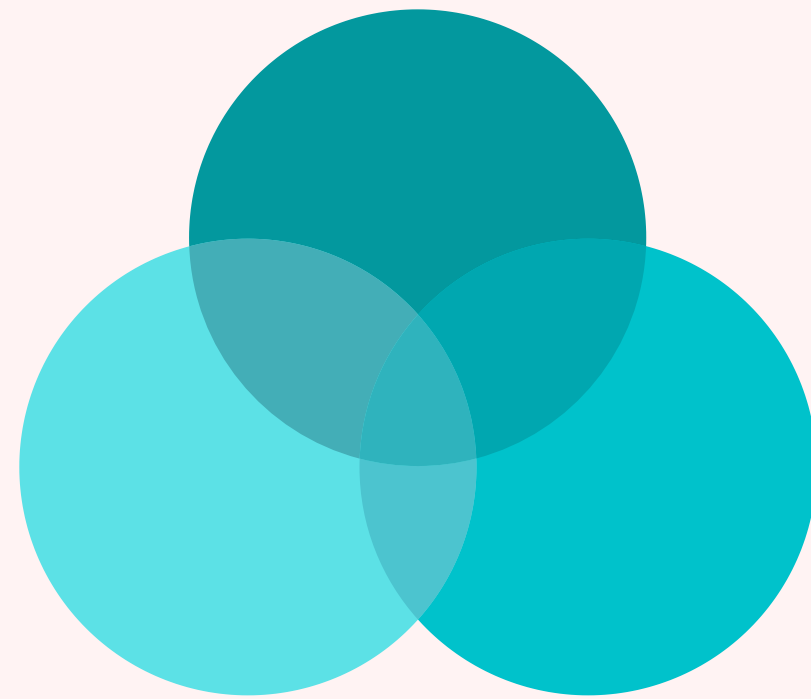
JOIN SUBSCRIBE



# Gender Identity and Sexuality Exploration

- ✦ Is normal, as both gender and sexuality exist on a spectrum
- ✦ Does not mean a youth is transgender, but it might
- ✦ Is developmentally appropriate, so should not be dismissed or discouraged
- ✦ Should be led by the youth, supported by adults



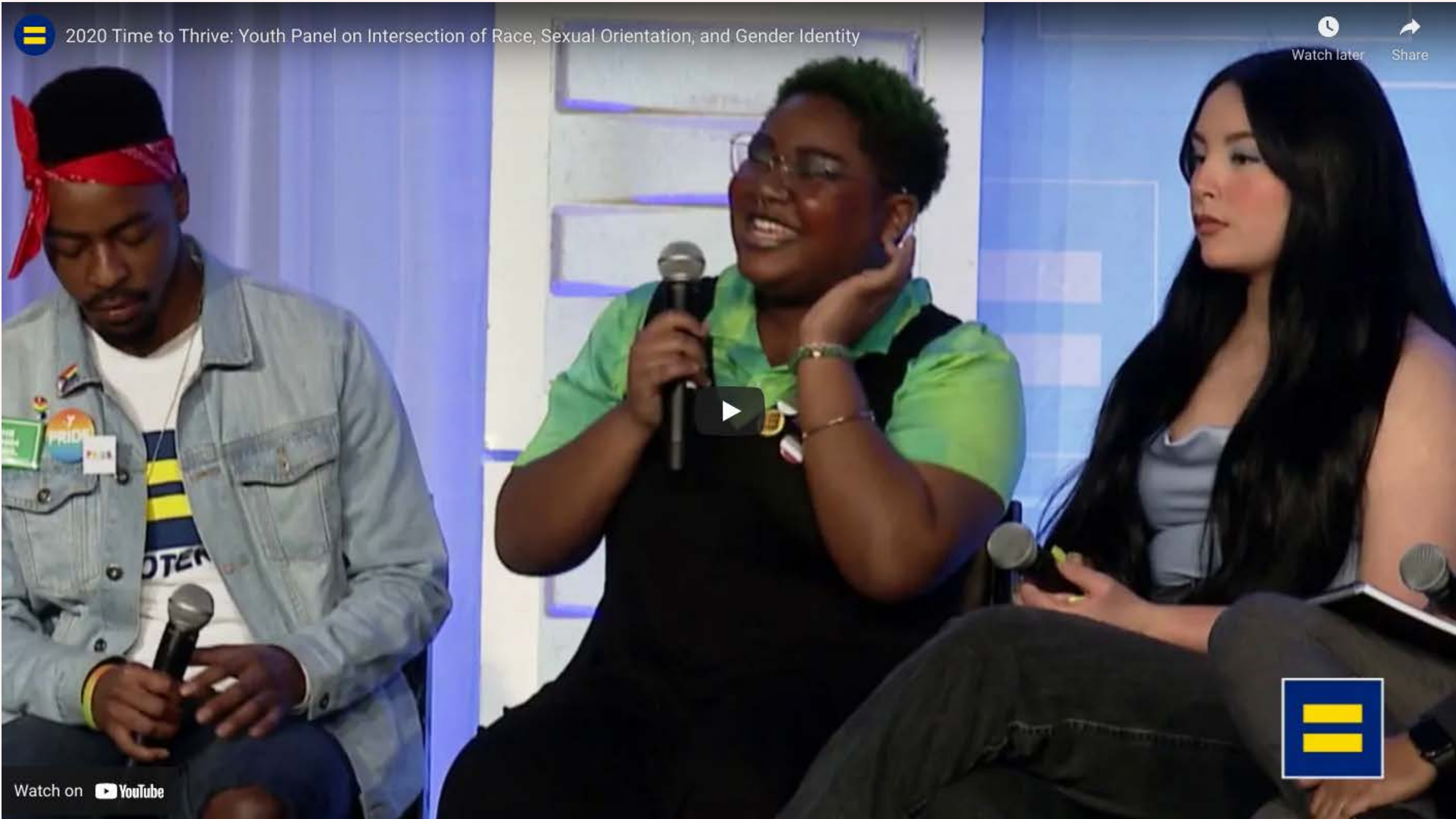


# Intersectionality

In order to best support and serve folks in the LGBTQIA2+ community, we cannot ignore how other identities including race, dis/ability, culture, religion, socio-economic status and lots of other factors play a role in adding to the experience of discrimination and oppression.



# Time to Thrive





**Why is Intersectionality  
important?**

**Thoughts and Questions  
from the video**



# Quiz 3



- 1) Why is intersectionality important?
- 2) What stood out for you from the video?
- 3) Where does intersectionality show up in your life?
- 4) What would you like to learn more about in relation to intersectionality?



# BACK TO RONNIE



**How would you respond to Ronnie based on what we've learned?**

A 14 year-old youth, who recently asked to be called Ronnie not Veronica, discloses to you a desire to go by “they” pronouns. Ronnie wants to cut their hair short but isn’t sure how their parents will react, making them feel anxious.

Ronnie is also stressed because while they have been dating Julie and “came out as a lesbian” in 7th grade, they have started to have feelings for Ted, who identifies as male, and this is confusing for them.

# Quiz 4



**Based on what you've learned today,  
how would you support Ronnie?**



# TOOLS FOR RONNIE



Respect students'  
pronouns/name switch

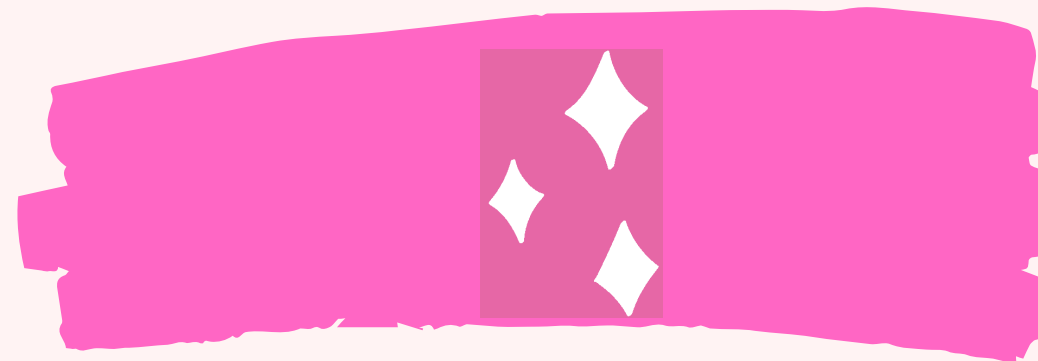
Normalize the exploration of  
sexuality and gender

Validate their anxiety or  
confusion and fear of talking  
with their parents

# A Quick Note About Vocabulary

A decorative graphic consisting of three black diagonal lines on a light gray background, resembling a stylized arrow or a corner of a page.

**It may not be as important as you think!**

A decorative graphic consisting of three black diagonal lines on a light gray background, resembling a stylized arrow or a corner of a page.

<https://www.glaad.org/sites/default/files/GLAAD-Media-Reference-Guide-Tenth-Edition.pdf>

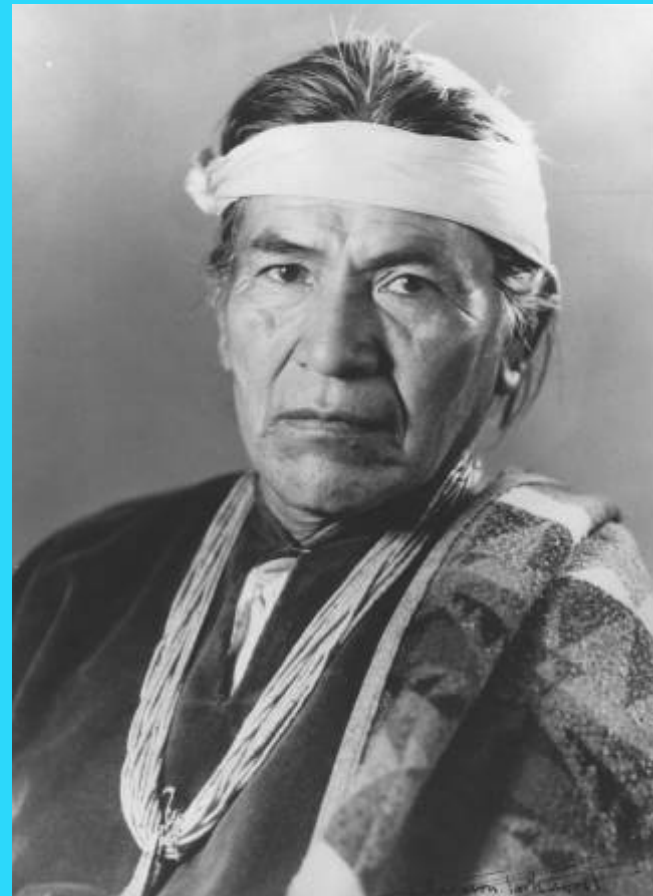
<https://www.hrc.org/resources/glossary-of-terms>

<https://www.itspronouncedmetrosexual.com/2013/01/a-comprehensive-list-of-lgbtq-term-definitions/>

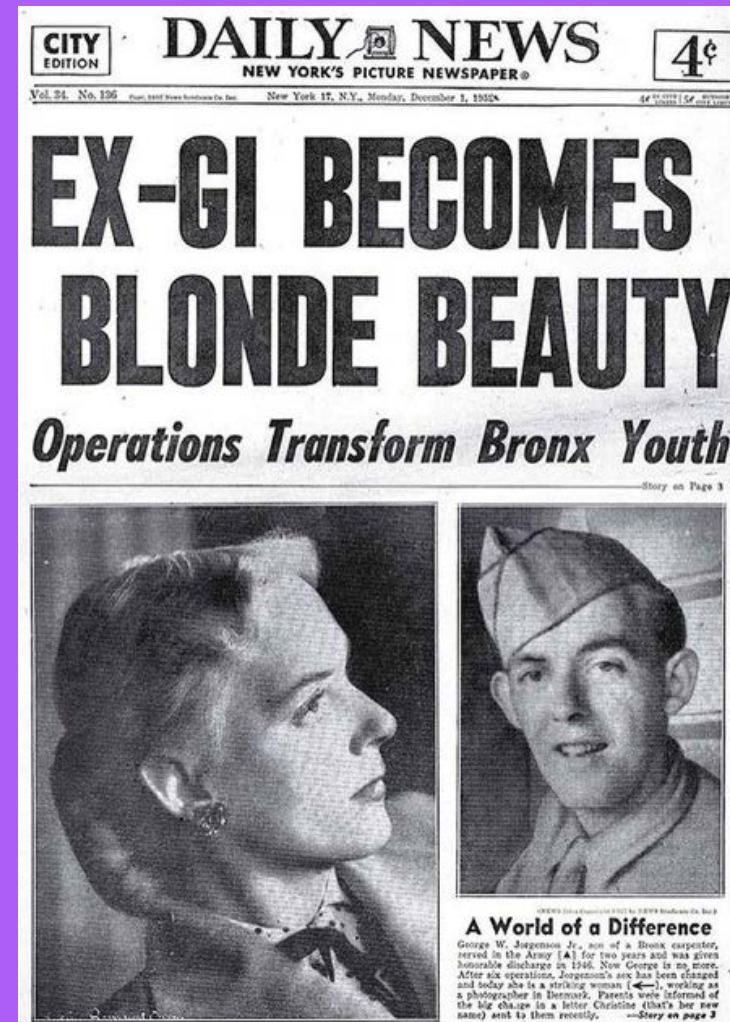
# Gender and Sexual Diversity Throughout History



The Kama Sutra, written around 400-300 BCE, explained and depicted sex between men, sex between women, bisexuality, group sex, BDSM, and sex work, among many other topics related to romance and sex



Navajo people historically acknowledge four gender roles:  
*asdzáán* (feminine female)  
*hastíín* (masculine male)  
*dilbaa* (masculine female)  
*nádleehi* (feminine male)




Roberta Cowell (1918–2011)  
British World War II fighter pilot – and one of the first people to ever undergo gender confirmation surgery



Bayard Rustin (1912–1987)  
Civil rights leader and chief organizer of the 1963 March on Washington, engaged in gay rights activism in the 1980s



# Mental Health & Minority Stress

Three decorative starburst icons in a dark blue color, arranged in a cluster on the left side of the slide.

...changes in societal acceptance of LGBT people have made coming out possible for contemporary youth, yet the age of coming out now intersects with the developmental period characterized by potentially intense interpersonal and social regulation of gender and sexuality, including homophobia [and transphobia].

Given this social/historical context, and despite increasing social acceptance, mental health is a particularly important concern for LGBT youth.

Three decorative starburst icons in a dark blue color, arranged in a cluster on the right side of the slide.

# Risk & Protective Factors



## *Risk Factors\**

- Family, peer and community rejection
- School-based bullying and discrimination
- Internalized homophobia and/or transphobia

## *Protective Factors*

- Family support, caring adults, strong peer group
- Safe school and community environments
- Self-esteem and normalized identity

\*intersectional aspects of identities may complicate risk factors



HEALTH & WELLNESS

© Mar 30, 2018

# Using Chosen Names Reduces Odds of Depression and Suicide in Transgender Youths

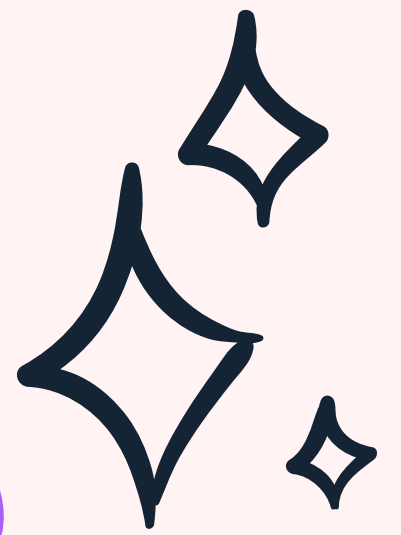
In a recent study, researchers found that when transgender youths are allowed to use their chosen names their risk of suicide and depression decreases.

# The Importance of Pronouns



A large, horizontal purple brushstroke with a rough, torn edge, serving as a background for the main text. It is decorated with small white paper-like scraps at its top and bottom edges.

**You Don't Have to  
Understand to be  
Supportive**



# Let's Practice Ronnie's Pronouns!



A: Have you seen \_\_{name}\_\_ since yesterday? I saw \_\_{pronoun}\_\_ at the hair salon, but I left before I saw \_\_{pronoun}\_\_ new haircut.

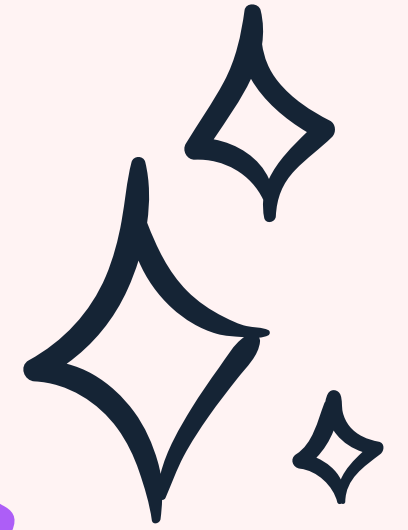
B: Yeah, I just saw \_\_{name}\_\_ this morning! \_\_{pronoun}\_\_ hair looks great!

# Quiz 5



**Add at least one line each for speaker A and speaker B to the conversation using Ronnie's pronouns.**



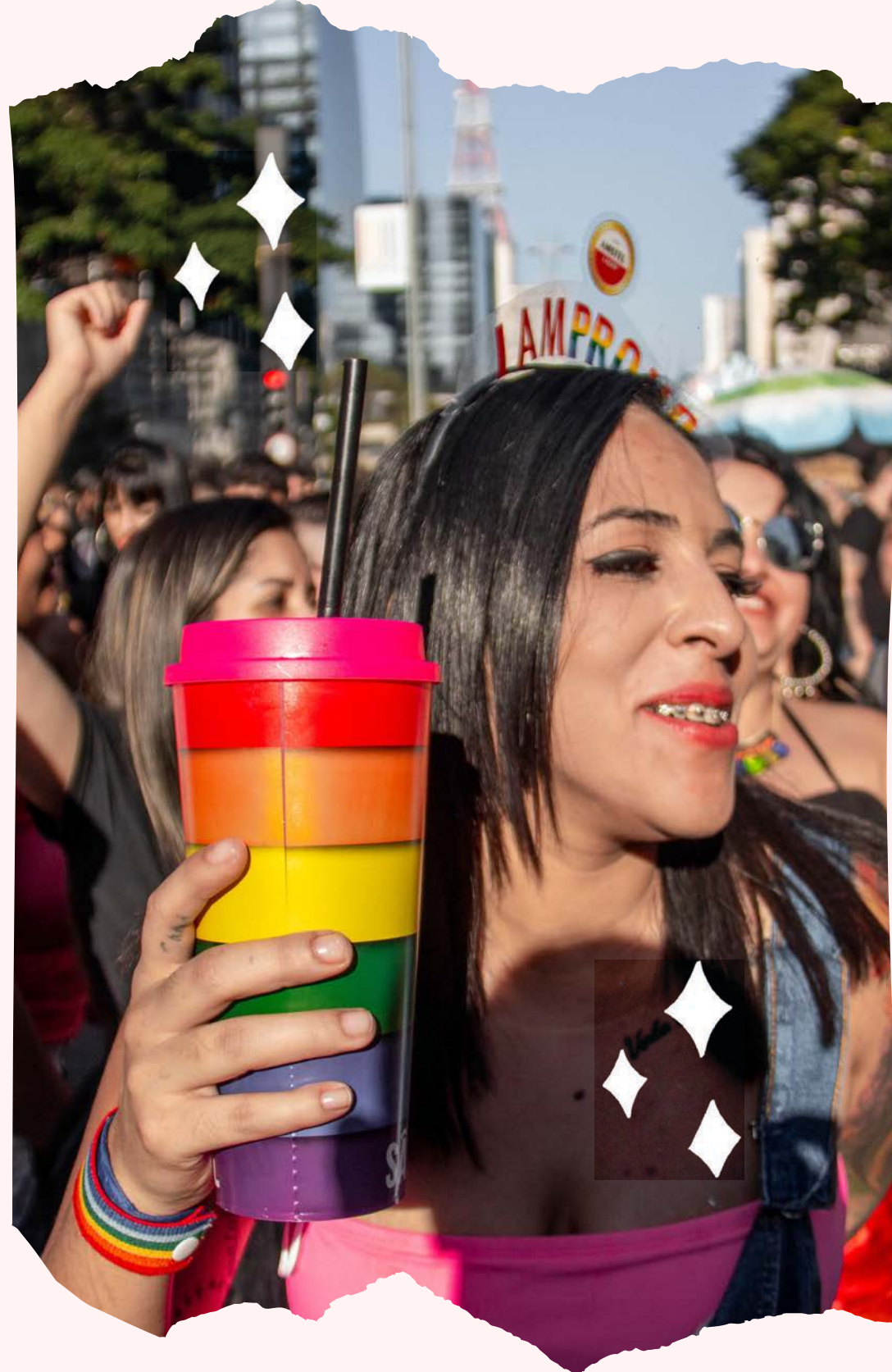


**Keep. Start. Stop.**





# Ways to Keep Learning



*-Q+ EDU*

*-GLAAD Media Guide*

*-My Story Out Loud*

*-Podcasts! (How to Be A Girl, Queery)*

*-Watch some reputable YouTubers (Uppercase Chase, Kikis with Louis, Tea Time with the T-Boys)*

# Resources

## For Parents/Educators

### - Lambda Legal

*Includes tips for what school administrators and educators can do to make schools safer for LGBTQ youth.*

<https://www.lambdalegal.org/know-your-rights/article/youth-for-educators>

### - GLSEN (pronounced glisten)

*Champions LGBTQ issues in K-12 education to create safe and affirming schools.*

<https://www.glsen.org/>

### - Transgender Student Educational Resources (TSER)

*Amazing infographics created by students on everything from grammar to queer youth of color to Title IX to homelessness to immigration, and more!*

<https://transstudent.org/graphics/>

### -Stories & Numbers

*Accessible research providing data and statistics on what helps LGBTQ+ students feel safe at school.*

<http://storiesandnumbers.org/>



# Resources, Continued

## Online Support for Parents

### **-Gender Spectrum**

*(also available in Spanish)*

<https://www.genderspectrum.org/>

### **-Family Acceptance Project**

*(also available in Spanish)*

<https://familyproject.sfsu.edu/>

### **-Strong Family Alliance**

<https://www.strongfamilyalliance.org/>



# Quiz 6



**What questions do you have about what you've learned today?**





Love is never wrong

THANK YOU!

