The background features a series of concentric, slightly irregular circles that create a tunnel-like effect. The color gradient transitions from a teal on the left to a dark brown on the right. The text is centered within this graphic.

Affirming practice with
LGBTQ+ youth

Agenda

Introduction

Terminology

Prejudice, minority stress and intersectionality

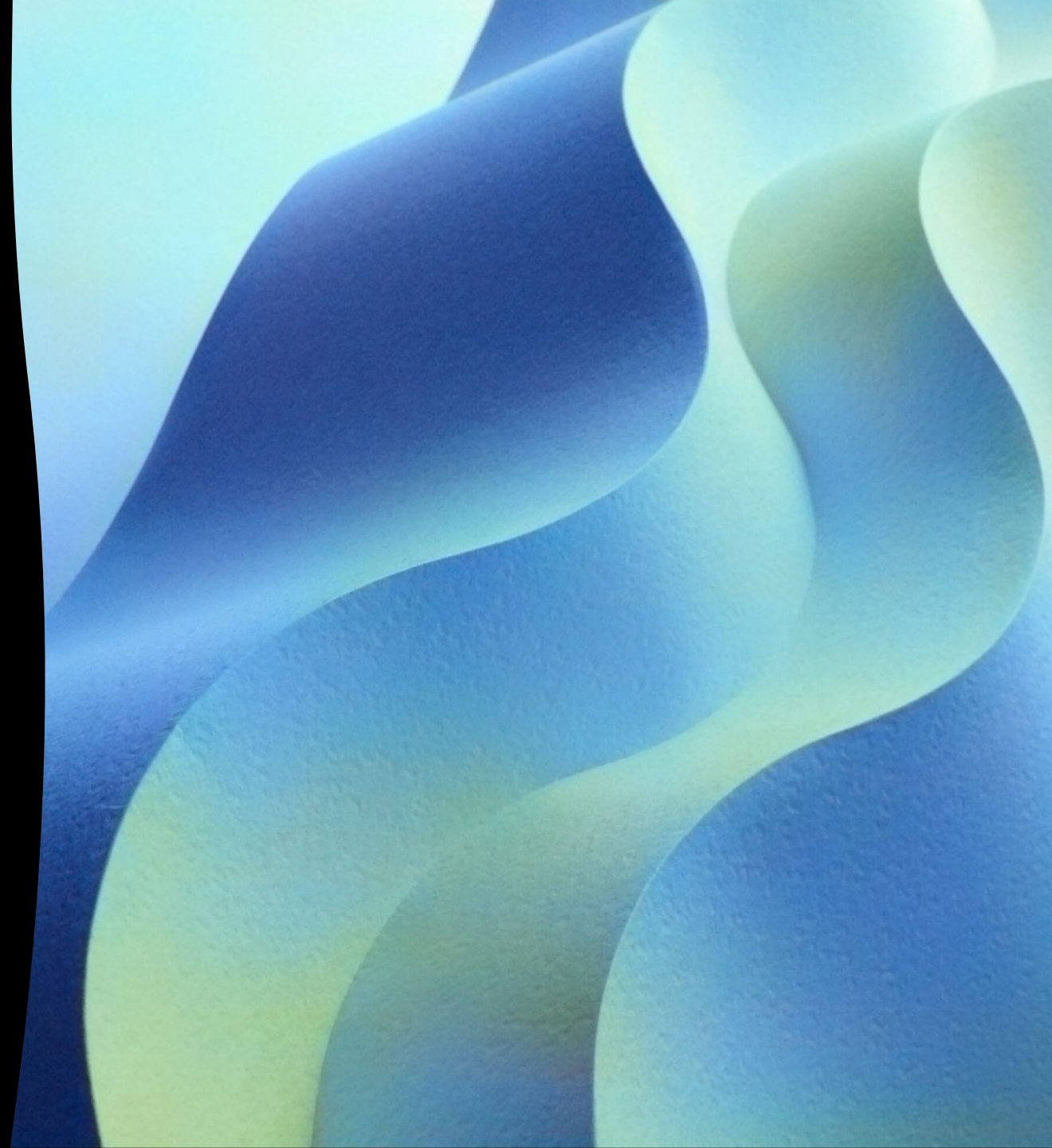
Affirming practices

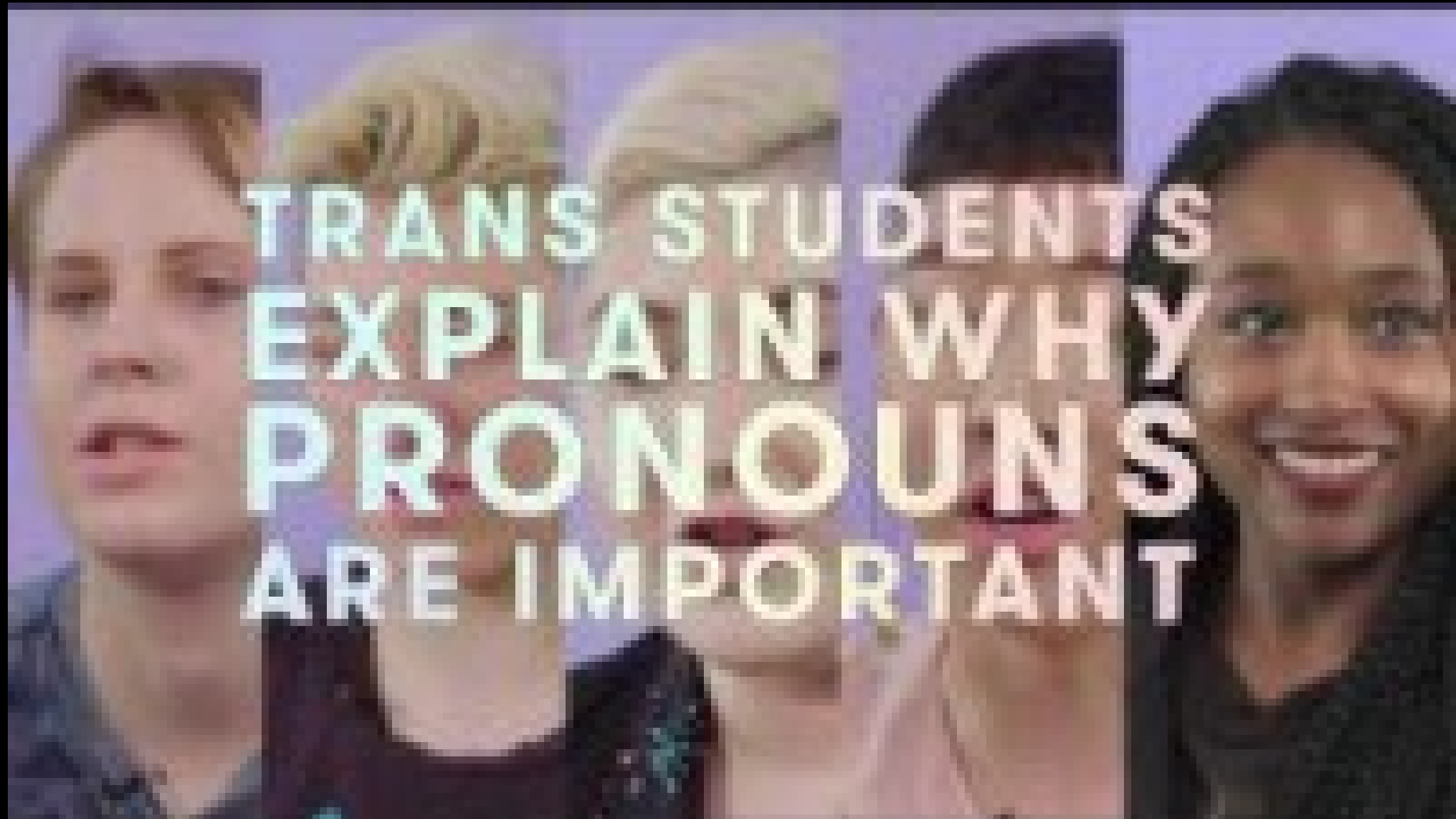
Summary

Acronyms and Pronouns

LGBT,
LGBTQ,
LGBTQ+,
LGBTQIA,
SGM,
SOGIE

Pronouns





TRANS STUDENTS
EXPLAIN WHY
PRONOUNS
ARE IMPORTANT



Sexual Orientations

- Gay
- Lesbian
- Bisexual
- Queer
- Questioning
- Asexual
- ...
- Heterosexual/“Straight”

Gender identities

- Gender Identities:
 - Transgender/trans (umbrella term)
 - Non-binary
 - Agender
 - Gender Queer
 - Gender Fluid
 - Gender Expansive
 - Cisgender
 - ...

Prejudice

- Heterosexism
- Cissexism
- Homophobia
- Transphobia
- Toxic masculinity
- Micro-aggressions
 - Micro-invalidations
 - Micro-insults
 - Micro-assaults





Minority Stress

- Minority Stress – Additional stressors that people experience due to having a stigmatized minority status.
- Intersectionality: Sexual and Gender Minority individuals may additionally experience minority stress due to racism, xenophobia, and discrimination based on other minority statuses.





Understand your perspective

- What were the first messages you received about:
 - Gender roles?
 - Sexuality?
- What stereotypes have you been taught about LGBTQ+ people?
- How do your beliefs align or differ from those of your family members, friends, colleagues, etc.?
- What are your privileges?
- How can you use your privilege to support others who are marginalized?

**CALIFORNIA
GAY STRAIGHT
ALLIANCE**

“Coming Out” and Being Invited In

Positively impacts mental health of SGM

Life-long continual process

People react to others “Coming out” in a variety of ways which are sometimes difficult to predict

- Sometimes physically unsafe
- Sometimes psychologically unsafe

When an ally confronts discriminatory acts, they are building resilience in the environment.

The person “Coming out” is resilient

Parents, friends, loved ones also have a “Coming out” process

Highly rejecting people may take years or a significant life event before they become less rejecting

slido



When a client has invited you in or disclosed that they are part of the queer community, what has your response been?

ⓘ Start presenting to display the poll results on this slide.



Confidentiality

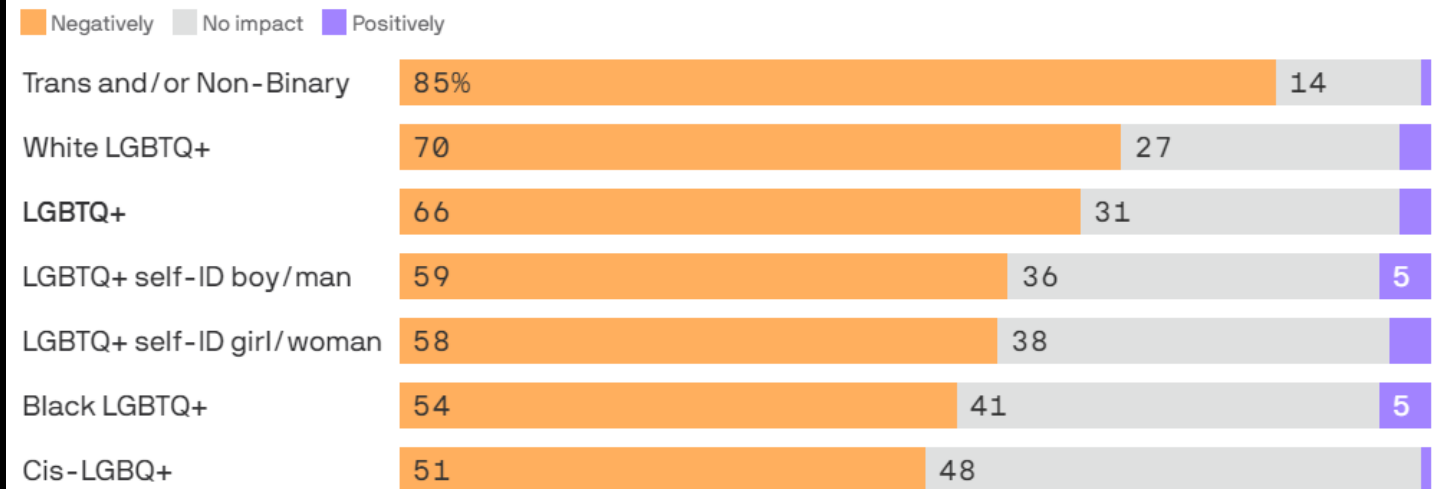
- It should ALWAYS be the LGBTQ+ person's decision to whom and when they disclose their orientation or identity. Being LGBTQ+ is not a safety risk, but being out could be.
- Be careful about what you document – parents may be able to access the information
- Be aware of Hawaii's age of consent for mental health services law for youth 14 and older.

Commit to Skill Enhancement

- Practice cultural humility
- Seek new information about LGBTQIA routinely
- Get LGBTQ+-specific consultation on an ongoing basis
- Devote time and energy to advocating for LGBTQ+ training and accountability for all staff in your organization
- Realize that even though we live in a more liberal and affirming state, individuals' experiences will be impacted by those around them who may be rejecting (family members, peers, school personnel, religious leaders, politicians).

How have recent debates about state laws restricting the rights of transgender people impacted your mental health?

Survey of 820 LGBTQ+ youth aged 13-24 between Sept. 14 to Nov. 5, 2021



Data: [The Trevor Project](#); Chart: Jacque Schrag/Axios

Evidence-Based Affirming Practices

Family Acceptance Project's Family
Support Model

TF-CBT for LGBTQ

Alternatives for Families – A Cognitive
Behavioral Therapy (AF-CBT)

Summary

Understand and acknowledge your own privileges.

When someone shares information about their SOGI, it is important to be considerate about how that information is handled

When working with LGBTQ+ clients (and any minorities), cultural humility and a commitment to ongoing learning are critical.

There are Evidence-Based Affirming practices for use with LGBTQ+ youth and their families.

Resources

For Youth

Oahu drop-in center and outpatient counseling for LGBTQ+ teens: <https://spilltheteacafe.org/>

Online and Phone Support for youth: <https://www.hrc.org/resources/direct-online-and-phone-support-services-for-lgbtq-youth>

Trevor Project: <https://www.thetrevorproject.org> (Talk and text crisis hotlines, and Trevorspace, virtual community)

Q Chat Space: <https://www.qchatspace.org> (Online support groups for LGBT+ youth)

Teen Talk App: <https://teenlineonline.org> (To get the Teen Talk App, text TEEN to 839863)

News, culture, entertainment, etc.: www.Them.us

Rainbow Reading List: <https://glbtrt.ala.org/rainbowbooks/>

For Families

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

CAMHD Safe Spaces: <https://health.hawaii.gov/camhd/lgbtq-safe-spaces/>

Affirming Churches: https://www.gaychurch.org/find_a_church/

Hawaii SGM Workgroup Resources: <https://health.hawaii.gov/harmreduction/sexual-gender-minority/sexual-and-gender-minorities-sgm-in-hawaii/>

Resources, Cont'd

For Providers & Schools:

TF-CBT for LGBTQ: chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://familyproject.sfsu.edu/sites/default/files/documents/TF-CBT%20LGBT%20Implementation%20Manual_v1.pdf

Mental Health: <https://bethere.org/Be-There-Basics>;

Cyberbullying: <https://netsanity.net/cyberbullying-lgbt-youth/>

Self-assessment: <https://nccc.georgetown.edu/documents/Final%20LGBTQ%20Checklist.pdf>

Safe Space Kit: <https://www.glsen.org/sites/default/files/2019-11/GLSEN%20English%20SafeSpace%20Book%20Text%20Updated%202019.pdf>

Gender: www.Genderspectrum.org

Legal: <https://www.harvardlgbtq.org/trans-youth-handbook>

To Learn More:

National Child Traumatic Stress Network - <https://learn.nctsn.org/>

National SOGIE Center - <https://sogiecenter.org/>

Fenway Health - <https://fenwayhealth.org/the-fenway-institute/>

Terminology

World Professional Association for Transgender Health - <https://www.wpath.org/>

The Gender Unicorn: <https://transstudent.org/gender/>

Pronouns 101: [https://assets2.hrc.org/files/assets/resources/HRC_ACAF_Pronouns_101_\(1\).pdf](https://assets2.hrc.org/files/assets/resources/HRC_ACAF_Pronouns_101_(1).pdf)

Definitions and guides: www.Teachingtransgender.com

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7. Safe Space Kit: A Guide to Supporting Lesbian, Gay, Bisexual, Transgender and Queer Students in Your School. www.glsen.org.
8. Seventeen. (2017, July 5). Why gender pronouns matter [Video]. YouTube. <https://www.youtube.com/watch?v+9iKHjl5xAaA&feature=youtu.be>
9. The Trevor Project. (n.d.). *2023 U.S. National Survey on the Mental Health of LGBTQ Young People*. <https://www.thetrevorproject.org/survey-2023/>
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Mahalo!

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