Objectives

- By the end of the workshop, participants will be able to
  - Define terms and concepts specific to LGBTQ populations
  - Identify stressors and challenges for LGBTQ youth
  - Demonstrate strategies for working with LGBTQ youth

Ground Rules

- Confidentiality
- Ask questions
- Take risks
GenderBread Person

http://itspronouncedmetrosexual.com/2012/03/the-genderbread-person-v2-0/

Other Terms and Definitions

- Heterosexism - an assumption that all people are or should be heterosexual.
- Homophobia - The irrational hatred and fear of LGBT people

I AM
GAY STRAIGHT BI
TRANSGENDER
... A PERSON

Other Terms and Definitions

- Coming Out - voluntarily making one’s sexual orientation or gender identity
- "Being out" - not concealing one’s sexual orientation or gender identity
- "Outing" - a term used for making public the sexual orientation or gender identity of another who may want to keep that information private
- Ally - someone who does not identify as, but supports LGBTQ social movements and speaks out for inclusion
Stressors and Challenges for LGBTQ Youth

What do you think are some stressors that LGBTQ youth encounter?

- Establishing sense of self
- Internal and external homophobia
- Support from family or friends
- Limited contact with others
Issues Specific to LGBTQ Youth

- School Safety
  - 1/3 of students experience physical harassment at school because of their sexual orientation
  - 1/4 of students experience physical harassment because of gender expression

- Youth in Foster Care
  - Sexual orientation may be the primary reason youth are in foster care system

Issues Specific to LGBTQ Youth

- LGBTQ youth more likely to engage risk behavior categories (Youth Risk Behavior Survey)
  - Violence
  - Suicide
  - Tobacco and alcohol
  - Other drugs
  - Sexual behavior
  - Weight management

Issues Specific To LGBTQ Youth

- Tied to family rejection
  - LGBTQ adults who report levels of family rejection during adolescence are
    - 8.4 times more likely to report suicide attempts
    - 5.9 times more likely to report high levels of depression
    - 3.4 times more likely to use illegal drugs
    - 3.4 times more likely to report having engaged in unprotected sex
LGBTQ Relationships

- Healthy LGBTQ Relationships
- LGBTQ Abusive Relationships

LGBTQ Youth of Color

Transgender Youth

80% of trans students reported feeling unsafe at school because of their gender expression.
Young WSW

- Sex with men
- Unintended pregnancy
- Access to health insurance
- Cultural and family attitudes
- Racism, sexism and homophobia
- Assault and abuse

Activity: Coming Out Stars

- What was it like to think about having a close friend no longer be in your life?
- What did it feel like to think about your family rejecting you and potentially being homeless?
- Thinking about your community, what was it like to think about no longer being a part of that community?
- What was it like to think about being fired for apparently no reason?
Working with LGBTQ Youth

Clarifying Attitudes and Beliefs
- Please take a moment to silently respond to the Clarifying Attitudes and Beliefs handout
- Answer the statements honestly and truthfully
- This handout will not be shared with anyone else

EXAMINE YOUR ASSUMPTIONS
Acknowledge Our Beliefs

Thoughts Create Feelings

Behavior Reinforces Thoughts

Feelings Create Behavior

Don’t Make Assumptions or Stereotype

Don’t assume I’m straight.

Don’t assume I’m gay.

Creating Inclusive Programs

How might you create a welcoming environment?

- Assess your own values and beliefs
- Discuss sexual behaviors explicitly
- Use inclusive language
- Zero tolerance policy
- Incorporate comprehensive sex education
- LGBTQ safe zone
- Address stereotypes
- Ground rules
Pay Attention to Language

* Instead of THIS say THAT…. [Image]

“That’s so gay!”

ludicrous, naive, frivolous, irrational, interesting, curious, eccentric, bogus, weak, foolish, goofy, insipid, absurd, ridiculous, annoying, asinine, pathetic, yesterday, surreal, wack(y).

Pay Attention to Language

[Image]
Be Prepared for LGBTQ Participants

* How to be an ally
* What to do if someone comes out to me

Working with LGBTQ Youth

Beliefs
Assumptions
Environment
Language
Preparation

www.stdhivtraining.org

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Questions?

Thank you!

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