

The Basics: Understanding LGBTQ+ Youth



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Learning Objectives

1. Increase knowledge of Side by Side resources and services.
2. Increase knowledge of LGBTQ+ identities, terminology, and experiences.
3. Identify common risks and pathways to risk connected to LGBTQ+ youth.
4. Identify best practices and protective factors to support LGBTQ+ youth.
5. Identify resources for future support and education.



Reminders for Our Time Together

1. Open your mind to something new today.
2. Prepare yourself for some difficult statistics and realities of LGBTQ+ youth.
3. Everyone makes mistakes, it's ok to mess up!
4. Push yourself to ask questions and engage in dialogue.
5. Remember you are not in this alone, we've got your back.



Information about Side by Side



Side by Side

- Founded in 1991 as ROSMY
- Dedicated to creating supportive communities where Virginia's LGBTQ+ youth can define themselves, belong, and flourish.
- Support LGBTQ+ Youth ages 11-20 with some additional services for young adults 18-25



Side by Side Richmond Youth Center
2311 Westwood Ave.



Understanding the LGBTQ+ Community



LGBTQ+

L – Lesbian

G – Gay

B – Bisexual

T – Transgender

Q – Queer and Questioning



Identities Abound (+)

agender, asexual, aromantic,
bisexual, demiboy, demigirl,
demisexual, gay, gender fluid,
genderflux, genderqueer,
greysexual, homoflexible,
intersex, lesbian, non-binary,
neutrois, pansexual, polysexual,
transgender



Identity Spectrum

SEX ASSIGNMENT



GENDER IDENTITY



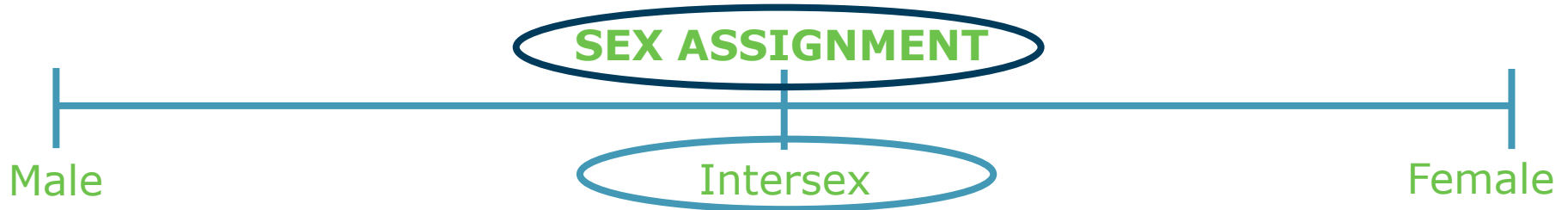
GENDER EXPRESSION



SEXUAL ORIENTATION



Identity Spectrum



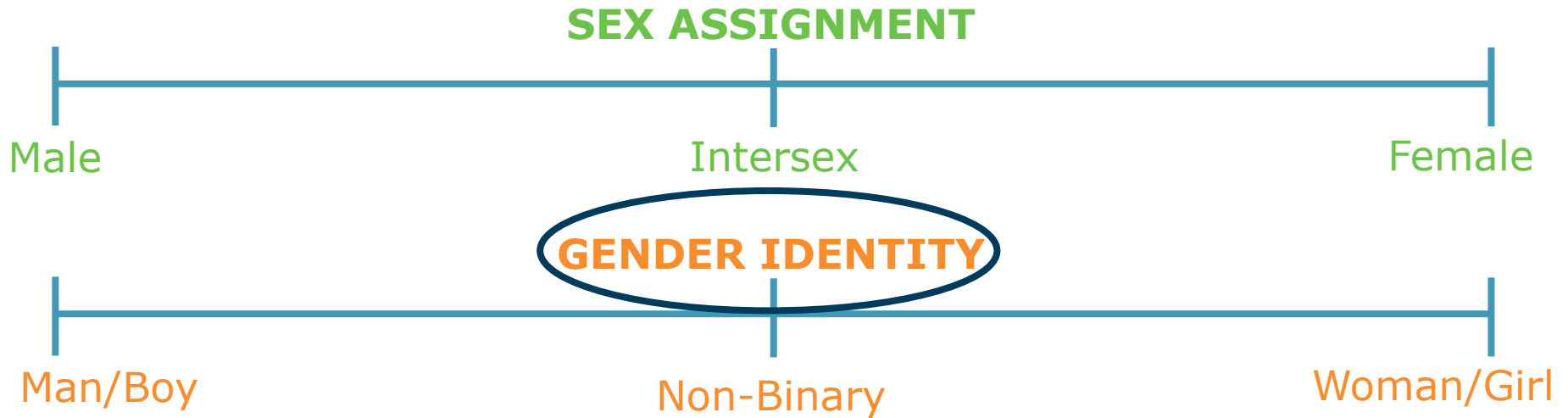
Sex Assignment = Assignment of sex (typically male or female) based solely on external genitalia (penis or vagina).

Intersex = a person whose body does not meet the ideal medical standards of male or female.

***Approximately 1 in every 2,000 births annually**



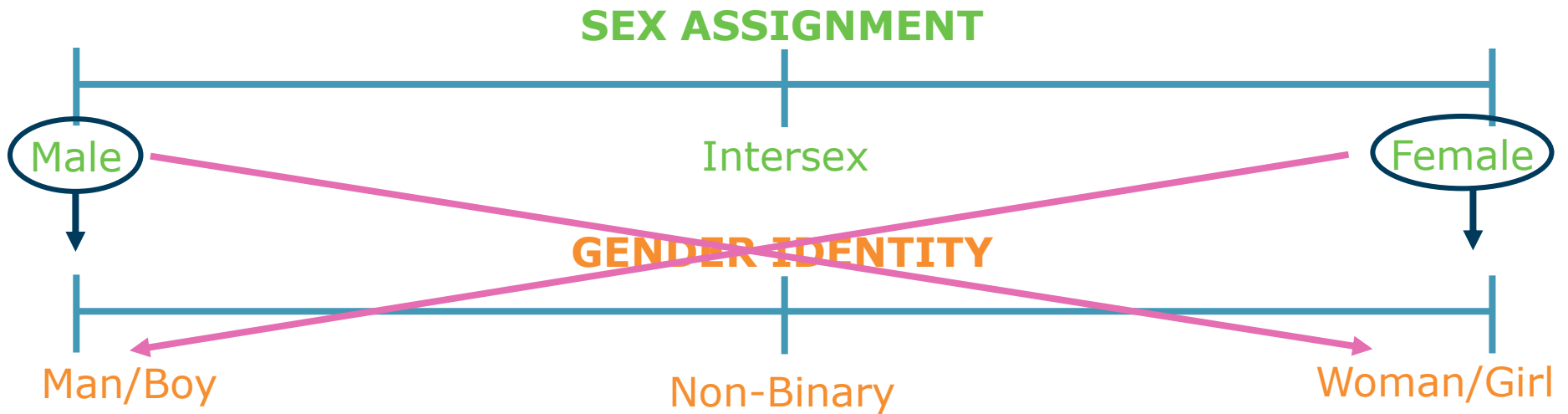
Identity Spectrum



Gender Identity = A person's personal internal understanding of who they are in regards to gender.



Identity Spectrum



**Cisgender = Gender Identity Aligns
with Sex Assignment.**

**Transgender = Gender Identity does
not Align with Sex Assignment**



Identity Spectrum

SEX ASSIGNMENT

Male

Intersex

Female

GENDER IDENTITY

Man/Boy

Non-Binary

Woman/Girl

Transwoman / Transgirl / MTF

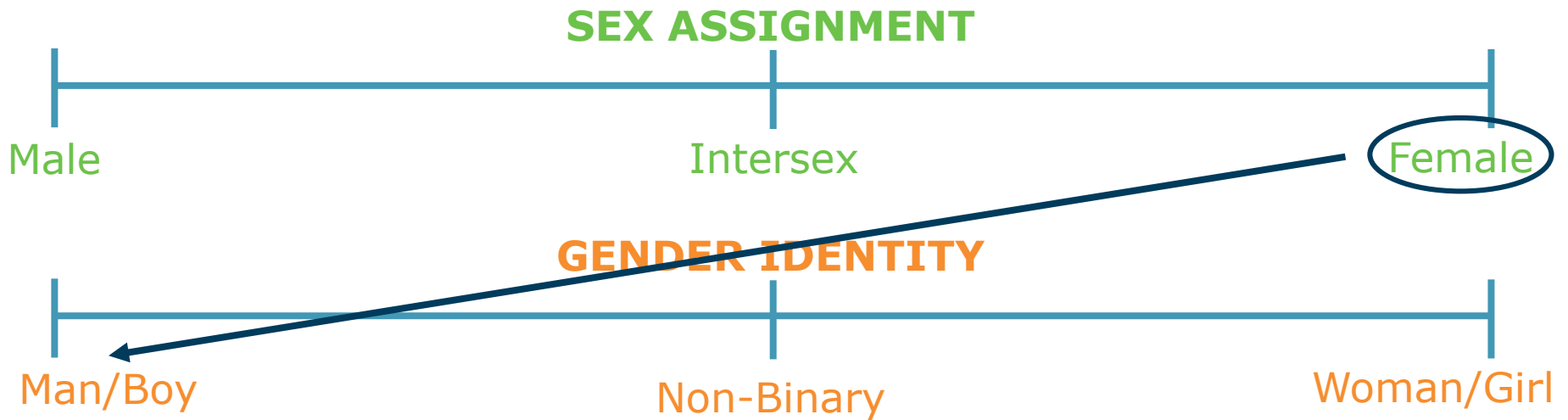


Laverne Cox

- Assigned male at birth
- Identifies as a woman
- Uses she/her pronouns
- Goes by Laverne



Identity Spectrum



Transman / Transboy / FTM

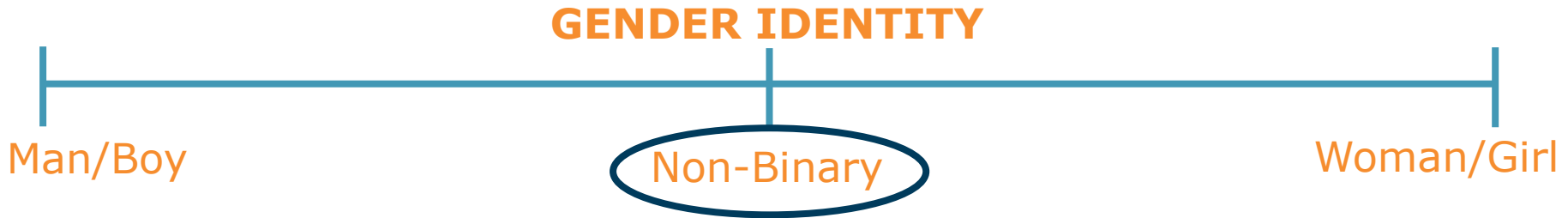


Kylar Broadus

- Assigned female at birth
- Identifies as a man
- Uses he/him pronouns
- Goes by Kylar



Identity Spectrum

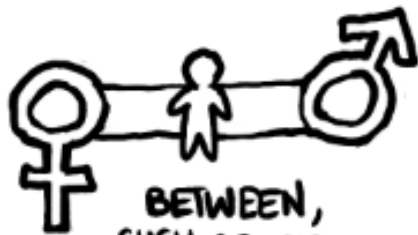


Non-Binary = Refers to individuals who do not identify as man or a woman. There are many different terms used by non-binary people to describe their identity.



Non-Binary Identities

SOME WAYS TO IDENTIFY IN RELATION TO THE BINARY



BETWEEN,
SUCH AS ON
A SPECTRUM



BACK AND
FORTH



ON TOP OF



ENCOMPASSING



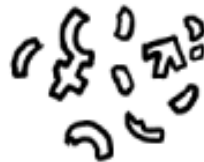
DEPENDING ON
WEATHER



BOTH



A WHOLE
BUNCH



BITS OF EACH



ONE OF THEM,
SOMETIMES

BUT ALSO, VERY
IMPORTANTLY,



- NEITHER
- A DIFFERENT GENDER(S) ENTIRELY
- NOT EVEN ON THE SAME PAGE DUDE

THIS IS **NOT** A COMPLETE LIST! THERE ARE ACTUALLY **ONE MILLION BAZILLION** WAYS TO DO IT.



How young is too young to know you're transgender?

Children understand their own gender identity as young as 3-4 years of age.

By the age of 6, most children's gender identity is constant and independent of external features.

Persistent / Insistent / Consistent



Social vs. Medical Transition

Social

- Using a name and pronoun that aligns with their gender identity
- Possibly changing outward appearance (clothing, chest binders, breast forms, etc.)
- Internally and/or publicly claiming a gender different from their sex assignment

Medical*

- Using hormone blockers to delay puberty
- Using hormone replacement therapy (HRT)
- Having surgery to alter chest/breasts
- Having surgery to alter internal and/or external reproductive organs

**Medical transition is a conversation for medical professionals only.*



Identity Spectrum

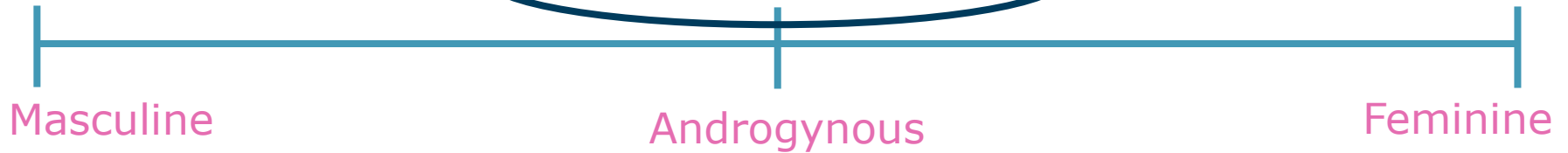
SEX ASSIGNMENT



GENDER IDENTITY



GENDER EXPRESSION



Gender Expression = The way we express our gender, in terms of how we outwardly meet the cultural norms and expectations associated with masculinity or femininity.



Gender Identity vs. Expression

Transboy (Identity)

- Assigned female at birth
- **Identifies as a boy**
- Could express himself in any number of ways

Tomboy (Expression)

- Assigned female at birth
- Identifies as a girl
- **Expresses herself in ways we associate with boys (masculine)**





Ciswomen



GENDER EXPRESSION

Masculine



Androgynous



Transwomen



Feminine



Ciswomen: Diane Keaton, Gladys Bentley, Janelle Monáe, Taraji P. Henson, Portia de Rossi

Transwomen: Eli Erlick, Mara Keisling, Laura Jane Grace, Marsha P. Johnson, Renee Richards, Jazz Jennings



Cismen



GENDER EXPRESSION

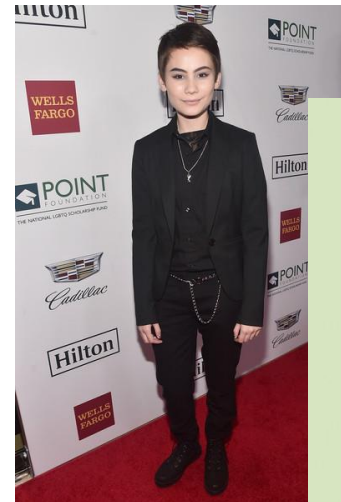
Masculine



Androgynous



Transmen



Feminine



Cismen: Dwayne Johnson, Ricky Martin, Jared Leto, Prince, Jaden Smith, Ezra Miller
Transmen: Chaz Bono, Billy Tipton, Mack, Ian Alexander, Rae Spoon



GENDER EXPRESSION



Key Takeaways:

1. Gender expression does not always align with a person's gender identity.
2. Youth who express themselves outside the norm are most likely to be targeted with violence or harassment.
3. Feminine men and transgender women, are the most likely group within the LGBTQ+ community to face violence and harassment.



Identity Spectrum

SEX ASSIGNMENT



GENDER IDENTITY



GENDER EXPRESSION



SEXUAL ORIENTATION



Question

The term “sexual orientation” refers to:

- A. Feelings
- B. Behaviors
- C. Both

ANSWER: A. Feelings

The best way to describe sexual orientation is in terms of a person's **feelings** of attraction.



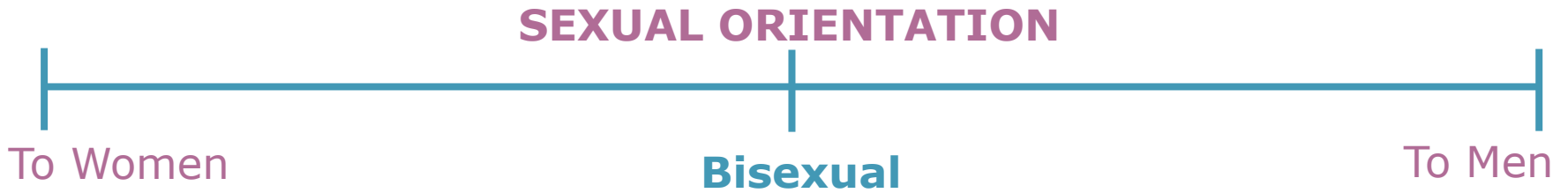
How young is too young to know your sexual orientation?

Some youth report having same-gender crushes earlier, but not necessarily the language to describe what they are feeling

Most youth start to understand same-gender attraction during the onset of puberty, typically middle school years (ages 11-14)



Identity Spectrum



Bisexual = Being attracted to both men and women.

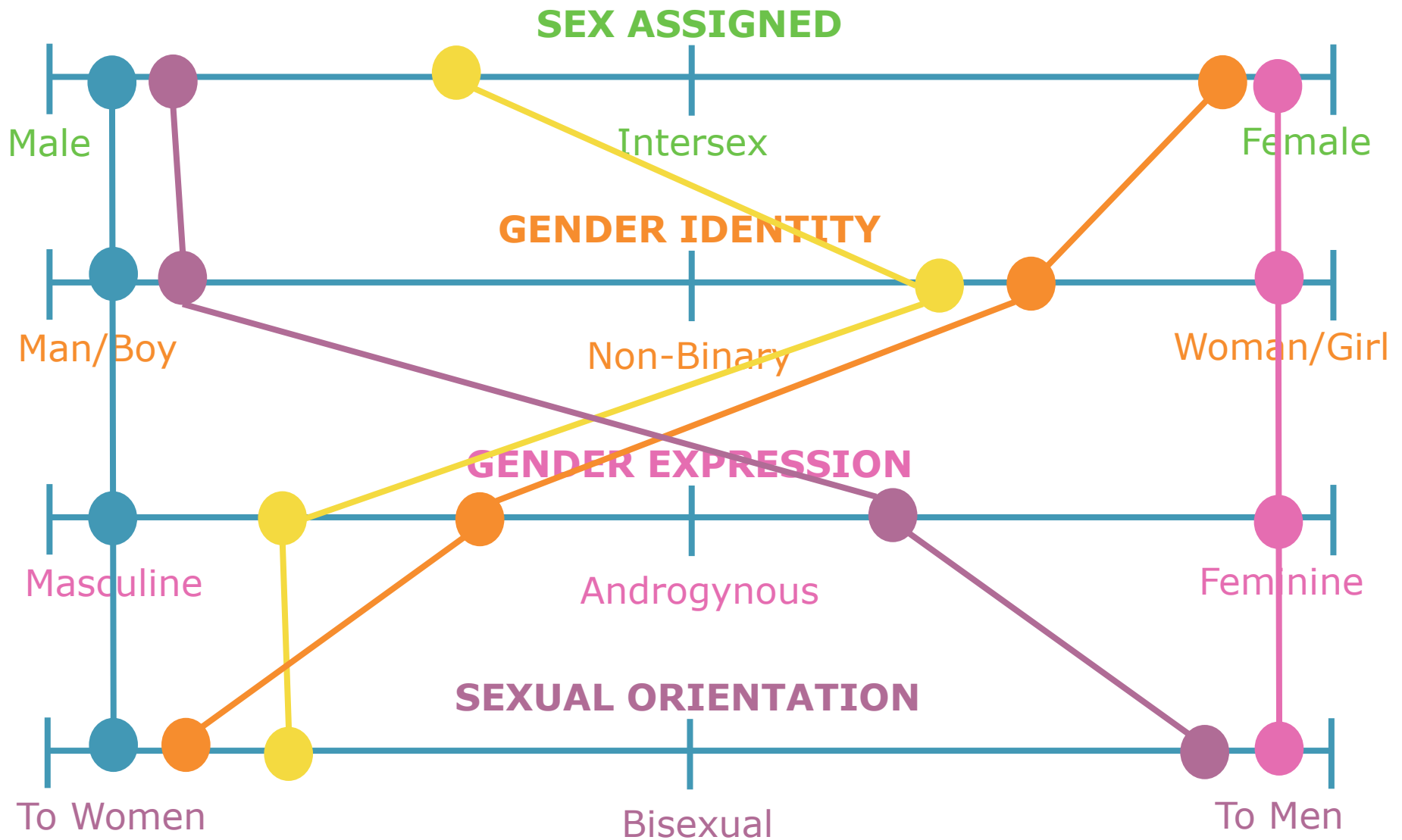
Pansexual = Attracted to a person regardless of gender. (Allows for more than 2 gender options).

Asexual = Having no sexual attraction.



Identity Spectrum

PLOT YOURSELF



Identity Spectrum



Risk Factors

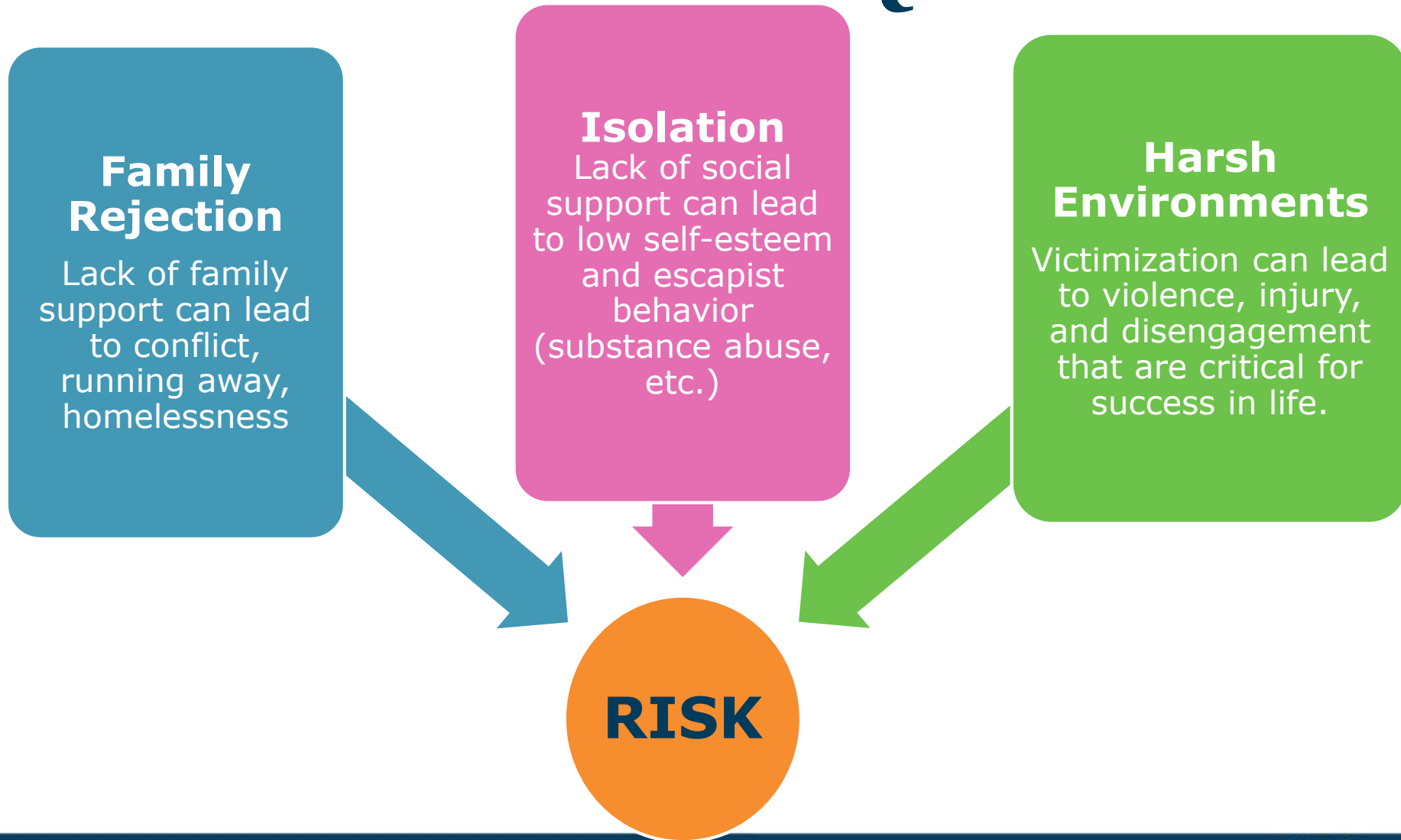


LGBTQ+ Youth & Risk

Suicide	Self-Harm	Homelessness
Lesbian, gay, and bisexual youth are 3-5 times more likely to attempt suicide	Lesbian, gay, and bisexual youth are 3 times more likely to engage in self-harm	Nationally, 40% of youth experiencing homelessness identify as LGBTQ+
42% of transgender people will attempt suicide in their lifetime	Between 20-45% of transgender people engage in self-harm behavior	In Richmond, 35% of youth experiencing homelessness identify as LGBTQ+
70% of youth at Side by Side have seriously considered suicide in the last 6-months	42% of youth at Side by Side report engaging in self-harm behaviors	
Sources: The Trevor Project, National Center for Trans Equality, Side by Side youth Surveys	Sources: Decamp & Bakken 2016, Pardoe & Trainor 2017, Side by Side Youth Surveys	Sources: The Williams Institute, Advocates for Richmond Youth



3 Most Common Pathways into Risk for LGBTQ+ Youth



Family Rejection: What does this look like?

Studies show that when families exhibit these behaviors, it drastically increases the risk for mental health problems, including depression and suicidal ideation, among LGBTQ+ youth.

- Excluding youth from family and family activities
- Blocking their access to LGBTQ+ friends, events & resources
- Blaming the child when they are discriminated against because of their identity
- Pressuring the child to be more (or less) masculine or feminine
- Telling the child that God will punish them because they are LGBTQ+
- Telling the child that the family is ashamed of them or that how they look or act will shame the family
- Making the child keep their identity a secret in the family and not letting them talk about it



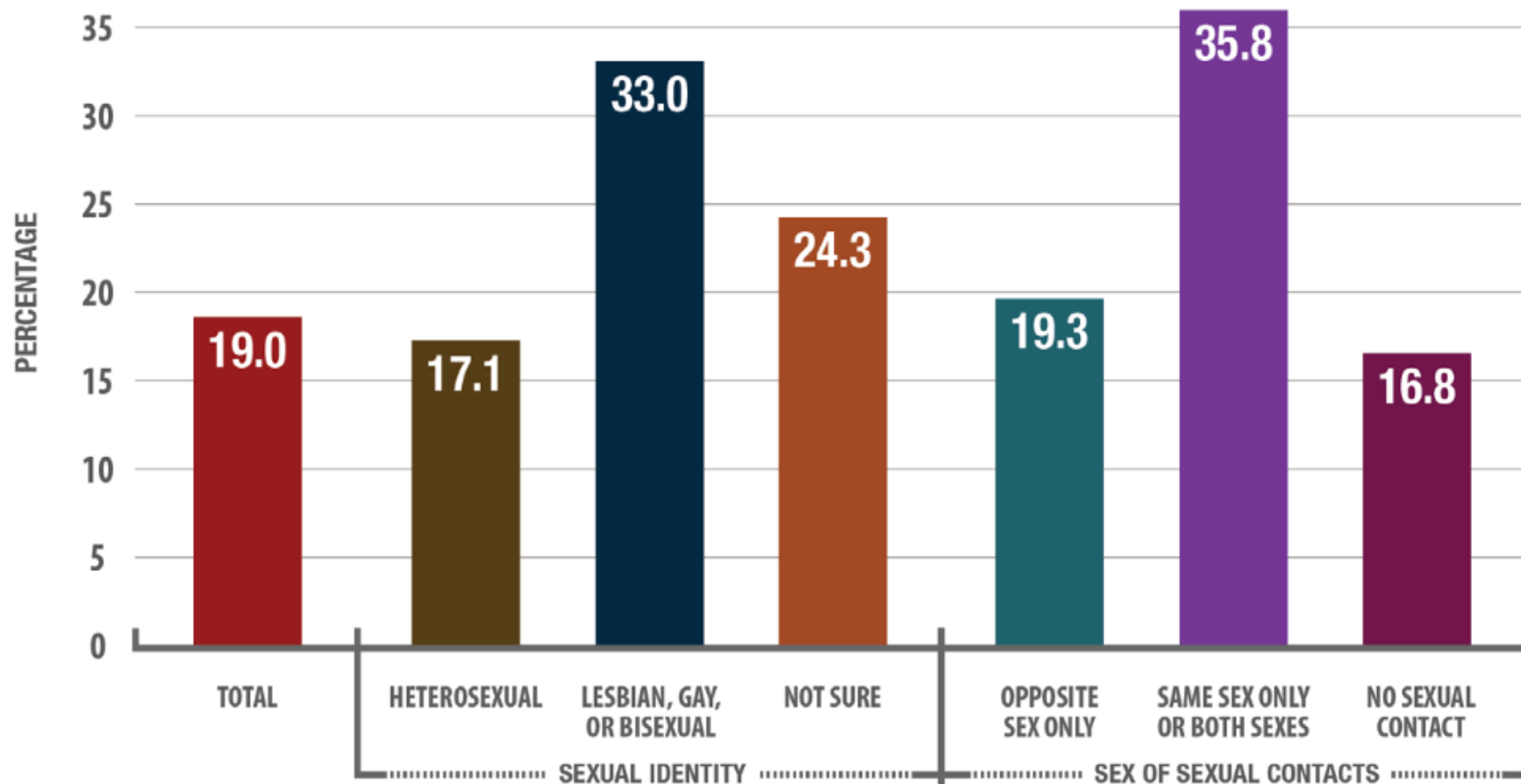
Harsh Environment – What does it look like?

- Almost 90% of LGBTQ+ youth hear anti-LGBTQ+ comments regularly at school and 25% hear these remarks from school staff
- More than ¼ of LGBTQ+ youth report physical harassment in schools
- Over ½ (63%) of LGBTQ+ youth report discrimination in their schools
- Only 18% of LGBTQ+ students report being taught positive things about LGBTQ+ people in school classes



PERCENTAGE OF HIGH SCHOOL STUDENTS WHO

WERE **BULLIED AT SCHOOL** IN THE PAST YEAR,
BY **SEXUAL IDENTITY** AND BY **SEX OF SEXUAL CONTACTS**, UNITED STATES, YRBS, 2017



Protective Factors & Best Practices for Supporting LGBTQ+ Youth



Key Protective Factors

What Side by Side knows that works!

1. Trusted and caring adults
2. Knowledgeable community
3. Seeing themselves represented positively in their community
4. Connecting with other LGBTQ+ youth and strong allies
5. Emotional support through coming out process



Using a Trans Youth's Chosen Name is Suicide Prevention

Transgender youth who were called by their chosen name consistently at school, home, work, and with friends experience...

- 71% fewer symptoms of severe depression,
- 34 decrease in reported thoughts of suicide,
- 65% decrease in suicidal attempts.



The Importance of Gender & Sexuality Alliances

- Allows LGBTQ+ students to feel less isolated and alone.
- Provides education and information to the general student body.
- Students at schools with GSAs report lower anti-LGBTQ+ bullying. (1)
- Having a GSA in a school reduces suicide risk for ALL students. (2)



Resources for Further Education



Build Your Support Network for Parents & Families



Middle School
Parent Group
Wednesdays
6:00-7:30pm



Open to parents and
family of any age!
Meets 2nd Tuesday of
Each Month
6:30-8:30pm

He She Ze & We



Open to parents and
family of trans youth
of any age! Meets
Thursdays
6:30-8:30pm



Questions & Discussion

remember we're on your side



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