

Let's Talk LGBTQ+

Welcome! The presentation will begin shortly. You cannot be heard or seen throughout this webinar.



Let's Talk LGBTQ+

What Your Kids Know & How to Join the
Conversation

Lizzy Appleby, AM, LCSW
Pride/Share Director





To foster the social and emotional well-being of children and youth

Individual & Group Therapy

Crisis Intervention

Youth Development Programs

- Pride Youth Program for LGBTQ+ youth ages 4-24 & their families

Outreach & Education

Agenda for Today:

1. Labels & Language
2. Affirming Practices
3. Talking with Your Kids

Slides available online:

<https://bit.ly/d39parentlgbtq22>

You can't be seen or heard in this webinar - use the q&a for questions!

Labels & Language

LGBTQ+ Terminology

Language for sexual and gender identities changes all the time.

This is often overwhelming for folks!

- It's more important to know big picture terminology than specific labels.
- When you have a relationship with someone, it's OK to ask "What does that mean to you?"



Gender Terminology

Sex Assigned at Birth (SAB)

the label we are given at birth based on the parts we are born with

Gender Identity

who we know ourselves to be, in terms of our gender; what we call our gender

Cis/Cisgender *adj*

someone whose gender identity is *the same as* their sex assigned at birth

Trans/Transgender *adj*

someone whose gender identity is *different from* their sex assigned at birth

Gender identity labels:

male

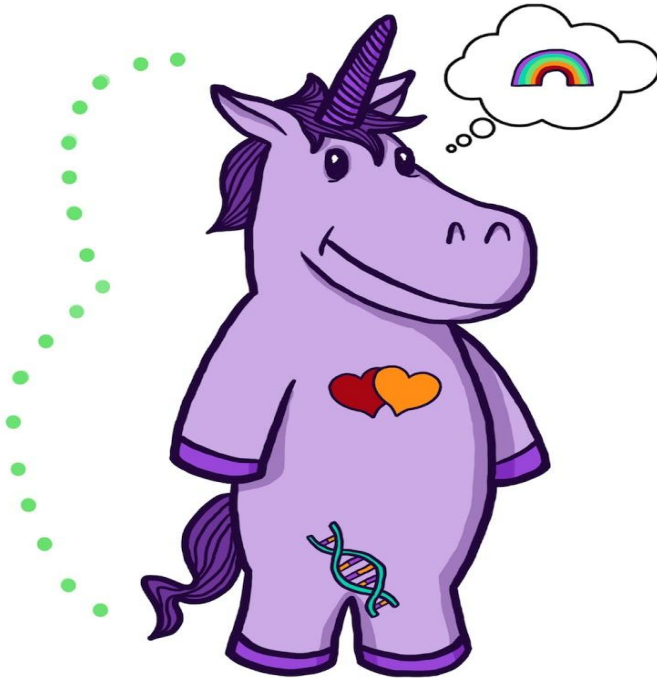
female

nonbinary *adj.*

And so many more!

The Gender Unicorn

Graphic by:
TSER
Trans Student Educational Resources



To learn more, go to:
www.transstudent.org/gender

Design by Landyn Pan

Sexual Identity Terminology

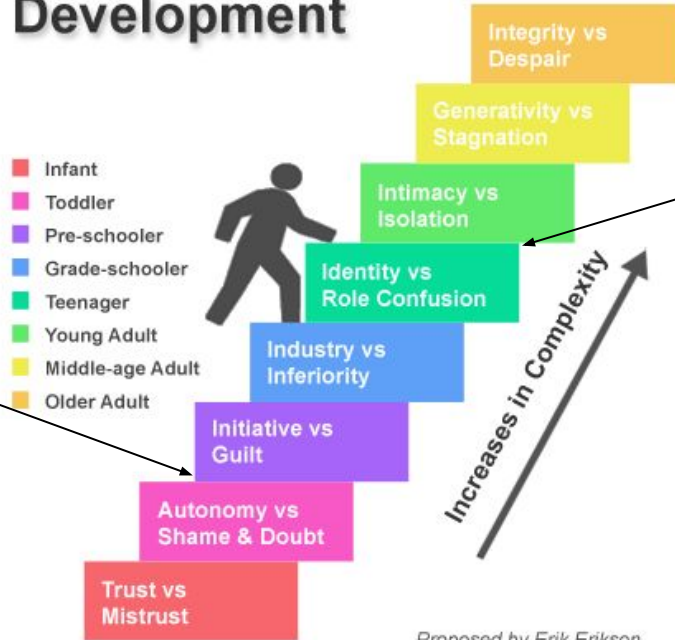
Sexual Identity

the words we use to describe who we want to share our hearts and/or bodies with

Examples:

- Straight
- Gay
- Pansexual
- Lesbian
- Bisexual
- Asexual/Aromantic (Ace/Aro)
- And so many more!

Stages of Psychosocial Development



Children as young as 3-5 years old can understand gender and their own gender identity.

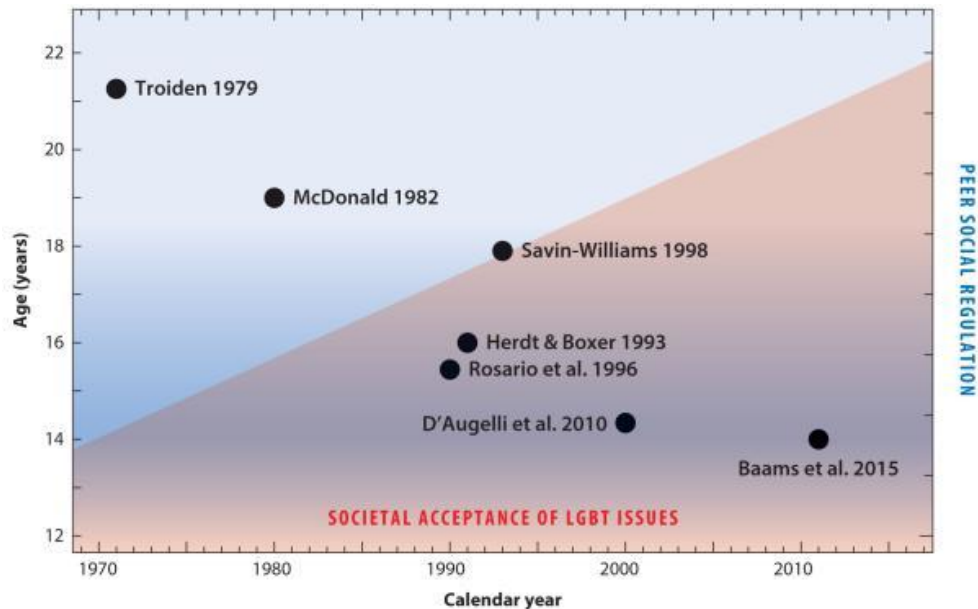
(Vanderburg, 2009)

Our gender identity is then frequently revisited during adolescence.

(Brill & Pepper, 2008)

Gender identity through a developmental lens

Sexual Identity Development in Youth



Sexual identity:

d'Augelli, Hershberger, & Pilkington, 1998;
American Psychological Association, 2013

- LGB Identity Awareness: 10 years old
- LGB Identity Self-Labeling: 14 years old
- First Disclosure of LGB Identity
 - To Friends: 16 years old
 - To Family: 17 years old

Russell & Fish, 2016; Retrieved from National Institutes of Health

Affirming Practices

What We Do Matters



3x

LGB students are 4x more likely to attempt suicide and questioning youth are 2x more likely to attempt suicide than their straight peers.

Centers for Disease Control, Youth Risk Behavior Surveillance, 2018

40%

of transgender adults reported having made a suicide attempt; of those, 92% reported having made an attempt before the age of 25.

National Center for Transgender Equality, 2015 US Transgender Survey, 2015



LGBTQ+ youth experience higher rates of mental health concerns because of what they experience, not who they are.



70%

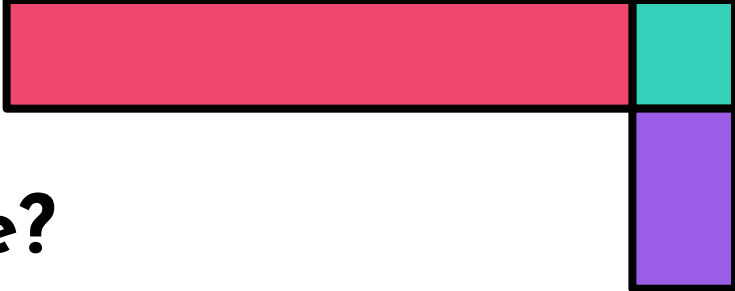
of trans youth with supportive parents reported “very good” or “excellent” mental health, as compared with only 15% of trans youth with unsupportive parents.

PULSE Project, Impacts of Strong Parental Support for Trans Youth, 2012

22%

of LGB youth with low rates of parental rejection experienced depression, compared with 63% of youth who experienced high rates of rejection.

Family Acceptance Project, 2009



What does support look like?

- Use affirmed name/pronouns and gender inclusive/neutral language
 - Ex. “dating someone” vs. “boyfriend/girlfriend”
 - Try introducing yourself with your pronouns to let others know you are interested in theirs
- Make it clear that disrespectful or oppressive language is not acceptable, and speak up if you hear or see something. Saying/doing nothing communicates that you think this language is OK.
- Protect privacy - never “out someone” without their permission
- Flag your support! Show visual signs of welcome and acceptance
- Talk about LGBTQ+ news, stories, or characters

Pronouns:

- **she/her/hers:**
 - “This is my friend Alex. She is *amazing* at carpentry. Her furniture is some of the finest I’ve seen; that table over there is one of hers.”
- **he/him/his:**
 - “Have you met Joe? He loves wearing wacky sweaters. His collection of sweaters is so large, he had to clear out a second closet in his house.”
- **they/them/theirs:**
 - As plural:
 - “They are my friends. I’m lucky to have them as my chosen family.”
 - As singular:
 - “Oh no! Someone left that beautiful bag behind! I hope they come back to pick it up!”
 - “This is Lee. They are awesome! Let them tell you about their work on fighting hunger in our community.”

Pro(noun) Tips:

- **When in doubt, they it out!** If you're not sure, try using a gender neutral pronoun until you do know.
- **Intro yourself with your pronouns first.** This can be a good way to let someone else know you are a safe person with whom to share:
 - Hi! I'm _____ and my pronouns are _____" EX: "Hi! I'm Lizzy and my pronouns are she/her."
- Learning new pronouns for someone can be hard. Be kind to yourself AND **practice, practice, practice!**
- **When** you make a mistake, correct yourself, apologize, and **move on!**
- If someone else makes a mistake, gently correct them. Don't leave it to the trans person to have to correct them every time.

Talking with Your Child

Open the Door

Door Openers: Affirming Communication

- Be available and willing to talk
 - “If you ever have more questions, I’m happy to talk about it.”
- Avoid shame & judgement
 - Avoid calling things disgusting, silly, or weird - don’t yuck anyone’s yum.
- Validate and empathize.
 - “I totally get that you’re frustrated with me.”
- Be curious!
 - “What are you thinking about Alex’s new pronouns? I know I’ll have to practice.”
- Wonder aloud:
 - “I wonder how it might feel to be the only LGBTQ person in a friend group.”
- SOY - ‘Some people..., other people..., you might...’
 - “Some people figure out their identities sooner, other people take a little longer. You might be in one of those groups, or somewhere in the middle.”
- Get support and education for yourself if you need it! Resources available [here](#).



Reach out!

Lizzy.Appleby@ysgn.org
847.724.2620 x121

Slides available here: <https://bit.ly/d39parentlgbtq22>

Pride Youth Program Resource Guide

CREDITS: This presentation template was created by **Slidesgo**, including icons by **Flaticon**, infographics & images by **Freepik**

