Thinking Outside of the Closet: An Introduction to Working with LGBTQIA+ Teens
Overview of Terminology

What do the letters in LGBTQIA stand for?
- Gay
- Lesbian
- Bisexual
- Transgender
- Queer
- Questioning
- Intersex
- Asexual
Statistics on LGBTQIA+ Youth

20 percent of respondents in one survey between the ages of 18-34 identify as LGBTQ. This is a huge increase from those ages 35-53 where the number was 12 percent and the baby boomer generation where that number is 7 percent.
Sexual Orientation

• Who you are attracted to
Gay: A term often used to describe someone who identifies as male and is exclusively or primarily attracted to other males. Also sometimes used to describe anyone who is attracted to others of the same sex.
Lesbian: A female-identified person who is exclusively or primarily attracted to other females. Some lesbians also use the term “gay.”
Bisexual: A person who is romantically/sexually attracted to both males and females. Could also be described as someone who is attracted to both the same gender and other genders or to more than one gender.
“"I call myself bisexual because I acknowledge that I have in myself the potential to be attracted - romantically and/or sexually - to people of more than one sex and/or gender, not necessarily at the same time, not necessarily in the same way, and not necessarily to the same degree."- Robyn Ochs, Bisexual Activist
Gender Identity: The gender that you see yourself as/identify as
Gender Assigned at Birth

I don't understand what straight people think babies are

6:42 PM - 18 Feb 2018

55,813 Retweets  181,921 Likes
TRANSGENDER: An umbrella term for anyone who identifies as a gender DIFFERENT to the one that they were assigned at birth.
“Transgender Man”
“Transgender Woman”
What does it mean to “transition”? 

Transition can refer to any measures a person takes to make their gender role or outward appearance match their gender identity. Name changes, clothing, pronouns, and hormonal or surgical modifications are some of the steps that transgender individuals might take during the process of transition.

NOTE: Not all transgender people transition in the same way.
“Gender ASSIGNED AT BIRTH” vs. “Born Male, Male-Bodied, actually male”

“This child was ASSIGNED MALE AT BIRTH but identifies as female”

VS.

“This child was BORN MALE/IS ACTUALLY MALE/MALE BODIED but became a girl”

“Wants to be a boy”
“Trying to be a boy”
“Thinks he’s a boy”
Transgender Female
Assigned Male-At-Birth

Transgender Male
Assigned Female-at-Birth
“Ever since I could form coherent thoughts, I knew I was a girl...There was never any confusion in my mind. The confusing part was why no one else could see what was wrong.”

“The more words I learned, the more I started to verbalize my feelings. Whenever my mom or dad would compliment me by saying something like 'Good boy,' I'd immediately correct them. 'No. Good girl.'”

“As a transgender child, I was always looking around for someone like me, because I thought I was the only one. It's hard to feel like that. But having support from my family changed everything. They helped me love myself and embrace who I am.”- Jazz Jennings, transgender activist
“This is not something that just happened. This is not a choice that I made. When I was five, long before I understood what the word gender meant, I would always tell my mother that I wished I were a girl. Since I could speak in full sentences, I was like, “Give me a dress!” I always knew on some level that I was female. But it crystallized about three years ago when I was a 14-year-old.”

-Josie Totah, transgender teen actor
“‘I didn’t know the gender labels yet. I didn’t know the words lesbian or transgender, but I knew that Charice wasn’t the right name for me’” - Jake Zyrus, transgender singer
“Hearing female pronouns would make me dysphoric. It’s like being sick. It’s like having the flu. It’s like you want to rip the skin off of your body. It’s the most uncomfortable, unbearable feeling in the world. I could not focus ....feeling like that. All I wanted to do was escape my body and run away. ... To bring that focus back .... I needed to hear male pronouns.” - Kye Allums, Division I Baskebtall Player
“I was not born a boy....I was born a baby.”
“I am not ‘passing as a woman’....I am just being”-

Janet Mock
Cisgender: Someone who identifies as the gender that they were assigned at birth. In a sense, the opposite of transgender.
Many people who are transgender identify as the gender OPPOSITE to the one that they were assigned at birth, regardless of how they chose to transition. Not all transgender people, however, identify only as “male” or “female.”
GENDER SPECTRUM vs GENDER BINARY
Non-Binary Gender Identity: Describes people who identify outside of the binary gender identities of male and female. Many people identify as non-binary or as genderqueer. Other identities include bigender, genderfluid, genderflux, agender, third gender, two spirit.
Man
Woman
Nonbinary
Third/Fourth Gender
Two Spirit
*Title
Select
Select
Mr
Mrs
Miss
Ms
*First name
*Last name
Mx

THEY, THEM, THEIR
PRONOUNS PLEASE

my pronouns are
THEY/THEM/THEIRS
Example: “They have
a cool gender.”

Please use ze/hir
pronouns.
PANSEXUAL: A person with the potential to be attracted to people of all genders/sexes or regardless of gender/sex.
GENDER IDENTITY

VS.

SEXUAL ORIENTATION/SEXUALITY
GENDER IDENTITY: How you identify your gender (examples: male, female, both, neither, somewhere in between).

SEXUAL ORIENTATION: Who you are attracted to (examples: attracted to males, attracted to females, attracted to both male and female, asexual, attracted to multiple genders).

GENDER IDENTITY and SEXUAL ORIENTATION are two distinct aspects of a person’s identity; one does not necessarily have anything to do with the other.

Transgender people can be any sexual orientation including straight, gay, bisexual, questioning, queer, pansexual, asexual, etc.
Gender Expression: How the way a person expresses their gender fits into ideas about what is traditionally male and what is traditionally female in our society.
Gender Variant or Gender Non-Conforming: A term to describe someone who acts, dresses, identifies, or expresses themselves in a way that is perceived by others to be in contrast to norms of the gender that they are assigned at birth. Also, “gender creative” or “gender expansive” are sometimes used.
Questioning: Someone who is questioning or unsure of their sexual orientation and/or gender identity.
Queer:

• An umbrella term for LGBTQ people or anyone who identifies as non-heterosexual or non-cisgender

• A way to describe sexual orientations or gender identities that fall outside identities such as gay/lesbian or transgender

• A term used by some LGBTQI people to reclaim a word previously used as a derogatory slur. Because this word still can have derogatory connotations, it should not be used by people outside of the LGBTQI community.
Intersex: A condition in which a person displays both male and female physical characteristics. Sometimes may make it hard to distinguish a child’s biological sex at birth.
If only XX = female and only XY = male then how do you account for XO, XXY, XYY, XXXY, XY/XXYY, XXXY, XY/XO, XO/XX/XO, XX/XY,...
Asexual

A term used to describe someone who does not feel or experience sexual attraction towards others or who only experiences limited or situational sexual attraction towards others.
MYTH: ASEXUALITY = CELIBACY

ASEXUALITY AND CELIBACY ARE TWO ENTIRELY DIFFERENT THINGS.

ONE IS THE WILLFUL CHOICE TO ABSTAIN FROM SEXUAL ACTIVITY DUE TO EITHER RELIGIOUS OR PERSONAL BELIEFS...

WHILE THE OTHER IS AN ORIENTATION, AND IS NOT A CHOICE.

CELIBACY

I TOOK A VOW OF CHASTITY.

ABSTINENCE

I'M WAITING FOR THE RIGHT PERSON.

ASEXUALITY

I'M NOT INTERESTED IN SEXUAL Activity.
Asexual vs. Aromantic

Aromantic: People who do not feel or experience romantic attraction towards others or who experience only limited romantic attraction towards others. Aromantic people may feel platonic love but not feel any desire for romantic relationships or attraction.

Some Asexual people are aromantic but not all.
Asexual people can be homoromantic, heteroromantic, panromantic, aromantic, etc.

Asexual identities often intersect with other LGBTQI identities
I'd Rather be Eating Cake

Don't Ruin My ACETHETIC

My Sexual Preference is NOPE

NAH
Common terms from within asexual community:

- Ace
- Aero
- Grey Ace
- Demisexual
- Sex Repulsed
- Lithesexual/Litheromantic
- “Squish”
Gender
Identity

Sexual/romantic orientation

Anatomy
The Gender Unicorn

Gender Identity
- Female/Woman/Girl
- Male/Man/Boy
- Other Gender(s)

Gender Expression
- Feminine
- Masculine
- Other

Sex Assigned at Birth
- Female
- Male
- Other/Intersex

Physically Attracted to
- Women
- Men
- Other Gender(s)

Emotionally Attracted to
- Women
- Men
- Other Gender(s)

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

Design by Landyn Pan and Anna Moore
SOME CONCERNS

- HIV/AIDS and STD Rates
- Bullying
- Youth Homelessness
- Mental Health
- Suicide and Self Harm
- Medical Access
HIV/AIDS Rates

From the CDC:

In 2016:

• 8,451 youth received an HIV diagnosis in the United States. Eighty percent (6,776) of those diagnoses occurred in young people aged 20 to 24.

• Eighty-one percent (6,848) of HIV diagnoses were among youth with infections attributed to male-to-male sexual contact. African Americans accounted for 54% (3,719) of infections attributed to male-to-male sexual contact while Hispanics/Latinos accounted for 25% (1,687)
Some things to remember about HIV/AIDS

• With treatment, it is possible – and common- for an HIV positive person to live a long, healthy life
• Treatment lessens the risk of transmission to others
• The sooner the treatment is introduced, the better
• It is best to refer to someone as “HIV+” or “HIV positive” as opposed to “a person with AIDS” (if you do not know their medical status)
• Avoid words like “clean” or “dirty” in reference to STD status
Factors Contributing to HIV and STD Rates

- earlier age of sexual encounter
- increased number of known and anonymous sexual partners
- lack of education on safe sex practices
- ineffective use of condoms and testing and perception of STDs acquisition

- From “Dane County Youth Assessment Surveys”
Youth Homelessness

LGBTQIA+ Youth 120% more likely to be homeless than non-LGBTQIA+ youth

A 2006 study found that 65% of 400 homeless LGBTQ youth reported having been in a child welfare placement in the past.
Impact of Family Rejection

Caitlin Ryan- a clinical social worker working with the Family Acceptance Project in San Francisco- conducted the first large scale study on the impact of family rejection.

LGBTQIA+ who experience high levels of rejection from their families as teenagers (when compared with LGBTQIA+ youth who experienced little or no rejection) were:

8 times more likely to have attempted suicide
6 times more likely to report high levels of depression
3 times more likely to use illegal drugs
3 times more likely to be at high risk for HIV or other STDs“

By the time they were in their early 20s
Bullying

LGBT Youth are twice as likely to report that they have been kicked, pushed, or shoved at school

LGBTQ students are two to three times more likely than their peers to be physically assaulted or threatened at school

In 2013:

74.1% of LGBT students were verbally bullied (e.g., called names, threatened) in the past year because of their sexual orientation and 55.2% because of their gender expression

36.2% of LGBT students were physically bullied (e.g., pushed, shoved) in the past year because of their sexual orientation and 22.7% because of their gender expression

55.5% of LGBT students feel unsafe at school because of their sexual orientation and 37.8% because of their gender expression

30.3% of LGBT students missed at least one entire day at school in the past month because they felt unsafe or uncomfortable, and 10.6% missed four or more days in the past month
Suicide and Self-Harm

Suicide is the second most common cause of death in those ages 15 to 25 and the third in those ages 10 to 14

Among youth who identify as sexual minorities, the likelihood of death by suicide has been estimated to be two to seven times greater than the likelihood of death by suicide among heterosexual youth
From the Trevor Project:

LGBT Youth Contemplate suicide at least three times the rate of non-LGBT teens

In a national study, 40% of transgender adults reported having made a suicide attempt. 92% of these individuals reported having attempted suicide before the age of 25.

LGBT youth who come from highly rejecting families are 8.4 times as likely to have attempted suicide as LGB peers who reported no or low levels of family rejection.

Each episode of victimization, such as physical or verbal harassment or abuse, increases the likelihood of self-harming behavior by 2.5 times on average.

30% experience suicidal ideation vs 6% of non-LGBT teen and 21% experience vs self-harm behaviors vs 6% of non-LGBT teens
Medical Transition and Care Available for Transgender Teenagers
Intersex Health Care

Stop non-consensual hormonal and genital mutilations on intersex minors?! You're not serious! Then parents and peers would have to accept those children as they are...
Names

- Understand that not at all transgender people have had their IDs or legal names changed to match their identities

- Instruct staff to – as often as possible- use the patient’s preferred name when communicating with them directly
Pronouns
Kyler Prescott
Asking the Right Questions
GENDER INCLUSIVE QUESTIONS

What is your gender?

- Female
- Male

Gender identity (optional)

- Female
- Male
- Other

To which gender identity do you most identify?

- Female
- Male
- Transgender Female
- Transgender Male
- Gender Variant/Non-Conforming
- Not Listed
- Prefer Not to Answer
COMING OUT IS...
The process of divulging your sexuality/gender orientation to others

Usually a gradual process

Different for everybody

“Coming out is a marathon, not a sprint”
“I was making decisions based on fear. I was altering my personality and the photos I’d put up on social media and the emojis I’d use—every little thing. It was a full-time job. What that does is keep building shame, without you even realizing it.” - Keinyan Londsdale, queer actor
SERVICES AND ACCESSIBILITY

One study showed that 68% of sexual minority youth reported not discussing their sexual orientation with their health provider and 90% reported reservations about reporting them to their clinicians.
Lambda Legal’s groundbreaking 2014 report on LGBTQ health entitled “When Health Care Isn’t Caring” surveyed nearly 5,000 LGBT people and people living with HIV. The majority of these respondents reported experienced discrimination in health care “ranging from being denied care to being subjected to abusive conduct or language, including cases in which health care professionals refused to even touch their patients who are LGBT or living with HIV.”
Bathroom Access
BATHROOM ACCESS

ALL GENDER RESTROOM

People of any gender identity and expression are welcome to use this restroom

GENDER NEUTRAL
Indicating Safe Space
To Review:

- Not everyone identifies as the gender that they were assigned at birth
- Not everyone identifies as either “male” or “female”
- Not all transgender youth want to transition in the same way
- Sexuality and gender identity are two separate aspects of a person
- Not everyone experiences sexual or romantic attraction or experiences it in the same way
- For many people, sexuality is fluid and can change over a person’s life
- Many children become aware of their gender identity and/or sexual orientation at a young age and remain with that identity for the rest of their lives
- Language to refer to gender and sexuality is constantly changing
- Younger people might feel more comfortable with terms that you are not aware of – that does not make them invalid.
- Access to understanding and sympathetic health providers can make a huge difference in the life of an LGBTQIA+ child
TO LEARN MORE:
Redefining Realness by Janet Mock

Trans Mission: My Quest to a Beard by Alex Bertie

Lou Sullivan: Daring to be a Man Amongst Men by Brice D. Smith

Stone Butch Blues by Leslie Feinberg

Let’s Talk About Love by Claire Khan

And the Band Played On by Randy Shiltz

This Bridge Called by Back: Radical Writings by Women of Color by Gloria Anzaldúa
LOCAL RESOURCES


Valley AIDS Council (VAC): (956) 668-1155

Dr. Cordova/Gender Clinic: http://www.dhrresidency.com/internal-medicine-residency-program.html

American Civil Liberties (ACLU): Brownsville Office (956.465.1905)

RGV Trans Support: https://www.facebook.com/groups/RGVTRANS/

Mount Calvary Christian Church: 401 N 21st St, Harlingen, TX 78550

Aquí Estamos: https://www.facebook.com/aquiestamosrgv/
QUESTIONS?