

# No Youth Left Behind!

## Affirming LGBTQ Youth in Health Education Programming



# Why this Webinar?

1. ALL youth deserve to be affirmed and supported, no matter their identity
2. In many health education settings, LGBTQ youth have not traditionally been included
3. Documented disparities in reproductive and sexual health and trauma among LGBTQ youth
4. Disparities in LGBTQ mental health (depression, anxiety, risk of suicide, etc.)

# Objectives

By the end of this webinar you will be able to:

- Understand the basics of gender identity and sexual orientation
- Describe some of the challenges affecting LGBTQ youth today and how those impact their health
- List ways to be affirming and inclusive of LGBTQ youth in the classroom

# LGBTQ

Lesbian

Gay

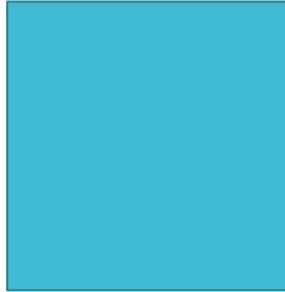
Bisexual

Transgender

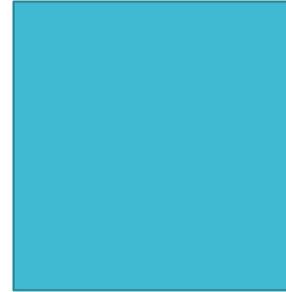
Queer/questioning

# Debunking the Gender Binary

F



M



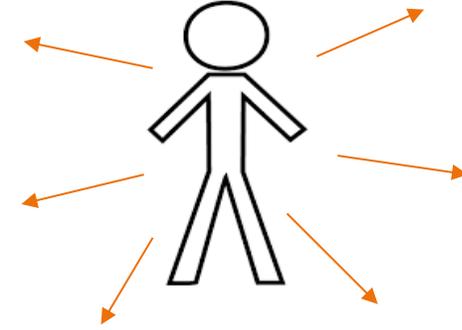
## Sex Assigned at Birth

What parts were you born with?



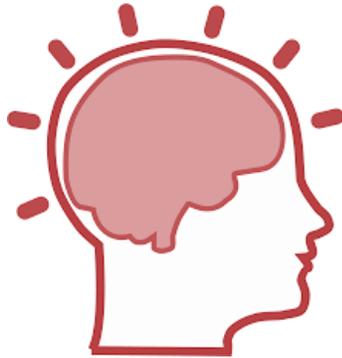
## Gender Expression

How do you show the world how you feel inside?



## Gender Identity

What gender do you identify with?



## Sexual/Romantic Orientation

Who are you attracted to?





## Sex Assigned at Birth

What parts were you born with?

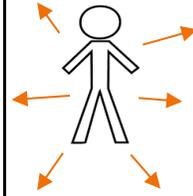
Male

Female

Intersex

## Gender expression

How do you show the world how you feel inside?



Masculine

Androgynous

Feminine

Femme

Butch



## Gender identity

What gender do you identify with?

Man

Genderqueer

Woman

Gender non-conforming

Non-binary

Transgender



## Sexual/Romantic orientation

Who are you attracted to?

Straight

Asexual

Gay

Bisexual

Pansexual

Demisexual

# Challenges Facing LGBTQ Youth

- Family rejection
- Lack of role models/possibility models
- Lack of representation in mainstream media
- Disproportionate rates of trauma/violence



# Health Outcomes: LGBTQ vs. non-LGBTQ peers

- LGBTQ youth are more likely than non-LGBTQ youth to be involved with unintended teen pregnancy
- LGBTQ youth experience an increased incidence of STIs
- LGBTQ students experience a higher prevalence of dating violence and rape

# Mental Health Outcomes: LGBTQ vs. non-LGBTQ peers

- LGBTQ youth experience a greater incidence of depression, anxiety and suicidal behaviors, largely as a result of how they are treated
- LGBTQ youth are 5x as likely to have attempted suicide
- LGBTQ young people who are rejected by their family are at greater risk in all of these areas

The good news: Health education is an opportunity for change!

Many young people learn about sexuality and gender identity in health education classes; this is an opportunity for youth-serving professionals to affect change by affirming LGBTQ youth!

If we're inclusive and affirming of all students, regardless of their gender or sexual identity, we will create a culture that is more affirming of LGBTQ people



# What Can You Do?

1. Support and affirm LGBTQ youth by creating an inclusive classroom environment and culture
2. Help parents and families accept and affirm their LGBTQ young people by sharing what you've learned in this webinar
3. Examine media, curricula, and other classroom materials and teaching tools to be sure they are inclusive of LGBTQ youth



Support and affirm LGBTQ youth by creating an inclusive classroom environment and culture

- Interrupt bullying and harassment whenever you see it and encourage young people to do the same
- Set ground rules/group agreements for class sessions that include respect for all youth and/or all identities
- Check your own biases and assumptions
- Educate yourself on LGBTQ issues, especially those facing youth



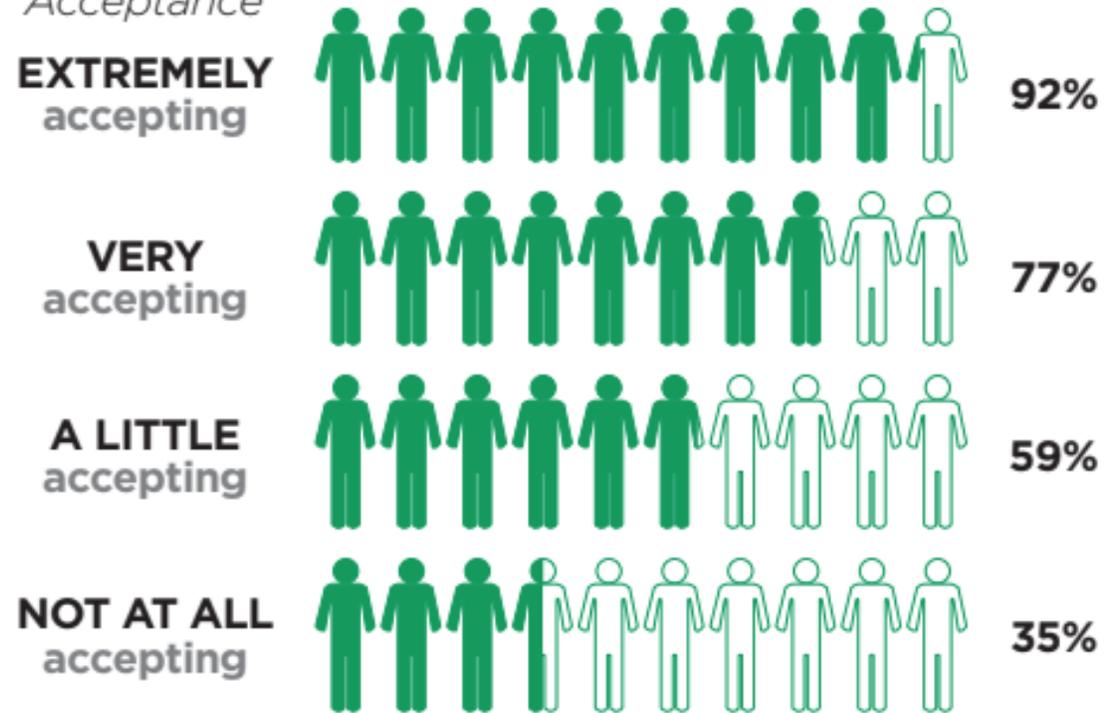
Help parents and families accept and affirm their LGBTQ young people by sharing what you've learned in this webinar

- Help parents and families understand that the smallest steps towards acceptance can go a long way
- Family acceptance is associated with positive self esteem and good health
- Family acceptance is protective against depression, recreational substance use, and suicidal behaviors

Help parents and families accept and affirm their LGBTQ young people by sharing what you've learned in this webinar

## Youth Believe They Can Be A Happy LGBT Adult

*Level of Family Acceptance*



Ryan, Family Acceptance Project, 2009

## Affirming Behaviors that Communicate Acceptance

- Talk with your child about their LGBTQ identity
- Support your child's LGBTQ identity even though you may feel uncomfortable
- Advocate for your child when he or she is mistreated because of being LGBTQ
- Require that other family members respect your LGBTQ child
- Connect your child with LGBTQ adult role models
- Support your child's gender expression

Examine media, curricula, and other classroom materials and teaching tools to be sure they are inclusive of LGBTQ youth

- If there are images in and around your classroom, or the spaces in which you interact with youth, make sure the images reflect LGBTQ youth too
- Choose media, materials, and teaching tools that talk about LGBTQ experiences and relationships
- When teaching and talking about health (including sexual health) use language that is inclusive of LGBTQ youth



# Making Your Curriculum Inclusive

- Supplement your curriculum with videos and media images that represent LGBTQ people
- Use inclusive language when discussing bodies and bodily processes like puberty, conception, birth, safer sex, etc.

## Gendered Language: Examples

“The only way a female can get pregnant is if sperm cells enter her vagina and fertilize one of her egg cells”

“It is both the male and the female’s responsibility to prevent pregnancy”

“STIs, including HIV, can be spread during oral sex on a man or a woman”

“The only way a female can get pregnant is if sperm cells enter her vagina and fertilize one of her egg cells”

“The only way a person can get pregnant is if sperm cells enter the vagina and fertilize an egg cell”

“It is both the male and the female’s responsibility to prevent pregnancy and STIs”

“It is both partners’ responsibility to prevent pregnancy and STIs”

“STIs, including HIV, can be spread during oral sex on a man or a woman”

“STIs, including HIV, can be spread from one partner to another during oral sex”

# Resource Spotlight

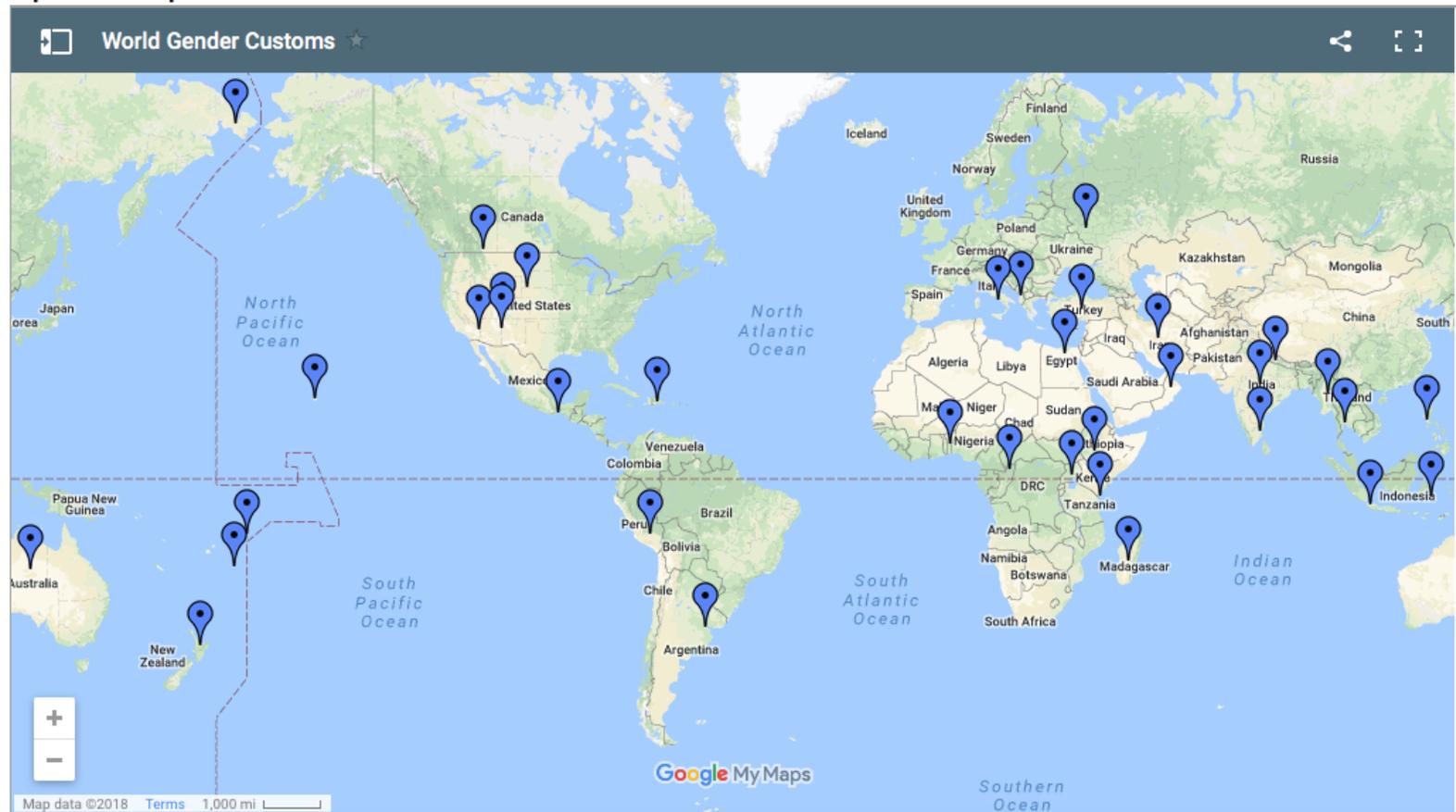


<https://familyproject.sfsu.edu>

# Resource Spotlight

## Interactive Map of Gender Diverse Cultures

[http://www.pbs.org/independentlens/content/wo-spirits\\_map-html/](http://www.pbs.org/independentlens/content/wo-spirits_map-html/)



Thank you!

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