

CADCA's Webinar Wednesdays

Prevention Tools: Building Inclusive Communities for LGBTQ Youth

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Agenda

- Overview of SOGIE: Sexual orientation, Gender Identity & Gender Expression
- LGBTQ Youth & Substance Indicators
- Strategies:
 - Advocating for students in schools
 - Including youth in the conversation
 - Making an impact with language to affirm youth identities
 - Supporting youth who come out to you
- Q&A



Questions in the Chat



Spectrums of SOGIE

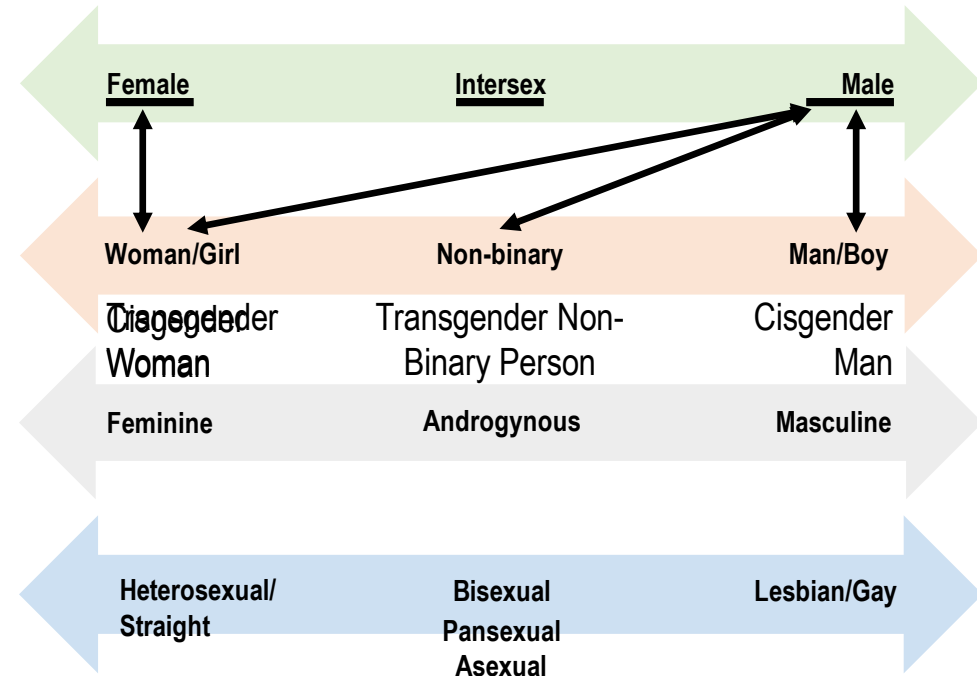


 **SEX ASSIGNED AT BIRTH**
Determined by physiological traits

 **GENDER IDENTITY**
Inner sense of gender

 **GENDER EXPRESSION**
Express/communicate gender

 **SEXUAL ORIENTATION**
Pattern of attraction



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Adapted from Prototype by Cristina González, Vanessa Prell, Jack Rivas, Jarrod Schwartz

SOGIE Principles

Distinct and Separate: Sex assigned at birth, gender identity, gender expression, sexual orientation and sexual behavior are each distinct from one another.

Exists on Spectrums: SOGIE identities exist on spectrums, language to describe identities on these spectrums varies by the individuals that use that language.

Intersectional: SOGIE identities intersect with other identities like race, class, and ability to create life experiences.

Universal: Everyone has a SOGIE, and identity development is a natural, ongoing part of the human experience.

Self-Defined: How one understands, articulates and shares their SOGIE is self-determined.



LGBTQ Youth & Substances



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Indicators

**Family
Rejection**



Bullying



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Family Rejection

- **8.4 times more likely to report having attempted suicide**
- **5.9 times more likely to report high levels of depression**
- **3.4 times more likely to use illegal drugs**



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Ryan, C. (2009). Family Rejection of Lesbian, Gay and Bisexual Adolescents & Negative Health Outcomes, Retrieved from: <https://familyproject.sfsu.edu/news-announce/family-rejection-lesbian-gay-and-bisexual-adolescents-negative-health-outcomes>

Vignette

You are working with a family unit of two heterosexual parents Antonio and Mariam and their fifteen-year-old child Alex. Alex was assigned female at birth and has a masculine presenting gender expression. Alex has been having issues at school with other students and has failed a few exams. Antonio and Mariam came to you wanting to address Alex's issues at school, but the initial concern has taken a turn. During the conversation, Alex shares with you and the parents that they are transgender and would like to use the pronouns he/him.

Take a moment to think about how you would respond to Alex and to the family.

- What steps do you take to acknowledge what Alex has shared?
- What steps do you take to ensure the family is supported?



Bullying

“What is the most important problem facing their lives right now?”

26% reported Non-accepting families

21% reported being bullied at school

18% reported fear for being found out or open (they are LGBTQ)



Did You Know:

- Every year a teen waits to start using alcohol decreases the chances they will develop an alcohol use disorder by 14%?
- Every year a teen waits to try drugs decreases the chances they will develop a drug use disorder by 4-5%

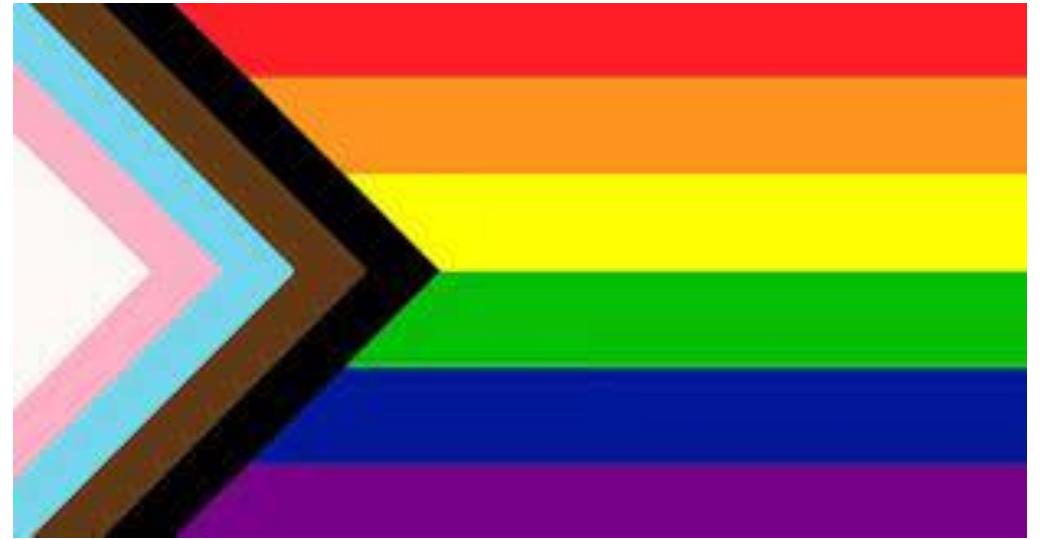


Strategies

- **Advocating for students in schools**
- **Including youth in the conversation**
- **Making an impact with language to affirm youth identities**
- **Supporting youth who come out to you**



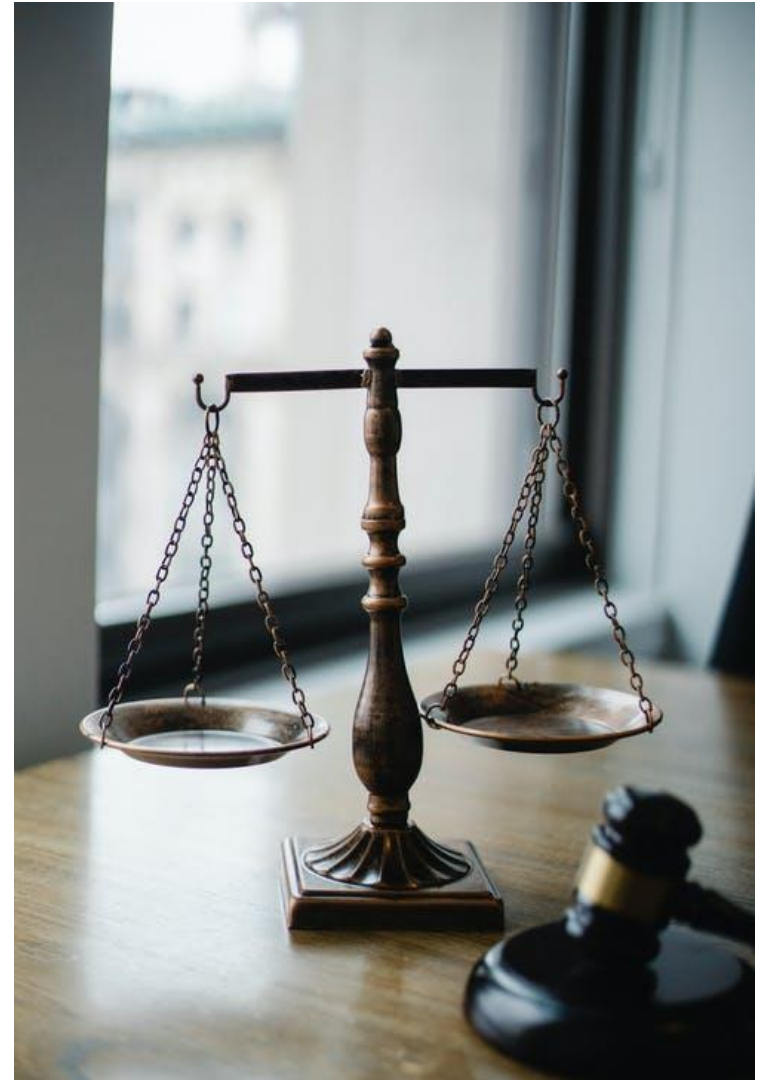
Advocating for Students in Schools: Micro Level



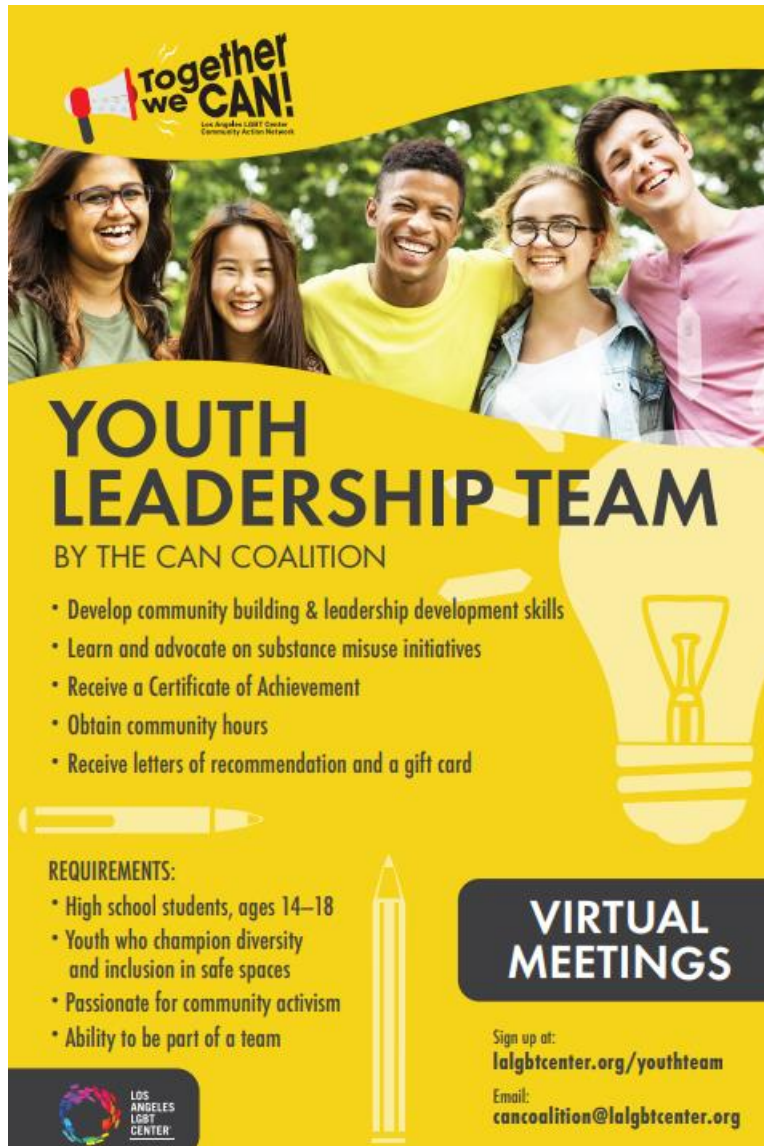
Advocating for Students in Schools: Macro Level



- <https://www.lambdalegal.org/your-rights>
- https://www.lgbtmap.org/equality-maps/safe_school_laws



Including Youth in the Conversation



Together we CAN!
Los Angeles LGBT Center
Community Action Network

YOUTH LEADERSHIP TEAM
BY THE CAN COALITION

- Develop community building & leadership development skills
- Learn and advocate on substance misuse initiatives
- Receive a Certificate of Achievement
- Obtain community hours
- Receive letters of recommendation and a gift card

REQUIREMENTS:

- High school students, ages 14–18
- Youth who champion diversity and inclusion in safe spaces
- Passionate for community activism
- Ability to be part of a team

VIRTUAL MEETINGS

Sign up at:
lgbtcenter.org/youthteam

Email:
cancoalition@lgbtcenter.org

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LOS ANGELES LGBT CENTER  [@cancoalitionla](https://www.instagram.com/cancoalitionla) **Together we CAN!**
CAN Coalition

SOBER SPACES

for LGBTQ youth are safe spaces free from prejudice, discrimination and substance misuse.

STRENGTHEN YOUR SUPPORT SYSTEM.
Show us you're **#sobercurious** and tag us **@cancoalitionla!**

Between the years of 2002 and 2019, alcohol use by youth aged 12 to 20 declined by 10%.*

Join the trend. We dare you to be the best you.

*Substance Abuse and Mental Health Services Administration, Center for Behavioral Health Statistics and Quality. (2020). Results from the 2019 National Survey on Drug Use and Health: Detailed tables. Detailed Table 7.16B. www.samhsa.gov/data/report/2019-nsduh-detailed-tables



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Making an Impact with Language to Affirm Youth Identities



Gender Neutral Pronouns



Scenario

Jamie is a new youth to your agency. You want to make Jamie feel welcome and safe, but you are unsure of Jamie's pronouns.

How would you initiate a conversation to make Jamie feel welcome and safe and find out Jamie's pronouns?



Making an Impact with Inclusive Language

Pronouns	Ask: "What are your pronouns?"
Transgender or Trans	Correct usage of terms
Gender Affirming Care	Rather than "sex reassignment surgery"
Assignment at Birth	"He was assigned female at birth"
If Someone Says they are Transgender	They are transgender
Ask Questions	Avoid assumptions
Self Identity is Key	Reflect language of youth



Supporting Youth Who Come Out



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Not Coming Out Vs. Coming Out

Reasons individuals might not come out:

Internalized Bias- Believing society's messages that being LGBTQ+ is wrong

Violence and/or bullying

Stress of hiding

Fear of judgment

Fear of losing loved ones

Fear of rejection

Benefits if Someone Comes Out:

Empowerment

Promote self-esteem

Strengthen relationships

End the "hiding game"

Feel closer to family and friends

Obtain support and services

To start dating relationships

Stop wasting energy by hiding all the time

To be true to themselves



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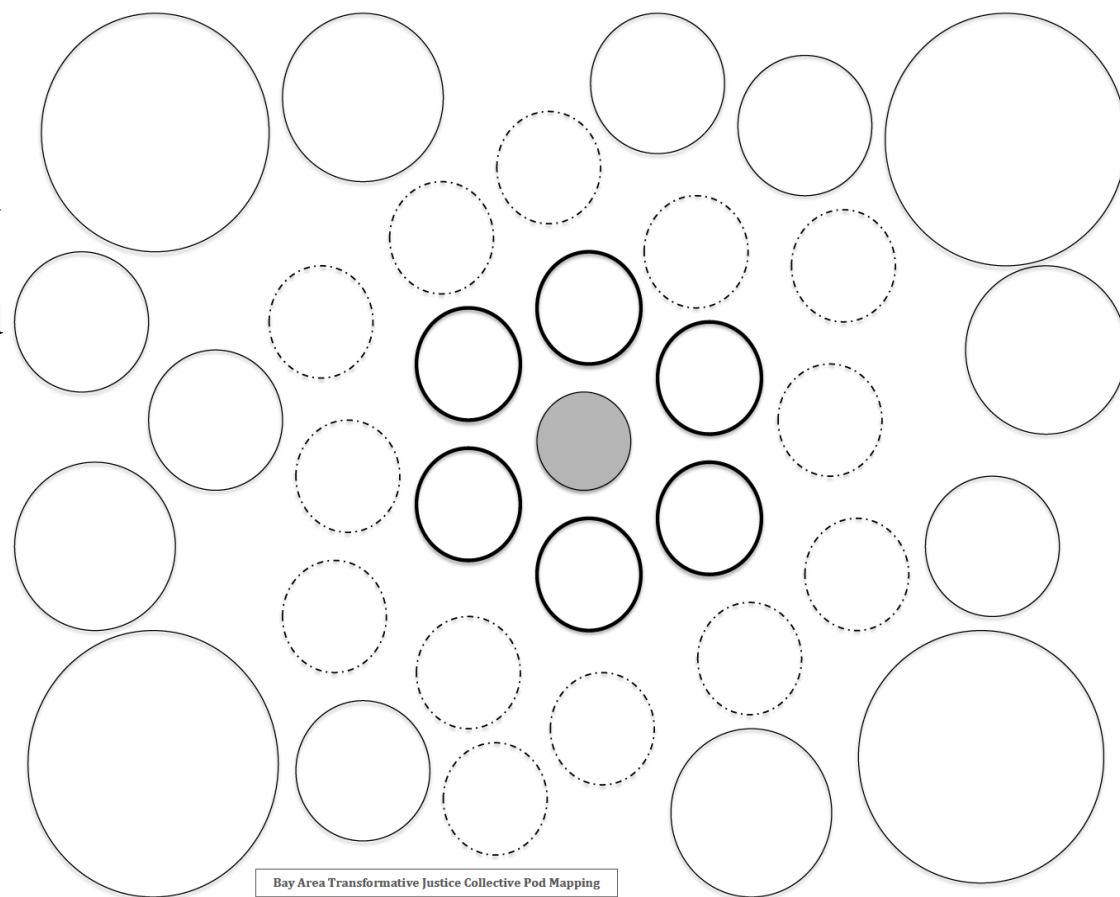
Seeking Strength-Based Responses

- **“Are you sure?”**
- **“I think you are too young to make this kind of decision”**
- **“Why are you that way?”**
- **“I knew it” or “I could tell”**
- **“I don’t judge”**
- **“No you’re not” or “You can’t be”**
- **“You don’t look gay”**
- **“I don’t care”**
- **“You’re just trying to get attention”**



Pod Map for Prevention

1. Write your name in the center circle because this is your map.
2. The surrounding bold outlines are your pod people. These are folks you trust with your safety and who can support you in times of need. These can be best friends, a trusted adult, an understanding family member, a childhood friend, trusted siblings. Write one name in each of those circles.
3. The dotted lines are folks in your spaces who are moveable, they could be in your pod, but you may need to build a better relationship with them to be able to really trust them.
4. Lastly, the grey circles on the edge are networks or larger groups that you can go to for resources or support. This could be places you volunteer, or community centers you can turn to.



Questions



Stay Connected



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cancoalition@lgbtcenter.org



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