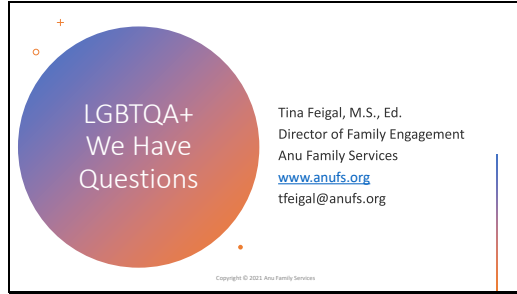


Slide 1

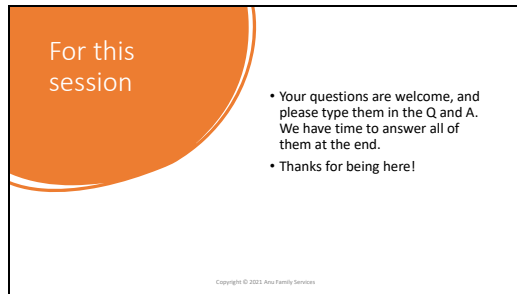


LGBTQIA+
We Have
Questions

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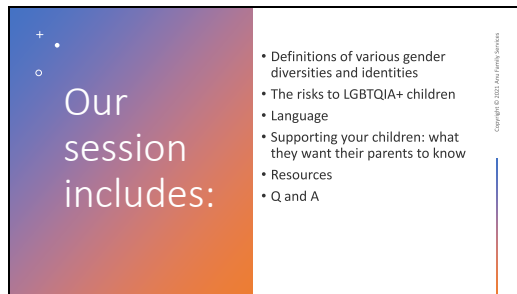


For this
session

- Your questions are welcome, and please type them in the Q and A. We have time to answer all of them at the end.
- Thanks for being here!

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Slide 3



Our
session
includes:

- Definitions of various gender diversities and identities
- The risks to LGBTQIA+ children
- Language
- Supporting your children: what they want their parents to know
- Resources
- Q and A

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What LGBTQIA+ Means

- Lesbian, Gay, Bisexual, Pansexual, Transgender, Genderqueer, Queer, Intersexed, Agender, Asexual, and Ally community.
- Queer – An umbrella term which embraces a matrix of sexual preferences, orientations, and habits of the not-exclusively-heterosexual-and-monomagous majority.

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Risks: Identity and over-representation in the system

Several studies have found that LGBT young people are overrepresented in child welfare systems, due to likely being underreported because they risk harassment and abuse if their LGBT identity is disclosed.

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The chances of ending up in foster care or homeless

- About 26 percent of LGBT youth are forced from their homes because of conflicts with their families of origin over sexual orientation or gender identity.
- Physical violence is also a concern for LGBT youth. In another study, 30 percent of LGBT youth reported physical violence at the hands of a family member after coming out as LGBT.

Source: <https://youth.gov/youth-topics/lgbtq-youth/child-welfare>

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Homelessness

- An estimated 43% of LGBTQ youth experiencing homelessness are forced from their homes because of conflicts with their families about their sexual orientation or gender identity.
- 32% of homeless LGBTQ youth have experienced physical, emotional, or sexual abuse at home over their sexual orientation or gender identity.⁵

Source: <https://www.air.org/project/preventing-homelessness-lesbian-gay-bisexual-transgender-and-questioning-lgbtq-youth>

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Identity and over-representation

Although approximately 4-10 percent of the total population is estimated to be LGBTQ,⁵ a study in Los Angeles estimated that LGBTQ youth represent 19 percent of those placed in out-of-home care.⁵

Source: <https://youth.gov/youth-topics/lgbtq-youth/child-welfare>

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Suicide risk

More than half of transgender male teens who participated in the survey reported attempting suicide in their lifetime, while 29.9 percent of transgender female teens said they attempted suicide. Among non-binary youth, 41.8 percent of respondents stated that they had attempted suicide at some point in their lives.

Source: hrc.org

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Not likely to find permanent homes

In other research on youth aging out of foster care, 34 percent reported a sexual orientation other than heterosexual.²

These data suggest that LGBTQ youth are at risk for overrepresentation in child welfare systems and are disproportionately likely to leave the foster care system without a permanent family.

<https://youth.gov/youth-topics/lgbtq-youth/child-welfare>

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What are the gender identities?

Young people who are questioning their **gender** may identify as:

- transgender – identity and sex assigned at birth don't correspond
- bisexual – attracted to their own gender and at least one other gender

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Identities

- straight – attracted to the opposite sex
- lesbian – homosexual female to female attraction

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Identities

- polysexual – gender may or may not be a factor in attraction (not attracted to all genders)
- pansexual – attraction regardless of gender

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Identities

- asexual – lack of sexual attraction (may still be romantic)
- gay – homosexual (commonly male-to-male attraction)

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Identities

- cis gender – personal identity and gender correspond with birth sex
- genderqueer – an umbrella term: an identity that doesn't follow norms

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Identities

-Some people describe their sexuality and **gender identity** as being *fluid* – that is, they *change over time*.

Intersex is a sex type, not an identity - having both male and female genitalia. Often in infancy or adolescence, hormone and surgical procedures are used “correct” the genitalia. This can lead to confusion for the future adult, as they may grow to identify with a different gender.

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Spectrums

SPECTRUMS OF GENDER AND SEXUALITY
(Where do you fall on each?)

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The ability to legally identify oneself

In 2016, nearly 25 percent of the world’s population had access to a legal Intersex identification at birth with India, Pakistan, Nepal, and Bangladesh as major contributors.

The remaining 75 percent of the world, including the United States, is only left with the options “Male” or “Female.”

Helpful Resource: <https://genderspectrum.org/>

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Language can get confusing

Language: "Please be kind with me because I may use terms differently than you do."
"I'm trying to be respectful."
-Dr. Erica Anderson, PhD

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Use of language

- "He wants to be gay."
- "She wants to be transgender."
- "He thinks he's a girl."
- "He says he's attracted to anyone."
- "She's decided she likes girls."

These are harmful, as *no one* is choosing.
Ask, "What's my first memory of being heterosexual?" or "When did I decide to be heterosexual?"

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From a college ambassador who is helping youth deal with parents' responses

First: Just listen.

"The absolute, number one thing a parent can do for their child is listen, said [GLAAD](#) ambassador Rowan Hepps Keeney. "I can't tell you how important it is to just have a parent listen to what you have to say about your identity, about your experience — about what's frustrating about being queer, about what's amazing about being queer — and to have that be validated."

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Note how difficult the conversation is, from your kid's perspective.

- If you think *"you're"* having a hard time accepting this, imagine the steps it took for your kid to get to the point where they could even vocalize their identity to you.
- "Listen to your kids, hear them out. It's really hard for them to say these things, it's not something that can just be said easily," says Gianna Collier-Pitts, college ambassador.

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Understand that your opinion **really matters to them.**

"I really couldn't have cared less about what anyone else thought about my queerness," Joon Park said.

"It was really just my mother's acceptance I yearned for, and when she gave that to me, my world changed, and I was able to really blossom into my true and authentic self."

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Don't think about what the rest of the world will say.

- It's a common reflex for parents to immediately worry about how their kids will navigate the world, or what friends and family will say. There are definitely trials and tribulations, but your kid has likely already faced or considered these hurdles.
- "One of the main things that's really important for parents to do for their kids is to give them space, to not make any assumptions about what this time in their life means."

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Don't make them doubt or second-guess their identity.

- Coming out isn't something kids do lightly. If your child is having this conversation with you, take it seriously and don't tell them it's a "phase" or something that they're only questioning because of their age. And don't assume the bio parents or other caretakers did something to make this happen.
- Avoid saying things like, "Don't make any decisions yet, you're young." This is a good sentiment to have across the board, but not just when your child tells you that he or she is coming out as queer.

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Do your best at affirming their identity with pronouns that fit.

- Use the right pronouns and call your child what they've asked to be called. If you mess up, apologize and fix it instead of letting it slide. Call out other family members if they refer to your child incorrectly — even if your kid isn't present to see you advocate for them.
- Saying "it's hard" is fine at the beginning but work to make the pronoun shift as soon as you can. It matters so much to your child.

Source: Seventeen Magazine
<https://www.seventeen.com/life/a15924747/heres-exactly-what-lgbtq-people-wish-their-parents-knew/>

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More words of affirmation.

- Any words of affirmation are ALWAYS good. Say, "Thank you for sharing this with me. I really appreciate you confiding in me."
- "You matter and your feelings are valid."
- Reinforcing that you love your kid and will always support them is extremely important.

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Childhood resilience is supported by one caring stable adult

- "I'm with you. Let's keep talking about your thoughts regarding being gay."
- "Thank you for telling me that you're a girl inside. I have to admit it's different for me, but I'll work on this. You're teaching me new things."
- "How can I support you with our relatives? Should we talk to them together?"

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More to say ...

- "Who have you told about feeling bisexual? Do you feel safe letting your friends know?"
- "If you could choose any future life, what would it look like?"
- "Even if I sometimes don't understand, you always have my support."
- Article from a lesbian who came out to her mom at 37.
<https://grownandflown.com/parenting-lgbtq-child/>

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Video: Kids Of Gay Parents Speak Out - (bi/straight parents too)

https://www.youtube.com/watch?v=JG0yqhzVuYA&ab_channel=TeamAngelicaFilms 3:47

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+ .

◦ Raising Ryland: Parenting a Transgender Child

• Video 13:37
<https://www.cnn.com/2015/03/18/living/fe-at-transgender-child-raising-ryland/index.html>

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This is a Book for Parents of Gay Kids

• [https://www.amazon.com/This-Book-Parents-Gay-Kids/dp/1452127530?linkCode=ogi&tag=seventeen_auto-append-20&ascsubtag=\[articl|10065.a.1592474\]\[src\]\[ch\]\[tit\]](https://www.amazon.com/This-Book-Parents-Gay-Kids/dp/1452127530?linkCode=ogi&tag=seventeen_auto-append-20&ascsubtag=[articl|10065.a.1592474][src][ch][tit])

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Helping your kids as they navigate the world

MN Standards of LGBTQ Inclusion
<https://www.justushealth.org/sites/default/files/inline-files/MN%20LGBTQ%20Standards%20of%20Inclusion.pdf>

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Questions?

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