Advancing Awareness in LGBTQ Care, Part II: LGBTQ Youth, Community, & Alcohol Misuse

Presented by: Mike Freeman and Valentina D'Alessandro

Agenda

- Overview of SOGIE: Sexual orientation, Gender Identity & Gender Expression
- LGBTQ Youth & Alcohol Indicators
- Strategies:
  - Advocating for students in schools
  - 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
### SOGIE Principles

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

**Existe on Spectrums:** SOGIE identities exist on spectrums, language to describe identities on these spectrums vary 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.

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### History: LGBTQ Community & Bar Culture

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### LGBTQ Youth & Alcohol

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Alcohol Indicators

- Family Rejection
- Bullying
- Ease of Access

Alcohol Indicators

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

You are seeing 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 in wanting to address Alex's issues at school, but the initial concern has taken a turn. During a session Alex shares with you and the parents that they are transgender and would like to use the pronouns he/him.

Vignette

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

Ease of Access

- Current alcohol one or more drinks in the past 30 days
  - 7th Grade: 7.0%
  - 9th Grade: 15.0%
  - 11th Grade: 23.0%

- LGB Students
  - 18.0%
  - 27.0%
  - 35.0%

- Transgender Students
  - 11.0%
  - 24.0%
  - 39.0%

* 33,621 respondents

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Strategies

- Advocating for students in schools
- 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
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 Traits | Correct usage of terms |
| Gender Affirming Care | Rather than “sex assignment 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

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
- To be true to themselves

Not Coming Out Vs. Coming Out

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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 these 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
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Thank You
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