

LGBTQ Wellness

Please complete our quick demographics survey!

Scan the QR Code to the right with a smartphone camera or type <https://www.surveymonkey.com/r/LWellDemo> into a browser.

The link can also be found in the Zoom chat.



SOGIE 101

PART 2: MENTAL HEALTH & THE LGBTQ+ COMMUNITY

LGBTQ Wellness



WHO ARE WE? WHO DO WE SERVE?



Family & Children Services
of Silicon Valley



**THE
LGBTQ
YOUTH
SPACE**



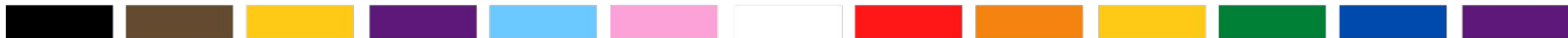
FACILITATOR ROLES & DISCUSSION GUIDELINES

Facilitators will...

- Correct misinformation and biased statements
- Create a brave space to have productive conversations
- Honor everyone's time

Participants will...

- Respect others' thoughts and feelings even when they differ from my own
- Value confidentiality: personal sharing will stay in the group when I leave
- Attempt to manage distractions



S.O.G.I.E

**Sexual
Orientation (Attraction)**

**Gender
Identity**

Expression

In-group and Out-group Terms

- This content may apply to you - or it may not - and that may have to do with privilege (in group/ out group) language considerations.
- In-group - a group of people who identify with one another because of a variety of reasons.
- In-group and out-group words have historical context.
- These are not words we would use if we are part of the out-group, because they have not been reclaimed by us.
- Queer is one of those words.

Am I saying it right?

Instead of saying this...

Transgendered, transvestite, transexual,
tranny

Sexual preference, lifestyle choice

Hermaphrodite

Transgendered

Sex-change operation

Try this!

A transgender person, someone who is trans

Attraction

Intersex

Transitioned

Gender-affirming procedure

Coming out & Inviting in

Language to avoid:

- “Are you sure?”
- “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” or “You don’t look trans”
- “I don’t care”
- “You’re just trying to get attention”
- “I think you’re too young to make this kind of decision”

Language to use instead:

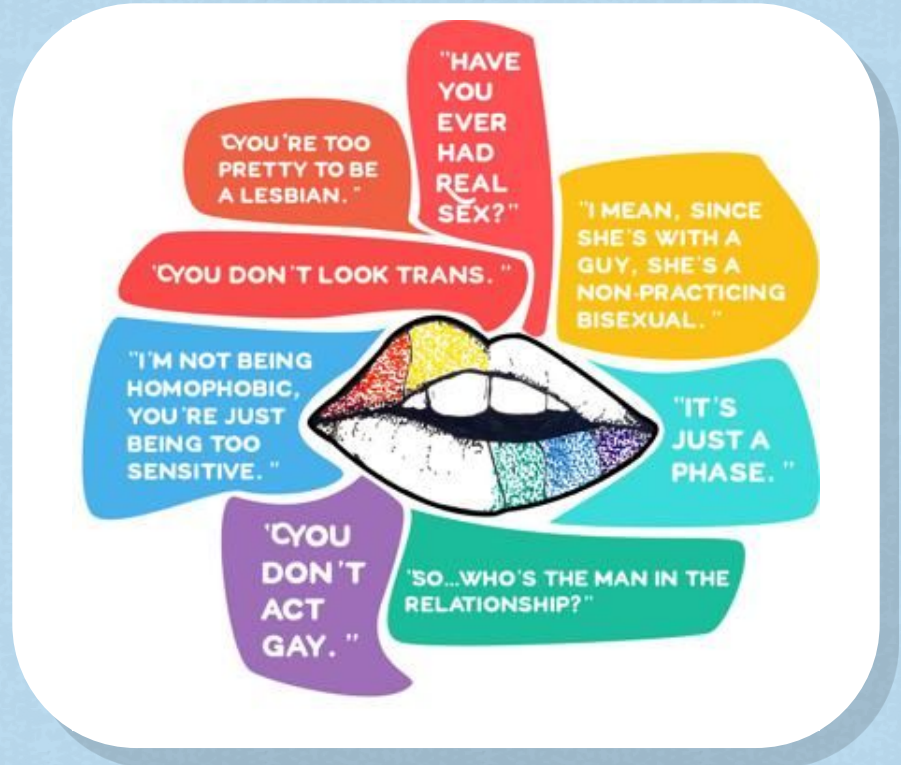
- Thank you for trusting me with this information
- Would you like me to keep this between us?
- How would you like me to refer to you in front of others?
- Let me know how I can support you
- Who else are you out to? Who else would you like to be out to?
- How has your experience been so far?

Microaggressions

What is a microaggression?

How might we carry out microaggressions and not realize it?

How/why are microaggressions harmful?



Pronouns

Example Honorifics

Ms. Mr.

Mrs. Mx.

Gendered Language

We never want to assume someone's gender, so we never want to assume someone's pronouns!

What are pronouns?

Why are they important?

Example Pronoun Sets:

She/Her/Hers/Ella

He/Him/His/Él

They/Them/Theirs/Elle

All Pronouns

No Pronouns/Name Only

Misgendering

To refer to someone using incorrectly gendered language, including pronouns, honorifics, and/or name which they do not use

Apologize

Correct yourself

Move on

**What if I
misgender
someone?**

Practice!

Practice!

Practice!

Pronoun Practice

1. Introduce yourself with your name and pronouns.
2. Try adding your pronouns to your Zoom name!
3. Take turns asking other group members what their pronouns are.



Share in the chat

What are the impacts of language?

Why does the language we use matter?

What messages do we convey with the language we use?

Best Practices

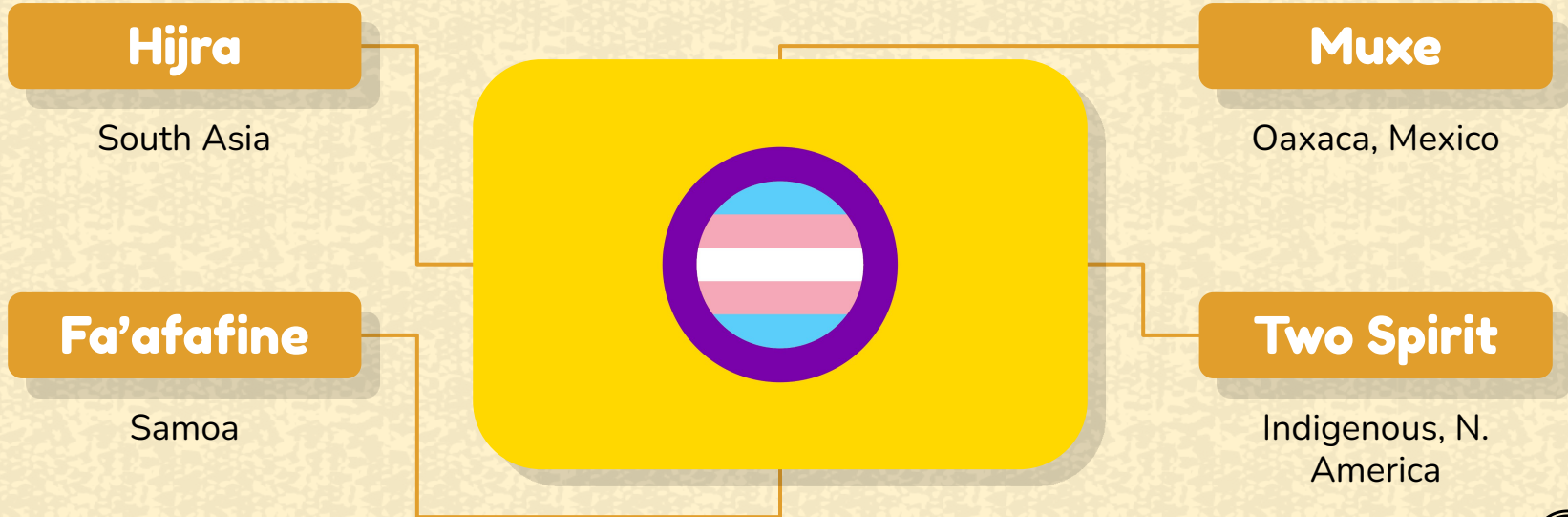
- State your pronouns in introductions, on Zoom, via email signature, etc. and ask for pronouns so that you are able to respectfully address folks
- Avoid gendered language including pronouns and honorifics until you know what pronouns or honorifics to use
- “Hi all” / “Hello, everyone!” / “Esteemed guests” / “Respected colleagues”
- “Do you have a spouse?” / “Do you have a partner?”
- Reflect the language a person uses

Cultural context of classifications of bodies, gender, attraction, and expression

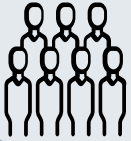


Not always binary/Not everywhere

Celebration of bodies, gender, and expression that exist outside of a binary (male/female, man/woman, masculine/feminine, etc.) precede the gender binary



Forced Binaries



So what happened?

- Colonization
- Forced belief systems/religion



Pervasive erasure

- Education systems forcing binaries and punishing anything outside of it
- Forced changes to appearance to fit binaries

Recognizing barriers to Wellness

LGBTQ+ people may encounter biases while in caregiving settings. As a result, these biases can become barriers to their wellness.



Heterosexism

Anti-Gay Bias

Anti-Trans Bias

Individual and Institutional bias



Individual Bias

Institutional Bias

History of DSM

- **Homosexuality removed from the DSM (1973)**
- **Shift in language - gender identity disorder to gender dysphoria (2012)**
- **Forcibly institutionalized - shock therapy**
- **Conversion therapy**
 - **Banned in 20 states**
 - **Legal in 30 states**

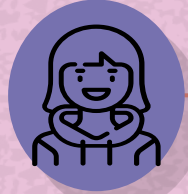
Currently & moving forward

- **LGBTQIA+ experiences still pathologized**
- **Requiring letters for gender affirming procedures**
- **Lack of/insufficient SOGIE related data collection**

Moving forward

- ➔ More accessible specialized support
- ➔ Continuous training & practice
- ➔ Systemwide data collection and analysis

Barrier Outcomes



School Harassment

81% of LGBTQ youth were verbally harassed because of their orientation, **44%** of youth were physically harassed and **20%** were physically assaulted.



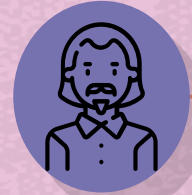
Suicidality

Nearly **half** of transgender respondents in the County seriously considered suicide or hurting themselves in the past 12 months.



Homelessness

In SCC, LGBTQ people comprise **29%** of homeless youth & young adults.



Fear of Disclosure

40% of LGBTQ people in their 60s and 70s state that their health care providers do not know their sexual orientation.

Protective Factors



Respect for Pronouns

Rates of suicide attempts are **more than halved** when trans and nonbinary youth are gendered correctly at home.



Just One Adult

Having at least one accepting adult in their life can reduce the risk of a suicide attempt among LGBTQ+ youth by **40%**.



Community Connection

Access to supportive peers and adults at school **significantly lowers** the rates of anxiety and depression among LGBTQ+ youth.

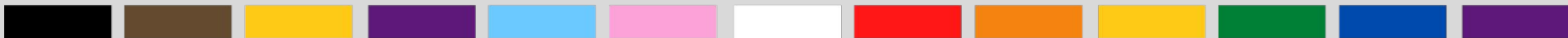


Legal Documents

Trans and nonbinary youth who were able to change their name/gender markers reported **significantly lower** rates of attempting suicide.

- The LGBTQ Youth Space: youthspace.org
- LGBTQ Wellness: lgbtqwell.org
- PFLAG: pflagsanjose.org
- Outlet (Redwood City, San Mateo, Mountain View):
acs-teens.org/what-we-do/outlet/
- Office of LGBTQ Affairs (Santa Clara County)
- The Q Corner: theqcorner@hhs.sccgov.org

LGBTQ LOCAL RESOURCES





Check out our
Linktr.ee!

THANK YOU!



[Lgbtqwell.org](https://lgbtqwell.org)

408.841.4319

lgbtqwellness@fcservices.org



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