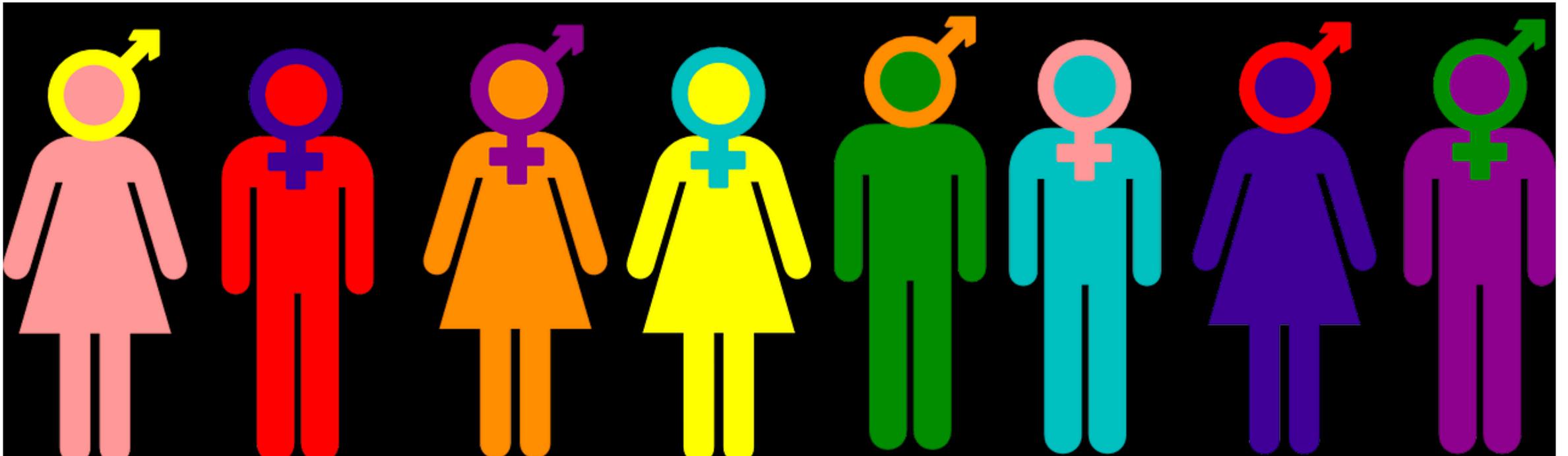

SUPPORTING LGBTQ+ STUDENTS

LUKE WARD (HE/HIM) – BROAD HORIZONS TRAINING - 28/11/2018



- 
- PhD researcher, focusing on non-binary gender identities and youth
 - MSc Counselling Children and Young People
 - Broad Horizons
 - The Lowdown
 - Group Leader for the Out There (young person) group

FIRST IMPRESSIONS

1. When's the first time you can remember learning that some people are lesbian, gay, bisexual, or queer?
2. Where did most of the influence of your initial impressions/understanding of lesbian, gay, bisexual, and queer people come from? (e.g., family, friends, television, books, news, church)
3. When's the first time you can remember learning that some people are transgender?
4. Where did most of the influence of your initial impressions/understanding of transgender people come from? (e.g., family, friends, television, books, news, church)
5. How have your impressions/understanding of LGBTQ (lesbian, gay, bisexual, transgender, and queer/questioning) people changed or evolved throughout your life?

WHY LGBTQ+ YOUTH?

- Rising number of young people identifying in 'non-conforming' ways, such as trans, at younger ages (Tavistock & Portman NHS Foundation Trust, 2016).
- Consistent high rates of mental health difficulties, of LGBTQ+ youth (Stonewall, 2017).
- Lack of training and knowledge for mental health professionals & practitioners.
- Alongside current 'moral panic' about trans issues - particularly about the reform of the Gender Recognition Act.



CURRENT CLIMATE



[Good Morning Britain](#) guest Munroe Bergdorf calls Piers Morgan a ...

[DigitalSpy.com](#) - 22 hours ago

[Good Morning Britain](#) guest Munroe Bergdorf calls Piers Morgan a "bigot" during heated **transgender** debate ...

[Piers Morgan](#) questions whether children are 'having minds turned to ...
[Metro](#) - 27 Nov 2018



[Psychotherapist](#) fears **transgender kids** are being 'led' down the wron...

[ChristianToday](#) - 10 hours ago

[Stella O'Malley](#) spoke out in the recent Channel 4 documentary **Trans Kids: It's Time to Talk**, in which she questioned the experts who are ...



Nearly half of **school** pupils say friends use discriminatory language ...

[The Independent](#) - 11 Nov 2018

"In **schools** that teach about **LGBT** issues, **LGBT** young people are more likely to feel welcomed, included and accepted. A crucial part of ...



[School](#) has SEVENTEEN **children** changing gender as teacher says ...

[Daily Mail](#) - 17 Nov 2018

The whistleblower says few of the **transgender children** are suffering from gender dysphoria – the medical term for someone who feels they ...



[Father](#) Refuses to Allow 6-Year-Old Son to Dress Like a Girl – Now ...

[CBN News](#) - 6 hours ago

"She is also seeking to require him to pay for the **child's** visits to a **transgender**-affirming therapist and **transgender** medical alterations, which ...



[Scots](#) back legal recognition for '**non-binary**' third **gender**

[inews.co.uk](#) - 23 Nov 2018

Scotland is on course to become the first part of the UK to create a legally-recognised third **gender** for people who do not identify as either male ...

[Scots](#) back new laws to allow people to self-declare **gender**

[HeraldScotland](#) - 23 Nov 2018

[View all](#)

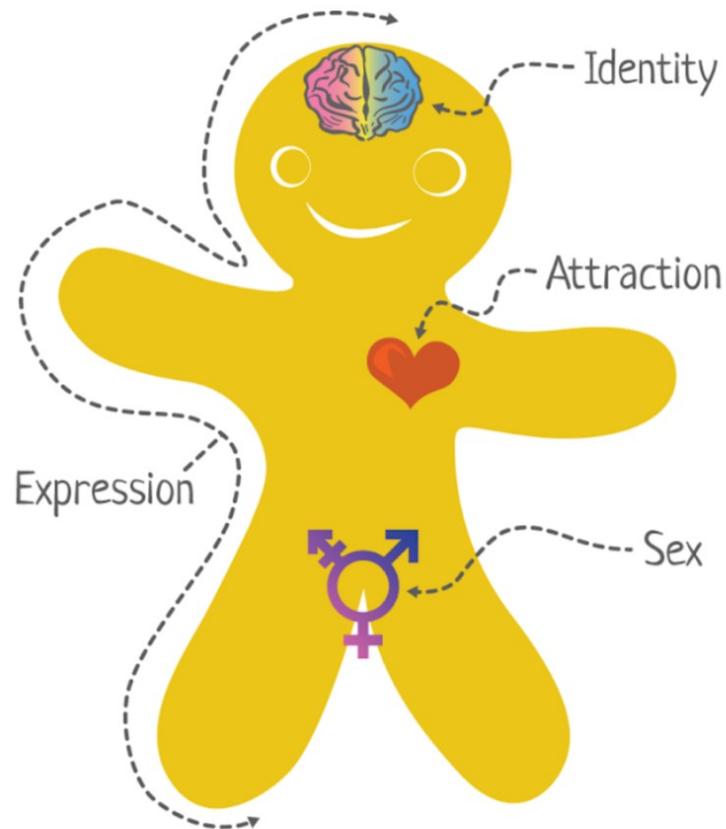
CURRENT CLIMATE – STONEWALL SCHOOL REPORT (2017)

WELLBEING AND MENTAL HEALTH

- **Two in five** pupils who have been bullied for being LGBT (40 per cent) have skipped school because of this bullying
- **Half** of bullied LGBT pupils (52 per cent) feel that homophobic, biphobic and transphobic bullying has had a negative effect on their plans for future education
- **More than four in five** trans young people (84 per cent) have self-harmed. For lesbian, gay and bi young people who aren't trans, **three in five** (61 per cent) have self-harmed
- **More than two in five** trans young people (45 per cent) have attempted to take their own life. For lesbian, gay and bi young people who aren't trans, **one in five** (22 per cent) have attempted to take their own life







⊘ means a lack of what's on the right side

 Gender Identity

⊘ → Woman-ness

⊘ → Man-ness

 Gender Expression

⊘ → Femininity

⊘ → Masculinity

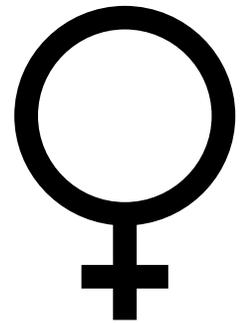
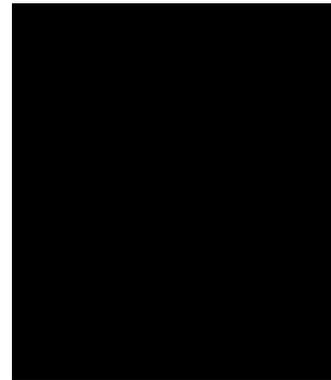
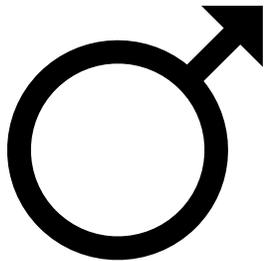
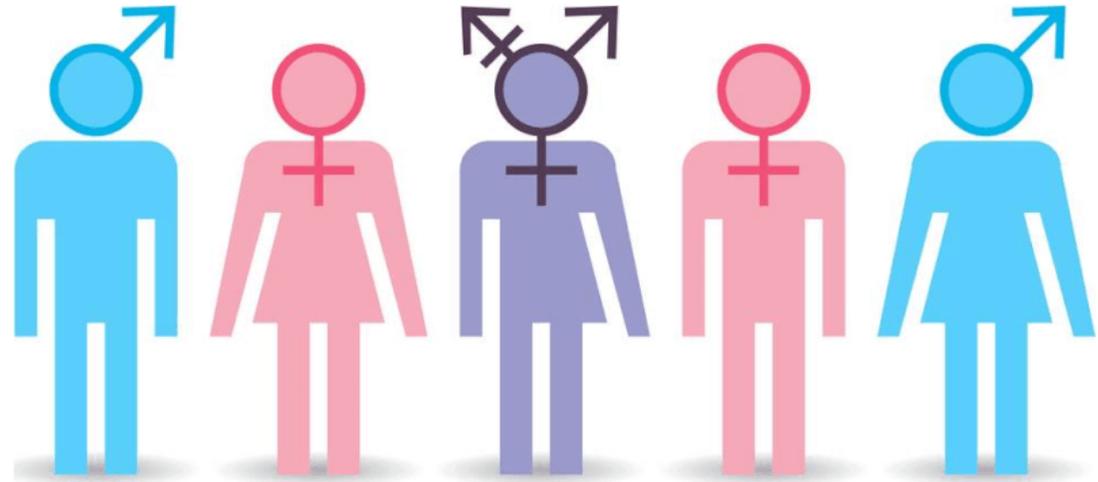
 Anatomical Sex

⊘ → Female-ness

⊘ → Male-ness

ACTIVITY

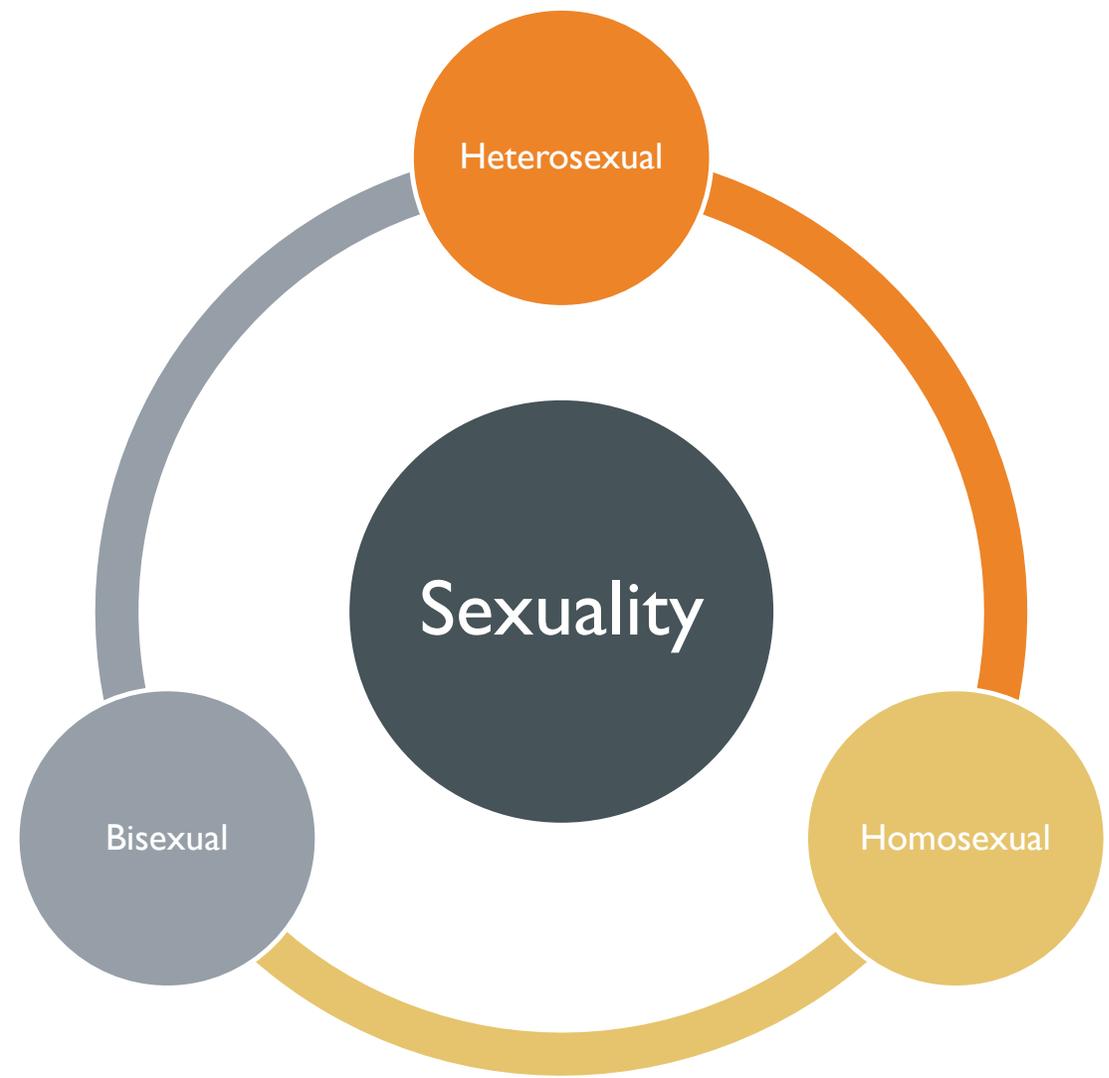
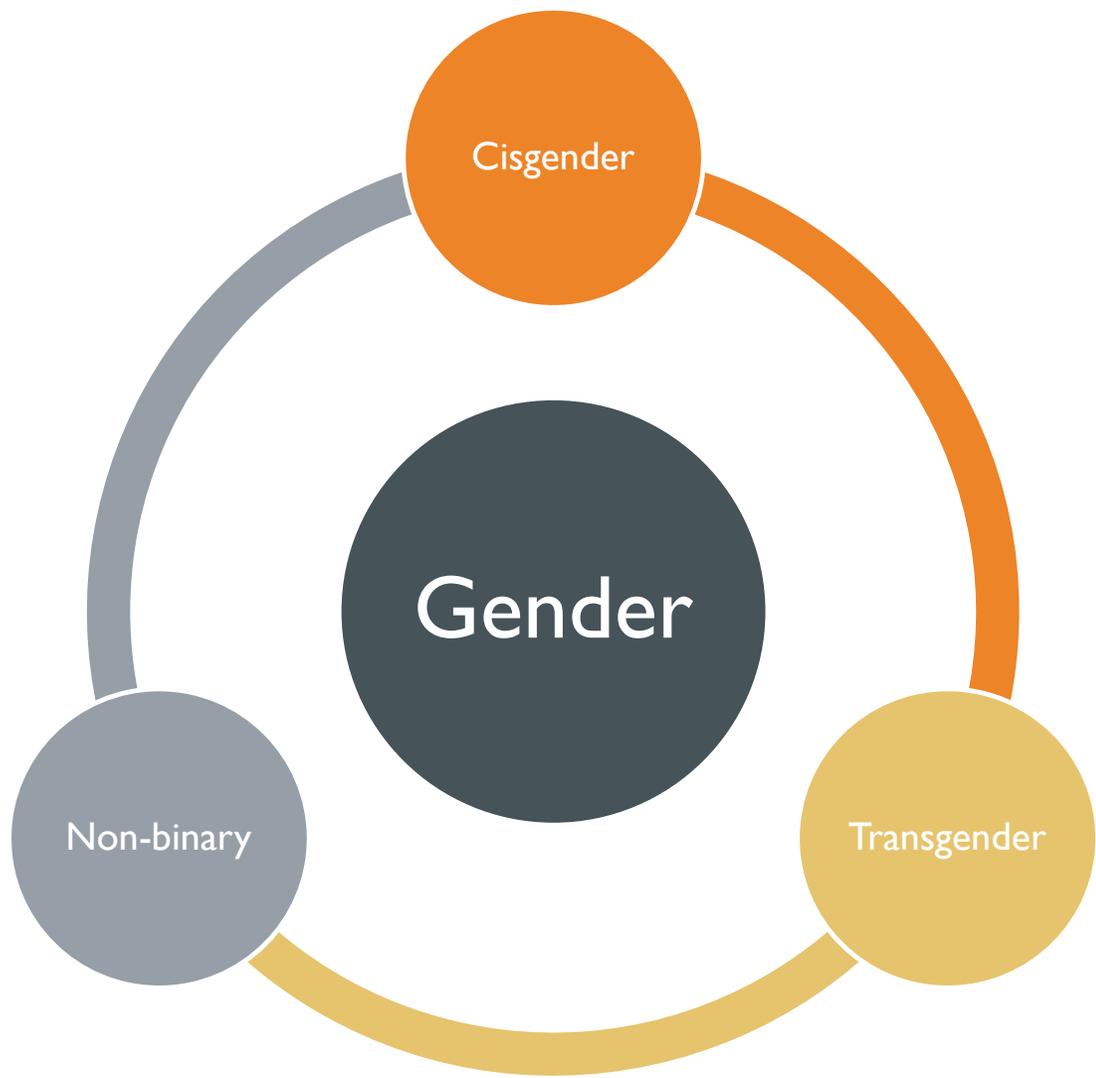
- In small groups, discuss some of the difficulties that you think might be present for LGBTQ+ young people (10 mins).

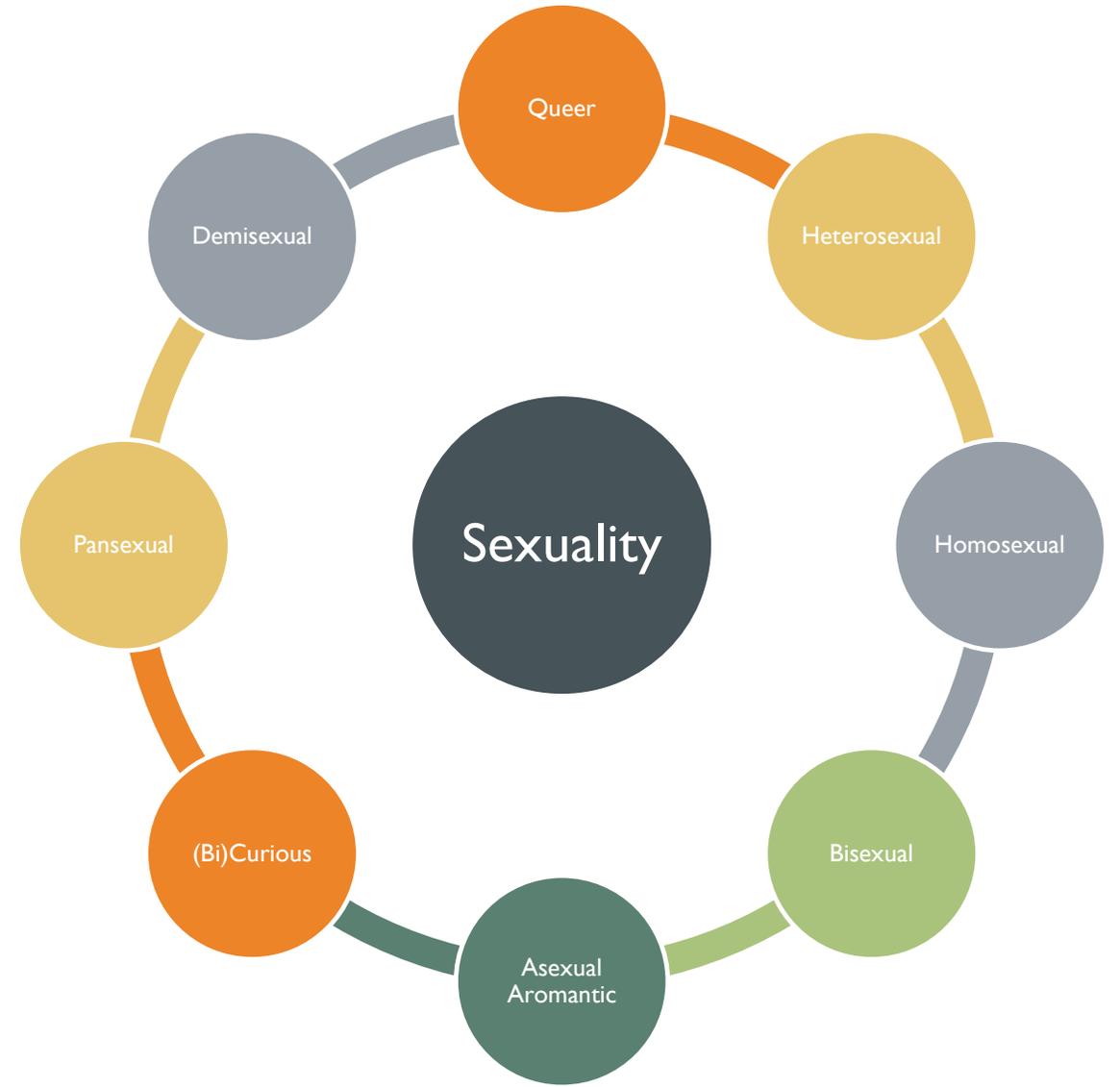


POSITIONING OF LGBTQ+ YOUNG PEOPLE

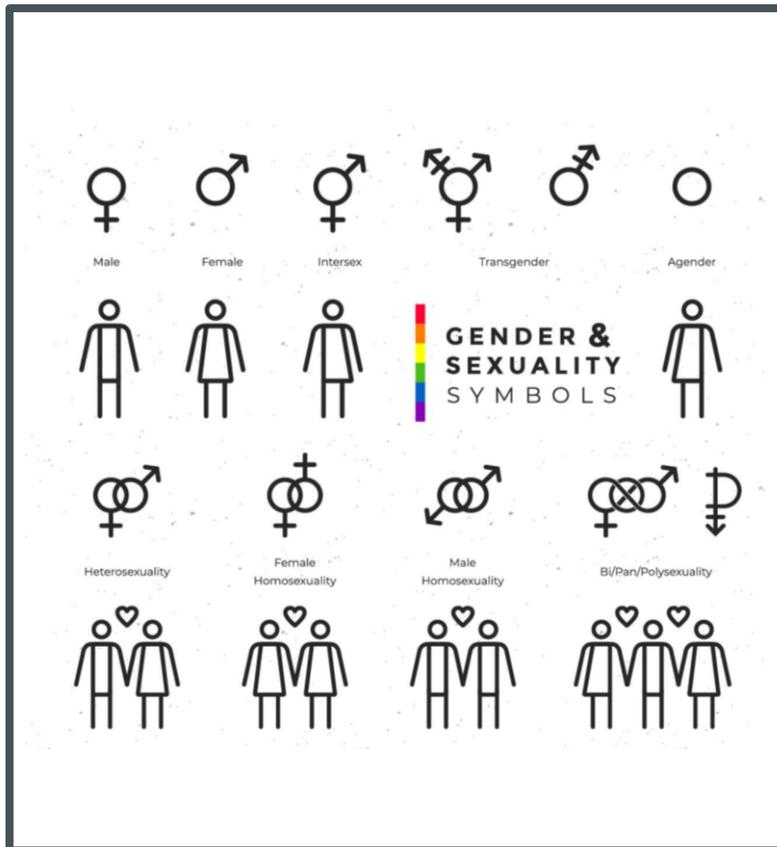
(RICHARDS & BARKER, 2013)

- Important to reflect on how young people are being positioned within your school.
- We know that trans youth experience higher rates of mental health difficulties, **but...**
- It doesn't follow that any mental health issue is related to a young person's gender or sexuality.

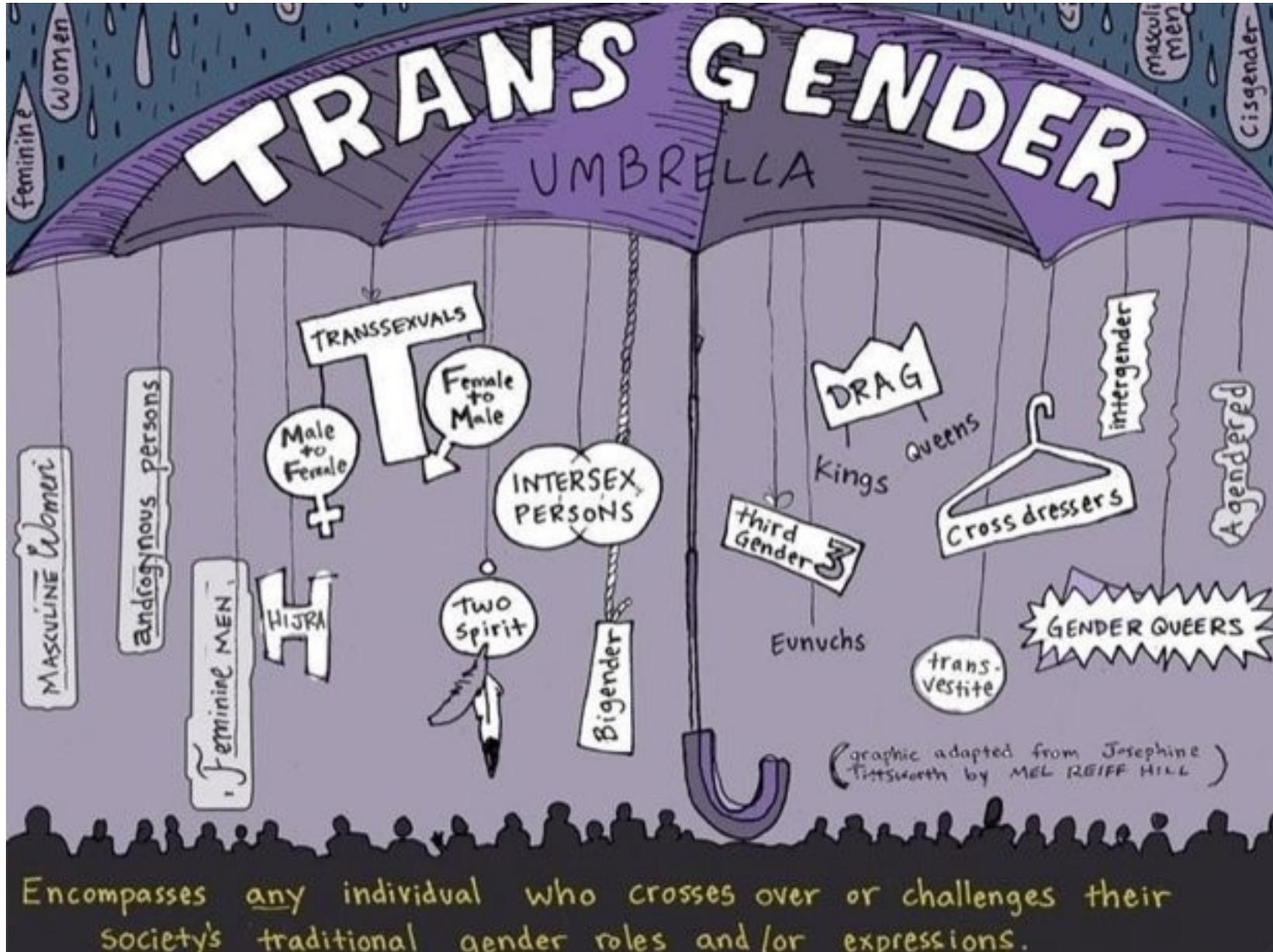




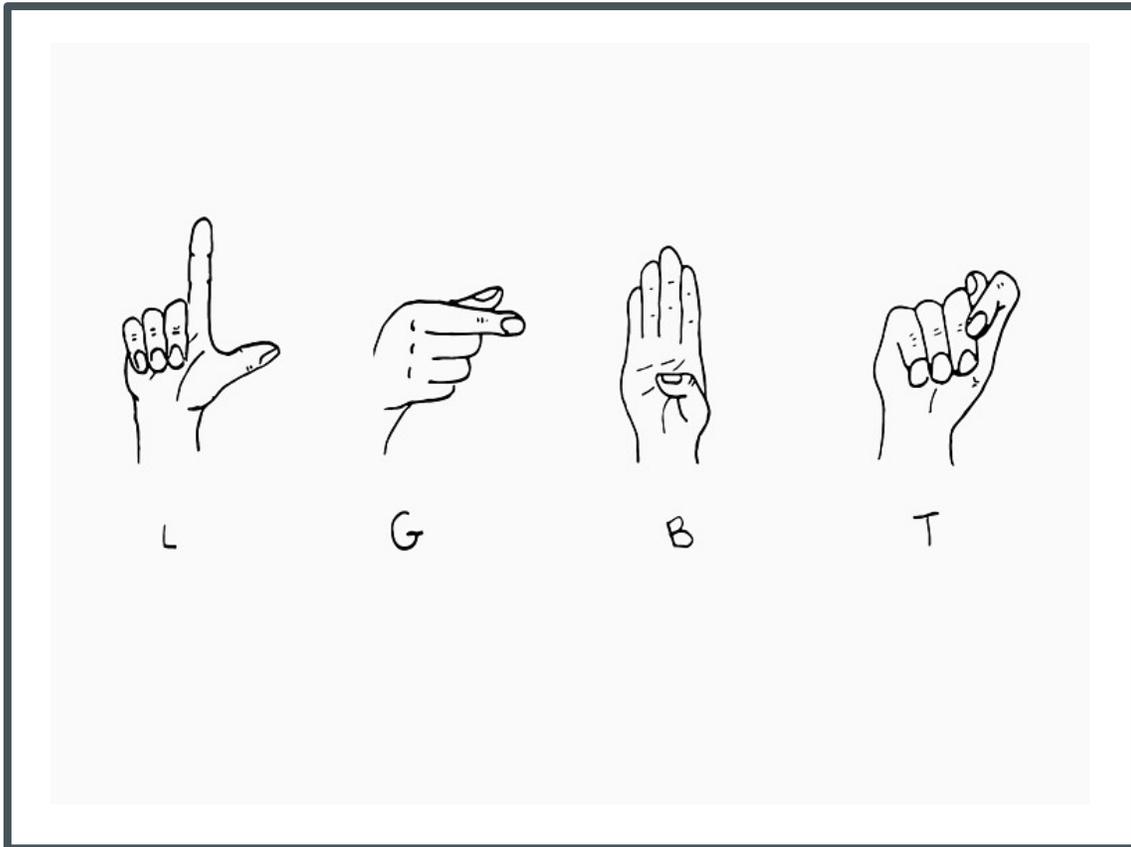
GENDERS AND SEXUALITIES



- **Cisgender** - a person whose gender identity and biological sex assigned at birth align (e.g., man and assigned male at birth).
- **Transgender** - a person who lives as a member of a gender other than that assigned at birth.
- **Non-binary** - a gender identity label often used by people who do not identify with the binary of man/woman (agender, bigender, genderfluid)
- **Genderfluid** - gender fluid is a gender identity best described as a dynamic mix of boy and girl. A person who is gender fluid may always feel like a mix of the two traditional genders, but may feel more man some days, and more woman other days.



INTRO TO LANGUAGE



- Gender / Sex / Sexuality
- Assigned at birth (AAB)
- Transgender / Trans / Trans* / Transsexual
- 'Q' as Queer or Questioning

PRONOUNS



- Binary pronouns – He/Him, She/Her
- Transgender people often use above – FTM, MTF
- Non-binary, non-conforming, queer people may use gender-neutral pronouns – ‘They/Them’
- (Other less common pronouns, Xe/Xem, Ze/Hir)
- ‘Ask etiquette’
- Cisgender people using pronouns to normalise

GENDER AFFIRMATIVE MODEL (HIDALGO ET AL., 2013)

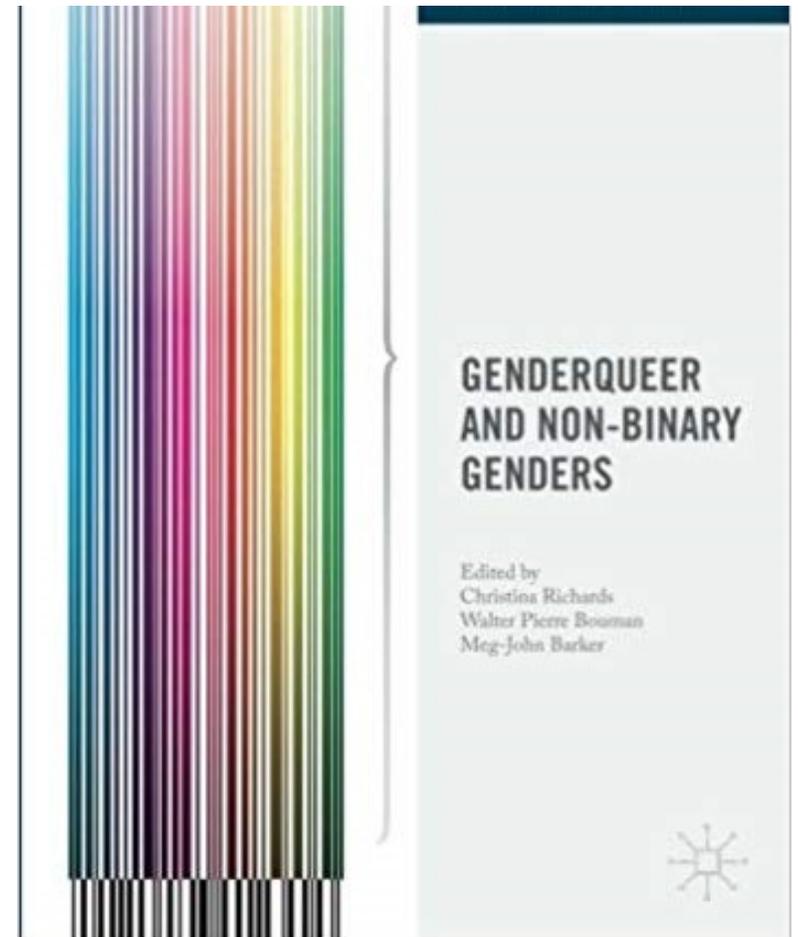
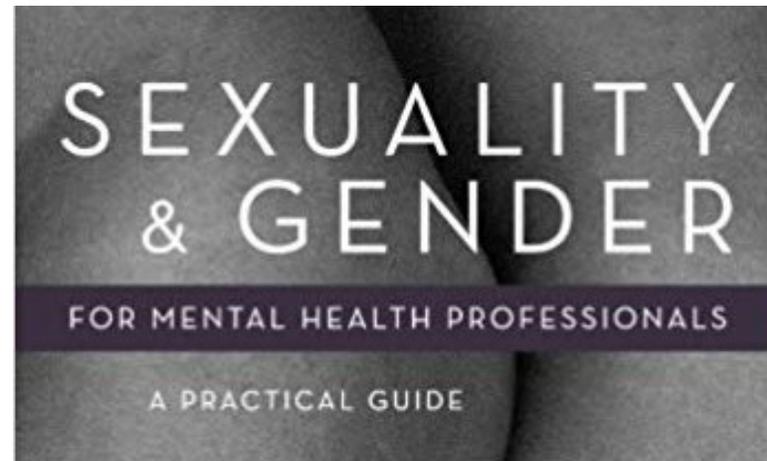
- “In this model, gender health is defined as a child’s opportunity to live in the gender that feels most real or comfortable to that child and to express that gender with freedom from restriction, aspersion, or rejection. Children not allowed these freedoms by agents within their developmental systems (e.g., family, peers, school **[professionals]**) are at later risk for developing a downward cascade of psychosocial adversities including depressive symptoms, low life satisfaction, self-harm, isolation, homelessness, incarceration, posttraumatic stress, and suicide ideation and attempts [D’Augelli, Grossman, & Starks, 2006; Garofalo, Deleon, Osmer, Doll, & Harper, 2006; Roberts, Rosario, Corliss, Koenen, & Bryn Austin, 2012; Skidmore, Linsenmeier, & Bailey, 2006; Toomey, Ryan, Díaz, Card, & Russell, 2010; Travers et al., 2012].”

GENDER AFFIRMATIVE MODEL (HIDALGO ET AL., 2013)

- ‘Non-conforming’ children are negatively impacted when given messages that they must conform to traditional gender roles associated with their assigned at birth gender (Hill, Menvielle, Sica, & Johnson, 2010).
- Family acceptance, relating to gender identity, or expression, during adolescence, has been linked to positive self-esteem, increased social support and overall well-being in early adulthood (Ryan et al., 2010).
- “Family acceptance was also found to protect youth against negative psychosocial health vulnerabilities commonly faced by gender-nonconforming and transgender youth (including depression, substance abuse, and suicidality). More recently, in a sample comprised exclusively of gender-nonconforming and transgender youth, those who reported their families as being strongly supportive of their gender identity and expression in childhood endorsed more positive mental health, less depressive symptoms, high self-esteem and life satisfaction in later adolescence compared with those whose families were non-supportive [Travers et al., 2012].”

RESOURCES

- Childline have a section on gender and sexuality.
- Stonewall
- Genderbread.org

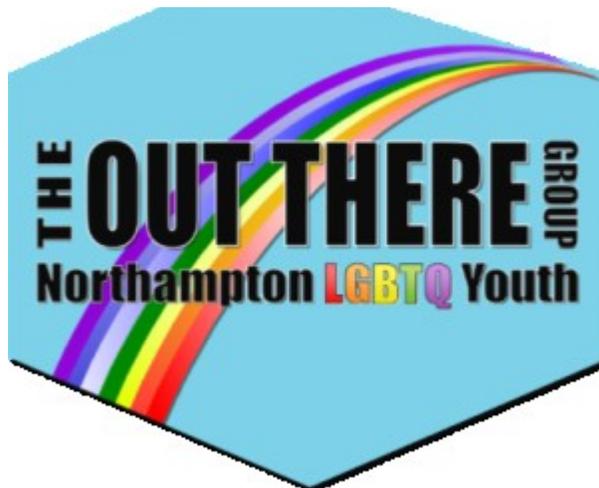


SUPPORT



**gendered
intelligence**

increasing understandings
of gender diversity



**Mindline
Trans+**

0300 330 5468

Open Monday & Friday 8pm-Midnight

We listen, support and provide information for those who identify as Trans, their Family and Friends.

www.Mindline.org

MEMBER

mind
for better mental health

Helplines
Partnership

The Mindline Trans+ logo is a horizontal bar with a light blue top half and a light pink bottom half. On the left is a white telephone handset icon. On the right is the 'mind' logo. Below the bar is the phone number and opening hours. At the bottom, there is a text box with a mission statement, the website URL, and a 'MEMBER' badge with the Helplines Partnership logo.