

A decorative graphic on the left side of the page. It features a large, stylized 'V' shape composed of multiple layers of colored bands. From top to bottom, the layers are light blue, pink, light blue, brown, and black. Below the 'V' are several vertical bars of color: purple, blue, green, yellow, orange, and red. To the right of the 'V' and above the text is a horizontal bar with a rainbow spectrum of colors: orange, yellow, green, blue, and purple.

Familias Inclusivas:

Mental Health Support for
LGBTQ+ Youth

NJTESOL/NJBE Virtual Parent Expo
January 20, 2024

Welcome - *Bienvenidos*



"dip your toe"
meter el dedo del pie



not a *"deep dive"*
no es un análisis profundo

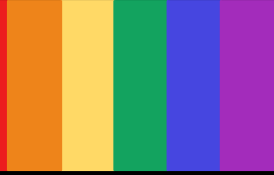


multilingual space
espacio multilingüe



honor and respect
honor y respeto

Objectives – *Objetivos*



1

Impact of Family Behaviors

El impacto de los comportamientos familiares

2

Understanding LGBTQ+ Youth

Comprendiendo a la juventud LGBTQ+

3

NJ Laws & Policies

Leyes & pólizas en NJ

4

Family Resources

Recursos para familias



Impact of Family Behaviors

El impacto de los comportamientos familiares

Family Acceptance Project



5-7%



**of adults are not
heterosexual**

*5-7% de adultos no son
heterosexuales*

8+ times



**as likely to have
attempted suicide**

*una probabilidad 8
veces mayos de haber
intentado suicidarse*

3+ times

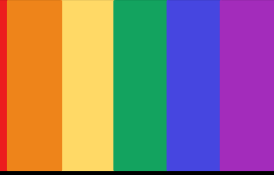


**as likely to use
illegal drugs**

*una probabilidad 3
veces mayor de
consumir drogas*

Family Rejection Affects Physical and Mental Health

El rechazo familiar afecta la salud física y mental



- Lower self-esteem
Bajo autoestima
- More isolated
Más aislados
- Fewer people they could turn to for help
Cuentan con menos personas a quienes pedirles ayuda
- High risk of having health and mental problems when they become young adults (ages 21–25)
Alto riesgo de tener problemas de salud física o mental al llegar a ser jóvenes adultos (entre 21 y 25 años)



Family Rejection / *El Rechazo Familiar*

- More than 8 times as likely to have attempted suicide

Una probabilidad 8 veces mayor de haber intentado suicidarse

Intentos de suicidio de jóvenes LGBT



Family Rejection / *El Rechazo Familiar*

- More than 3 times as likely to use illegal drugs

Una probabilidad 3 veces mayor de consumir drogas

Consumo de drogas



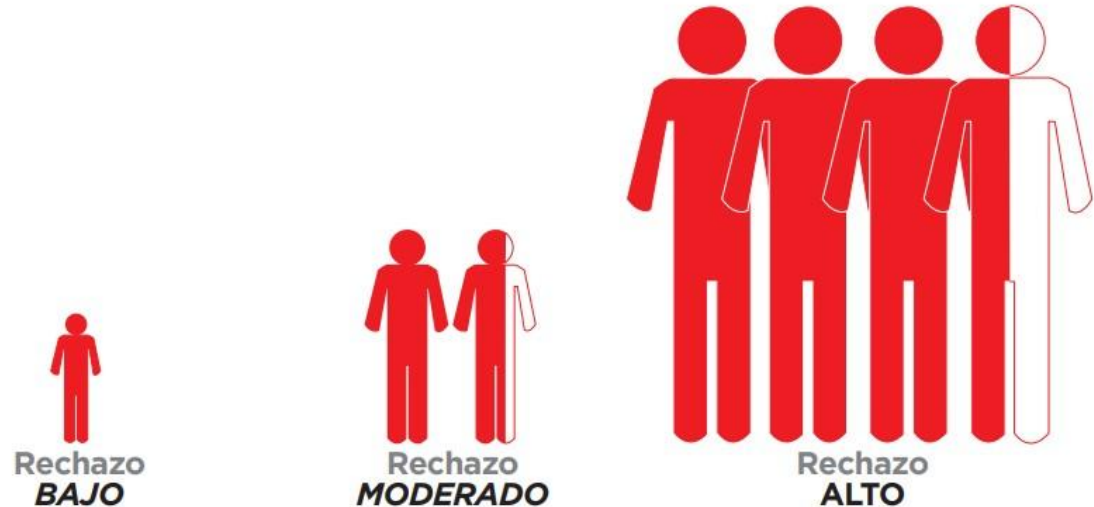
Nivel de Rechazo Familiar

Family Rejection / *El Rechazo Familiar*

- More than 3 times as likely to be at risk for HIV

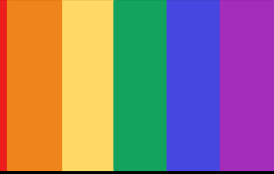
Una probabilidad 3 mayor de correr un alto riesgo de infectarse por el VIH

Riesgo de infección por el VIH



Nivel de Rechazo Familiar

Behaviors to avoid / Comportamientos a evitar



Avoid

Hitting, slapping or physically hurting your child because of their LGBT identity

Verbal harassment or name-calling because of your child's LGBT identity

Blaming your child when they are discriminated against because of their LGBT identity

Telling your child that God will punish them because they are gay

Telling your child that you are ashamed of them or that how they look or act will shame the family

Blocking access to LGBT friends, events & resources

Evita

Pegar, abofetear, o herir físicamente a su niño debido a su identidad LGBT

Acosar verbalmente o ponerle apodos a su niño debido a su identidad LGBT

Culpar a su niño cuando ha sido discriminado debido a su identidad LGBT

Decirle a su niño que Dios lo castigará debido a que es gay

Decirle a su niño que usted se avergüenza de él/ella o que su forma de actuar avergonzará a la familia

Bloquear el acceso a los amigos LGBT, a los eventos y a los recursos de información LGBT



Behaviors that Help / Conductas que ayudan

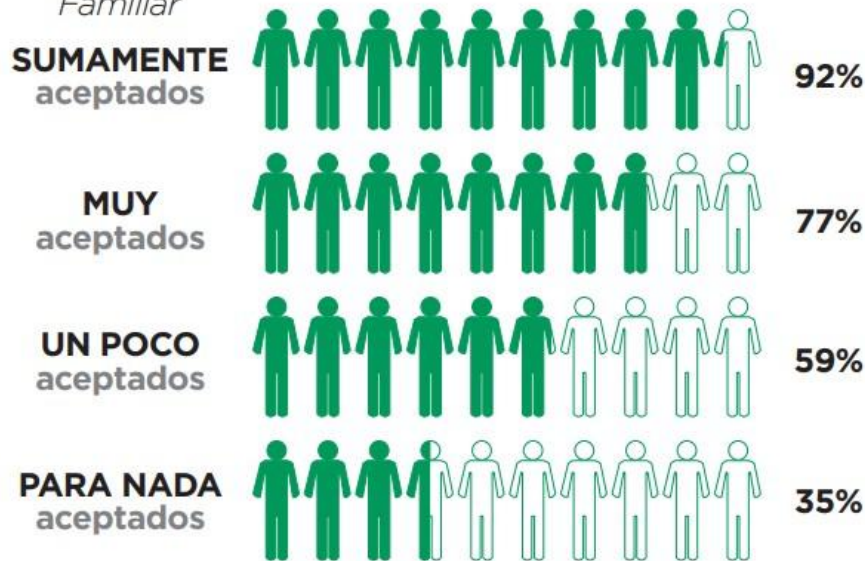
Do	Procura
<p>Talk with your child or foster child about their LGBT identity</p>	<p><i>Hablar con su hijo o hija adoptivos sobre su identidad LGBT</i></p>
<p>Express affection when your child tells you or when you learn that your child is gay or transgender</p>	<p><i>Expresar afecto cuando su hijo les dice o cuando se enteran de que su hijo o hija es homosexual o transgénero</i></p>
<p>Advocate for your child when he or she is mistreated because of their LGBT identity</p>	<p><i>Defender los derechos de su hijo o hija cuando lo tratan mal debido a su identidad LGBT</i></p>
<p>Require that other family members respect your LGBT child</p>	<p><i>Exigir que los demás familiares respeten a su hijo o hija homosexual o transgénero</i></p>
<p>Welcome your child's LGBT friends & partners to your home</p>	<p><i>Recibir en su hogar a amigos o compañeros homosexuales o transgénero de su hijo o hija</i></p>
<p>Believe your child can have a happy future as an LGBT adult</p>	<p><i>Creer que su hijo o hija pueden tener un futuro feliz como adulto homosexual o transgénero</i></p>

Family Acceptance / Aceptación Familiar



Jóvenes que piensan que pueden ser adultos LGBT felices

Nivel de Aceptación Familiar

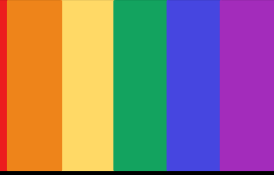




Understanding LGBTQ+ Youth

Comprendiendo a la juventud LGBTQ+

Video:



Do you relate to either or both characters? If so, why?

¿Te identificas con algun o ambos personajes? Si es así, ¿por qué?

 **ALTERNATINO**



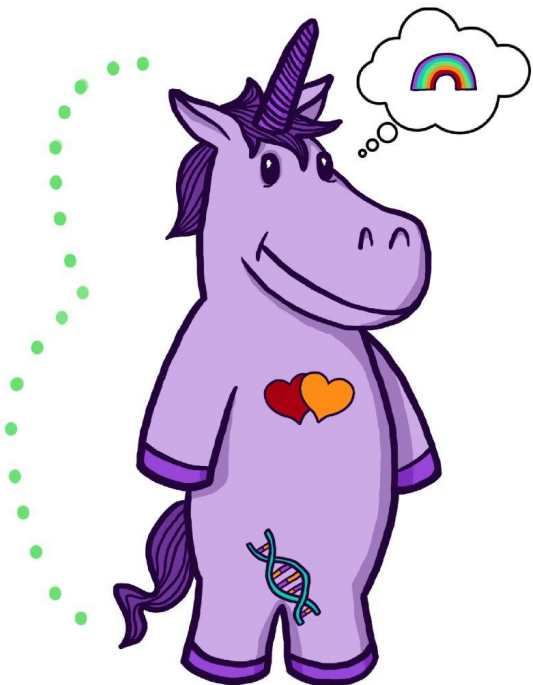
LGBTQQIP2SAA

Stands for lesbian, gay, bisexual, transgender, questioning, queer, intersex, pansexual, two-spirit (2S), androgynous and asexual.

Significa lesbiana, gay, bisexual, transgénero, cuestionando, queer, intersexual, pansexual, dos espíritus (2S), andrógino y asexual.

The Gender Unicorn

Graphic by:
TSER
Trans Student Educational Resources



 Gender Identity

-  Female/Woman/Girl
-  Male/Man/Boy
-  Other Gender(s)

 Gender Expression

-  Feminine
-  Masculine
-  Other

 Sex Assigned at Birth

Female  Male  Other/Intersex 

 Physically Attracted to

-  Women
-  Men
-  Other Gender(s)

 Emotionally Attracted to

-  Women
-  Men
-  Other Gender(s)

Identidad de género

Expresión de género

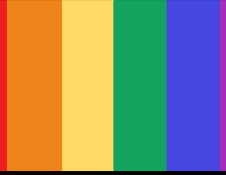
Sexo asignado al nacer

Orientación sexual

To learn more, go to:
www.transstudent.org/gender

Design by Landyn Pan and Anna Moore

Sexual Orientation / Orientación Sexual



Sexual Orientation is a term used to describe a person's emotional and physical feelings of attraction and sexual desire for people of the same gender, opposite gender or other genders.

- *personas del sexo opuesto (**heterosexual**)*
- *Del mismo sexo (**homosexual**), y*
- *de ambos sexos (**bisexual**)*



Sexual Orientation Terms:

L

Lesbian / *Lesbiana* – a person who is female-identified and is emotionally or physically attracted to other females

G

Gay / *Gay* – A male-identified person who's emotionally or physically attracted to other males.

B

Bisexual / *Bisexual* – A person who is attracted to two or more genders.

A

Asexual / *Asexual* – a person of any gender who does not feel sexual attraction to anyone.

P

Pansexual / *Pansexual* – term used to describe people who have romantic, sexual or affectional desire for people of all genders and sexes.

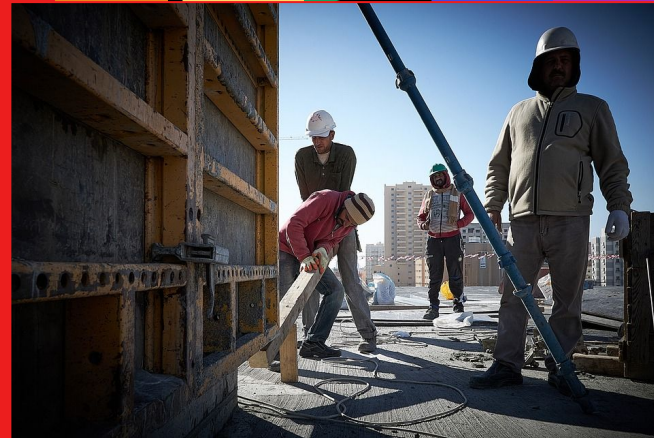
S

Straight / *Heterosexual* – refers to sexual or romantic attraction to or between people of the opposite gender.

What is Gender? ¿Qué es el género?

Gender is a socially constructed way of seeing a person as either male or female.

El género se refiere a las características que la sociedad y la cultura definen como masculinas o femeninas.



Gender Identity / Identidad de género

Gender Identity is an internal truth, and an extremely personal part of who we are, and how we perceive ourselves.

*Algunos niñ@s sienten muy profundamente que su percepción interior de ser hombre o mujer (su “**identidad de género**”) no coincide con su cuerpo.*



Gender Identity – *Identidad de género*



Cisgender

A term for someone whose gender identity aligns with the sex assigned to them at birth.



Cisgénero

Un término para alguien cuya identidad de género se alinea con el sexo asignado al nacer.



Transgender

A term for someone whose gender identity or gender expression differs from the sex that they were assigned at birth.



Transgénero

Un término para alguien cuya identidad de género o expresión de género difiere del sexo que se le asignó al nacer.

Recap – Resumen

Sex Assigned at Birth

Sexo asignado al nacer



Gender

Género



Gender Identity

Identidad de género





Laws & Policies

Leyes & polizas



NJLAD

The New Jersey Law Against Discrimination generally makes it unlawful for schools to subject individuals to differential treatment based on race, creed, color, national origin, ancestry, marital status, domestic partnership or civil union status, sex, affectional or sexual orientation, gender identity or expression, disability or nationality. Title IX of the Education Amendments of 1972, specifically prohibits discrimination on the basis of sex in federally funded education programs and activities.

State of NJ | Civil Service Commission

Transgender Student Guidance for School Districts



NJ Chapter 32

Beginning in the 2021–2022 school year, each school district shall incorporate instruction on diversity and inclusion in an appropriate place in the curriculum of students in grades kindergarten through 12 as part of the district’s implementation of the New Jersey Student Learning Standards. The instruction shall: (1) highlight and promote diversity, including economic diversity, equity, inclusion, tolerance, and belonging in connection with gender and sexual orientation, race and ethnicity, disabilities, and religious tolerance; (2) examine the impact that unconscious bias and economic disparities have at both an individual level and on society as a whole; and (3) encourage safe, welcoming, and inclusive environments for all students regardless of race or ethnicity, sexual and gender identities, mental and physical disabilities, and religious beliefs.

[NJ Diversity & Inclusion Law](#)

[NJSLS Diversity & Inclusion Educational Resources](#)



School Policies

Schools and school districts have a legal responsibility to provide a safe environment for students to participate in the educational process including extra-curricular activities free from bullying, cyber-bullying, and harassment. School boards should adopt policies that are distributed annually and included in any district-wide student codes of conduct, disciplinary policies, student handbooks, and websites.

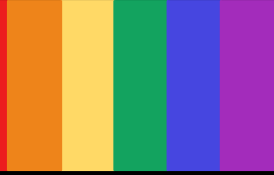
GLSEN's Policy & Advocacy Recs.

Family Resources

Recursos para familias



LGBTQ+ Organizations



Proyecto en Familia



GLAAD



HiTOPS



PFLAG



Gender Spectrum
Education & Training



GLSEN

Teaching Outside the Binary

LGBTQ+ Book Recommendations



Bilingual

Listed are 10 bilingual books (grades K–3) with LGBTQ+ themes.



Middle

Listed are 25 middle school books (grades 6–8) with LGBTQ+ themes.



Elementary

Listed are 26–29 elementary books (grades K–5) with LGBTQ+ themes.



High School

Listed are 25 high school books (grades 9–12) with LGBTQ+ themes.



Adult

Listed are 25 adult books with LGBTQ+ themes.

Welcoming Schools



“Lesson plans are designed to help educators create classrooms and schools that are affirming of all students and their families.”

Lesson Plans

“A Compilation of Welcoming Schools Book Lists: Addressing LGBTQ & Gender Topics, Racism and Intersectionality Through Reading.”

Children & YA Books

“Welcoming Schools resources include lists of developmentally appropriate vocabulary about lesbian, gay, bisexual, transgender, non-binary and queer identities.”

Terminology

Welcoming Schools



“Be Prepared for Questions and Put-Downs about Gender.”

“Transgender and Non-Binary Children: Books to Help Adults Understand.”

Don't ignore it! “What Do You Say to ‘That’s So Gay’ & Other Anti-LGBTQ Comments?”

[Guide](#)

[Adult Books](#)

[English Guide](#)

[Guía en español](#)

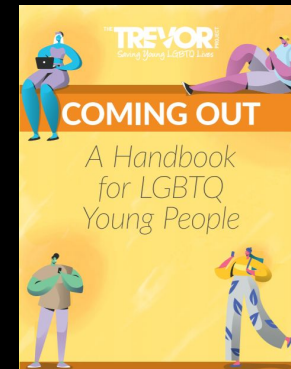
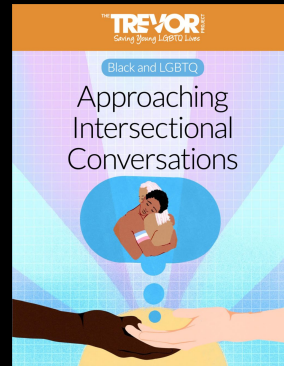
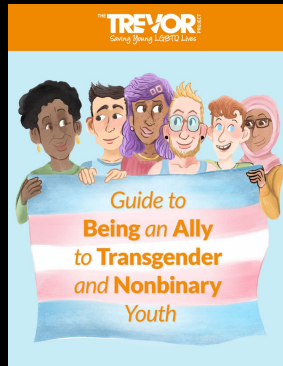
The Trevor Project

THE **TREVOR** PROJECT

“A Guide to Being an Ally to Transgender and Nonbinary Youth”

“Black and LGBTQ: Approaching Intersectional Conversations”

“A Coming Out Handbook for LGBTQ Young People”





Questions?

¿Preguntas?



/Elle

GRACIAS! THANK YOU!



wendygbateman@gmail.com

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