



An Inclusive Classroom: Incorporating LGBTQ+ Students into Health Curricula

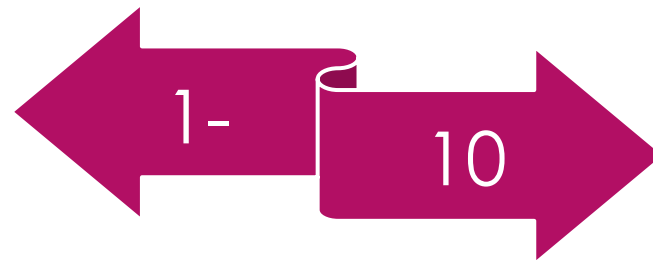
AMBUREEN RANA: YOUTH OUTREACH SPECIALIST

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HEALTH EQUITY ALLIANCE

Introductions

- ▶ **Name**
- ▶ **Personal Gender Pronouns**
- ▶ **Rate your knowledge of trans identities**



- ▶ **What would you like to get out of this workshop today?**

Words to Know

- ▶ **Transgender/Trans:** an umbrella term used to refer to a person whose gender differs from gender assigned at birth (MTF, FTM, Non-binary, agender)
- ▶ **Cisgender/Cis:** a person whose gender is in accordance with gender assigned at birth. A non-trans person. (male : man :: female : woman)
- ▶ **Pronouns:** the words we use to talk about people in place of a name. In some languages, pronouns are not gendered.

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Identity is personal and political--only use words to identify others that they use to identify themselves. Not sure? Just avoid using labels!

AKA: Reflective Language

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Let's Practice!

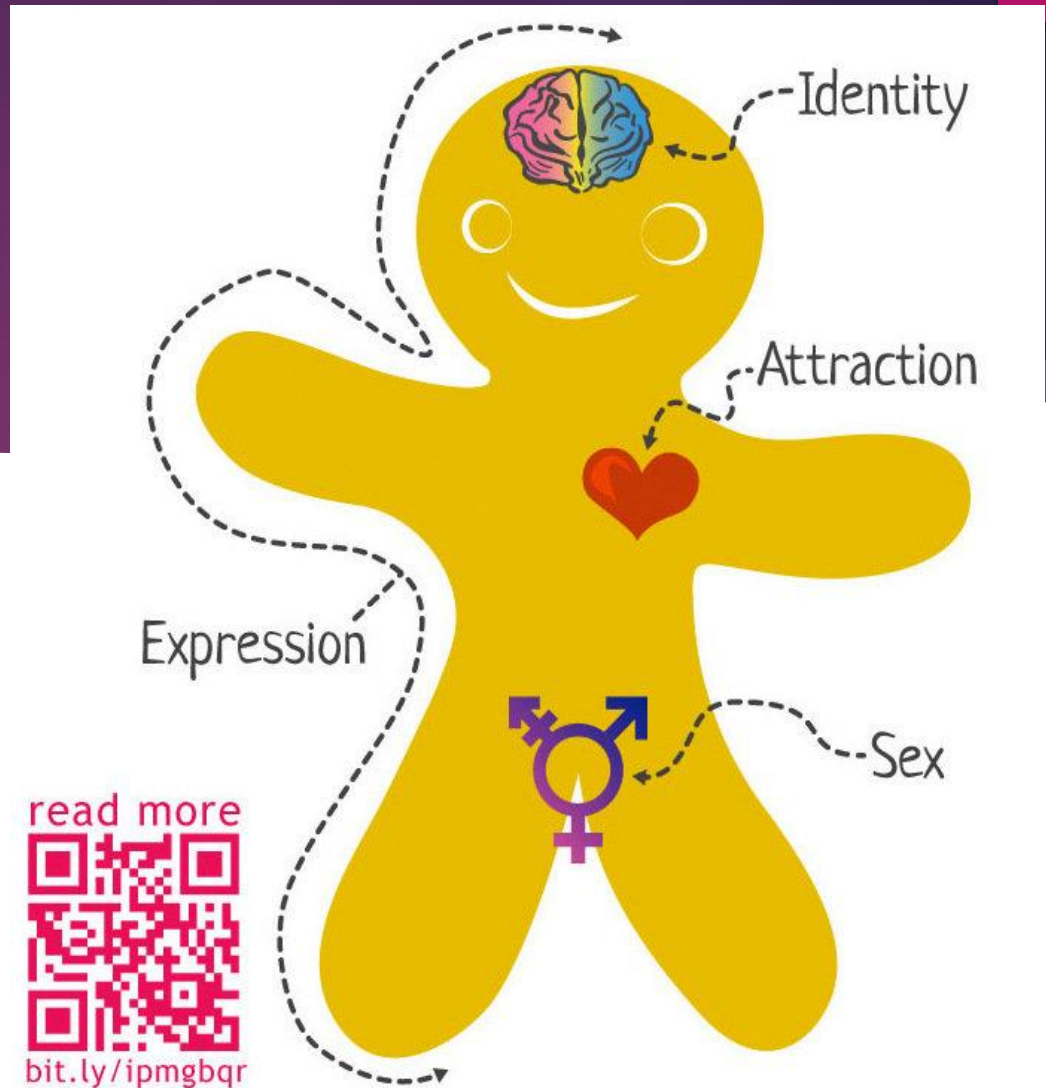


What is Gender?

- ▶ Gender is the indication of a person's identity depending on a range of social and cultural characteristics marked as feminine, masculine, or somewhere in between.



What is Gender?



Health Issues Facing LGBTQ+ Youth



Rates of Intimate Partner Violence in the Community

	Lesbian/Gay	Bisexual	Straight
Women	44%*	61%*	35%*
Men	26%*	37%*	29%*
Trans People	31-50%**		

- ▶ *2010 CDC National Intimate Partner and Sexual Violence Survey: lifetime prevalence of rape, physical violence, or stalking by an intimate partner.
- ▶ **2015 Williams Institute: lifetime prevalence of IPV among transgender people

Tactics of Power & Control

- ▶ “Outing”
- ▶ Saying that no one will help the victim because they are LGBT or that for this reason, the partner “deserves” the abuse.
- ▶ This relationship is the “Best they’re going to get,” especially in rural areas
- ▶ Justifying the abuse with the notion that a partner is not “really” lesbian, gay, bisexual or transgender
- ▶ Monopolizing support resources in LGBTQ+ community (social, family)
- ▶ Portraying the violence as mutual and even consensual, or as an expression of masculinity or some other “desirable” trait.

STD's and HIV

Why are LGBTQ people at higher risk for HIV?

- ▶ Types of sex
- ▶ Stigma Types of encounters
- ▶ Substance use and sex
- ▶ Access to healthcare
- ▶ Sexual Assault
- ▶ Economics (survival sex and sex work)

Mental Health & Substance Use

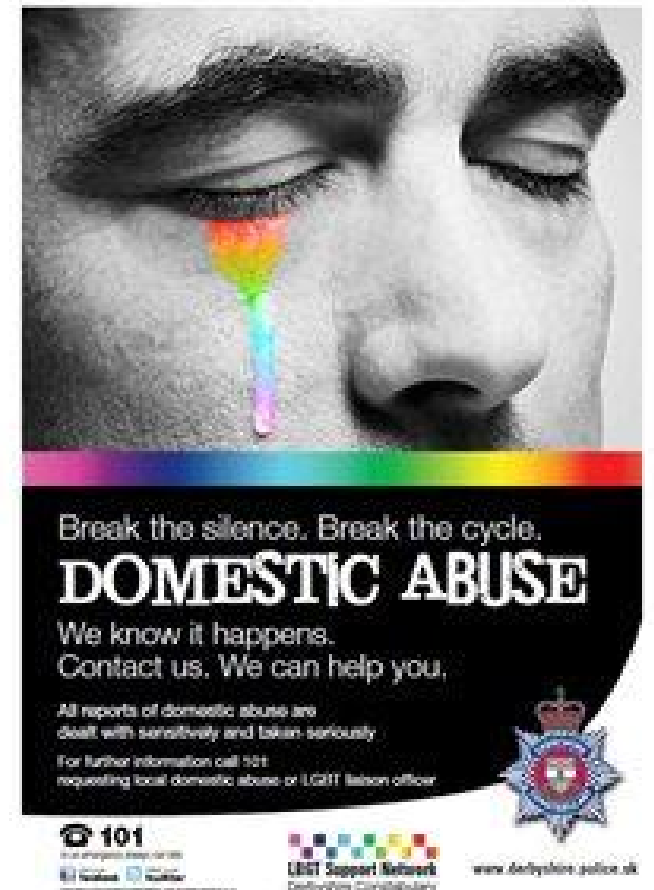
- ▶ LGBTQ+ Youth are 4 x's more likely to commit Suicide than their straight and cisgender peers
- ▶ 41% of Transgender people will attempt suicide in their lives
- ▶ 20-30% of LGBTQ+ people abuse substances, compared to 9% of the general population
- ▶ LGBTQ+ Youth are at greater risk for depression and anxiety
- ▶ High rates of self harming behavior (cutting, burning) as well as eating disorders (among all genders)
- ▶ Bullying, stigma, and unsupportive home and school environments are the leading causes of mental health disparities

Family and Home Life

- ▶ 40% of all Homeless Youth in the United States are LGBTQ+
- ▶ LGBTQ+ Youth are at greater risk for family violence and abuse as well
- ▶ Coming out process creates an especially high risk time for abuse and rejection
- ▶ 2016 Study came out this year demonstrates that when transgender children and youth live in households that support and affirm their gender, and when they can receive access to appropriate transition health care, almost all health disparities are eliminated

Creating an LGBTQ+ Affirming Space

- ▶ Facilities
- ▶ All-gender restrooms (with clear signage)
- ▶ Visibility
- ▶ LGBT literature and symbols visible in office and on website
- ▶ Non-discrimination policy incl. orientation & gender
- ▶ Email signatures/nametags: include personal pronouns
- ▶ Deepen relationships with LGBTQ+ organizations
- ▶ Honor awareness days
 - (World AIDS Day, Trans Day of Remembrance, Pride month)



Contact Us:

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