



LGBTQ+ Youth in Care

Who is Marcus anyway?



Sexual Orientation Gender Identity

What's your lens?

Cultural Awareness

Tolerance

vs

Acceptance

vs

Support & Celebration?



The Language of Identities

Sexual Orientation

Lesbian

Gay

Bisexual

Questioning

Queer

Asexual

Pansexual

Gender Identity

Transsexual

Transgender

Questioning

Two-Spirit

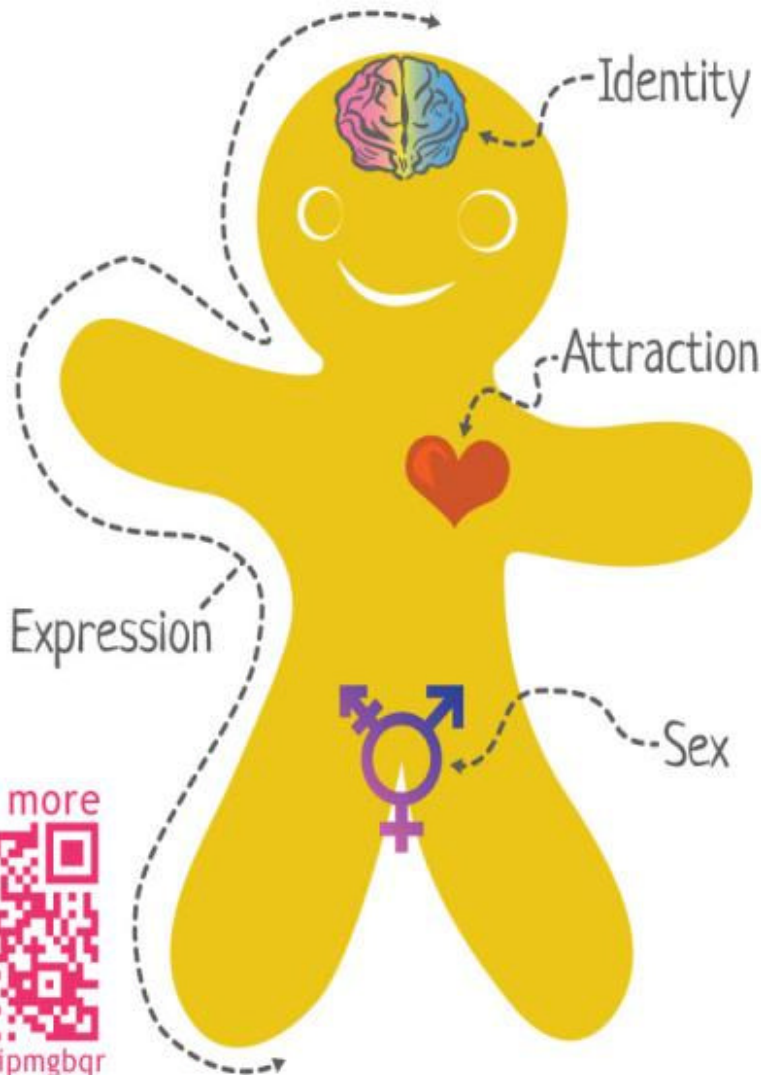
Intersex

Bi-Gender

Gender Queer

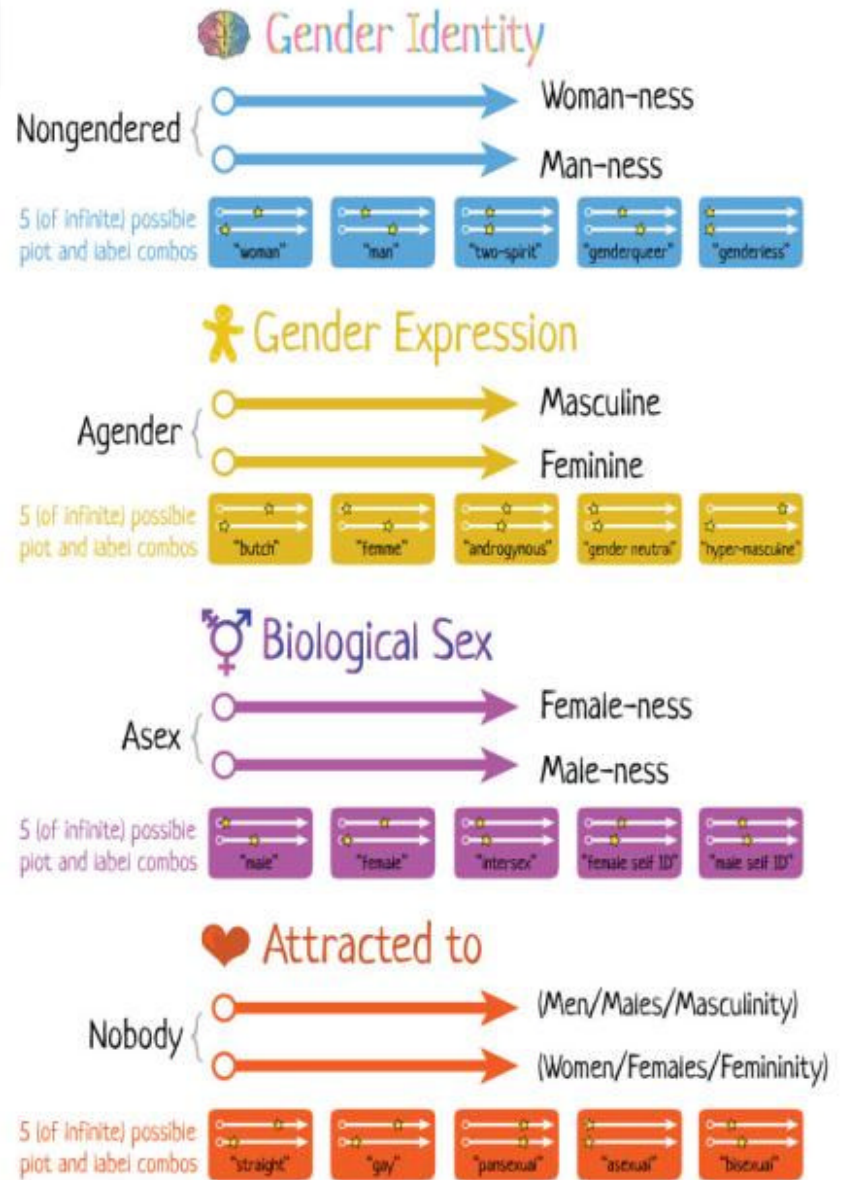
The Genderbread Person v2.0 by its pronounced METROsexual.com

Gender is one of those things everyone thinks they understand, but most people don't. Like *Inception*. Gender isn't binary. It's not either/or. In many cases it's both/and. A bit of this, a dash of that. This tasty little guide is meant to be an appetizer for understanding. It's okay if you're hungry for more.



read more

bit.ly/ipmgbqr



Mental Health of LGBTQ+ People

- + Higher rates of mood disorders
- + Depression - 31% Gay Bi vs. 10.2% hetero men
- + Anxiety - 15% Lesbian Bi vs. 4% hetero women
- + Panic attacks - 18% Gay Bi vs. 4% hetero men (Cochran and Mays, 2003)
- + Depression/Anxiety-higher rates directly related to stress and the expectation and experience of discrimination (Dean 2000/Meyer 2003)

+ *Rainbow Health Ontario - RHO fact sheet: LGBTQ Mental Health*

Canadian LGBTQ+ Youth

- + In Quebec, studies have shown that gay and bisexual youth are six to 16 times more likely to attempt suicide than heterosexual teens.
- + In B.C., studies have reported that 18% to 42% of the LGBTQ persons assessed described attempts on their own lives.
- + In Alberta, it was found that 28 % of completed suicides were carried out by LGBTQ youth - 38 % of queer teens also reported being physically or emotionally affected by blatant homophobia.

Ontario LGBTQ+ Youth

- + In Ontario, 77 % of trans youth have admitted to contemplating suicide, and 43 % have tried.
- + LGBTQ youth are 1.5 to 3 times more likely to have reported suicidal ideation than non-LGBTQ youth (Suicide Prevention Resource Centre [SPRC])
- + LGBTQ youth are 1.5 to 7 times more likely than non-LGBTQ youth to have reported attempting suicide (SPRC).

Quoting - Jayke Bruneau

“I just wanted to be heard and for them to know that what I am going through is NOT a phase and I didn't chose to be QUEER nor Trans*!!!”

Why Come Out

Feels phony - pretending to be someone you're not

Loneliness - No one can get close to you if your pretending

Double life - is exhausting - saps emotional energy - could be a better student/at your job

Known about it for a long time - acceptance within ones self

For family to know who I am - do you still love me

Because no body should have to pretend to be someone else in order to get an education, hold a job, get respectful health care, or be loved by their family.

Racialized LGBTQ+ Sexuality and identity/orientation

LGBTQ+ - can be a recent western construct

Do not always label sexual behavior as an orientation or identity

May live a heterosexual sexual identity due to many personal reasons

Western/ Eurocentric need to “come out”

Western emphasis is on individuality

Creating adopted family is not a reality for others

Gender identity/same-sex expression in homo-social activities/events, religious celebration/festivals, etc.

Anxiety and shame about gender identity and shame around trans bodies

Racialized LGBTQ+

Sexuality and identity/orientation

- + Disclosure of one's orientation can sometimes lead to a negation of one's racial or ethnic identity.

- + LGBTQ+ people of color can face alienation, discrimination, or both from the LGBTQ+ community and from their ethnic community of origin.
 - may feel forced to choose one identity over the other
 - may not necessarily derive the same psychological benefits from "the gay community" as white LGBTQs, - social support, visible role models, acceptance for "who you are"
 - and at times may even experience racism within the "gay community"

- + When thinking about diversity within the LGBTQ+ community, there are broad, influential factors that affect identity. These may include diverse cultural ideas about gender roles, conceptions about the place of family, family structure and family expectations, geographical location, and the influence of religion.

(Garnets & Kimmel 2003).

Quoting - Jayke Bruneau

“As a former youth the in care it would have been nice if my worker would have listened to me and supported me rather than telling her other co-workers about me.”

Changing Tides for LGBTQ+ Youth

#BEOURALLY

<https://youtu.be/DBHyIRKR6uo>

Whether or not a youth in your care openly identifies as LGBTQ+

- + Make it clear that slurs or jokes based on gender, gender identity, or sexual orientation are not tolerated in your house. Express your disapproval of these types of jokes or slurs when you encounter them in the community or media.
- + Display “hate-free zone” signs or other symbols indicating an LGBTQ-friendly environment (pink triangle, rainbow flag).
- + Use gender-neutral language when asking about relationships. For example, instead of, “Do you have a girlfriend?” ask, “Is there anyone special in your life?”

Whether or not a youth in your care openly identifies as LGBTQ+

- + Celebrate diversity in all forms. Provide access to a variety of books, movies, and materials—including those that positively represent same-sex relationships.
- + Let youth in your care know that you are willing to listen and talk about anything.
- + Support your youth's self-expression through choices of clothing, jewelry, hairstyle, friends, and room decoration.
- + Insist that other family members include and respect all youth in your home.
- + Allow youth to participate in activities that interest them, regardless of whether these activities are stereotypically male or female.
- + Educate yourself about LGBTQ history, issues, and resources.

Resources

- + Kids Help phone
1-800-668-6888
www.kidshelpphone.ca
- + LGBTQ Youth Line
1-800-268-9688
www.youthline.ca
- + Trans Life Line
1-877-330-6366
www.translifeline.org
- + PFLAG Canada
www.pflagcanada.ca
- + Rainbow Health Ontario
www.rainbowhealth.ca

LGBTQ+ Fostercare

Five/Fourteen is the only foster agency dedicated solely to providing services and support to lesbian, gay, bisexual, trans*, queer, two-spirit, and otherwise gender-independent children and youth in foster care.



www.fivefourteen.ca

Camp Ten Oaks

Camp Ten Oaks is a one-week, sleep-away camp for children and youth ages 8-17 from LGBTQ+ (lesbian, gay, bisexual, trans, two-spirit, queer) identities, families and communities. The program first opened its doors in August 2005. Now, it's at capacity with 100 campers each summer.

www.tenoaksproject.org



