



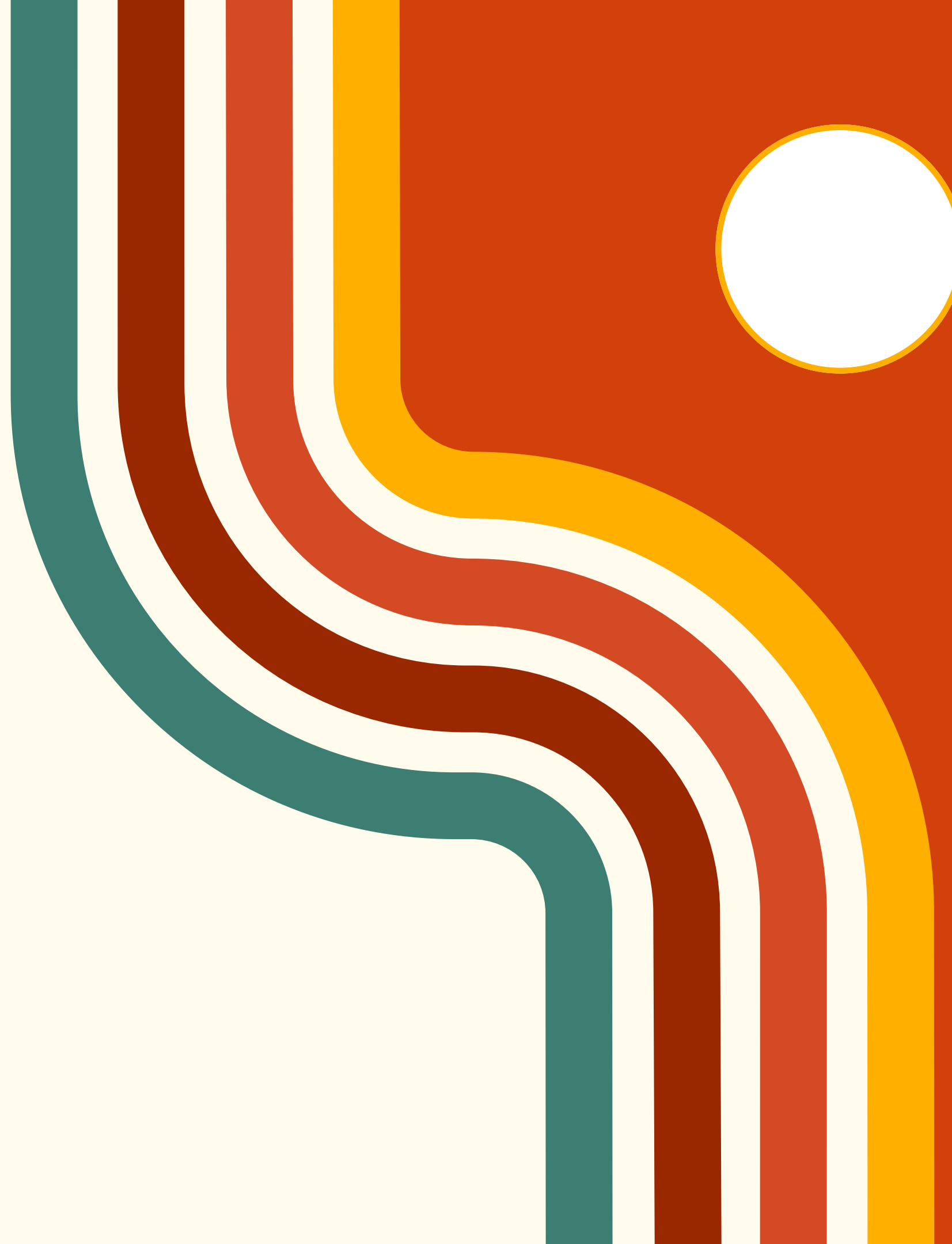
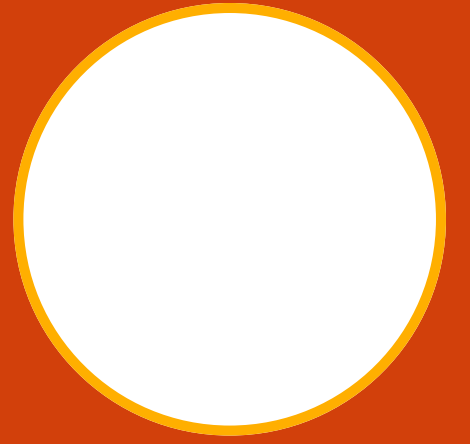
# LGBTQ+

# Resources

*Family and Student*

**Corbett School District**

Vanessa Knight





# Agenda

- Glossary of Terms
- Mental Health Resources
- Online Safety
- Healthy Relationships
- Creating safer spaces for LGBTQ+ youth
- How to be an ally to LGBTQ+ youth



# Glossary of Terms

Sources: HRC Human Rights Campaign  
and The Trevor Project

**LGBTQ+:** An acronym for “lesbian, gay, bisexual, transgender and queer” with a “+” sign to recognize the limitless sexual orientations and gender identities used by members of the community.

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**Queer :** A term people often use to express a spectrum of identities and orientations that are counter to the mainstream. Queer is often used as a catch-all to include many people, including those who do not identify as exclusively straight and/or folks who have non-binary or gender-expansive identities. This term was previously used as a slur, but has been reclaimed by many parts of the LGBTQ+ community.

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**Sexual Orientation:** An inherent or enduring emotional, romantic or sexual attraction to other people. Note: an individual’s sexual orientation is independent of their gender identity.

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**Transgender:** An umbrella term for people whose gender identity and/or expression is different from cultural expectations based on the sex they were assigned at birth. Being transgender does not imply any specific sexual orientation. Therefore, transgender people may identify as straight, gay, lesbian, bisexual, etc.

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# Glossary of Terms

**Gender Identity:** Our personal sense of what our own gender is.

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**Gender Expression:** The way in which people present or express their gender, including physical appearance, clothing, hairstyles, and behavior. People can exert a certain degree of control over their gender expression depending on their resources and environment.

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**Perceived Gender:** How the world sees and understands your gender.

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**Gender-fluid :** A person who does not identify with a single fixed gender or has a fluid or unfixed gender identity.

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**Non-binary :** An adjective describing a person who does not identify exclusively as a man or a woman. Non-binary people may identify as being both a man and a woman, somewhere in between, or as falling completely outside these categories. While many also identify as transgender, not all non-binary people do. Non-binary can also be used as an umbrella term encompassing identities such as agender, bigender, genderqueer or gender-fluid.

# Glossary of Terms



**Sex assigned at birth:** The sex (male, female, or intersex) that a doctor uses to describe a child at birth based on their physical anatomy.

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**Cisgender:** A term to describe a person whose gender identity aligns with those associated with the sex assigned to them at birth (i.e., a person who is not transgender).

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**Intersex :** Intersex people are born with a variety of differences in their sex traits and reproductive anatomy. There is a wide variety of difference among intersex variations.

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**Bisexual:** Often “bi” for short. Someone who is attracted to those of their same gender as well as to those of a different gender (for example, a woman who is attracted to both women and men).

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**Asexual:** Often called “ace” for short. Refers to a complete or partial lack of sexual attraction or lack of interest in sexual activity with others.

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# Resources

## **Lewis & Clark TransActive Gender Project**

They provide a holistic range of services and expertise to help empower transgender and gender-expansive children, youth, and their families in living healthy lives free of discrimination.

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## **The Trevor Project**

The Trevor Project is the leading suicide prevention and crisis intervention nonprofit organization for LGBTQ+ young people. They provide information & support to LGBTQ+ young people 24/7, all year round.

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## **HRC: Human Rights Campaign**

Their goal is to ensure that all LGBTQ+ people, and particularly those who are trans, BIPOC, and HIV+, are treated as full and equal citizens within our community, across our country and around the world

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## **Psychology Today**

*psychologytoday.com*

Find a therapist near you.

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## **PFLAG**

Great resource for how to support your LGBTQ+ loved one.

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# Safety Online

## **Seek supportive communities:**

TrevorSpace, Pflag, and  
Q Chat Space

## **Customize Your Experience:**


Most social media platforms will allow you to restrict certain content and customize your pages in ways that make you happy.

## **Verify Online Friends:**

Be cautious about accepting friend requests or connecting with strangers, even if they claim to be supportive.

## **Protect Your Personal Information:**

Be cautious about sharing sensitive details like your full name, address, school, phone number, and personal photos as it might expose identifying information you want to keep private. Consider using an avatar as your profile picture to avoid sharing your personal photos if that makes you more comfortable.





# Safety Online

## **Be Picky About Sharing:**


If you're excited to share something, but only want a select group of friends or followers to see, adjust your privacy settings to narrow your audience.

## **Block Negativity:**

Report and block harassers when necessary. If someone is negatively impacting your experience, you can block them. For example, when you block someone on Instagram, they're never notified and they can no longer view your posts or search for your account.

## **Adjust Your Settings:**

No matter the platform, by switching to a private account and/or taking advantage of various privacy tools platforms are making available, you can choose who follows you and views the photos and videos you share, and control what you see and how the platform interacts with you, including what data it collects.








# Safety Online

## **Create Strong Passwords**

Use strong, unique passwords and consider a password manager, which helps securely store all of your passwords in one place. When available, enable multi-factor authentication

## **Make Healthy Choices:**

It is easy to find yourself spending more time on social media than you may want to. It could cut into your time with friends IRL, keep you up late at night, or stop you from getting outside into nature or being active. Use tools to help prevent binge scrolling (such as Instagram's "nudge" or "take a break" features), remind you to go to sleep, and interrupt unhealthy behaviors. Your device may have options to help limit the amount of screentime for each app.





# Safety Online

## **Look Out for Others:**

If you see a post that makes you worry that someone might hurt themselves, know that you don't have to handle it alone. For example, you can let Instagram know about the post and the next time the person opens the app they will see a message connecting them to support resources, such as talking to friends, contacting a helpline, or finding additional resources. It is completely anonymous. They will never know who alerted Instagram about the content. You are not telling on someone; you are helping them access support and resources. Additionally, anytime a piece of content seems harmful or concerning, you can report it for review by the site's moderation team.



# Online

## TrevorSpace



# Community

TrevorSpace is an affirming, online social community for LGBTQ young people between the ages of 13-24 years old. With over 400,000 members across the globe, you can explore your identity, get advice, find support groups, and make friends in a moderated online safe space intentionally designed for you.





# Help Line

If you are thinking about harming yourself — get immediate crisis support. Connect to a crisis counselor 24/7, 365 days a year, from anywhere in the U.S via text, chat, or phone. The Trevor Project is 100% confidential and 100% free.




## The Trevor Project

[Chat With Us](#)

[Call Us: 1-866-488-7386](#)

[Text Us: 678-678](#)





# Suicide & Crisis Lifeline

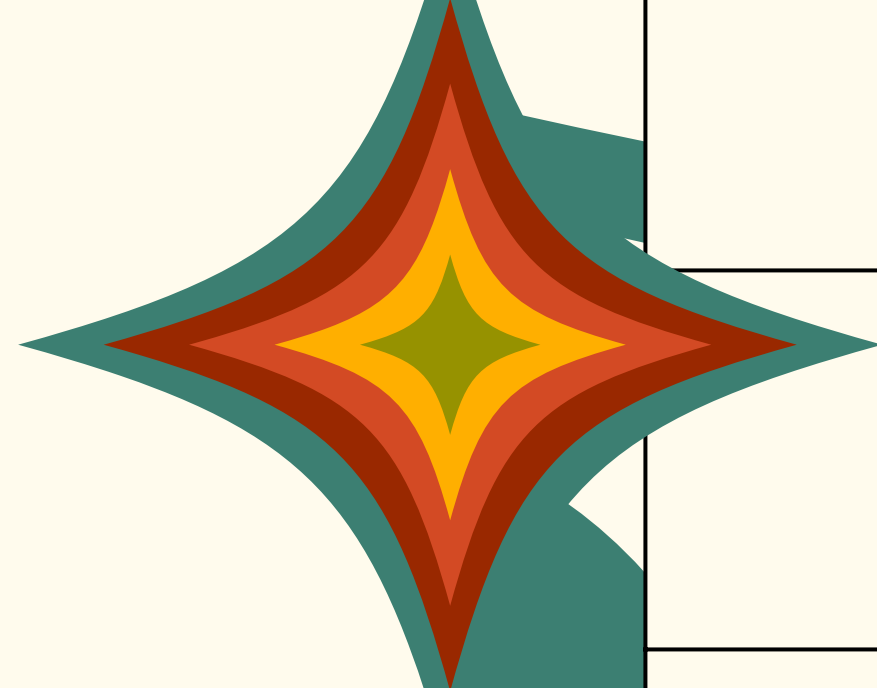


# 988

The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.



# Healthy Relationships



Respect	Trust
Honesty	Support
Fairness	Separate Identities
Good Communication	Joy

# Unhealthy Relationships

A partner may...

get angry when you don't drop everything for them

raise a hand when angry, like they're about to hit you

try to keep you away from family and friends

say they "cannot live without" the other. They may threaten to do something drastic if the relationship ends.

say you'll never find anyone else who would date you

make all the decisions and tells you what to do, what to wear, or who to spend time with.

want you to quit an activity, even though you love it

pressure or force you into sexual activity against your will or without consent

# Creating Safer Spaces

Signs a school staff member is a safe person to turn to:

They decorate their space with items that signify allyship (a pronoun button, a flag, or a poster of an LGBTQ film or artist).

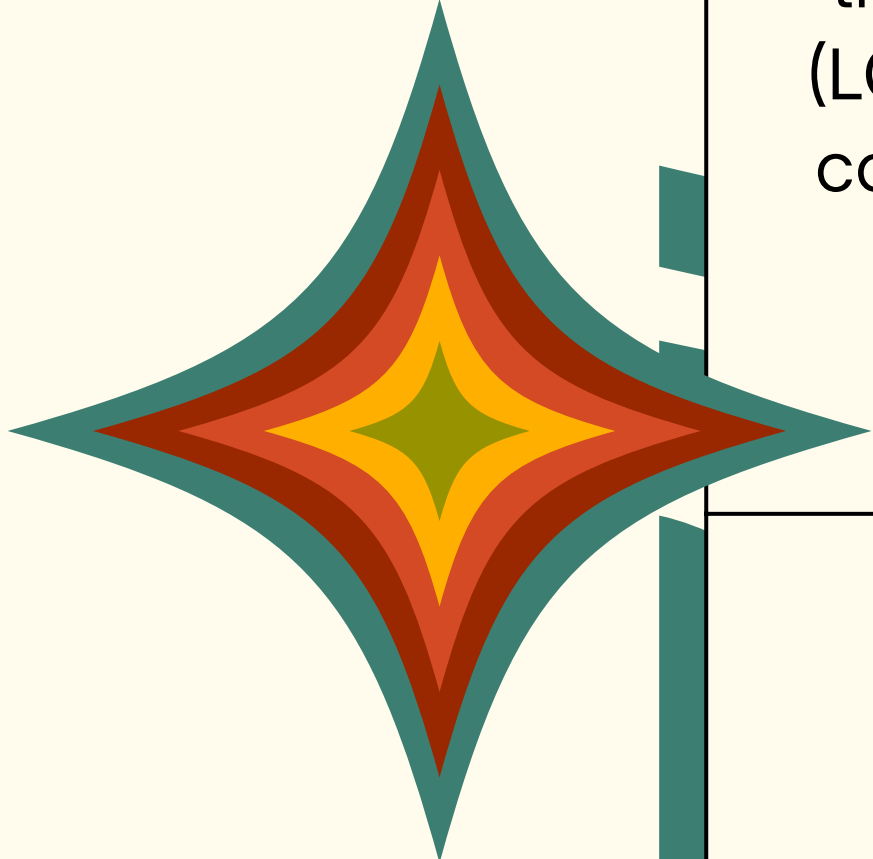
They introduce themselves using their name and pronouns.

They do not tolerate harrassment or bullying in their class at all. They do not tolerate anti LGBTQ+ slurs





# Ways to be an Ally



Be open. Talk about having lesbian, gay, bisexual, transgender, and queer (LGBTQ+) friends, family, colleagues, classmates, and acquaintances.

Stay informed. Learn about the realities, challenges and issues affecting the lives of people who are LGBTQ+ through news stories, social media, websites, books, documentaries, and educational materials.

Ask questions. Or do research on your own. If you hear acronyms, terminology, or references you're not familiar with commit to getting the answers.

Teach equality. Talk to the children in your life about different kinds of families. Be mindful of the day-to-day messages that they are receiving about people for are LGBTQ+ in schools, from friends, the web, and on TV.

Resource: PFLAG

# Ways to be an Ally

Use a loved ones preferred name and/or pronouns.

Become an advocate. Call, write, email, or visit public policy makers and let them know that as an ally who votes, you support laws that extend equal rights and protections for ALL people.

Get loud. Talk to friends and family, share stories online – do whatever you can to come out as an ally so that others know you support respectful and equal treatment for people who are LGBTQ+.

Challenge those around you. Encourage the organizations you are a part of – including social groups, your workplace, or faith community – to consider inclusive policies that protect the LGBTQ+ community from discrimination.