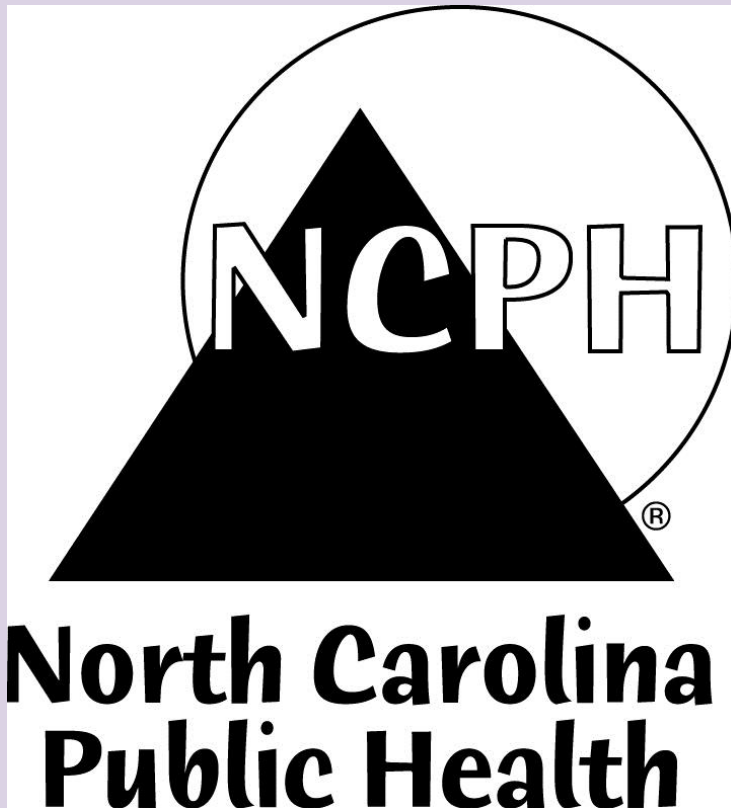




How to be an Ally for Lesbian, Gay, Bisexual, Transgender, Questioning, 2-Spirited Youth

Presented by
Sherry Lehman M.Ed., LPC

Collaboration



Objectives

- Describe the experiences of sexual and gender minority youth in public schools
- Identify the disproportionate rates of transmission of HIV among young men who have sex with men
- Explain the higher rates of suicide, suicide attempts, and self-destructive behaviors among GLBTQ youth
- Model how to be an ally in the school setting



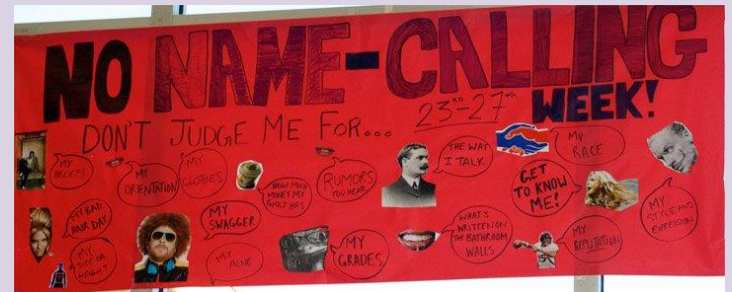
School Violence Prevention

SB 529 (passed 2009)

Bullying or harassing behavior includes, but is not limited to, acts reasonably perceived as being motivated by any actual or perceived differentiating characteristic, such as race, color, religion, ancestry, national origin, gender, socioeconomic status, academic status, **gender identity**, physical appearance, **sexual orientation**, or mental, physical, developmental, or sensory disability, or by association with a person who has or is perceived to have one or more of these characteristics.



Allies Matter



VALUES CLARIFICATION



The State of HIV in North Carolina



Youth Suicide Prevention



Suicide and Bullying in the US for LGBT Youth

- In 2005, 90% of LGBT youth ages 13-18 reported being verbally or physically harassed or assaulted
- LGBT youth attempt suicide at a rate 2-4 times higher than heterosexual peers
- LGB attempts are more serious:
 - Higher intent to die
 - More lethal means



www.youthprideri.org



The Relationship Between being LGBTQ and Suicide is Complex

- I.H. Meyer Minority Stress Model
 - Minority individuals suffer from mental and physical health disparities compared to their majority peers.



Setting the BAR for Suicide Prevention

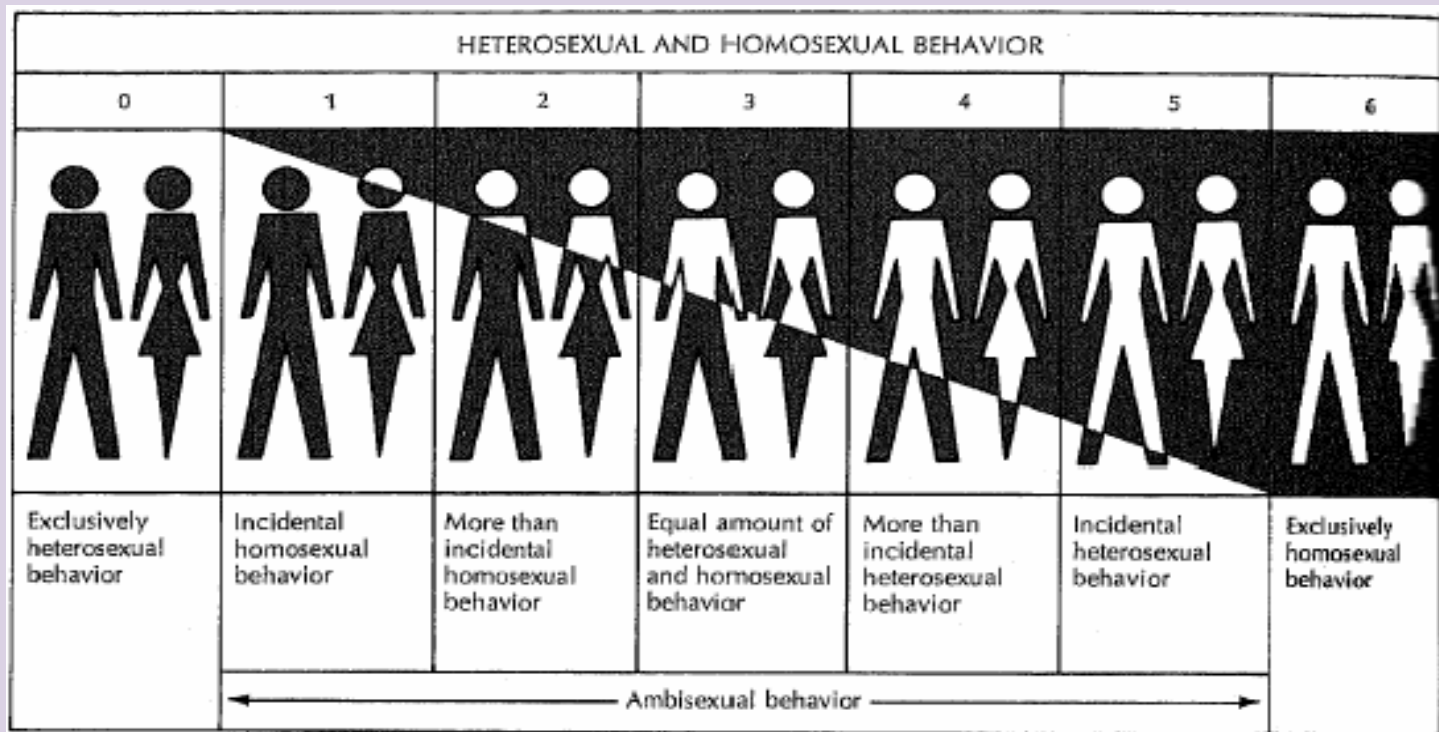


Terminology Activity



QUESTIONING

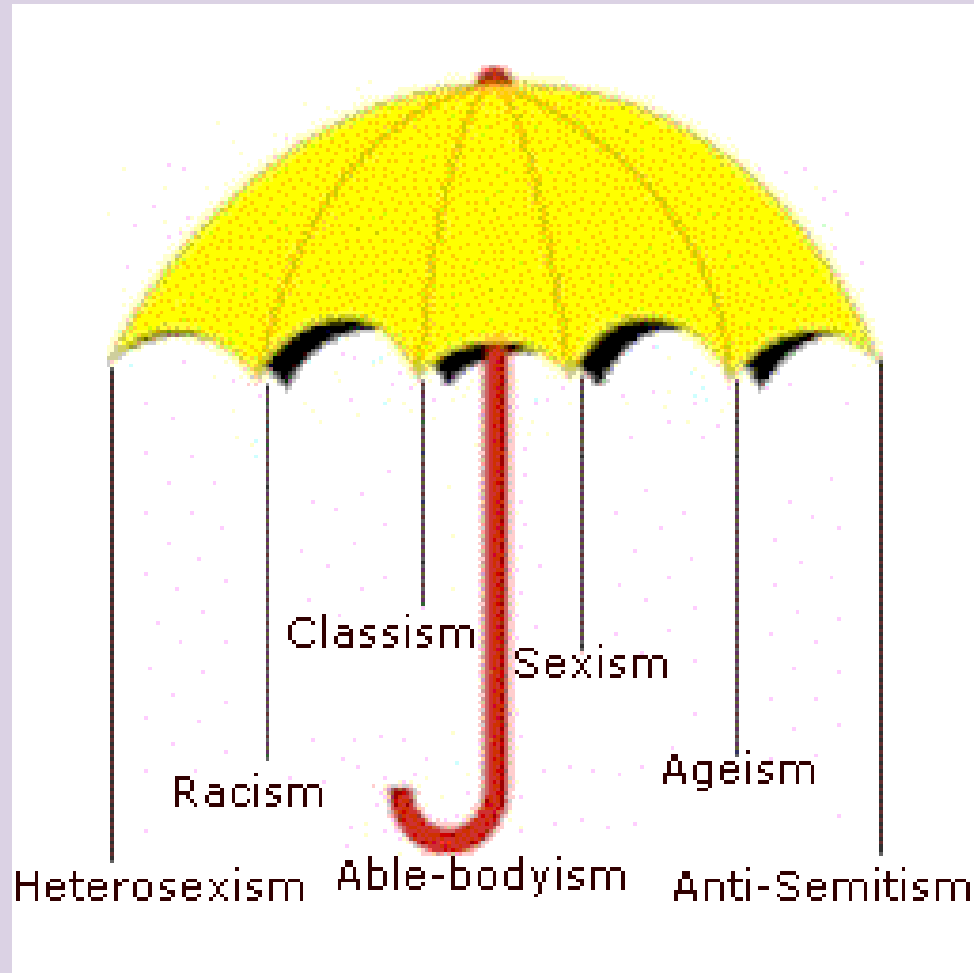
- All adolescents are questioning everything about sexuality all the time.



Kinsey scale



There is No Hierarchy in Oppression!



Cultural Humility

Cultural Humility incorporates a life long commitment to self-evaluation and self-critique, to redressing power imbalances wherever they occur and creating partnerships whenever and wherever possible on behalf of individuals.



Riddle Homophobia Scale

Homophobic Levels of Attitude

- **Repulsion**
- **Pity**
- **Tolerance**
- **Acceptance**
- **Support**
- **Admiration**
- **Appreciation**
- **Nurturance**



“Affirm” Versus “Promote”

- **Affirm: to state or assert positively (about a group)**
- **Promote: to further, advance, or exalt; put in a higher position (than another group)**





What is an Ally?

An individual who assumes the role of advocate or supporter of persons identifying as LGBTQ people.



Qualities of an Ally

- Takes a stand against social injustice
- Works to develop an understanding of homosexuality and the needs of LGBTQ people
- Is committed to the personal growth required to be understanding and supportive of LGBTQ people.
- Attempt to gain support from others and develop new allies.



Qualities of an Ally, cont.

- Takes pride in and appreciates the success achieved in combating homophobia, transphobia and heterosexism.
- Understands how patterns of oppression operate and is willing to identify oppressive actions and behaviors within himself/herself and within others.
- Tries to have a good sense of humor.



What would you do?



I wanted to let you know that I have received several messages from people who attended the How to be an Ally Training last week. Everyone has expressed how great the workshop was and that they wished that it could have been longer to keep the conversations going. I tried to explain to them that this is where the training comes into play as they return to their workplace/school. It is up to all of us to keep the conversation moving on the continuum.

Debbie Bryant Healthful Living Coordinator



A young man who now attends "YO" (LGBTQ youth group) shared with me that he was living in NJ last year and contemplating suicide when he saw Allies Matter online and it gave him hope that other youth out there felt the same as he did and shared similar experiences.

Terra Weaver



Evaluation

- **High self-efficacy for being an advocate for LGBTQ teens.**
- **More favorable attitude toward being an advocate for LGBTQ teens.**
- **Greater expectations that being an advocate for LGBTQ teens would be beneficial to LGBTQ teens and the school environment.**
- **Greater expectations that supporting LGBTQ teens in school would reduce their risk of making a suicide attempt.**

