



A S C A W E B I N A R S E R I E S



AMERICAN
SCHOOL
COUNSELOR
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Suicide Prevention for LGBTQ Youth

Webinar Presenter: Danielle Orner
Webinar Date: February 15, 2017



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Suicide Prevention for LGBTQ Youth

A S C A W E B I N A R S E R I E S




Learning outcomes:

- Describe the services offered by The Trevor Project and how youth can access them.
- Discuss the challenges facing LGBTQ youth in their home, school and other environments.
- Explain the risk factors and warning signs of suicide
- Describe how to respond to a youth who is at risk for suicide and connect them to appropriate resources
- Explain how to create supportive environments for all youth that promote resiliency and decrease the risk for suicide.



Notes on this Training:

- This is only the beginning.
- We will talk about many resources to help you continue your education.
 - The people in this room have different experiences and levels of knowledge about today's topics.
- If you need a break, feel free to take one.



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ASCA WEBINAR SERIES

THE TREVOR PROJECT

The leading national organization providing crisis intervention and suicide prevention resources for lesbian, gay, bisexual, transgender, queer and questioning (LGBTQ) youth.



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WHY WE'RE HERE

THE FACTS

2nd

Suicide is the **2nd** leading cause of death among young people ages 10 to 24 and accounts for **12.0%** of the deaths every year in that age group

Source: CDC Suicide: Facts at a Glance, 2013



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WHY WE'RE HERE THE FACTS

41%

of transgender and GNC people have reported attempting suicide.

Source: "Injustice at Every Turn" National Gay and Lesbian Task Force Report, 2013

TREVOR

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WHY WE'RE HERE THE FACTS

4x

LGB youth are 4 times more likely to have attempted suicide than their heterosexual peers.

Source: CDC, "Sexual Identity, Sex of Sexual Contacts, and Health Risk Behaviors Among Students in Grades 9-12", 2011

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WHY WE'RE HERE THE FACTS

3x

Questioning youth are **3 times more likely** to have attempted suicide than their straight peers.

Source: CDC, "Sexual Identity, Sex of Sexual Contacts, and Health Risk Behaviors Among Students in Grades 9-12", 2011. **TREYOR**

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WHY WE'RE HERE THE FACTS

8x

LGB youth who come from highly rejecting families are up to **8 times more likely to attempt suicide** than LGB youth who come from accepting families.

Source: Family Acceptance ProjectSM, 2009. **TREYOR**

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WHY WE'RE HERE THE FACTS

1

One supportive person can decrease an LGBTQ youth's risk for suicide by 30%

Source: "School support groups, other school factors, and the safety of sexual minority adolescents," *Psych in the Schools* 2006

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THE TREVOR lifeline

The Trevor Lifeline is the nation's only 24/7 suicide prevention and crisis intervention lifeline for LGBTQ youth.

Available 24/7
866.488.7386



TREVOR chat

TrevorChat is a free, confidential, secure instant messaging service that provides live help with non-suicide related crises at TrevorChat.org.

Available Every Day
12pm - 6pm PST




TREVOR space

TrevorSpace is a safe, secure, social networking site for LGBTQ youth and their allies designed to decrease isolation and promote resiliency.

TrevorSpace.org

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TREVOR SUPPORT CENTER

ASEXUAL BISEXUAL COMING OUT
 FAMILY + FRIENDS GAY + LESBIAN GLOSSARY

Trevor Support Center is a digital hub with information on a wide range of topics affecting LGBTQ young people.

TrevorSupportCenter.org

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TREVOR education lifeguard workshop

Educate middle and high school students about self-care, the warning signs of suicide, and how to help a friend in crisis.

Available Online:
 16 Minute Video
 Lesson Plans
 Resource Poster

TheTrevorProject.org/Lifeguard



THE TREVOR PROJECT
 The leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning young people ages 13-25.
www.thetrevorproject.org

TREVOR LIFELINE
 24 HOUR TOLL-FREE YOUTH & FAMILY SUPPORT HELPLINE
 1-877-TREVOR LIFELINE
 1-877-488-7263

YOU ARE NOT ALONE ASK FOR HELP TREVOR

TREVORSPACE
 24 HOUR ONLINE SUPPORT FOR LGBTQ+ YOUTH
 13-25
www.thetrevorproject.org

TREVORCHAT
 TrevorChat is a confidential, secure instant messaging service that provides one-to-one LGBTQ+ youth support.
www.thetrevorproject.org

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At The Trevor Project, we define an “ally” as someone who works toward the inclusion, safety and respect of folks who identify differently than they do.

For the populations we serve, this could come in the form of straight and/or cisgender-identified adults who advocate for a better world full of opportunities for LGBTQ youth.

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In fact, LGBTQ people are often allies for folks within their umbrella community.

For example: a gay, white, cisgender male can act as an ally for a transgender woman of color just as a straight person could be an ally to a bisexual person.

Additionally, we consider becoming an ally a process that acknowledges difference of sexual/gender identity, in addition to intersections of other identities like race, class, ability, religion, citizenship status and more.

* Safe Zone Image from the Human Rights Campaign (www.HRC.org)



Sexual Orientation

To whom we feel attracted.

Gender Identity

Our internal sense of gender, regardless of what our bodies look like.



BI ERASURE

According to The Bisexuality Invisibility Report, bisexual erasure "refers to a lack of acknowledgment and ignoring of the clear evidence that bisexuals exist."



Denying that bisexuality exists as a legitimate orientation, such as stating "it's just a phase" or that bisexuality is simply for experimental purposes while one "eventually" transitions to gay, lesbian or straight.

Assuming that a bisexual person is heterosexual if with a different-sex partner or homosexual if with a same-sex person.

Examples of bi erasure include:

Mislabeling bisexuals as lesbian, gay or heterosexual. Celebrity examples of this include Lady Gaga and Alan Cumming.



Beyond the Gender Binary: Attraction

Bisexual

A term describing people who are attracted sexually and emotionally to multiple gender identities.

Pansexual

A term describing a sexual orientation characterized by the potential for attraction, romantic love, or sexual desire for people, regardless of their gender identity or biological sex.



ASEXUALITY ISN'T

- Abstinence because of a bad relationship
- Abstinence because of religious reasons
- Celibacy
- Sexual repression, aversion, or dysfunction
- Loss of libido due to age or circumstance
- Fear of intimacy
- Inability to find a partner

ACES MIGHT

- Want friendship, understanding, and empathy
- Fall in love
- Experience arousal and orgasm
- Choose to masturbate
- Choose to engage in sexual activity
- Choose not to engage in sexual activity
- Be of any gender, age, or background
- Have a spouse and/or children



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- Youth are on the forefront of evolving language.
- It is okay that youth know more than we do.
- Ask: “What does that term mean to you?”
- Language is always contextual.
- Almost every word that has been used by us respectfully has also been used against us hatefully.

* Northwest Network Love+ Workshops for LGBTQ Youth around relationship skills.



Gender

The behaviors, attitudes, gestures, and other characteristics associated with the sex one is perceived to be.

A set of social expectations.

Society determines how gender is defined in a given period of time.



Gender is...



a spectrum



a range of expression



how you relate to yourself

HELLO

Me!

a personal identity

Gender is not..



male or female



defined by body parts



determined by chromosomes



sexual orientation

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A cartoon illustration on a pink background. A person with short, light-colored hair and a serious expression is shown from the chest up, wearing a dark jacket over a patterned shirt. A speech bubble above them says "are you a boy or a girl." and a smaller speech bubble below them says "no". The artist's signature "T. Hughes" is visible in the bottom right corner of the drawing.

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Gender is less like this:




And more like this:



artvivo.com

The slide features two main visual elements. The first is a pair of simple icons: a blue male figure on the left and a pink female figure on the right, positioned under the heading "Gender is less like this:". The second is a large, diverse group of multi-colored human figures (including blue, green, yellow, red, purple, and pink) standing together, positioned under the heading "And more like this:". The artist's signature "artvivo.com" is at the bottom.





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- Having a plan for suicide and the means to carry it out
 - *Where, How, When (24-48 Hours)*
- Expressing suicidal feelings and hopelessness
 - *Online/offline. Direct/indirect.*
- Signs of depression
- Changes in regular behavior
- Alcohol and/or drug use increases
- Increased isolation or withdrawal



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GENERAL RISK FACTORS

Mental Health:

- Psychological State
- **Emotional State**
- Affective Disorders

Experiences:

- Accessibility to Firearms
- **Homelessness**
- **Family Crisis**
- **Academic Pressure**
- Non-suicidal self-injury
- **Loss of a Loved One**
- **Risky Sexual Behavior**
- **Victimization**
- History of Suicide in the Family



LGBTQ-SPECIFIC RISK FACTORS

- Gender Non-Conformity
- Coming Out
 - Rejection when coming out
 - Coming out at a young age
- LGBTQ-Related Victimization
- Unique Developmental Stressors



Listen, validate, and acknowledge.
 "I hear you saying you just can't take it anymore."

Ask about suicide/concerns directly.
 "With all that's going on, have you been thinking about killing yourself?"

Express your concern.
 "We are going to get through this."

Keep questions open-ended and non-assumptive.
 "How would you describe depression?"

Allow them to guide conversation.
 "I'm just here to listen. What did you want to talk about today?"



Reflect language

ask for
clarification

Validate feelings

normalize
experiences
sensitivity to
emotions being
expressed

Be non-judgmental

be a "sounding
board"



Careful of:

- Avoidance
- Subject Changing
- Advice Giving
- Brightsiding
- Invalidation /
trying to change



The youth are the experts
on their lives.

So what do we offer
them?

Support

Community

Resources

Education



Directive

You don't want that, do you?

You are really lonely, aren't you?

Why do you want to do that?

You might start a fight if you challenged him.

If my boyfriend were doing that, I'd want him to stop.

Open

What do you want?

You sound lonely. Is that how you are feeling?

Help me to understand why you are doing that?

What do you think will happen if your challenged him?

What do you want him to do?



Myths about LGBTQ Youth

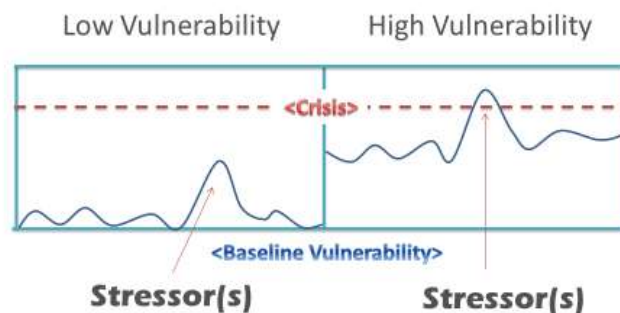
Myth 1: LGBTQ youth have a predisposition for mental illness.

Reality 1: LGBTQ youth's mental health status is as diverse as the youth themselves. **Unwelcoming and hostile environments and attitudes towards LGBTQ identities can contribute to negative mental health outcomes.**

Additionally, this **stigma in society** is commonly internalized in by stigmatized groups themselves, which may manifest in symptoms of mental illness.



Baseline Vulnerability





Myths about LGBTQ Youth

Myth 2: LGBTQ youth attempt suicide because of bullying in schools.

Reality 2: Suicide is a complex issue and cannot be distilled into a simple causal relationship with bullying. Bullying does contribute to a negative environment for all youth and in turn can be a triggering event or chronic issue for LGBTQ youth.

Many issues, including bullying and existing mental health conditions can serve as contributing factors for a LGBTQ youth's suicide.



PROMOTING RESILIENCY



General Protective Factors

- Easy Access to culturally-competent and effective clinical care
- Restricted access to highly lethal means of suicide
- Strong connections
- Artistic, athletic or academic talent
- Skills in problem solving



LGBTQ-Specific Protective Factors

- Family, community and school support
PFLAG, GLSEN
- Positive media representations:
"Possibility models"
- LGBTQ or LGBTQ-Friendly social and support networks
GLBTNearMe.org
- Development of Coping Mechanisms
Safety Planning and Self-Care



Supporting Trans/GNC Youth

Non-assumptive language:

Preferred name and gender pronoun
- "What gender pronouns do you use?"

Do not make assumptions about the person's gender or the gender of partners, family members or friends.

Exploring gender identity:

Demonstrate a nonjudgmental attitude and provide a safe space to explore gender issues.
Meet the person where they are at.



- It is **NEVER** our place to tell a young person when, whether, where, or how to come out.
- Remember the heightened need for confidentiality.



"My sexuality doesn't define me. I'm still a random teenager. Don't make everything about our sexuality/gender identity"

"Sexuality and gender are SPECTRUMS"

"We don't have just one narrative. Listen and don't go solely off of someone else's story"



Resources

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TREVOR PINTEREST BOARDS

The Trevor Project

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FIND RESOURCES IN YOUR AREA

GLBTNEARME.org
The GLBT National Resource Database

A Program of the GLBT NATIONAL HELP CENTER Contact

Everything in our community just got a lot easier to find!

Welcome! Find the largest collection of gay, lesbian, bisexual and transgender resources on the web. Directly access the nation's largest collection of 15,000 GLBT resources.

Find the closest social and support resources, the closest community center, the closest youth groups and much more!

Just type in your zip code, the distance you want to travel, and choose from 26 categories of information.

Brought to you free of charge by the GLBT National Help Center, a non-profit organization operating the GLBT National Hotline and the GLBT National Youth Taskline.

NATIONAL ORGANIZATIONS

ADD TO OUR DATABASE

DONATE ONLINE

FIND LOCAL RESOURCES

ENTER ZIP CODE

ENTER EMAIL

SEARCH A CATEGORY

Search

To find local resources, please enter your zip code and the

THE TREVOR PROJECT

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ONLINE COMING OUT AS YOU GUIDE

Coming Out As
YOU!

TheTrevorProject.org/YOU!

COMING OUT CONSTELLATION
Fill in the areas of the star with your thoughts. There are no wrong answers! Draw and color if you'd like.

YOU!

PERSONAL
INTERESTS
ENVIRONMENT
PROS
CONS
SUPPORT

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The Gender Unicorn

Graphic by: **TSER**

Gender Identity

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

Gender Expression/Presentation

- Feminine
- Masculine
- Other

Sex Assigned at Birth

- Female
- Male
- Other/Intersex

Sexually Attracted To

- Woman
- Men
- Other Gender(s)

Romantically/Emotionally Attracted To

- Woman
- Men
- Other Gender(s)

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

Design by Landyn Pan



Questions

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