

Sexual Orientation, Gender Identity & Expression (SOGIE) Family Allyship



rainbowcc.org

Featuring Parent Speaker:
Cynthia

Rae - Training Manager & Associate Clinician

In Partnership with HUSD

About Rainbow

~ MISSION ~

Rainbow Community Center builds community, equity, & well-being among Lesbian, Gay, Bisexual, Transgender, Queer, Questioning & Intersex (LGBTQIA+) people & our allies.

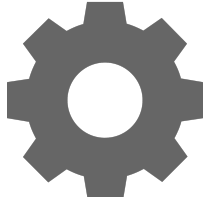
~ VISION ~

Rainbow envisions a society that advocates for and celebrates gender and sexual diversity, racial justice, safety, and liberation for all through healing centered engagement.

~ VALUES ~

Authenticity. Bravery. Education. Healing. Liberation.

Presentation FAQs

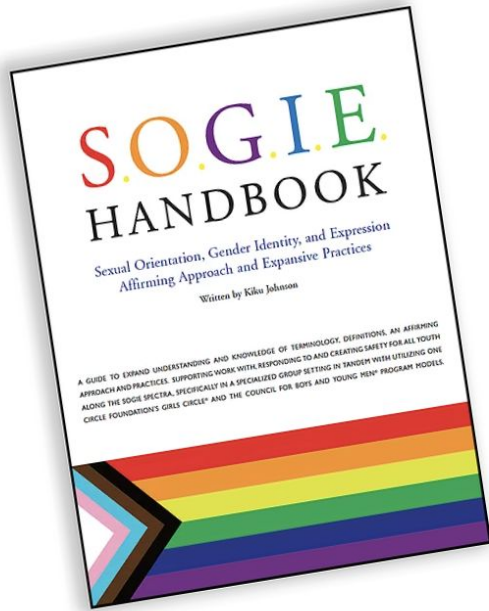


Rainbow will follow up with a link to the slide deck and resources



Have a question or comment during the presentation? Put it in the chat or wait until the Q and A at the end.

FREE SOGIE Handbook



S.O.G.I.E Handbook FREE Download Now Available!

Open source, free, and downloadable, **SOGIE Handbook** written by Rainbow's Executive Director! **Sexual Orientation, Gender Identity, and Expression Affirming Approach and Expansive Practices** for anyone who connects with anyone and wants a helpful tool. Funded by the Center for Disease Control and Prevention (CDC) and supported by the New York State Department of Health and Cornell University.

DOWNLOAD



Spanish https://www.rainbowcc.org/_files/ugd/9d1850_a564143cc04a472581dffa5f6a56aad9.pdf

English
https://www.health.ny.gov/prevention/sexual_violence/docs/sogie_handbook.pdf

What is SOGIE?

SEXUAL ORIENTATION is a person's physical, romantic, emotional, aesthetic, and/or other form of attraction to others. Gender identity and sexual orientation are not the same.

Who you love or are attracted to.

GENDER IDENTITY refers to the individual identification of a person's gender, as defined by that person, and can differ from their sex assigned at birth. It is one's internal sense of being a "man or woman", neither of these, both, or other genders.

Deeply held sense of who you are.

GENDER EXPRESSION refers to the way one expresses their gender identity. It is the physical manifestation of one's gender identity through clothing, hairstyle, voice, body shape, etc.

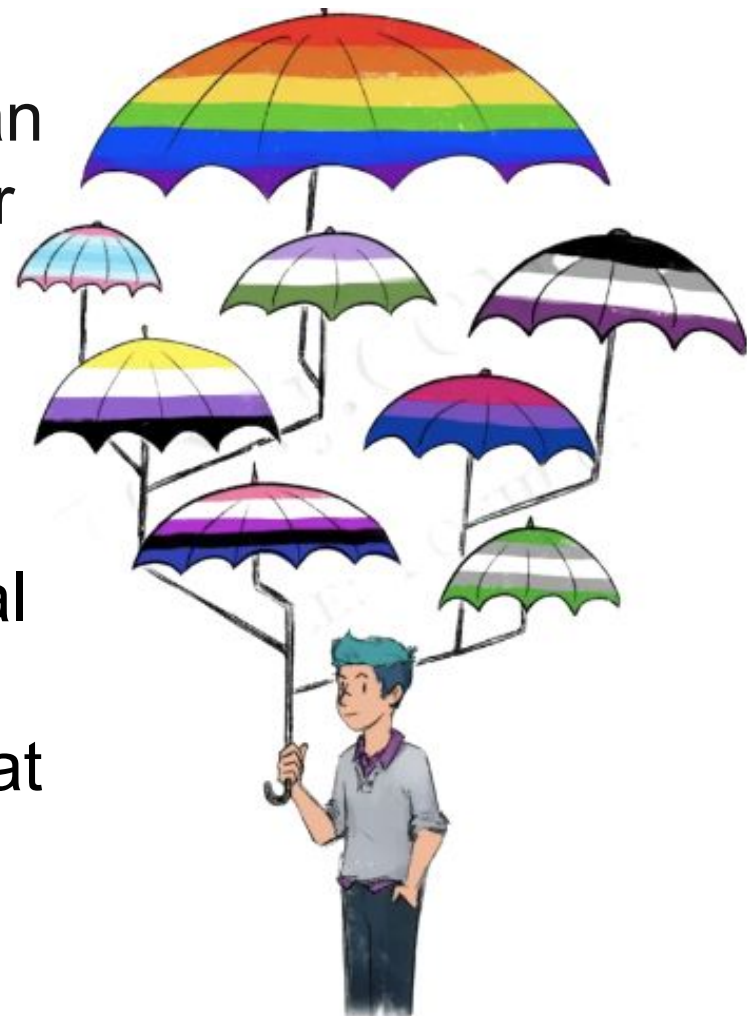
How you communicate your gender to the world.

Umbrella Terms

Queer is an umbrella term for the LGBTQIA+ community referring to an individual's sexual orientation and/or gender identity. It is an identifier for all non-heterosexual and non-cisgender identities.

Transgender refers to an individual whose gender identity does not correspond with their sex assigned at birth.

*Cisgender refers to an individual whose gender identity corresponds with their sex assigned at birth



SOGIE Spectrum

ASSIGNED SEX AT BIRTH



SEXUAL ORIENTATION



GENDER IDENTITY



GENDER EXPRESSION



Youth Impact

THE TREVOR PROJECT National Survey on LGBTQ Youth Mental Health 2022

45% of LGBTQ youth seriously considered attempting suicide in the past twelve months and more than half of transgender and nonbinary youth have seriously considered suicide.

60% of LGBTQ youth who wanted mental health care in the past year were not able to get it.

71% of transgender and nonbinary youth reported that they have experienced discrimination based on their gender identity.

<https://www.thetrevorproject.org/survey-2022/>

Protective Factors for Youth

THE TREVOR PROJECT National Survey on LGBTQ Youth Mental Health 2022

1. Transgender and nonbinary youth who report having their chosen name and pronouns respected by all or most of the people in their lives attempted suicide at **half the rate** of those who did not
2. LGBTQ youth who had access to spaces that **affirmed their sexual orientation and gender identity** reported lower rates of attempting suicide.
3. LGBTQ youth who have at least **one supportive adult** reported lower rates of attempted suicide

<https://www.thetrevorproject.org/survey-2022/>

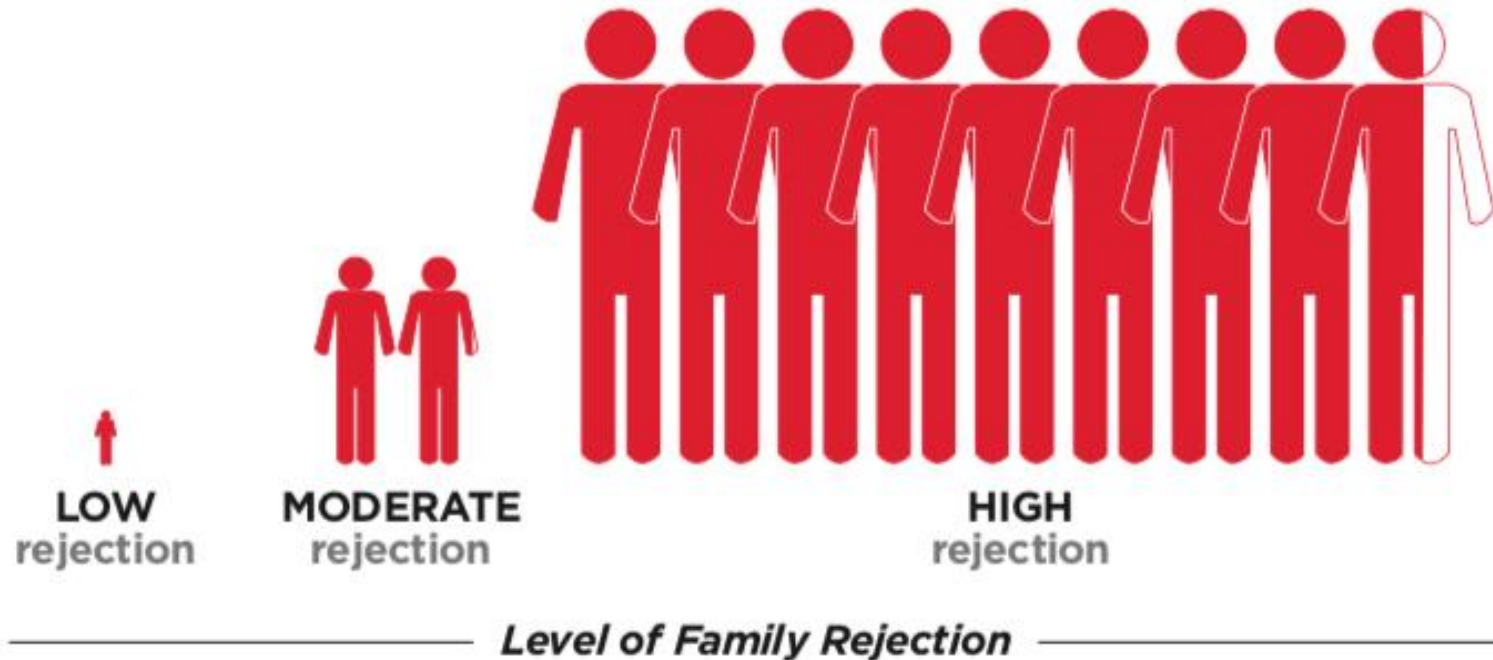
Family acceptance makes a big difference

- The Family Acceptance Project 2009 research study found that on average, children knew they were gay at age 10, and some knew as early as age 7 or 9.
- Many children were afraid and did not tell anyone because they had learned that being gay was “shameful” or “wrong” from family, friends and others.
- This study found that families’ responses to their children’s LGBT identity had a very dramatic impact on the wellbeing of the children.
- In families that tried to avoid, change or reject their LGBT child’s identity, the children had very poor health and mental health outcomes, with higher levels of suicide attempts, drug use, and sexually transmitted disease, and lower levels of happiness, well-being and self-worth.
- In families that accepted and supported their LGBT child’s identity, the children had much lower levels of suicide, drug use and sexually transmitted disease, and much higher levels of happiness, well-being and self-worth.

Family Rejection

Lifetime Suicide Attempts for Highly Rejected LGBT Young People

(One or more times)



Ryan, Family Acceptance Project, 2009

Family Rejection

Illegal Drug Use



Level of Family Rejection

Ryan, Family Acceptance Project, 2009

Family Acceptance

Youth Believe They Can Be A Happy LGBT Adult

Level of Family Acceptance

EXTREMELY accepting



92%

VERY accepting



77%

A LITTLE accepting



59%

NOT AT ALL accepting



35%

Ryan, Family Acceptance Project, 2009

Family Acceptance

Youth Want to Become a Parent

Level of Family Acceptance

EXTREMELY accepting



69%

VERY accepting



50%

A LITTLE accepting



35%

NOT AT ALL accepting



10%

Ryan, Family Acceptance Project, 2009

Family Acceptance

Support your child's LGBT identity even when you feel uncomfortable. Listen to understand them.

“Darnell came up to me and said, ‘Mommy, I like boys.’ At first I didn’t pay much attention. I wasn’t sure what he meant. A couple of weeks later, he said it again: ‘I like boys. You know, like you like Daddy.’ I said ‘Darnell, we’re going to read Scripture.’ So I picked up the Bible and read him a passage.

I did that every time he tried to talk with me, and then I realized that his eyes were just looking off. He didn’t understand what I was saying, but he knew I wasn’t listening. So then I asked him to talk with me and tell me what he felt. I was really afraid of what he was saying, but he is my little boy. And I love him.”

—Keisha, mother of a 7-year-old son

Family Acceptance



Family Acceptance

PARENTS FOR TRANSGENDER EQUALITY



HUMAN
RIGHTS
CAMPAIGN
FUNDATION

RAINBOW
COMMUNITY CENTER

Family Behaviors that Increase Your LGBTQ Child's Risk for Serious Health & Mental Health Problems

Research from the Family Acceptance Project® shows that more than 50 family rejecting behaviors contribute to serious health risks for lesbian, gay, bisexual, transgender and queer (LGBTQ) youth. These include depression, suicidal behavior, illegal drug use, HIV and sexually transmitted infections (STIs). Family rejection increases risk for homelessness and placement in foster care and juvenile justice facilities.

Most parents and families that engage in these behaviors do so out of care and concern – to help their LGBTQ / gender diverse child fit in, have a good life and to protect them from harm. Help families understand that these and other rejecting behaviors are harmful!

BEHAVIORS THAT HURT...

Prevent your child from having an LGBTQ friend	Don't talk about your child's LGBTQ identity	Blame your child when others mistreat them because of their LGBTQ identity / gender expression	Try to change your child's LGBTQ identity or gender expression	Exclude your LGBTQ child from family events & activities
Tell your LGBTQ child that you're ashamed of them	Pressure your child to be more (or less) masculine or feminine	Don't use the name or pronoun that matches your child's gender identity	Don't let your child participate in LGBTQ support groups or services	Let others speak badly about LGBTQ / gender diverse people in front of your child
Tell your child that being LGBTQ is "just a phase"	Take your child to a therapist or religious leader to try to change their LGBTQ identity	Hit, slap or physically hurt your child because they are LGBTQ / gender diverse	Don't let your child talk about their LGBTQ identity	Don't let your child wear clothes or hairstyles that express their gender identity
Use religion to reject your child's sexual orientation, gender identity and expression	Make your child pray or attend religious services to change or prevent their LGBTQ identity	Call your child negative names because they are LGBTQ / gender	Tell your child that God will punish them because of their sexual orientation or gender identity	Make your child leave home because they are LGBTQ

Family Behaviors that Increase Your LGBTQ Child's Health & Well-Being

Research from the Family Acceptance Project[®] found more than 50 family accepting behaviors that help protect your lesbian, gay, bisexual, transgender and queer-identified (LGBTQ) child against health risks like depression, suicide and illegal drug use and help to increase your LGBTQ child's self-esteem, health and well-being. A little change makes a difference in decreasing your child's isolation and risk and giving them hope that their family will be there for them.

Family support saves lives!

BEHAVIORS THAT HELP...

Tell your LGBTQ / gender diverse child that you love them	Support your child's gender expression	Talk with your child or foster child about their LGBTQ identity and listen respectfully – even when you feel uncomfortable or think that being gay or transgender is wrong	Require other family members to treat your child with respect	Show affection when your child tells you or when you learn that your child is LGBTQ
Ask your child if – and how – you can help them tell other people about their LGBTQ identity	Welcome your child's LGBTQ friends to your home	Use your child's chosen name and the pronoun that matches their gender identity	Bring your child to LGBTQ groups and events	Get accurate information to educate yourself about your child's sexual orientation, gender identity and expression
Find a congregation that welcomes your LGBTQ / gender diverse child and family	Participate in family support groups and activities for families with LGBTQ and gender diverse children to get support for yourself and your family and guidance for supporting your LGBTQ child	Talk with your religious leaders to help your congregation become supportive of LGBTQ people	Tell your LGBTQ / gender diverse child that you're proud of them	Speak openly about your child's LGBTQ identity
Tell your LGBTQ / gender diverse child that you will be there for them – even if you don't fully understand	Connect your child with LGBTQ adult role models	Express enthusiasm for your child having an LGBTQ / gender diverse partner when they're ready to date	Stand up for your child when others mistreat them because of their LGBTQ identity or gender expression – at home, at school, in your congregation and in the community	Believe that your child can be a happy LGBTQ adult – and tell them they will have a good life
Welcome your child's LGBTQ partner to family events and activities				

Let's Talk About Pronouns

she/her
he/him
they/them

Did you know that even though the use of they as singular dates back to the 1300's?

In 2019 Merriam Webster Dictionary officially added an additional definition of the they pronoun.

Note: not all people who are nonbinary use they/them pronouns and not all people who use they/them pronouns are nonbinary

We All Make Mistakes

AFFIRM your child
Be **KIND** to yourself
Get **SUPPORT**
Keep **PRACTICING**
And **LEARN**

Non Gendered Language

Avoid:

ladies **gentlemen** **ma'am** **sir** **girls** **guys** etc.

Consider using instead:

“Thanks, **friends**.
Have a great
night.”

“Good morning,
folks!”

“Hi, **everyone!**”

“And for **you?**”

“Can I get
you **all**
something?”

Why?

Shifting to gender-inclusive language respects and acknowledges the gender identities of all people and removes assumption.

Be mindful of language

Resources

Family Acceptance Project Posters

(in 10 different languages)

<https://familyproject.sfsu.edu/poster>

Gender Support Plan (Gender Spectrum)

<https://genderspectrum.org/articles/using-the-gsp>

Gender Spectrum

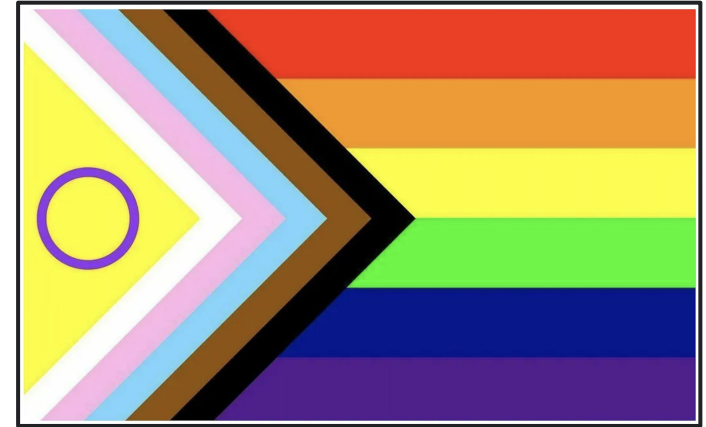
<https://genderspectrum.org/>

Our Family Coalition

<https://ourfamily.org/>

PFLAG - Family support organization

<https://pflag.org/>



May 2021

[**The Intersex-Inclusive
Pride Progress Flag**](#)

**Created by
Valentino Vecchietti
(She/They) introduced
by UK advocacy
group,
Intersex Equality
Rights**

Donate to Rainbow



<https://www.rainbowcc.org/give>