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

RAINBOW COMMUNITY CENTER
rainbowcc.org

Featuring a Parent Speaker

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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.

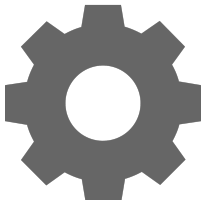
~ VALUES ~

Authenticity. Bravery. Education. Healing. Liberation.

https://www.rainbowcc.org/aboutus

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Presentation FAQs



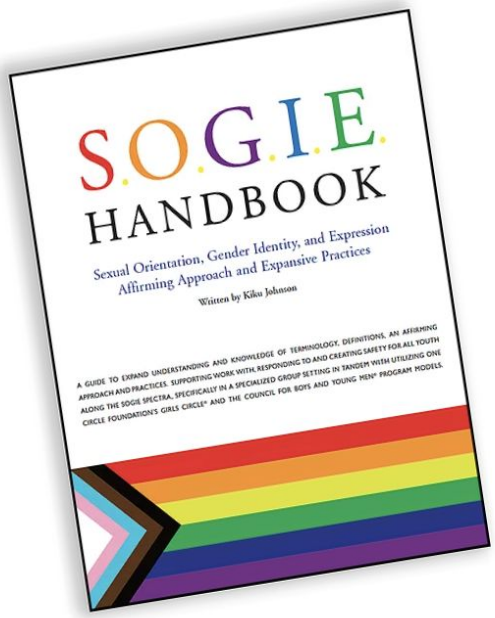
Rainbow will follow up with a link to the slide deck and resources.



Have a question or comment? Please raise your hand or enter question in the chat.

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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

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What is SOGIE?

SEX is a biological descriptor based on reproductive, hormonal and genetic characteristics. Typical sex categories include male, female, and intersex. *Describes biological differences.*

SEXUAL ORIENTATION describes sexual attraction and identity. Examples are lesbian, gay, bisexual, pansexual, asexual.
Who you love or are attracted to.

GENDER IDENTITY is an individual's sense of being a man, woman, boy, girl, genderqueer, nonbinary, two-spirit, etc. This identity is not necessarily visible to others. *Deeply held sense of who you are.*

GENDER EXPRESSION is how one chooses to convey one's gender identity through behavior, clothing, and other external characteristics. *How you communicate your gender to the world.*

Definitions adopted from National Institutes of Health (NIH), 1/21/2025: https://www.nih.gov/nih-style-guide/sex-gender-sexuality

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Umbrella Terms

Transgender or Trans (transgénero o trans) describes a person whose gender identity does not correspond with their sex assigned at birth.

Cisgender (cisgénero) describes a person whose gender identity corresponds with their sex assigned at birth.

Nonbinary (no-binario, no-binaria, no-binarie) describes a person whose gender is between or beyond the gender binary of male and female.

"They/them" pronouns (elle/elles) are pronouns that many nonbinary people use to affirm their gender.

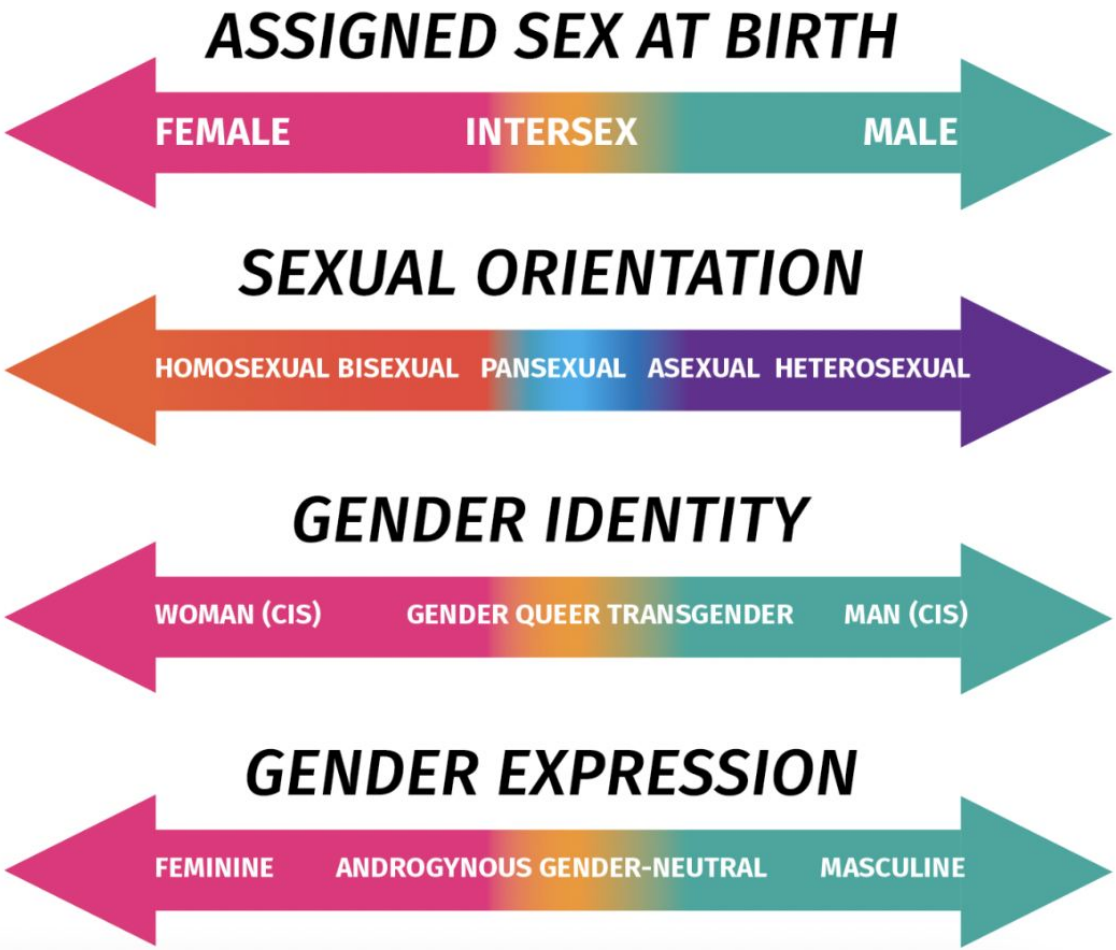


In Spanish-speaking LGBTQ+ communities, "e" is used at the end of words instead of "o" or "a" to be more gender neutral and inclusive. In the US, the letter "x" is also used. For example, "Bienvenidies estudiantes!" to say "Welcome students!" or "Latinx" instead of "Latino/Latina."

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SOGIE Spectrum



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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/

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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/

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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 new 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)



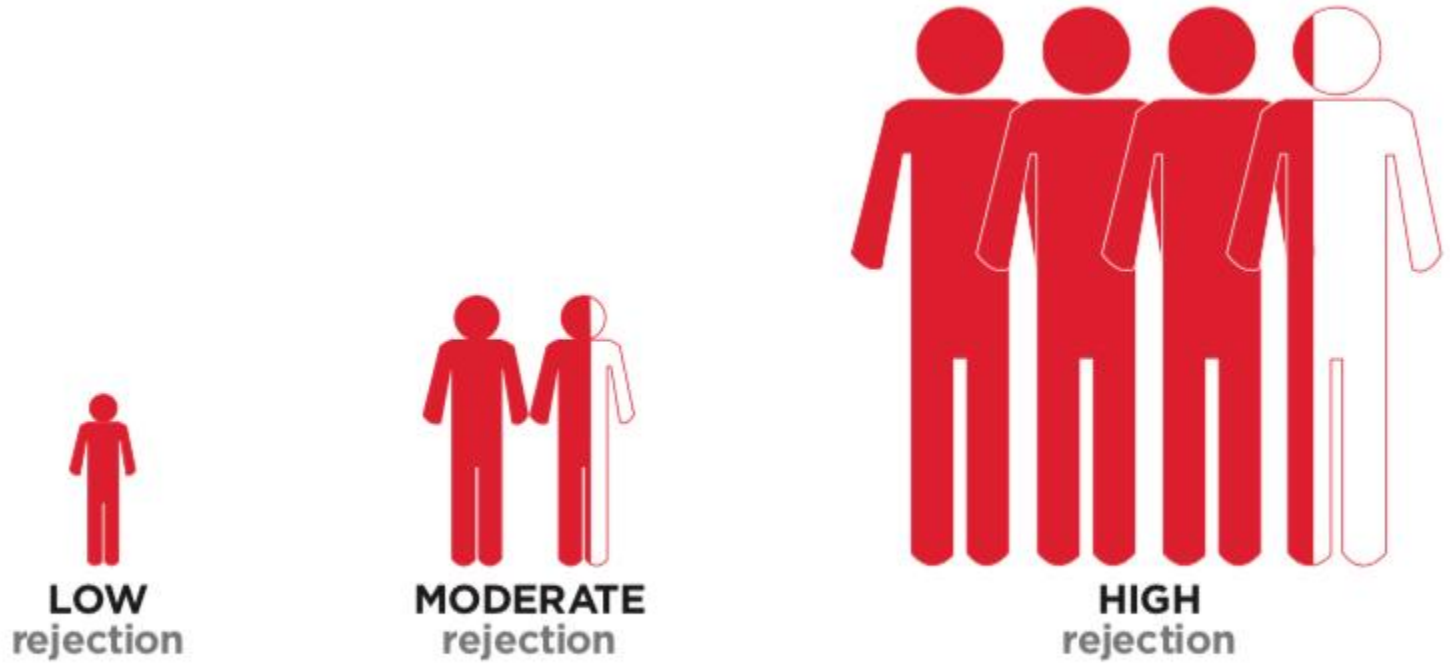
Level of Family Rejection

Ryan, Family Acceptance Project, 2009

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Family Rejection

Illegal Drug Use



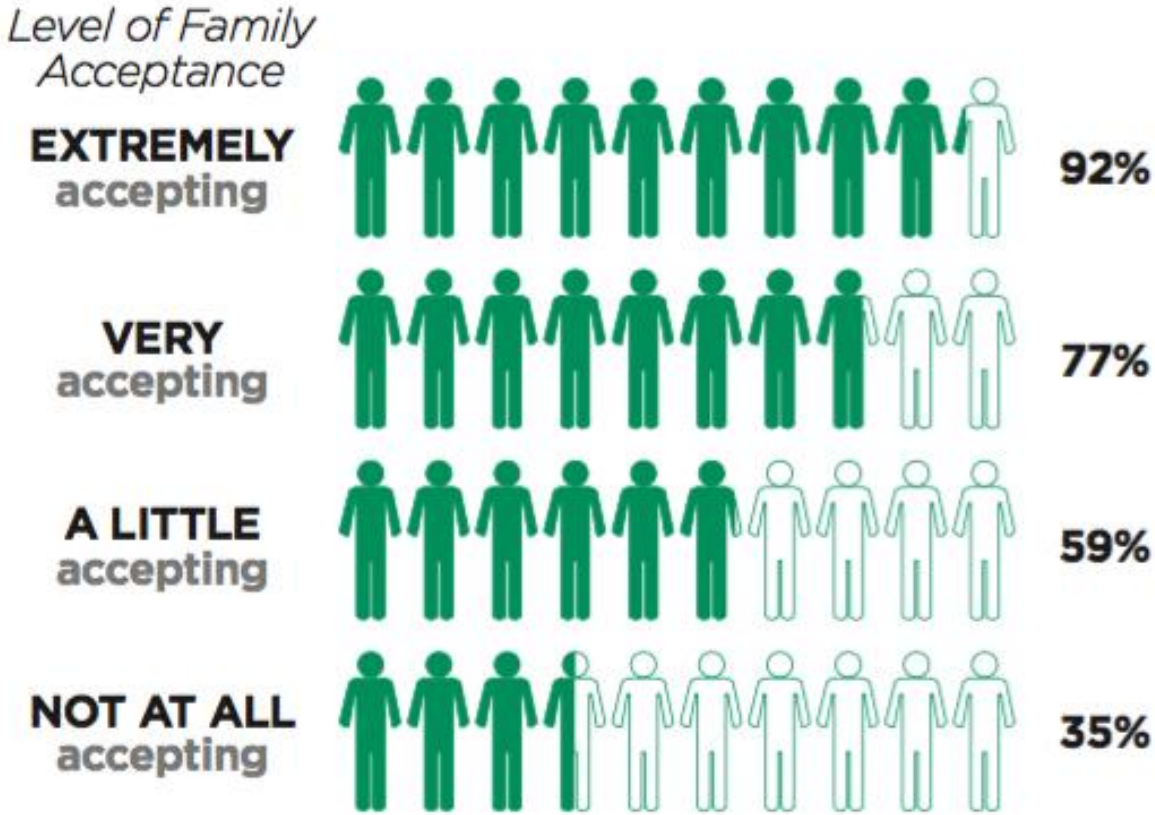
Level of Family Rejection

Ryan, Family Acceptance Project, 2009

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Family Acceptance

Youth Believe They Can Be A Happy LGBT Adult

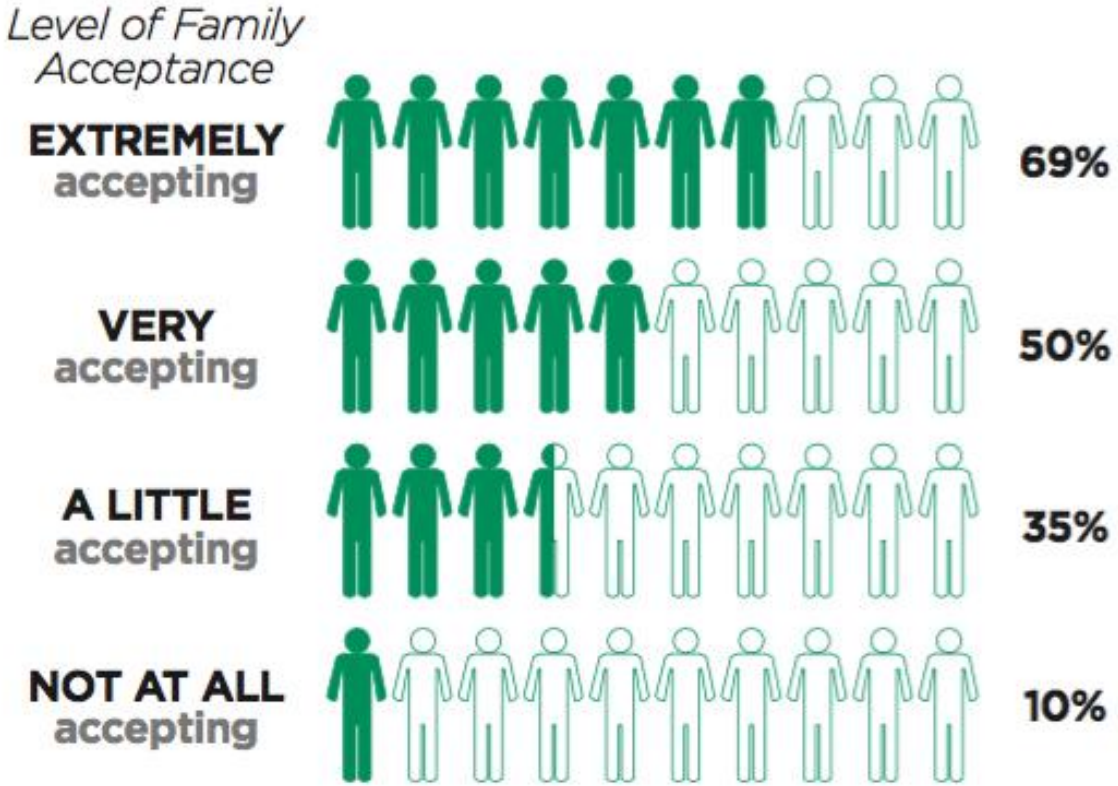


Ryan, Family Acceptance Project, 2009

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Family Acceptance

Youth Want to Become a Parent



Ryan, Family Acceptance Project, 2009

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Family Acceptance

Support your child's LGBTQ+ identity even when you feel uncomfortable, and 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

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Family Acceptance



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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 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
- Don't use the name or pronoun that matches your child's gender identity
- Don't let your child talk about their LGBTQ identity
- Use religion to reject your child's sexual orientation, gender identity and expression
- Hit, slap or physically hurt your child because they are LGBTQ / gender diverse
- Tell your child that God will punish them because of their sexual orientation or gender identity
- Don't let your child wear clothes or hairstyles that express their gender identity
- Tell your child to "tone down" how they look, dress or behave
- 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
- 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
- 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
- Use your child's chosen name and the pronoun that matches their gender identity
- Tell your LGBTQ / gender diverse child that you're proud of them
- Tell your LGBTQ / gender diverse child that you will be there for them – even if you don't fully understand
- Talk with your religious leaders to help your congregation become supportive of LGBTQ people
- 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
- Speak openly about your child's LGBTQ identity
- Welcome your child's LGBTQ partner to family events and activities
- 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
- Believe that your child can be a happy LGBTQ adult – and tell them they will have a good life

Ways to Support Your Child & Yourself

AFFIRM your child

Be KIND to yourself

Get SUPPORT

Keep LEARNING

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

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Resources

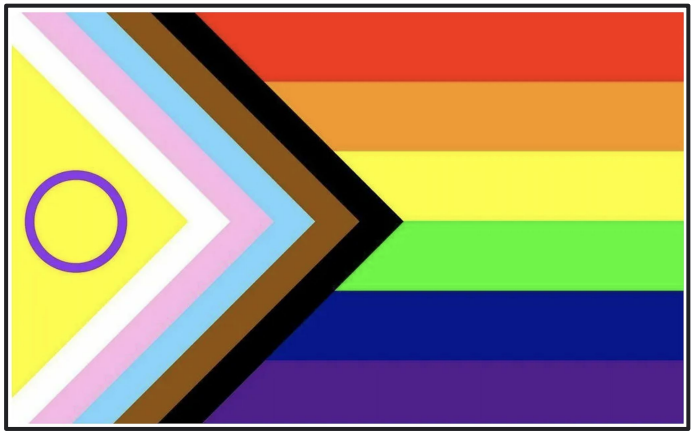
Family Acceptance Project Posters
(in 10 different languages)
https://familyproject.sfsu.edu/poster

Somos Familia
https://www.somosfamiliabay.com/

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)

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