LGBTQ+ Youth & Homelessness

LGBT center OF RALEIGH
SERVING THE TRIANGLE & BEYOND

slido

What is one thing you know about the LGBTQ+ community?

slido

What is one question you have coming into this presentation today?

The LGBTQ+ community is expansive!
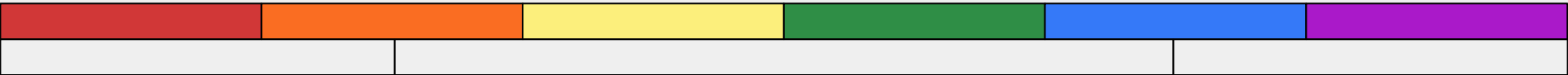
9.5%

Percentage of youth ages 13-17 in the U.S. that identify as LGBTQ+
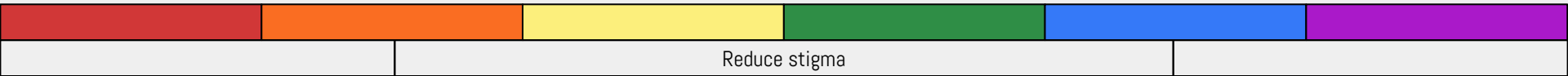
The Williams Institute, 2020

Reduce stigma
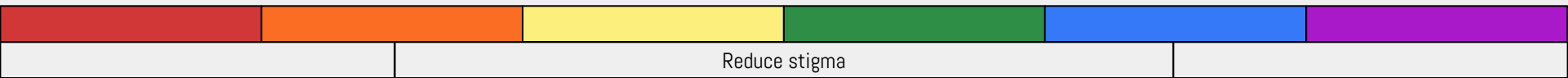
63,000

LGBTQ+ youth between the ages of 13-17 in North Carolina

4,650

Transgender youth between the
ages of 13-17 in North Carolina

The Williams Institute, 2020

Reduce stigma

LGBTQIA+

LGBTQ+

LGBT

Lesbian

Gay

Bisexual

Transgender

Queer/Questioning

Intersex

Asexual
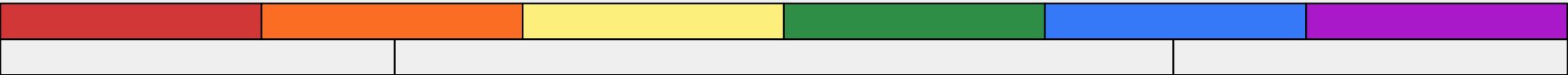
Sexual Orientation (**Lesbian****Gay****Bisexual**)

- How a person characterizes their sexuality

- "There are three distinct components of sexual orientation," said Ryan Watson, a professor of Human Development & Family Studies at the University of Connecticut. "It's comprised of **identity** (I'm gay), **behavior** (I have sex with the same gender) and **attraction** (I'm sexually attracted to the same gender), and all three might not line up for all people."

The term "sexual preference" is outdated as it implies someone's sexual orientation is a choice or could be easily changed.
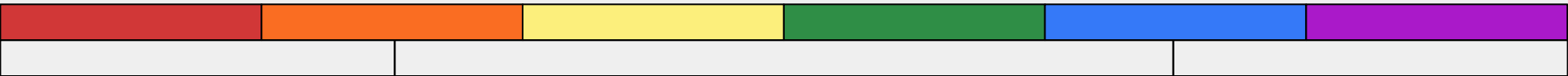
Sex Assigned at Birth

- The label that doctors assign to an infant after examining external genitalia

- Attributes such as chromosomes present, internal and external genital and reproductive anatomy, and hormones can influence the assignment

- Most common sex assignments are 'male' and 'female'

- Many individuals do not find out they might be intersex until later in life

MALE   FEMALE   INTERSEX

POSITIVE PEERS 4 HIV CARES

Inclusion
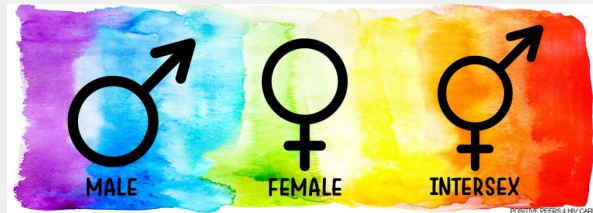
Gender Identity

- One's concept of self as man, woman, nonbinary or something else

- Gender identity may not align with sex assigned at birth

- **NOT** related to sexual orientation

Think of it as who you are in your own mind and heart

Cisgender

- Refers to someone whose gender identity matches the sex they were assigned at birth

- Helps name the unstated assumption that everyone's sex assigned at birth is congruent with their gender identity

- Preferred to "normal/real" because "normal/real" implies that transgender people are "abnormal/not real"

- The prefix "cis" means *on the same side as* (that is, the opposite of the prefix "trans")

Inclusion

Transgender

- A term used to describe a person whose sex assigned at birth and gender identity are incongruent, or do not "match"

  - Can include Transgender Man, Transgender Woman, Nonbinary and other genders that do not "match" what they were assigned at birth

Transgender Man	Transgender Woman
The affirming way to refer to a person who identifies as a man but was assigned female at birth	The affirming way to refer to a person who identifies as a woman but was assigned male at birth

Nonbinary

- A gender identity to describe someone that doesn't fit neatly into the "man" or "woman" boxes

    ○ The term 'nonbinary' can be an umbrella term for some

    ○ There are many labels people might use within the nonbinary spectrum

        ■ Genderfluid, Agender, Bigender, etc.

    ○ All depends on what label someone connects and identifies with

Inclusion

Gender Expression

- A person's outward presentation

- Usually comprised of personal style, clothing, hairstyle, makeup, jewelry, vocal inflection and body language

- Typically categorized as masculine or feminine, less commonly as androgynous

- May or may not be congruent with a person's gender identity

LGBTQ+ Youth Homelessness

Reduce stigma
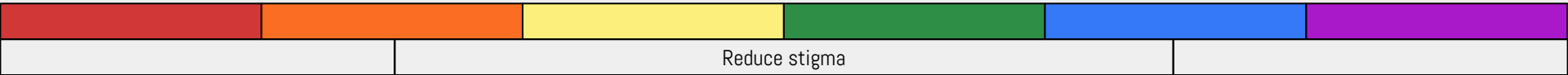
LGBTQ+ Youth Homelessness

- 28% of LGBTQ+ youth reported experiencing homelessness or housing instability at some point in their lives

- 40% of homeless youth in the United States identify as LGBTQ+

Trevor Project, 2022

Inclusion

LGBTQ+ Youth Homelessness

- Homelessness and housing instability were reported at higher rates among transgender and nonbinary youth
  - 38% of transgender girls
  - 39% of transgender boys
  - 35% of nonbinary youth
    - All compared to 23% of cisgender Lesbian, Gay, Bisexual, Queer youth

Trevor Project, 2022

Inclusion

Contributing Factors

- **Family Rejection**
  - Rejection or lack of acceptance based on gender identity and/or sexual orientation

- **Being Forced Out**
  - Coming out to parents/guardians resulting in getting forced out of the home

Inclusion

Contributing Factors

- **Violence and Discrimination**
  - Bullying and harassment in schools and communities creating unwelcoming and unsafe environments

- **Economic Instability**
  - Poverty and lack of access to resources and services, particularly those who have been rejected by their families

Inclusion

Challenges

- **Mental Health**
  - Up to 4x more likely to report depression, anxiety, self-harm, considering suicide, and attempting suicide compared to those with stable housing

- **Physical Health**
  - Increased vulnerability to physical health problems including substance abuse, STI's, and HIV/AIDS

True Colors United
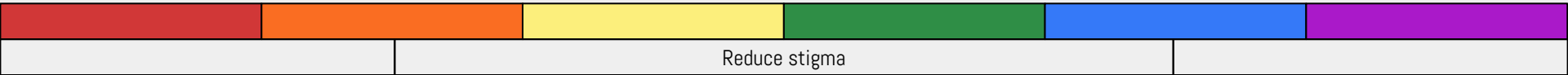
Inclusion

Challenges

- **Sexual Violence & Trafficking**

  - 7.4 times more likely to experience acts of sexual violence than heterosexual peers

  - 56% of transgender youth are involved in the sex trade

  - 1 in 3 LGBTQ+ youth are likely to be recruited within 48 hours of leaving home

The Polaris Project

Inclusion

Support & Solutions

Reduce stigma

6 Strategies for Affirming LGBTQ+ Youth

Believe Them

It is imperative that you and the young person are opening up to believe what they're saying.

Validate & Empathize

Show that their feelings are valid and demonstrate empathy even if you do not understand.

Use Affirming Name & Pronouns

One of the most effective ways to demonstrate affirmation.

Help Connect to Support & Resources

Helping to identify and connect to supportive resources can reduce their sense of isolation.

Advocate

Advocacy is essential to ensuring that clients are safe, respected and affirmed while in your care

Be Proactive

Being proactively prepared to support a LGBTQ+ youth will help you provide quality services and support when needed.

Knowledge

Confidentiality

Systemic Change

- Increase access to affordable, high-quality, non-discriminatory health care services and insurance benefits for LGBTQ+ people.

- Promote the economic security and financial stability of LGBTQ+ people by fostering inclusive labor practices and workplace policies.

- Foster inclusive, safe, welcoming, and affirming schools and educational environments for LGBTQ+ students.

- Protect and strengthen the civil rights of LGBTQ+ people engaged with the criminal legal system and law enforcement.

- Ensure greater access to safe and stable housing for LGBTQ+ people, as well as support services for those experiencing homelessness.

- Support fair and humane treatment of LGBTQ+ immigrants, including by promoting the rights of LGBTQ+ people abroad.

Awareness

LGBTQ+

Advocacy

Culturally Competent Services

Advocate for the implementation of culturally competent and inclusive support services that address the specific needs of LGBTQ+ homeless youth, including housing assistance, mental health counseling, and educational support

Community Support

Encourage community involvement and support, including volunteering, donating to LGBTQ+ youth organizations and programs, and promoting awareness and acceptance within local communities and schools

Awareness

LGBTQ+

Reflections & Discussion

Thanks!

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