Resource Guide
Integrated Care Rounds: Supporting LGBTQIA2S+ Youth
(Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual, Two Spirit)
May 9, 2024

Document purpose:
This document is intended to be used as a companion to the shared slides from the Integrated Care Rounds on Supporting LGBTQIA2S+ Youth on May 9, 2024. This document includes all information shared during the Integrated Care Rounds as well as additional information and resources aimed at supporting Family Navigators working with youth who identify as LGBTQIA2S+, their families, and communities. This document will be finalized and available on the NC InCK Website beginning in the Summer of 2024.

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LGBTQIA2S+ Health Disparities

Health disparities are preventable differences in the burden of disease, injury, violence, or opportunities to achieve optimal health that are experienced by socially disadvantaged populations (CDC). While there are no LGBTQIA2S+ specific diseases or illnesses, LGBTQIA2S+ people face discrimination that makes them more likely to experience certain health-related challenges and disparities.

LGBTQIA2S+ Experiences with Healthcare

- LGBTQIA2S+ people are **less likely** to have healthcare coverage compared to non-LGBTQIA2S+ people.
- LGBTQIA2S+ individuals often face healthcare discrimination, which can **decrease** likelihood of seeking care.
- Due to discrimination in healthcare settings, **15%** of LGBTQIA2S+ individuals, including nearly **30%** of transgender individuals, have postponed or avoided medical treatment.
- **1 in 4** transgender people reported a provider refusing to see them due to their gender identity.
- There is **decreased** access to employer-sponsored health insurance benefits for same-sex partners.



Nationally, physician workforces do not reflect the diverse populations they should be serving, lack cultural competency, and will continue to reinforce inequities and discriminatory practices if left unchecked.

Due to the stigma and discrimination that LGBTQIA2S+ individuals experience in the healthcare setting and in their daily lives, they tend to experience certain health-related issues at a higher rate compared to people who are not LGBTQIA2S+. Some of these include:

- LGBTQIA2S+ individuals are less likely to be up to date on preventative care screenings.
- Some LGBTQIA2S+ groups are at higher risks for sexually transmitted infections.
- Eating disorders and body image disorders are more common in LGBTQIA2S+ individuals.
- Members of the LGBTQIA2S+ community are twice as likely to smoke tobacco than the general population, and some studies suggest LGBTQIA2S+ persons are at higher risk for substance use.
- LGBTQIA2S+ individuals are at increased risk for depression, anxiety, and suicidal ideation. In general, LGBTQIA2S+ people are more likely to have attempted suicide than the general US population.
- Transgender youth are more likely than cisgender youth to report violence victimization, substance use, and suicide risk.
- LGBTQIA2S+ youth are more likely to have been bullied at school, seriously considered suicide, felt sad or hopeless, used illicit drugs, been forced to have sex, and misused prescription opioids.
- Additional information at CDC: Health Disparities Among LGBTQ Youth, LGBTQ North Carolinians: A Report of the 2021 Southern LGBTQ Experiences Survey

Sources: *Center for Disease Control and Prevention, National LGBTQIA+ Health Education Center, IMPROVING THE HEALTH CARE OF LESBIAN, GAY, BISEXUAL AND TRANSGENDER (LGBT) PEOPLE: Understanding and Eliminating Health Disparities*

The Trevor Project



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The Trevor Project's Mission, Services, and Programs

The Trevor Project is the leading suicide prevention and crisis intervention organization for LGBTQ+ young people. Our goal is to help every LGBTQ+ young person see a bright future for themselves. Visit the website to learn more: https://www.thetrevorproject.org/

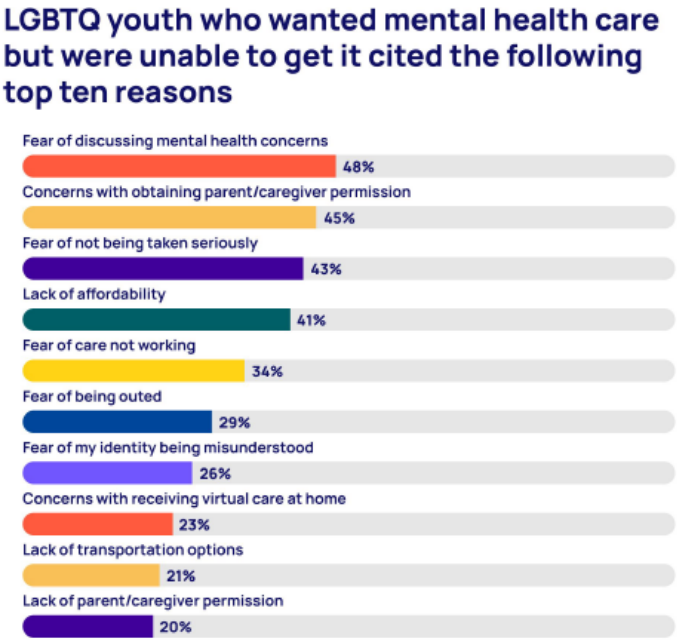
The Trevor Project Services and Programs	
TrevorChat	Free, confidential, and secure instant messaging service that provides live help for LGBTQ+ youth by trained counselors. Visit TheTrevorProject.org/Help
Trevor Lifeline	The only nationwide, 24/7 crisis and suicide prevention lifeline offering free and confidential counseling for LGBTQ+ youth. **Call 1.866.488.7386**
TrevorText	A free, confidential, secure service for LGBTQ+ youth to text a trained Trevor counselor for support and crisis intervention. **Text "START" to 678-678**
TrevorSpace	World's largest safe space social networking site for LGBTQ+ youth. Visit TrevorSpace.org
Research	Regular evaluations & surveys ensure our services reduce risk of suicide & help us learn of the mental health issues affecting LGBTQ+ youth. Learn more at https://www.thetrevorproject.org/research/
Advocacy	We work at the local, state, and federal levels to advocate for legislation that protects the rights of LGBTQ+ people. Learn more at https://www.thetrevorproject.org/advocacy/
Education	We educate adults who interact with youth on LGBTQ+ competent suicide prevention, risk detection, and response. Learn more at https://www.thetrevorproject.org/public-education/
Free Online Resources	❖ Sexual Orientation Resources ❖ The Coming Out Handbook ❖ Resources about Gender Identity ❖ LGBTQ+ Mental Health Resources ❖ LGBTQ+ Community Resources ❖ Resources for Talking About Suicide ❖ Resources About Diversity Among LGBTQ Young People

LGBTQIA2S+ Mental Health Disparities

Although suicide is preventable, it continues to be a growing public health problem in the United States. Suicide is the 9th leading cause of death for people ages 10-64 in the United States, and from 2000 to 2021, the suicide rate for this age group increased 37%. Learn more through The Trevor Project's 2023 U.S. National Survey on the Mental Health of LGBTQ Young People. LGBTQ+ young people are not inherently prone to suicide risk because of their sexual orientation or gender identity, but rather are placed at higher risk because of how they are mistreated and stigmatized in society. Learn more about The Trevor Project's mental health resources here.

LGBTQIA2S+ Youth Suicide and Mental Health Statistics

- **2nd** leading cause of death among youth ages 10-14, **3rd** leading cause among youth ages 15-24
- **41%** seriously considered attempting suicide in the past year - 4x more likely than their peers
- **1.8M+** LGBTQ+ youth seriously consider suicide each year
- **60%** reported that they had experienced discrimination based on sexual orientation or gender identity
- **56%** reported wanting counseling from a mental health professional but were unable to receive it in the past year
- **40%** lower odds of attempting suicide, in most cases, when LGBTQ+ youth report feeling accepted by adults in their lives



Source: The Trevor Project (learn more here)

LGBTQIA+ is an acronym meant to encompass diverse sexualities and genders. Folks often refer to the Q (standing for queer) as an umbrella term for various identities.



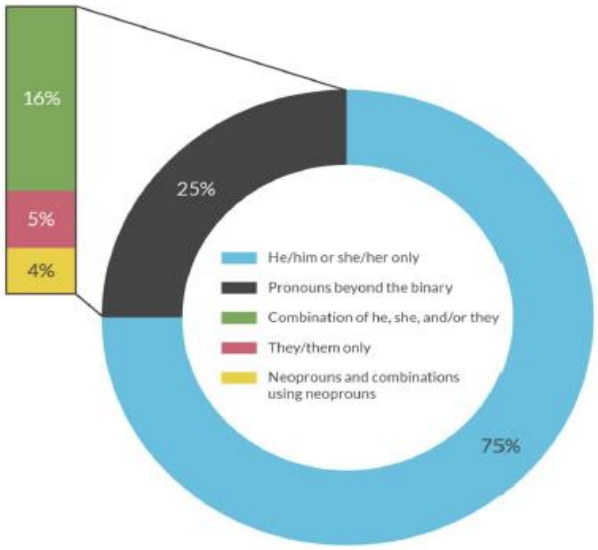
Terminology and Definitions	
Gender	A collection of physical characteristics and personal mannerisms society associates with a particular sex. *(The Trevor Project)*
Gender Identity	Someone's innermost concept of self as masculine, feminine, a blend of both, another gender or set of genders, or lack of gender. This is not always congruent with their sex assigned at birth or their gender assigned at birth. *(The Trevor Project)*
Gender Expression	The ways in which a person presents themself to the world through hairstyles, clothing, toys, preferences, mannerisms, or other things. *(The Trevor Project)*
Transgender (Trans)	A term that describes someone whose gender identity differs from the gender they were assigned at birth. *(The Trevor Project)*
Cisgender	A term for people whose gender identity matches the sex or gender they were assigned at birth. This is commonly referred to as the opposite of "transgender," and was created by transgender people who felt that not having a word to describe non-transgender people further "othered" the transgender community as non-normal. *(The Trevor Project)*
Genderqueer/ Nonbinary	A term used to describe one's gender identity as not fitting into a binary (man/woman) understanding of gender. People who identify as this may express androgyny, gender neutrality, or reject identifying their gender entirely. *(The Trevor Project)*
Gender Non-Conforming	A person whose gender expression is different than cultural norms and expectations for that gender (for example, a feminine man or masculine woman). Not all trans people are gender non-conforming and not all non-conforming people identify as transgender. *(Tavi Hawn, LCSW, Cultural Awareness in Therapy with Trans and Gender Non-Conforming Adults and Older People)*
Intersex	An umbrella term used to describe someone born with internal and/or external sexual anatomy that doesn't fit the typical expectations of the male/female binary. Also known as "differences of sex development." *(The Trevor Project)*
Sexual Orientation	Commonly defined as patterns of emotional, romantic, and/or sexual attractions to another person or people. *(The Trevor Project)*
Gay	Commonly used to describe an individual who identifies as a man or nonbinary person whose attractions are to some other men. This word has previously been used as an umbrella term for all LGBTQ+ people, but the more inclusive term is now the "LGBTQ+" or "queer" community. *(The Trevor Project)*
Lesbian	Commonly used to describe someone who identifies as a woman or nonbinary person whose attractions are to some other women. *(The Trevor Project)*

Bisexual/Pansexual	Used to describe an individual who is attracted to members of more than one gender. Individuals who identify as this need not have had equal sexual experience with people of multiple genders; in fact, they need not have had any sexual experience at all to identify as this. *(The Trevor Project)*
Asexual/Ace	Used to describe someone who experiences little or no sexual attraction and/or experiences sexual attraction in a non-normative way. Any person may experience none, one, or multiple forms or attraction, such as romantic, sensual, aesthetic, or others, at different levels with or without sexual attraction. Note: Sexual attraction is not the same as experiencing sexual arousal. *(The Trevor Project)*
Questioning	Refers to someone who is in the process of discovering or exploring their sexual orientation or gender identity, and who has not claimed a precise identity to use to describe these characteristics.
Queer	Umbrella term used to describe someone who is a sexual or gender minority (generally, not heterosexual and/or cisgender). This word has historically been used as a slur against LGBTQ+ people, but it has been increasingly reclaimed by LGBTQ+ communities and is now used by and among some people who are LGBTQ+. Note that many folks are still not comfortable using this word or being referred to as this word so it's best to mirror language while using this term.
Two Spirit (2S)	A pan-Indian term used by Native and Indigenous peoples to describe a gender that contains both masculine and feminine spirit and traits. It is used by some to describe their sexual orientation as well. Some believe that Two Spirit involves a spiritual and cultural role in addition to an identity. Others may not use the term Two Spirit and may instead use a tribal specific term. *(Tavi Hawn, LCSW, Cultural Awareness in Therapy with Trans and Gender Non-Conforming Adults and Older People)*

Pronouns and Why They Matter

Transgender and nonbinary youth who said their pronouns were respected most or all of the time attempted suicide at half the rate of those whose pronouns were not respected.

Source: The Trevor Project



NOTE: The pronouns a person uses do not need to align with any particular gender identity or expression. People may use more than one set of pronouns or no pronouns at all and choose which pronouns work best for them. If you mess up someone's pronouns, apologize and move on.

Gender Pronouns				
Subjective	**Objective**	**Possessive**	**Reflexive**	**Example**
She	Her	Her	Herself	She is speaking. I listened to her. The backpack is hers.
He	Him	His	Himself	He is speaking. I listened to him. The backpack is his.
They	Them	Theirs	Themself	They are speaking. I listened to them. The backpack is theirs.
Ze	Hir/Zir	Hirs/Zirs	Hirself/Zirself	Ze is speaking. I listened to hir. The backpack is zirs.

Additional Resources on Sexual Orientation, Gender Identity, Pronouns, and Terminology:

- Trans Student Educational Resources (TSER) Gender Unicorn
- TSER Gender Pronouns
- TSER Gender Grammar
- LGBTQ-INCLUSIVE LANGUAGE DOs and DON'Ts The Safe Zone Project
- Human Rights Campaign Glossary of Terms
- Gender-Neutral Pronouns 101: Everything You've Always Wanted to Know
- Pronouns.org Resources on Personal Pronouns
- PFLAG National Glossary

Active Allyship

In efforts to provide compassionate and effective care, it is important to recognize key components to being an active ally. It is okay to not know everything, but it is important to continue to learn in order to build understanding and comfort. Here are some tips to help with the journey:



The Trevor Project's Guides on Allyship:

- How to Signal You are an Ally in a Hostile Environment
- Guide to Being an Ally to Transgender and Nonbinary Young People

Be Kind. Empathy is the best form of communication.

Respect everyone. Period. Your understanding or opinion doesn't dictate respect

Check your own biases

Educate yourself

- Look up local mental health resources
- Engage in learning about mental health
- Keep learning about LGBTQ+ identities

Use inclusive language

- Mirror language
- Be intentional and thoughtful about your questions and comments

Facilitate inclusive pronoun practices

- Use folks' pronouns correctly and consistently
- Allow space for sharing pronouns in meetings
- Use pronouns behind name on virtual platforms, email signatures, business cards, etc.

Provide Gender-Inclusive Facilities

- Include gender-neutral bathrooms, changing room/locker rooms, in-patient care spaces

Encourage and Facilitate Self-Advocacy

- Amplify LGBTQ+ voices
- Champion diversity & inclusion
- Help foster strong connections and community
- Promote positive media respresentation

Advocate for Change

- HR resources (LGBTQ+ and mental health)
- Inclusive facilities
- Nondiscrimination policy

State & Federal Legislation

- Support LGBTQ+ nondiscrimination
- Support funding for accessible and affordable healthcare

NC Policies Impacting LGBTQIA2S+ Populations



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State Laws

Below are some of the policies that impact LGBTQIA2S+ populations in North Carolina. Additional information can be found through Human Rights Campaign Laws & Legislation and Movement Advancement Project North Carolina's Equality Profile.

- **House Bill 574 (Transgender Athlete Ban) 2023** – HB 574 prohibits trans women and girls from participating on middle school, high school, and even college sports teams that align with their gender identity. Middle and high school sports teams are required to be designated by "biological sex," which is defined as based solely on the student's reproductive biology and genetics at birth. Trans men and boys will still be able to participate on men's teams. HB 574 also extends the biological sex requirements to higher education, including the UNC system, community colleges, and private universities in North Carolina. This means that trans women will have a harder time accessing college sports and all of the academic and professional benefits that are available to college athletes.

- **House Bill 808 (Ban on Gender-Affirming Care) 2023** – Under HB 808, medical professionals cannot perform gender-affirming surgery on minors or prescribe puberty blockers or hormone therapy to minors. However, a medical professional can continue to prescribe puberty blockers or hormone therapy medications to a minor patient who has already under a course of treatment as of August 1, 2023, as long as the parents consent. The ban on gender-affirming surgery does not apply to surgery on intersex minors.

NOTE: Gender-affirming care is life-saving healthcare for transgender people of all ages. Here is a Resource Guide for Transgender Youth & Families in NC Impacted by HB808 developed by Campaign for Southern Equality.

- **House Bill 142 2017** – HB 142, enacted in 2017, repealed House Bill 2 (Public Facilities Privacy & Security Act) which compelled schools and state and local government facilities containing single-gender bathrooms to only allow people of the corresponding sex as listed on their birth certificate to use them.

- **Senate Bill 49 (Parent's Bill of Rights) 2023** – Public schools are required to inform parents prior to changing a student's name or pronouns used in school records or by school personnel. It is not retroactive to prior school years. Parents can also review records of materials their child has borrowed from a school library. This bill also bans instruction on gender identity, sexual activity, or sexuality from kindergarten to fourth grade.

NOTE: The school district is required to give parent notice of a request to use a preferred name/pronoun. The law does not indicate permission is needed.

Parent's Bill of Rights and Working with School Systems

- If parents agree, the school should provide the name accommodation to the student.
- If there is a disagreement between parent and student, the school will need to facilitate some discussion between the student and parents (Title IX G.G. v. Gloucester BOE must be considered if there is a disagreement).
- Implementation of the Parent's Bill of Rights is often at the schools' discretion and will likely vary from school to school. It is unclear if parental notification is still required if the student does not want to pursue after being told that their parents will be notified.
- **SafeSchoolsNC** has resources for physically and emotionally supporting LGBTQIA2S+ youth in schools.

Consent and Confidentiality

NC Minor's Consent Law

In 2022, all 50 states and D.C. allowed minors to consent to certain health services. North Carolina's minor's consent law is found at G.S. 90 21.5(a).

- **G.S. 90 21.5(a) allows an unemancipated minor to consent, on their own, to receive medical health services for the "prevention, diagnosis and treatment" of:**
  - **Venereal diseases/other reportable diseases**
  - **Pregnancy**
  - **Abuse of controlled substances/alcohol**
  - **Emotional disturbance**

  "venereal disease," "abuse" of substances, and "emotional disturbance" is the language used in the statute
- Minor's consent, by itself, is not sufficient to authorize an abortion, sterilization, or non-emergency admission to a 24-hour facility for substance use or behavioral health services.
- The law gives an unemancipated minor the legal capacity to consent to the services specified in the law, BUT a provider must also determine that the minor has the decisional capacity (aka competence) to consent.
- Law does not establish a minimum or "cut off" age and will depend on whether the minor is found to have decisional capacity.
- As of August 2021, a minor also cannot use this law to consent on their own to immunization with a vaccine that is under an Emergency Use Authorization (EUA) and has not yet been "fully approved" by the FDA.
- **Law says a minor may give effective consent to a "physician" who is licensed to practice in NC**
  - Has been interpreted to include providers working under a physician's supervision (e.g., nurses, physician assistants, etc.)
  - Note: be mindful of other providers in your organization who may not be working under the supervision of a physician (e.g., some mental health providers)
  - G.S. 90 21.4(a) establishes civil and criminal immunity for physicians who provide care to minors under G.S. 90 21.5 and without obtaining the consent for the care from a minor's parent, guardian, or PILP

NOTE: The same privileges of NC Minor's Consent Law apply to LGBTQIA2S+ youth, BUT other polices, such as restrictions on gender-affirming care, interfere with access to care.

Confidentiality Laws for Adolescent Health Information

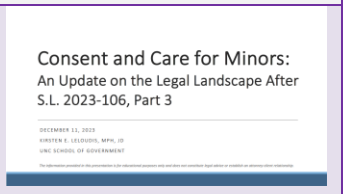
Responsibility, liability, and immunity of physicians G.S. 90 21.4(b) is the law that governs the confidentiality of information about health services a minor received under NC's minor's consent law.

- **General Rule –** Cannot disclose information about a health service the minor received on their own consent to the minor's parent, guardian, custodian, or PILP (Person Standing *In Loco Parentis*) without the minor's permission.
- **Exceptions –** May* disclose to a parent, guardian, custodian, or PILP if:
  - Disclosure is essential to the life or health of the minor
  - Parent, guardian, custodian, or PILP "contacts the physician concerning the treatment or medical services being provided to the minor."

  * **this means disclosure is PERMITTED, but NOT REQUIRED**

HIPAA is the federal law that governs the use and disclosure of protected health information (PHI). Typically, the individual gets to decide on use and disclosure of PHI, but sometimes it can be the individual's personal representative (ex: someone with power of attorney, a spouse, or parent). Who can be a personal representative is usually set out in state law, not in HIPAA.

- **General Rule** – The party that consented to the health service will be the party that controls the use and disclosure of the PHI. This matters for adolescents because most of the time (but not always), it is the minor's personal representative who is consenting to health care for the minor.
- **Exceptions** – When there are concerns that fulfilling the minor's personal representative's request for use of disclosure of PHI could create a risk of harm to the minor or another person.
- **When the minor is treated as the "individual" under HIPAA**:
  - If the minor lawfully obtained care without parental consent and the minor consented for the use or disclosure of PHI.
  - If the minor's parent, guardian, custodian, or PILP agrees to confidentiality between the minor and the health care provider.

Additional Information on Consent and Confidentiality for Minors			
Information Presented by Kirsten E. Leloudis, MPH, JD / UNC School of Government *Click on the Image for a pdf of the presentation slides*			
Adolescent Health and NC Law: Update 2023		**Consent and Care for Minors: An Update on the Legal Landscape after S.L. 2023-106, Part 3**	

NOTE: Please check with your home entity about policies regarding consent and confidentiality

Medicaid and Healthcare Coverage

- **A** gender-affirming care ban **is now in effect in North Carolina.** The new law prohibits the initiation of any gender-affirming care in NC for people under the age of 18, including puberty blockers, gender-affirming hormone therapy, and surgery. However, it does not restrict care that has already been initiated. Young people who were already receiving a "course of treatment" prior to August 1, 2023 can continue receiving that care.

- **North Carolina Medicaid does cover surgery for intersex individuals.** Prior approval is needed, and there are limitations for Medicaid beneficiaries under 21 years of age. Early and Periodic Screening, Diagnostic, and Treatment (EPSDT) is a federal requirement that requires state Medicaid agencies to cover services, products, and procedures for beneficiaries under 21 IF the service is medically necessary health care to correct or ameliorate a defect, physical or mental illness, or a condition identified through a screening examination. This means EPSDT covers most of the medical or remedial care a child needs to improve or maintain his or her health in the best condition possible, compensate for a health problem, prevent it from worsening, or prevent the development of additional health problems. Find additional information on this policy here: NC Medicaid Surgery for Ambiguous Genitalia

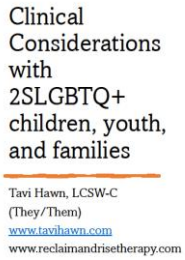
- **Learn more** about North Carolina's Equality Profile and Medicaid Coverage of Transgender-Related Health Care by clicking the links.

Learn from a Mental Health Clinician working with LGBTQIA2S+ Folx

Clinical Considerations with 2SLGBTQ+ children, youth, and families



Speaker:
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Author, Speaker, Consultant, Therapist
Reclaim & Rise Therapy
https://www.tavihawn.com/



2SLGBTQ+ and Gender Affirming Care

Questions to ask:

- How many 2SLGBTQ+ children and youth have you worked with?
- How many trans and nonbinary children and youth have you worked with?
- What is your belief about what gender affirming care is?
- What is your knowledge base of local resources, groups, and individuals to connect your 2SLGBTQ+ clients/patients to? Trans/gender expansive? QTBIPOC?
- Are you familiar with other local gender affirming providers to connect your clients/patients to?

Dance Between Meeting Parents and Caregivers Where They Are and Challenging Them to Grow

- To understand why family members may respond to a child or loved one's coming out with shock, fear, anger, loss, or sadness, we must recognize the degree to which gender and sexuality is used as a primary source of making sense of human behavior and the world.
- Finding out how family members really feel, letting them know their feelings are real and their feelings might change. Their emotions are valid, and their kid needs them to be able to be their biggest fan and supporter. It's okay to be afraid, to feel alone, to feel embarrassed and they can't get stuck there.
- I validate family members' feelings because emotions are emotions and I also start to help them see all the things we are taught about gender and the heavy reinforcing of those messages even at preschool age. If they say they are grieving, I help them identify what exactly they're grieving. They may have to let go of a name they spent time and emotional energy choosing. Their understanding of their family history might have to change. A lot of times it's expectations. We talk about how part of every parent or caregiver's journey is letting go of previously held expectations. Those expectations may be different for each family or for each child, but every parent is called to do that personal growth work.

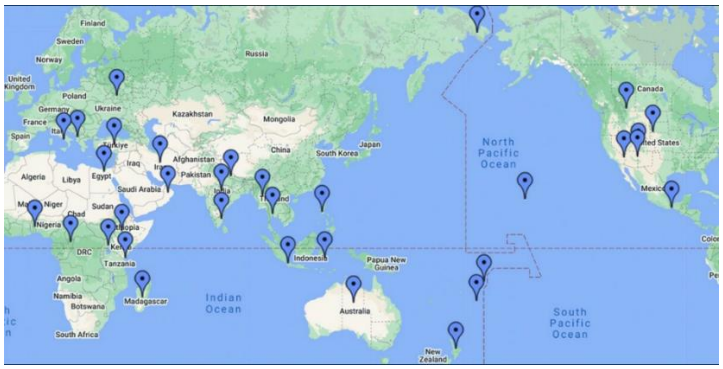
Historical evidence of many genders worldwide



This is Charlie the Weaver, Navajo, in about 1895. Charlie held traditional feminine roles such as weaving and creating other crafts, as well as the role of a healer which was a male role. Charlie wore clothing that was distinct from both male and female attire.



Many African spiritualities have multiple genders represented in deities and ancestral spirits, including androgynous and intersex beings. Many tribes don't assign gender until age 5 or later. Other tribes view gender as based on one's energy, not at all connected to one's body parts.



A Map of Gender-Diverse Cultures
https://www.pbs.org/independentlens/content/two-spirits_map-html/

Take a tour with this world map, and learn how many cultures see gender diversity.

Highlight the Family Strengths and Trust in Resilience

- Sometimes it can help to have a supportive family member talk to another family member who is struggling to accept or feeling resistant.
- Provide families with the research showing the vast difference in mental health and overall functioning of those with family support versus those without.
- Assist families in looking at other times in family history that they have been resilient and come together after a difficult time.
- Connect them with other similar families.

Navigating Social Transition at School

❖ Social transitioning goes more smoothly for a student when school personnel and parents/ guardians (when affirming) work together and maintain regular communication and check-ins.
❖ Educators should support students on their gender journey even if they do not have an affirming family. School can be a supportive, affirming space for children to be themselves.
❖ Assess steps needed for your particular school/ district to become more gender affirming. Do you need professional development or advice to understand gender transitions and develop specific steps the school could take?
❖ Who do you need to communicate within your school or district? Identify key personnel responsible for answering more difficult questions or concerns parents and families may have and who can serve as a resource to others.
❖ What policies or forms need to be reviewed, such as dress codes, bullying and harassment policies, and student information systems?
❖ Children are more resilient and able to cope when they feel affirmed and supported. Often, students who are transgender or non-binary have endured teasing and may not have felt safe to report it. Identify a safe person or people on staff for a student to talk to who will check in with them weekly while at school.
❖ Each student and each family have different concerns about privacy and confidentiality around social transition. Ensure privacy and share information with school staff only on a need-to-know basis. Legally, it should be handled the same as a medical issue under FERPA and a student's right to privacy.
❖ In school, it is the adults' responsibility to help other students understand transitioning and gender, not the students'. Students have the right to talk about their transition with other students, but adults must carefully guard confidentiality. It is possible to have gender affirming schools without compromising the privacy of individual students.
❖ Have resources available for adults to help them understand transgender and non-binary children.
❖ If the media contacts your school or district, make sure that someone is prepared to respond and protect student privacy.

When Does Family/Parent's Lack of Support or Active Rejection Become Dangerous/Harmful?

- LGBTQ+ young people are more than four times as likely to attempt suicide than their peers (Johns et al., 2019; Johns et al., 2020).
- Across race/ethnicity, Native/Indigenous youth who are Two-Spirit/LGBTQ+ consistently report the highest suicide risk. Nearly a quarter of Indigenous LGBTQ+ young people (23%) reported attempting suicide in the past year, compared to 14% among the overall sample of LGBTQ+ young people.
- Black transgender and nonbinary young people report disproportionate rates of suicide risk with 58% seriously considering suicide and 1 in 4 (25%) attempting suicide in the past year.

Resources

- Rainbow Collective for Change – social support events and advocacy for 2SLGBTQ+ youth and families in the triangle, Rainbow summer camp, and BIPOC Rainbow family events.
- LGBTQ Center of Durham Youth Center – 12-24 through programming, drop-in space, and events.
- BAAITS – hosts online Two Spirit talking circles for Indigenous 2S, LGBTQ, and Indigiqueer people of all ages.
- Paths Remembered Project – online texting program; sign up to receive Indigenous Two Spirit resources.
- Black Trans Advocacy – hosts annual conference, connects people to resources.
- Charlotte Black Pride
- Alamance Pride
- Campaign for Southern Equality – STYEP program provides small grants to trans youth who need to travel out of state to receive medical gender affirming care.
- QORDS (queer/trans youth summer camp held in NC).

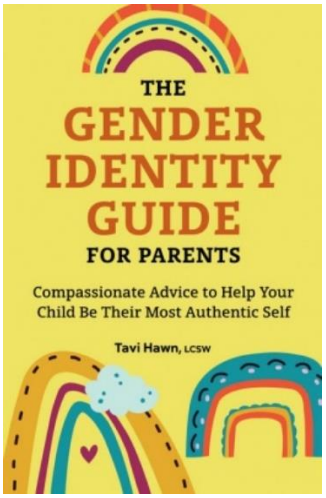
Reading List – Elementary

- What words do you use?
- They, He, She, Me
- Sassy Sassafras
- Phoenix Gets Greater
- Every Body
- What Makes a Baby
- Julian is a Mermaid
- My Rainbow

Reading List – Middle/ High Schoolers

- Dreadnought by April Daniels
- A Kids Book about Being Transgender and A Kids Book about Being Nonbinary by Gia Parr
- Beyond the Gender Binary by Alok Vaid Menon
- Wandering Son, Vol. 1 by Takako Shimura
- I Wish You All the Best, Mason Deaver
- Pet by Akwaeke Emezi

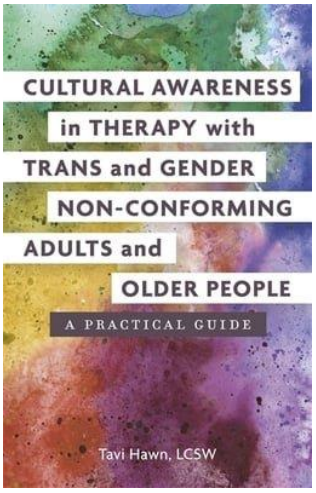
Books Authored by Tavi Hawn
https://www.tavihawn.com/books



The Gender Identity Guide for Parents: Compassionate Advice to Help your Child be their Most Authentic Self – Nurture and celebrate your child's true self with this parents' guide to gender identity. Talking with your child about gender identity can seem overwhelming--but with the right guidance, you can have healthy conversations and create an affirming environment for them as they grow. Whether your child is cisgender, gender expansive, transgender, or still unsure, this guide provides practical advice and strategies to help you embrace them for who they are and support them as they approach puberty.

- Learn the basics – Refresh your knowledge on gender identity and gender expression.
- Discover anecdotes and advice – Build your confidence as a parent with expert strategies and relatable stories from other parents.
- Cover important topics – Learn how to unravel your personal biases and maintain open communication.

Create a safe and inclusive space for your child to explore themselves with The Gender Identity Guide for Parents.



Cultural Awareness in Therapy with Trans and Gender Non-Conforming Adults and Older People: A Practical Guide – This book is a comprehensive resource providing practical advice for therapists and other professionals. It guides the development of culturally sensitive and trans-affirmative practices when working with trans and gender non-conforming clients, including older individuals, regardless of race, ethnicity, or religion. The book advocates an intersectional approach to care and covers transgender care across the lifespan within an anti-racist, intersectional framework. It includes case studies, tips, self-assessment checklists, and further resources.

Additional Resources

NC InCK Resources

- NC InCK's Adolescent and Young Adult Health Guide
- NC InCK's Guide to Engaging Adolescents in the Care Management Process
- NC InCK's Behavioral and Mental Health Services Guide

Healthcare Resources

Resource	Additional Information
OutCare	LGBTQIA+ affirming provider directory and health resources.
LGBTQ+ Healthcare Directory	Free, searchable database for healthcare professionals knowledgeable and sensitive to the unique health needs of LGBTQ+ people in the USA and Canada.
WPATH	World Professional Association for Transgender Health Provider Search.
Duke Child and Adolescent Gender Care Clinic	Team of specialists use an integrative, holistic approach to provide quality, comprehensive and compassionate family-centered care to transgender youth, gender-expansive youth, and children with differences of sex development.
UNC School of Medicine Gender Affirming Care	The Gender Affirming Care Clinic offers free gender affirming care on the 3rd Wednesday of every month from 6-9pm. Location: Carrboro Community Health Center 301 Lloyd St Carrboro, NC 27510
Campaign for Southern Equality	**Resource Guides:** • Trans in the South: A Directory of Trans-Affirming Health & Legal Service Providers • Resource Guide for Transgender Youth & Families in NC Impacted by HB808 **Extended Services:** • **Patient Navigation** - We help families understand their options for continuing care in other Southern states or states contiguous to the South, including referrals to medical providers in the regional network CSE has worked to coordinate. • **Emergency Grants** - Families of trans youth can receive grants of $500 to support immediate needs, including travel expenses, medication costs, and

	mental health or wellness needs. • **Frontline Grants** - State and local organizations working directly with youth and their families are partnering closely with the CSE team, and we provide direct funding to help fuel their frontline work supporting trans youth. • **Ecosystem of Care** - We collaborate with providers and organizations to create an ecosystem of care and support through Town Halls, Resilience Workshops, referrals to mental health care and more.
Human Rights Campaign (HRC): Know your Healthcare Rights	Learn more about patient healthcare and Medicaid Rights using the following resources: • HRC: What to Do if You Experience Discrimination • HRC: Protecting Your Visitation & Decision-Making Rights • HRC: Affordable Care Act Resources • HRC: Coming Out to Your Doctor • HRC: Resources for Autistic Trans Patients

Sexual Health and Education Resources

Resource	Additional Information
The Trevor Project Resources for Sexual Health Support	Resource list outlining non-Trevor project resources to support individuals' sexual health.
Human Rights Campaign Safer Sex for Trans Bodies Toolkit	A comprehensive sexual health guide for transgender and gender-expansive people and their partners. Available in English and Spanish.
AMAZE	Medically accurate and age-appropriate Sex Ed for all adolescents as determined by Parents, Teachers, and Medical Professionals. AMAZE also offers AMAZE Jr. for parents of young children to offer age-appropriate sex ed resources about talking to young children as well as fun videos to share with your children.

Mental Health and Crisis Supports

Program	How to Access	Additional Information	Who?
Trans Lifeline	877-565-8860 (U.S.)	Peer support hotline and microgrants program run by trans people for trans and questioning peers. Call if you need someone to talk to, even if you're not in crisis or you're not sure you're trans.	Trans Folks of any age
Trevor Lifeline	1-866-488-7386	A 24/7 crisis intervention and suicide prevention phone service.	LGBTQ+ Young People (<24)
TrevorText	Text "START" to 678-678	A 24/7 crisis intervention and suicide prevention texting service. Text "START" to 678678. Standard text messaging rates apply.	LGBTQ+ Young People
The Steve Fund Crisis Textline	Text STEVE to 741741	A 24/7 crisis line to chat live, a trained Crisis Counselor will receive the text and respond to you quickly to provide support.	Young People of Color; LGBTQ Affirming
The Network/LA Red	617-742-4911 (voice) 1-800-832-1901 (toll free)	Free and confidential LGBQ/T partner abuse hotline. 24-hour hotline provides confidential emotional support, information, referrals, safety planning and crisis intervention for LGBTQ/T folks. Callers don't have to leave or want to leave the relationship to get support.	LGBTQ+ Folks experiencing Intimate Partner Violence

National Runaway Safeline	1-800-RUNAWAY	You can also find other national resources here	Youth
Project Fam - (Folks Aiming for More, LGBTQ Center of Durham)	Find more information, emails, and referral forms on the website	Offers housing and therapeutic services, and services for LGBTQ+ survivors of sexual and domestic violence.	Age: 18+ Project FAM prioritizes the needs of Transgender Womxn and Femmes of Color and all Queer and Trans BIPOC folks.
SafeSchools	Web-based resource list	List of local suicide/crisis supports	Vary

Housing and Material Supports

Program	How to Access	Additional Information	Who?
Haven House Services	Phone: 919-833-3312	LGBTQIA+ Friendly Emergency Young-Adult Housing	Haven House Services can process Access Hub coordinated entry intakes ONLY FOR THOSE AGED 18-24.
Wrenn House	Phone: 919-832-7866 (available 24 hours a day, 365 days a year.) Address: 908 W. Morgan Street Raleigh, NC 27603	Wrenn House is the only homeless, runaway and crisis intervention program and shelter for youth in the Triangle. LGBTQIA+ Friendly.	Ages 10 – 17
Project Fam - Housing and Therapy Services (Folks Aiming for More, LGBTQ Center of Durham)	For housing and therapy services, please fill out the Referral Form	The focus of housing and therapy services under Project FAM is to provide housing navigation, financial assistance, and mental health resources to LGBTQ+ adults in the Triangle in order to alleviate economic and social barriers to achieving stability and independence. Project FAM does not offer emergency housing services. **Services:** • Case Management • Housing Navigation • Financial Assistance • Therapy • Medication Management • Transportation Assistance	Age: 18+ Project FAM prioritizes the needs of Transgender Womxn and Femmes of Color and all Queer and Trans BIPOC folks.

Legal Resources

The following organizations offer resources, referrals, and representation for all states. For lists of resources in other states or to find updated information use this link.

Organization Name	Contact	Additional Information
Southern Poverty Law Center	334-956-8200 www.splcenter.org	
Lambda Legal,	866-542-8336	

Southern Office	www.lambdalegal.org/help/	
National Center for Lesbian Rights (NCLR)	800-528-6257 www.nclrights.org	When calling, ask for the "Legal Hotline;" open 9 AM - 5 PM PST
Transgender Law Center	415-865-0176 x306 www.transgenderlawcenter.org/	
Immigration Equality	212-714-2904 or 202-347-0002 www.immigrationequality.org/	
American Civil Liberties Union (ACLU)	www.aclu.org	The ACLU has state chapters across the South. Use the search function on the website to find your local chapter.
National Center for Transgender Equality	https://transequality.org/documents	Visit NCTE's ID Documents Center, a one-stop hub for name and gender change resources in every state.
Transgender Legal Defense & Education Fund Trans Health Project	https://transhealthproject.org/	Resources, tutorials, and support to help people navigate and access transgender-related health care covered under insurance.
Trans LifeLine Microgrants	Phone: 877-565-8860 www.translifeline.org/microgrants	Support in changing legal name and updating your government identification documents. Advocates can assist with the processes and cost of updating the following documents: Passport, Driver's License, State ID, Court Order Name Change, and Immigration Documents.
Campaign for Southern Equality	https://southernequality.org/legal-resources/north-carolina/	Provides information about acquiring medical or attorney referrals; it is not medical or legal advice.
LGBTQ Center of Durham	Email:GRASP@lgbtqcenterofdurham.org	Gender Resources, Advocacy, and Support Program (GRASP) services: • Trans Advocate Program - Safety, wellness, medical, legal, and community advocacy • QTPOC Fund and Emergency Response Fund • Community Trainings • Name Change Navigation • Trans and Gender non-conforming closet • Support Groups

Community Building and Resources

Local Community Building Resources

Organization Name	Additional Information
CenterLink LGBTQ Community Member Centers in North Carolina	Map of LGBTQ Centers across NC.
LGBTQ Center of Durham	LGBTQ+ Youth Youth Center of Durham – offers programming and drop-in space some afternoon and select Saturdays. See the Center calendar for times and programming details. Additionally, Project FAM supports LGBTQ+ folks who are 18+ across areas.
LGBT Center of Raleigh	Serving the Triangle and beyond, see the website for a list of local resources, supports, and opportunities for community building.
Parents and Friends	Mission to support families, allies, and LGBTQIA+ people and advocate for equality.

of Lesbians and Gays (PFLAG)	Triangle Chapter Alamance Chapter
Safe Schools NC	NC Statewide non-profit organization dedicated to creating a safe and positive learning environment for all students and educators in North Carolina with an emphasis on actual or perceived sexual orientation, gender identity, and gender expression.

Online Community Building and Connection Resources

Organization Name	Contact	Additional Information
LGBT National Youth Talkline	Confidential safe space where callers of any age can speak about sexual orientation or gender identity/expression issues. Phone: 800-246-7743	LGBTQ+ Youth
It Gets Better Project	Education, support and resources that exists to uplift, empower, and connect LGBTQIA+ youth around the globe.	Information
imi	Guides for LGBTQ+ teens to explore their identity and support their mental health.	LGBTQ+ Youth
Q Chat Space	Weekly online discussion groups for LGBTQ youth. Chat online with other LGBTQ youth and trained LGBTQ staff about topics and issues relevant to LGBTQ youth.	LGBTQ+ Youth
QueerNC	Connects LGBTQ+ youth in rural and urban areas through online and in-person spaces.	LGBTQ+ Youth
TrevorSpace	An online, international, peer-to-peer community for LGBTQ young people.	LGBTQ youth
Q Chat Space	Weekly online discussion groups for LGBTQ youth. Chat online with other LGBTQ youth and trained LGBTQ staff about topics and issues relevant to LGBTQ youth.	LGBTQ youth
imi	Online Mental Health tool for LGBTQ+ Youth.	LGBTQ+ Youth
Beloved Arise	Online Faith Based Resources and Youth Programming and Youth Groups.	LGBTQIA+ Youth of Faith (Buddhism, Christianity, Hinduism, Islam, Judaism, Sikhi)
gaychurch.org	Affirming church directory aimed at providing an online resource for people to locate and visit welcoming churches around the world.	LGBTQ+ Individuals who identify as Christian

Learning Resources

Organization Name	Contact	Audience
Gender Spectrum	Hosts free online groups for pre-teens, teens, parents, caregivers and other family members and adults about navigating gender.	LGBTQ+ youth ; Family Members; Adult Allies
Trevor Project Resource Center	Youth, parents, and allies can find answers to frequent questions and explore resources related to sexual orientation,	LGBTQ+ youth and allies

	gender identity, and more.	
It Gets Better Project	Education, support, and resources.	LGBTQ+ Youth; Adult; Professional Staff
Advocates for Youth	Health and Policy Based information geared towards adults and professionals.	Adult; Professional; Policy Focused
Equality NC	Policy Based information geared towards adults and professionals.	Adult; Professional; Policy Focused
Safe Schools NC	General learning resources as well as those specific to education and schools based spaces.	Adult; Professional
Southerners on New Ground	Advocacy and Training opportunities.	Adult; LGBTQ+
OutCare	On-demand CEU learning opportunities and Webinars.	Professionals
National LGBTQIA+ Health Education Center	Educational programs, resources, and consultation including: • Telehealth and LGBTQIA+ Communities Toolkit • Gender-Affirming Pediatric Care Toolkit • Learning Resources Webinars	Health care professionals
AMAZE	Sexual education and navigation resources.	Family members; Youth; Professionals