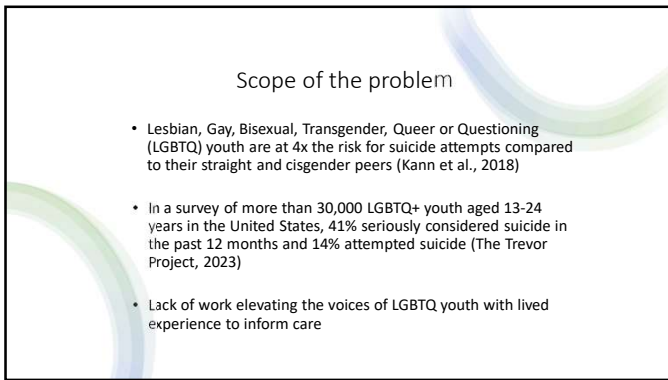
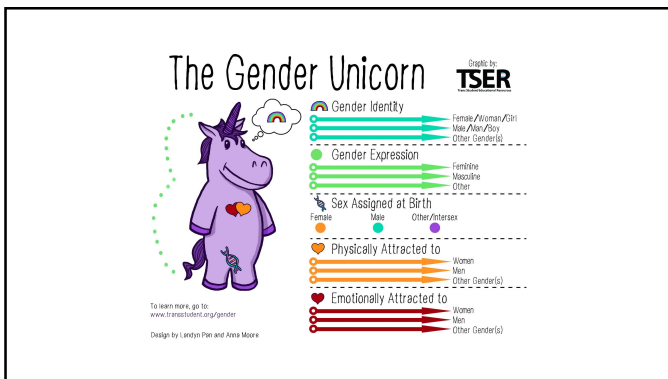


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LGBTQ youth identify themselves in an incredibly wide range of ways.

LGBTQ youth in the survey identified with more than 100 different combinations of terms to describe their gender identity:

Agender, Androgynous, Bigender, Boy or man, Butch, Cisgender, Demiboy, Demigirl, Femme, Gender non-conforming, Genderfluid, Genderqueer, Girl or woman, Neurois, Nonbinary, Omnisgender, Queer, Questioning, Transfeminine, Transgender, Transmasculine, Achilleen, Androsexual, Asexual/Ace Spectrum, Bisexual, Demimale, Gay/lesbian, Greysexual, Monosexual, Omnisexual, Panromantic, Pansexual, Polymorous, Prefer no labels, Queer, Questioning, Sapphic, Sexually fluid

Trevor Project, National Survey on LGBTQ+ Youth Mental Health 2020. <https://www.thetrevorproject.org/survey-2020>

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Trauma Informed Lens

- Promoting Psychological Safety
- Avoid Potential Re-traumatization

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EVIDENCE-BASED PRACTICE IN CHILD AND ADOLESCENT MENTAL HEALTH
2021, VOL. 6, NO. 3, 393-409
<https://doi.org/10.1080/23749425.2021.1950079>

 **Routledge**
Taylor & Francis Group

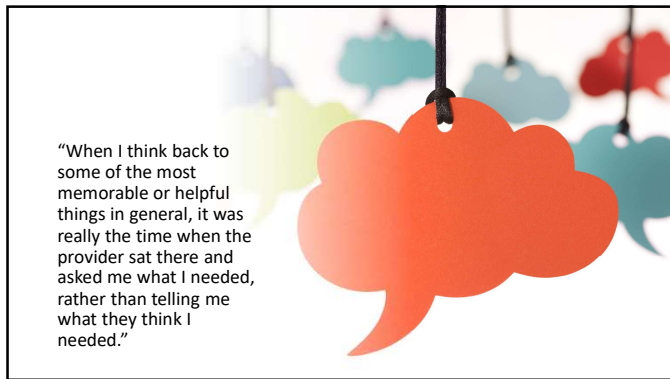
 Check for updates

Treatment Recommendations and Barriers to Care for Suicidal LGBTQ Youth: A Quality Improvement Study

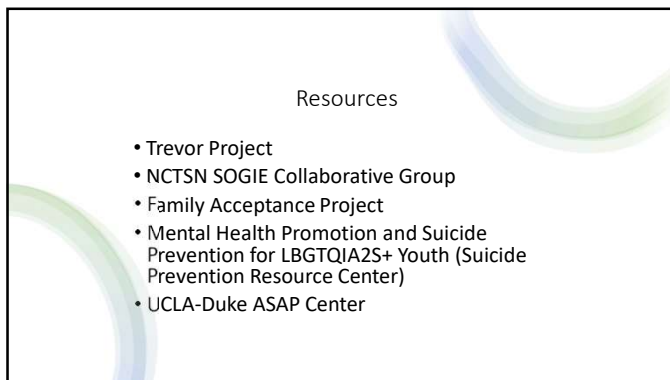
Lucas Zullo , Ilana Seager van Dyk , Elizabeth Ollen*, Natalie Ramos*, Joan Asarnow , and Jeanne Miranda*

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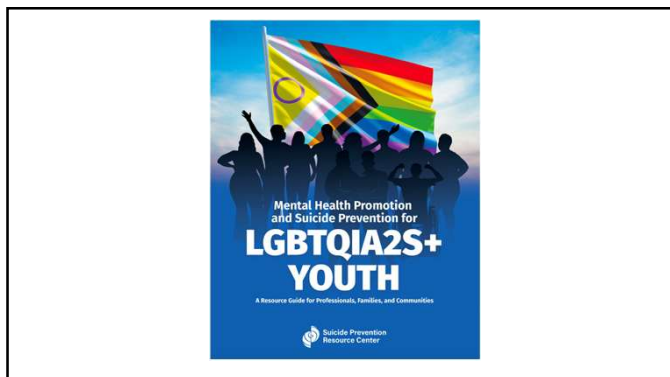
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Family Behaviors that Increase Your LGBTQ Child's Risk for Serious Health & Mental Health Problems

Reprinted from the Family Acceptance Project. "Parental Acceptance of Children's Sexual Orientation and Gender Identity" (PAGI) is a measure of parents' attitudes toward their child's sexual orientation and gender identity. Research shows that higher levels of parental acceptance are associated with better mental health outcomes for LGBTQ youth. The Family Acceptance Project is a leading research center in the field of LGBTQ youth mental health. For more information, visit familyproject.org.

BEHAVIORS THAT HURT...

Prevent your child from talking to LGBTQ friends	Don't talk about your child's LGBTQ identity	Blame your child when others misinterpret their behavior	Try to change your child's 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 like their non-LGBTQ friends	Don't let your child participate in LGBTQ support groups or events	Let others speak badly about LGBTQ / gender diverse people in front of your child	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 counselor	Don't let your child see you or anyone else who is LGBTQ	Don't let your child see you or anyone else who is LGBTQ	Don't let your child see you or anyone else who is LGBTQ
Make your child pay or work to earn money to support their LGBTQ identity	Make your child pay or work to earn money to support their LGBTQ identity	Make your child pay or work to earn money to support their LGBTQ identity	Make your child pay or work to earn money to support their LGBTQ identity	Make your child pay or work to earn money to support their LGBTQ identity

The more of these behaviors that parents and families do, the higher your LGBTQ child's risk.

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

Reprinted from the Family Acceptance Project. "Parental Acceptance of Children's Sexual Orientation and Gender Identity" (PAGI) is a measure of parents' attitudes toward their child's sexual orientation and gender identity. Research shows that higher levels of parental acceptance are associated with better mental health outcomes for LGBTQ youth. The Family Acceptance Project is a leading research center in the field of LGBTQ youth mental health. For more information, visit familyproject.org.

BEHAVIORS THAT HELP...

Tell your LGBTQ child that you're proud of them	Support your child's gender expression	Talk with your child or family about your LGBTQ identity and feelings	Be open when your child is LGBTQ	Get accurate information to support your child's sexual orientation, gender identity and expression
Let your child & you both participate in LGBTQ support groups or events	Let your child & you both participate in LGBTQ support groups or events	Let your child & you both participate in LGBTQ support groups or events	Let your child & you both participate in LGBTQ support groups or events	Let your child & you both participate in LGBTQ support groups or events
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The more of these behaviors that parents and families do, the better your LGBTQ child's health & well-being.

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Questions?

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