



*Working with
the LGBTQ
community*

Hello!

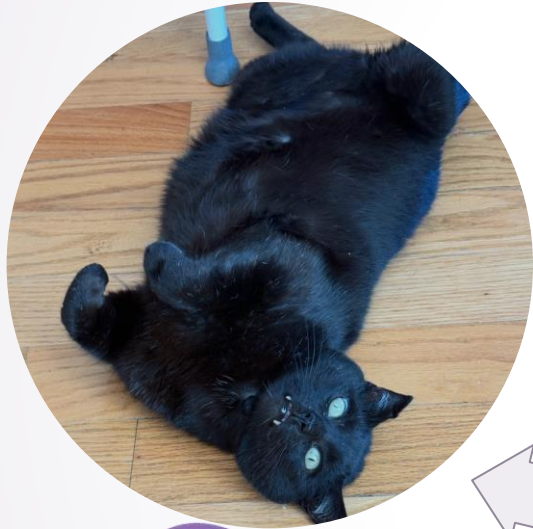
James McManus, LMSW
Shift Supervisor



James is a psychotherapist who works almost exclusively with trans folks. James is a shift supervisor for the hotline. James has 4 cats, drinks a concerning amount of seltzer, and loves to craft things with no utility.

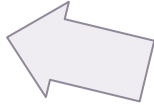


Ice Breaker Time

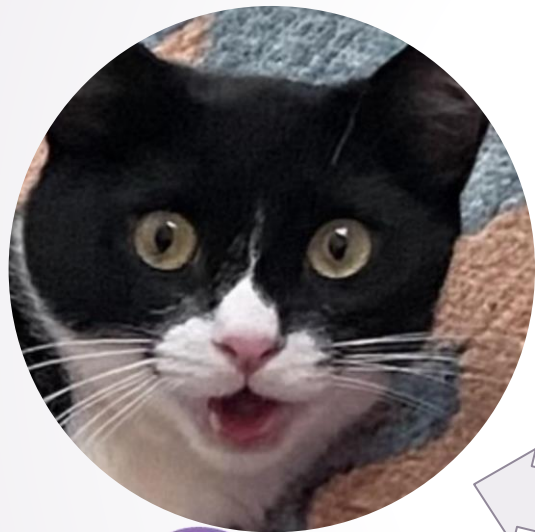


1. Name and pronouns (if you'd like to share)
2. What are you hoping to learn?
3. What is the best shape of pasta?

**This is
Batman. He
may or may
not show up
tonight.**



Also!



There are no stupid questions! As long as you are respectful, I am happy to answer whatever questions you may have.

This is Sasha, but you probably won't see her because she'll be busy sprinting down the hallway.





1.

Pride for Youth

(PFY)



Pride for Youth (PFY)



- A division of Long Island Crisis Center
- A service and advocate for the LGBTQ+ community
- Began the first suburban drop-in center for LGBTQ+ youth in the country in 1993
- Serves over 11,000 people every year



LGBTQ Services Line

Programs:

- **Coffeehouse:** weekly meeting for LGBTQ+ youth and allies ages 13-20
- **Trans Action:** supportive space for individuals ages 15-30 who identify as transgender, nonbinary, or questioning
- **Queer Peers:** Free monthly meeting for LGBTQ+ youth and allies (ages 9-12) to play games, discuss, and join activities in a safe space
- **Pride for Parents:** For parents and adult family members of LGBTQ+ young people
- **Project Thrive:** Letters of support for gender affirming medical care, Assistance with name & gender marker changes.

Services:

- Individual & Family Counseling
- Drop-in Counseling
- Community Education
- Professional Trainings

Prevention Services Line

- **MpowermentLI:** LGBTQ+ men 17-30
- **MpowerVIDA:** Spanish speaking LGBTQ+ individuals 18-45 years old.
- **MpowerHER:** Weekly meet-up for transgender women and trans-feminine individuals to socialize and share life experiences re: emotional wellbeing, trans identity, womanhood/femininity, sexual health

Services:

- (Case Management)
 - PrEP/PEP Screenings
 - HIV/Syphilis Testing
 - Supportive Counseling





LGBTQ Breakdown



Lesbian: A woman who is emotionally, romantically or sexually attracted to other women. Women and non-binary people may use this term to describe themselves.

Gay: A person who is emotionally, romantically or sexually attracted to members of the same gender. Men, women and non-binary people may use this term to describe themselves.

Bisexual: A person emotionally, romantically or sexually attracted to more than one gender, though not necessarily simultaneously, in the same way or to the same degree. Sometimes used interchangeably with pansexual.





Transgender: An umbrella term for people whose gender identity and/or expression is different from cultural expectations based on the sex they were assigned at birth. Being transgender does not imply any specific sexual orientation. Transgender people may identify as straight, gay, lesbian, bisexual, etc.



Queer: A term people often use to express a spectrum of identities and orientations that are counter to the mainstream. Queer is often used as a catch-all to include many people, including those who do not identify as exclusively straight and/or folks who have non-binary or gender-expansive identities. This term was previously used as a slur, but has been reclaimed by many parts of the LGBTQ+ movement.



Important Vocabulary



Sexual Orientation:

- An inherent or immutable enduring emotional, romantic or sexual attraction to other people.

Gender Identity:

- One's innermost concept of self as male, female, a blend of both or neither
- How individuals perceive themselves and what they call themselves.
- One's gender identity can be the same or different from their sex assigned at birth.



Gender Expression:

- External appearance of one's gender identity.
- Expressed through behavior, clothing, body characteristics or voice.
- May or may not conform to socially defined behaviors and characteristics typically associated with being either masculine or feminine

Sex Assigned at Birth:

- The sex, male, female, or intersex, that a doctor uses to describe a child at birth based on external anatomy.



Cisgender (cis)

People whose gender identity aligns with their sex assigned at birth.

Transgender (trans)

People whose gender identity does not align with their sex assigned at birth.

Non-Binary

Regardless of what they were assigned at birth, does not identify as squarely male or female.



Gender Dysphoria

Clinically significant distress caused when a person's assigned birth gender is not the same as the one with which they identify.

Transition

A series of processes that some transgender people may undergo in order to live more fully as their true gender.

- Social transition (changing name and pronouns)
- Medical transition (hormone therapy or gender affirming surgeries)
- Legal transition (changing legal name and sex on government identity documents)



Gender Identities

Transgender

People whose gender identity does not align with their sex assigned at birth.

Binary

Nonbinary

Trans woman

Trans man

Regardless of what they were assigned at birth, does not identify as squarely male or female.

Cisgender

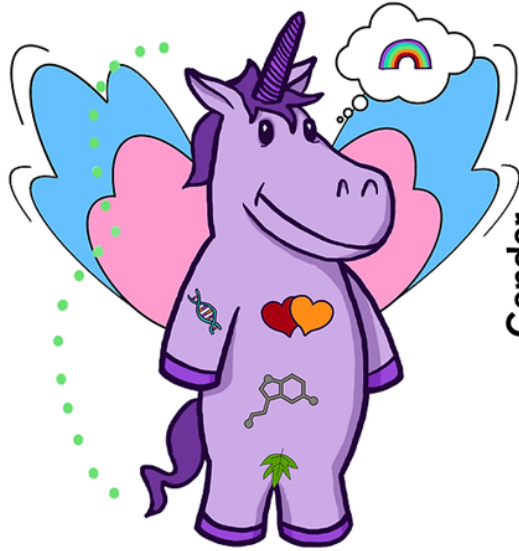
People whose gender identity aligns with their sex assigned at birth.

Binary

Cis woman

Cis Man

The Flying Gender Unicorn



Gender

Gender Identity



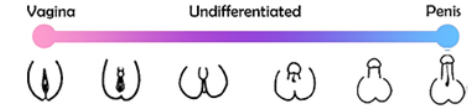
Gender Expression



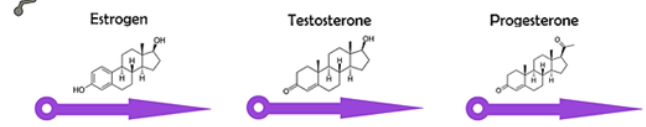
Gender Assigned At Birth



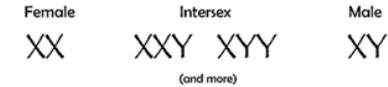
Genitals (At Birth)



Hormone Levels (Vary Over Time)



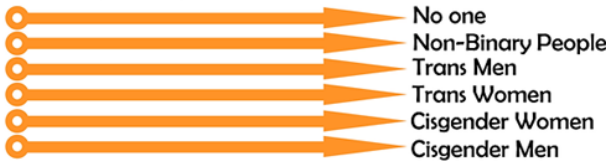
Chromosomes



Sexual Identity



Physically Attracted To



Emotionally Attracted To



Sexuality

Original graphic by

TSER
Trans Student Educational Resources

Original design by Landyn Pan and Anna Moore

Content and graphic modified by

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A hand is holding a whiteboard. The whiteboard has a decorative border of colorful, wavy lines in shades of blue, green, yellow, orange, and red. The text on the whiteboard is written in large, colorful, block letters. The word "HELLO" is written in red, orange, green, blue, and purple. Below it, the words "MY PRONOUNS ARE" are written in orange, blue, purple, orange, and green. At the bottom of the whiteboard, there is a horizontal line with a vertical slash in the middle, also drawn with colorful markers.

HELLO

MY PRONOUNS ARE

_____ / _____



LGBTQ Youth...

- Face higher risk factors for maladaptive behaviors
 - Suicide
 - Runaway/homelessness
 - Dropping out of school
 - Substance use
 - HIV/STI transmission
- Higher rates of depression and anxiety
- Lack of visibility (intake forms, census, etc.)
- Lack of equal rights (GENDA)



LGBTQ youth...

- Lack positive adult role models – many gay elders died during the AIDS epidemic.
- Do not receive accurate and affirming sexual health education in mainstream settings.
- Often cannot access culturally relevant mental health and medical service providers.
- Lack opportunities for socialization and safe meeting places (bars, clubs, drag culture).
- Are often unaware of other LGBTQ+ affirming resources (churches, college campuses, legal assistance, etc.)
- Are not taught about their own cultural history.
- Are not taught healthy coping skills for stress related to coming out.

45% of LGBTQ youth seriously considered attempting suicide in the past year.



Nearly 1 in 5 transgender and nonbinary youth attempted suicide and LGBTQ youth of color reported higher rates than their white peers.

LGBTQ youth who felt high social support from their family reported attempting suicide at **less than half the rate** of those who felt low or moderate social support.

Fewer than 1 in 3 transgender and nonbinary youth found their home to be gender-affirming.

LGBTQ youth who found their school to be LGBTQ-affirming reported **lower rates of attempting suicide**.

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



LGBTQ youth who live in a community that is accepting of LGBTQ people reported **significantly lower rates of attempting suicide** than those who do not.

LGBTQ Youth Stats...

- 59% of students felt unsafe
- 69% were verbally harassed at school
- 26% were physically harassed at school
- 11% were physically assaulted at school
- 33% missed at least one school day because they felt unsafe
- 72% experienced depression related to high levels of victimization

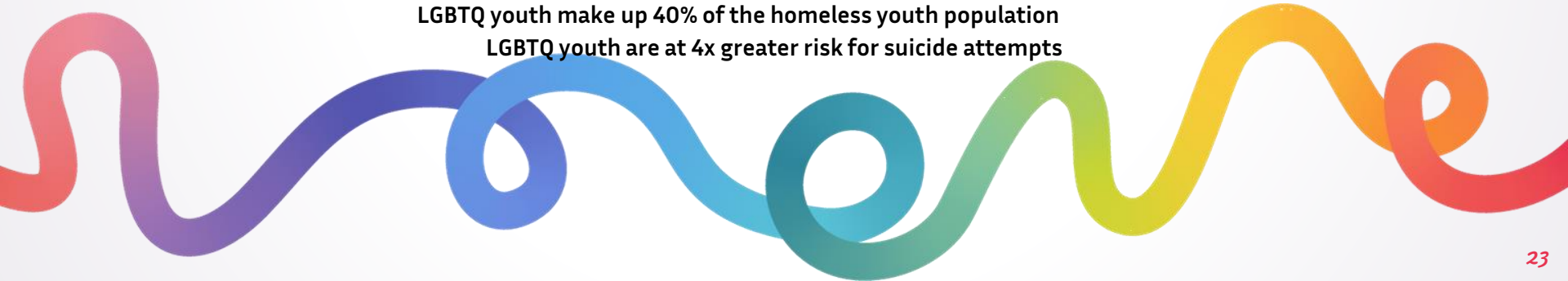


LGBTQ Youth Stats...

Due to their **gender identity**...

- 43% of students felt unsafe
- 57% were verbally harassed at school
- 45% were cyberbullied
- 59% missed at least one school day in the last month because of high levels of victimization
- 57% of those students did not report anything because they believed staff would not intervene
- 60% who did report saw no action taken or were told to ignore the problem

LGBTQ youth make up 40% of the homeless youth population
LGBTQ youth are at 4x greater risk for suicide attempts





*LGBTQ
Violence*

KEY FINDINGS OF ANTI-LGBTQ HOMICIDES IN 2017

In 2017, NCAVP recorded reports of **52 hate violence related homicides** of LGBTQ people, the highest number ever recorded by NCAVP. This number represents an **86% increase** in single incident reports from 2016.

In 2017, there was the equivalent of one homicide of an LGBTQ person in the U.S. each week.

ANTI-LGBTQ HOMICIDES SINCE 2012

Number of Individual Reports of Anti-LGBTQ Homicides

NCAVP



*In 2016, the total number of reports of anti-LGBTQ homicides was 77, including the 49 lives taken during the shooting at Pulse Nightclub in Orlando, Florida. The second highest number of reports of individual homicides was 30 in 2011.

LGBTQ victimization is under-reported due to many risk factors:

Isolation inhibits full participation in society and exacerbates vulnerability to crime by creating less awareness of what constitutes a crime, crime victims' rights, and options for reporting.

Revictimization by homophobic and transphobic responders, lack of specific services, and environments which force victims to educate the providers contribute to fears of seeking help.

Shame in the face of societal stigma and victim blaming may be exploited by perpetrators. By targeting victims in highly stigmatized communities, perpetrators count on shame to keep victims from reporting the crime.

Discrimination and **rejection** are risks for victims "outing" themselves by seeking help. Being identified as LGBTQ means risking public rejection and stigma, discrimination in employment and housing, threats, and revictimization.

Within the LGBTQ community, risks include confidentiality being violated, retaliation by the perpetrator, and being perceived as betraying the community by taking problems to outsiders.

In 2023...

84%

of victims were people of color

50%

were Black transgender women

78%

were killed with a gun

36%

of victims with a known killer were
killed by a romantic/sexual partner,
friend, or family member

50%

were misgendered or deadnamed by
authorities or the press

2017 HATE VIOLENCE HOMICIDES

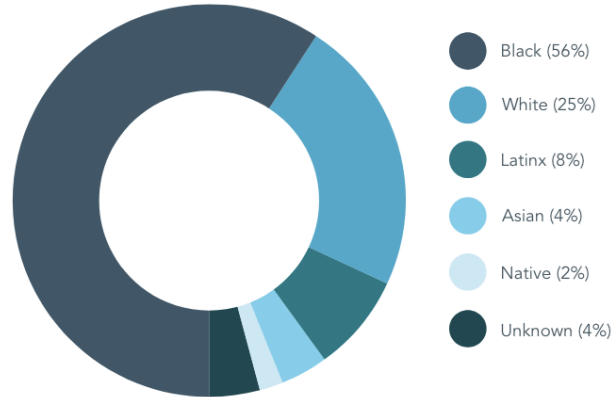
NCAVP collected information on **52 anti-LGBTQ homicides in 2017**. This is a 86% increase compared to the total number of individual reports of anti- LGBTQ homicides in all of 2016.

Of the total number of homicides in 2017, **71% of the victims were people of color**: 31 (60%) of the victims were Black, 4 (8%) were Latinx, 2 (4%) were Asian, and 1 (2%) was Native. Twelve (23%) of the victims were white and two victims' racial identity is unknown to NCAVP at this time.

RACE AND ETHNICITY OF VICTIMS OF ANTI-LGBTQ HOMICIDES

Race and Ethnicity of Victims n=52

NCAVP



GENDER IDENTITY OF VICTIMS OF ANTI-LGBTQ HOMICIDES

Gender Identity of Victims n=52

NCAVP



- Cisgender man (38%)
- Cisgender woman (10%)
- Transgender woman (40%)
- Transfeminine (2%)
- Two Spirit (2%)
- Femandrogyne (2%)
- Transgender man (2%)
- Nonbinary (4%)

SEXUAL VIOLENCE & TRANSGENDER/ NON-BINARY COMMUNITIES



47%

Almost half of all transgender people have been sexually assaulted at some point in their lives, and these rates are even higher for trans people of color and those who have done sex work, been homeless, or have (or had) a disability.¹

Lifetime sexual victimization was much more prevalent among trans respondents who:¹



Harassment



Physical Assault



Sexual Violence

Trans or non-binary students in grades K-12 reported significant rates of harassment, physical assault, and sexual violence. Of the respondents who were harassed or physically/sexually assaulted due to their gender expression, over half have attempted suicide.²

57% of trans and non-binary people said they feel uncomfortable asking the police for help.

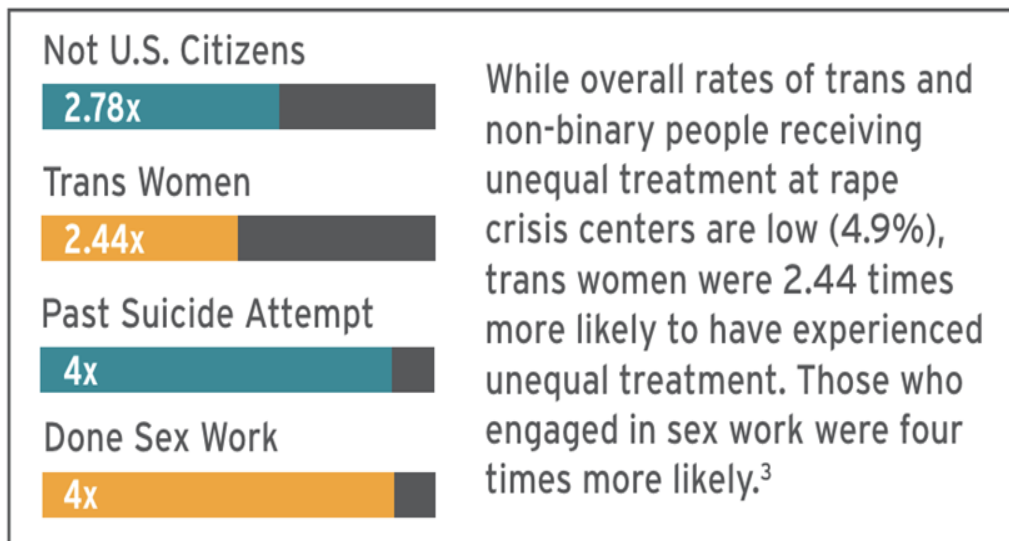
Uncomfortable asking the police for help

57%

58% who interacted with law enforcement in the past year experienced mistreatment, such as verbal harassment, repeated misgendering, physical assault, or sexual assault.¹

Mistreatment from law enforcement

58%





COVID-19

COVID-19's impact on the LGBTQ community

Although there has been limited data on how the pandemic has impacted the lives of LGBTQ+ folks, data has suggested:

- LGBTQ+ individuals may be disproportionately impacted by the COVID-19 pandemic compared to non-LGBTQ individuals
- 74% of LGBTQ+ people report that worry and stress from the pandemic has had a negative impact on their mental health, compared to 49% of those who are not LGBTQ+. (According to the Kaiser Family Foundation)
- LGBTQ+ individuals have a higher chance of negative COVID-19 outcomes due to higher rates of:
 - working in highly affected industries such as health care and the food industry;
 - lower than average incomes than non-LGBTQ+ people,
 - Stigma and discrimination when accessing health care.





*HIV and STI
prevention*

HIV and STI prevention

- Condoms
- DoxyPEP:
 - like the morning after pill that helps prevent sexually transmitted infections. Can prevent STIs such as chlamydia, gonorrhea, and syphilis.
- HIV PrEP
 - Pre-Exposure Prophylaxis
 - Oral pill: Daily, On Demand
 - Injectable: Long-Acting
- HIV PEP
 - Post Exposure Prophylaxis
 - Within 72 hours of potential exposure - take for 28 days
- U=U
 - People with HIV who achieve and maintain an undetectable viral load—the amount of HIV in the blood—by taking antiretroviral therapy (ART) daily as prescribed cannot sexually transmit the virus to others.



*Best (and
worst)
Practices*

Best Practices

- Use chosen name (even if it's not their legal name).
- Use correct pronouns
 - "What pronouns do you use?"
 - Pronoun Examples:
 - She/Her/Hers
 - He/Him/His
 - They/Them/Theirs
- Mistakes – correct and move on
- Bathrooms
- Intake and administrative forms
- Identity documents
- Safety
- Be aware of systematic barriers that LGBTQ+ people face
 - Unemployment, Healthcare, Mental Health, Childcare, Food Insecurity, Access to Equitable Rights, etc.

Best Practices

- Connect People to PFY's Services (Nassau, Suffolk, or Queens)
- Try to familiarize yourself with other LGBTQ affirming resources
- Create a judgment free space for the caller (check your biases)
- Validate the person's feelings, believe what they are saying and be genuine
- If you don't know a term, ask when appropriate (What does that mean for you?)
- Be prepared to answer calls from people of all different identities and communities.



Worst Practices

- Terminology
 - Homosexual (with youth)
 - A Transgender, A Trans, Transgenders, Transgendered
 - Transsexual (self-identifying term)
 - Transvestite, Tranny
 - Hermaphrodite
 - She-male
- Born in the “wrong body”
- Tolerance/acceptance



Do's and Don'ts

- **Don't** ask a transgender person about their genitalia or whether they've had surgery
 - **Do** ask how to be supportive in their transition
- **Don't** ask a transgender person for their “real name” or birth name
 - **Do** ask their name and pronouns
- **Don't** ask a transgender person how they have sex

Do ask a transgender person their sexual orientation if and when it is appropriate



Common Counseling Topics

- Navigating the transition process
- Coming out (when it's safe; in what settings; online presence)
- Restrooms and Locker Rooms
- Social Transition
 - Name
 - Pronouns
 - Gender Expression
 - Social perception - "passing"
- Name and Gender Marker Change
- Hormone Blockers/Hormone Replacement Therapy (HRT)
- Gender Affirming Surgeries
- Gender Dysphoria



Resources

- Pride for Youth prideforyouth.org
- Long Island Crisis Center longislandcrisiscenter.org
- Transcend Legal transcendlegal.org
- Transgender Legal Defense & Education Fund transgenderlegal.org
- Gender Spectrum genderspectrum.org
- Gay, Lesbian & Straight Education Network glsen.org
- National Center for Transgender Equality ncte.org
- National Gay & Lesbian Task Force thetaskforce.org
- American Civil Liberties Union aclu.org
- Gay & Lesbian Alliance Against Defamation (GLAAD) glad.org
- Northwell Center for Transgender Care northwell.edu

Resources

Trans Lifeline

www.translifeline.org

1-877-565-8860

Demonstrate LGBTQ Access

www.demonstrateaccess.org

CenterLink: The Community of LGBT Centers

www.lgbtcenters.org

FORGE

www.forge-forward.org

Anti-Violence Project

www.avp.org

National Center for Transgender Equality

www.transequality.org

Transgender Law Center

www.transgenderlawcenter.org





Thanks!

Any questions?

You can find me at:

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