

Resources for Queer Youth 2021



Are you doing okay?

Trans Lifeline: A suicide hotline run by transgender people for transgender people
<<http://www.translifeline.org/>>
(877) 565-8860

The Trevor Project: 24-hour crisis line and counseling for LGBTQ youth
<<http://www.thetrevorproject.org/>>
(866) 488-7386

Rape and Abuse Crisis Center: Services are available to all who are affected by sexual assault or abuse
<<https://www.raccfm.com/>>
(701) 293-7273

Youth Works: Help with food and housing:
<http://youthworksnd.org/>
(701) 255-6909



You are valid!

The Gender Book: A very approachable guide to help anyone understand their own gender
<<http://www.thegenderbook.com/>>

Gender Unicorn: Helps people understand the complexities of gender
<<http://www.transstudent.org/gender/>>

Trans Resource Lists

<<https://translifeline.org/resources/>>
<<http://www.imatyfa.org/resources/youth-resources/>>
—>websites for buying transition related items
—>Social Support Help
—>Managing Mental Health Resources



**You are part
of a community!**

Dakota Outright: Statewide North Dakota Queer Advocacy Organization
Email: contactus@dakotaoutright.org
Website: <http://dakotaoutright.org/about/>
Information Regarding
—>Starting GSA's
—>Connecting to support groups throughout the state
—>More resources on therapy, legal name changes, and everything else!

Parents of Queer Guide 2021

Things to Keep Your Kid Safe

1. **Your Kid Needs Your Support:** Whether they are just exploring gender/sexuality or are sure of themselves, they need to know that their parents love them.
 - <http://www.imatyfa.org/assets/tips-for-parents-06-08.pdf>
2. **Educate Yourself:** Everyone has some information, thoughts, and feelings on the LGBTQ+ community, but there is a ton of misinformation out there. We have a ton of resources below to help, including ways to connect with other parents!
3. **Coming Out is Scary:** if you talk to your child about how you will love and accept them no matter their sexual orientation or gender identity, it can create the space to have better conversations.
4. **Conversion Therapy is Proven Harmful** by major medical organizations. It will make a child twice as likely to attempt suicide.
 - <https://www.hrc.org/resources/just-as-they-are>
5. **Advocate in Schools:** Schools with Gender Sexuality Alliances (GSA), affirming policy, and trained staff show queer youth having better grades, mental health, and attendance. Contact us and we can help make sure your school is an environment for your kid to thrive
 - contactus@dakotaoutright.org

Resources

Affirming Religions: <ul style="list-style-type: none">• http://fmpride.com/wp-content/uploads/sites/28/2020/08/LGBTQIA-Affirming-Interfaith-Resources-2020.pdf• https://www.mykidisgay.com/blog/2019/8/23/christianity-amp-parenting-trans-kids	Parental Support Groups <ul style="list-style-type: none">• https://www.genderspectrum.org/audiences/parents-and-family• https://pflag.org/loving-families• https://www.facebook.com/groups/support4tee• nlgbtparents
Education <ul style="list-style-type: none">• https://thegenderbook.com/the-project• https://www.thetrevorproject.org/resources/trevor-support-center/a-guide-to-being-an-ally-to-transgender-and-nonbinary-youth/	Legal Help <ul style="list-style-type: none">• https://transequality.org/documents• https://www.ndcourts.gov/legal-self-help/name-change-minor
Contact Information <ul style="list-style-type: none">• http://dakotaoutright.org/about/	Medical <ul style="list-style-type: none">• www.harborhealthclinic.org

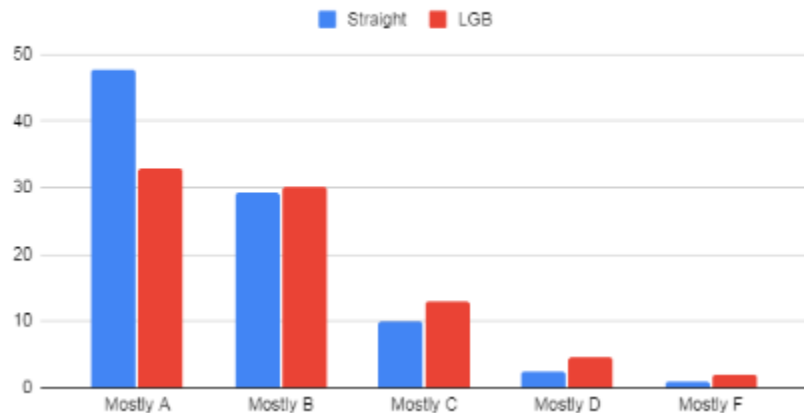
Teachers/School Staff: LGBTQ+ Snapshot 2021

Summary: Queer Youth experience a number of cultural consequences for their sexual orientation and gender identity. These youth are struggling with bullying, poor mental health, family rejection, and even suicide. With all of this going on, it should be no surprise they have difficulty focusing in class or excelling as students. The good news is we can help! Providing a safe, affirming learning environment can have a dramatic positive impact on these students. If they feel safe and are supported, they will do as well as any other student.

According to the North Dakota Youth Risk Behavior Survey, queer youth are:

- 2 Times more likely to be bullied
- 4 Times more likely to feel sad, anxious, hopeless, empty, or angry
- 4 Times more likely to attempt suicide

During the past 12 months, how would you describe your grades in school?



Affirming Classrooms are the Best Tool for Suicide Prevention

<https://www.thetrevorproject.org/survey-2020/>

- One Affirming Adult Reduces Suicide by 40%
- Suicide Attempts for Students who Didn't have Pronouns Respected: 28%
- Suicide Attempts for Students who Did have Pronouns Respected: 12%

How to Make Affirming Classrooms

- Educate yourself on Gender Identity and Sexual Orientation
- Allow students to self identify name and pronoun within classroom
 - Incorporate pronouns into your own introduction and classroom introduction
 - Set the leadership tone for respecting people's pronouns
 - Be aware LGBTQ+ specific bullying to identify and stop it
- Including LGBTQ+ representation either in books or as relevant figures
- Don't divide kids by boys and girls, use a different metric that doesn't gender them
- Be aware of local support groups or Gender Sexuality Alliances if a kid asks for help
- Advocate for affirming school policies and staff education

Get Trained

Dakota Outright offers a number of training opportunities for professional development. You're welcome to contact us at contactus@dakotaoutright.org to learn more about our training opportunities. This includes in-depth looks at demographics, culture, negative outcomes, and more tools to make your classroom one where all children can thrive!

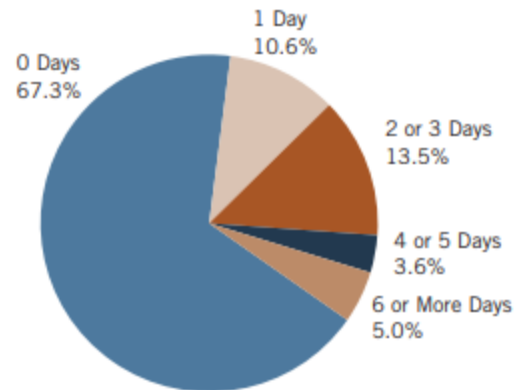
School Administrators: LGBTQ+ Snapshot 2021

Summary: Queer Youth are in a crisis and it is negatively impacting your school district. These students are struggling with poor mental health, family rejection, bullying on and off school properties, illicit substance use, and so on. Looking at the Yearly Risk Behavior Survey we see that if someone bad can happen to a kid, a queer youth is likely experiencing it significantly worse.

Queer Youth Are

- More likely to miss school
- More likely to be bullied
- Doing worse with grades
- More likely to drop out
- Are 4 times more likely to attempt suicide

Figure 1.4 Frequency of Missing Days of School in the Past Month Because of Feeling Unsafe or Uncomfortable



School District Consequence

- **Attendance Problems:** LGBTQ+ bullying creates attendance problems
- **Poor School Performance:** Lower grades reflect badly on the school district
- **Lawsuits:** Lack of policy creates space for lawsuits if a child is discriminated against for being LGBTQ+ both from the Human Rights Act of ND and Title IX protections.

Reducing Consequence by Mitigating Negative Outcomes

- **Improve Attendance**
 - Create strong anti-harassment policies that explicitly address LGBTQ+ Bullying
 - Connect students to support groups for community engagement and connection
- **Improve Performance**
 - Staff training to adhere to policies, spot bullying, and create inclusive classrooms
- **Improve Policy**
 - Contact North Dakota School Board Association for recommendations on best Policy and implement those into practice

Transforming Your School

Dakota Outright offers a number of training opportunities for professional development. You're welcome to contact us at: contactus@dakotaoutright.org.