



# Supporting Sexual and Gender Diverse (SGD) Children and Youth

## Virtually Facilitated In-Service Training

### Course Description

As a caregiver, it is important for you to understand Sexual and Gender Diverse children and youth in order to relate to them and their families that may also be SGD. Learn how to support your child or youth “coming out” to you, the proper terminology to use (and what it means); learn about discrimination your SGD child or youth may face, and how you can advocate for them. Learn how to create a safe environment for your child or youth and about some of the challenges and dangers they may face.

### Learning Objectives

- Define Sexual and Gender Diversity terminology and related Children and Family Services Policy.
- Develop a safe plan within the caregiver home.
- Show how to support existing and new connections outside the home.
- Define “Two Spirited” and recognize intersectionality.
- Practice supporting a gender diverse child through pronouns, creating safety, and a plan with a caseworker.
- Explain all risks associated with SGD children and youth.

### Guided Discussion Questions

1. What insights have you gained regarding your own unconscious biases concerning sexual and gender diversity?
2. What are ways you are creating a safe space for diversity within your home?

### Resources

**Resource one:** 2018 LGBTQ Youth Report

Link: <https://www.hrc.org/resources/2018-lgbtq-youth-report> HRC Foundation and the University of Connecticut released the largest-of-its-kind survey of more than 12,000 LGBTQ2S+ teenagers across the United States.

**Resource two:** Gender Creative Kids

Link: <https://gendercreativekids.com/> This website provides resources for supporting and affirming gender creative kids within their families, schools and communities.

**Resource three:** Gender Identity

Link: <https://caringforkids.cps.ca/handouts/behavior-and-development/gender-identity> A clear, brief handout that discusses how gender identity typically develops and how parents and caregivers can promote healthy gender development in children.

**Resource four:** LGBT Youthline (Canada-wide) [youthline.ca](http://youthline.ca) | (1-800) 268-9688 Confidential, informed, nonjudgmental peer support through telephone, text and chat services.

**Resource five:** PFLAG (Canada-wide)

Link: <https://pflagcanada.ca/> PFLAG Canada is a national charitable organization, founded by parents who wished to help themselves and their family members understand and accept their LGBTQ2S+ children.

**Resource six:** Queer Books for Teens

Link: <https://queerbooksforteens.com/> A comprehensive list of all LGBTQIAP+ YA titles published between 2000 and 2017.

**Resource seven:** Red: A Crayon's Story

"A blue crayon mistakenly labeled as "red" suffers an identity crisis in this picture book by the New York Times–bestselling creator of *My Heart Is Like a Zoo* and *It's an Orange Aardvark!* Funny, insightful, and colorful, *Red: A Crayon's Story*, by Michael Hall, is about being true to your inner self and following your own path despite obstacles that may come your way."

A children's book about transitioning.

Link: <https://www.amazon.ca/Red-Crayons-Story-Michael-Hall/dp/0062252070>

**Resource eight:** Refuge Restrooms

An app available on Google Play or iTunes to locate gender friendly washrooms. International app, and populated by users.

**Resource nine:** The Every Body tool

Link: <https://teachingsexualhealth.ca/parents/resources/gender-identity-learning-tool/> An easy-to-interactive tool that explains biological sex, gender identity, gender expression and sexual orientation.

**Resource ten:** *The Pride Guide: A Guide to Sexual and Social Health for LGBTQ Youth*, by Jo Langford. The Pride Guide is written explicitly for teenagers who identify as gay, lesbian, bisexual, trans, or any of the unique identities that are not heterosexual/cisgender. Explores sex, dating, relationships, puberty, and both physical and online safety.

**Resource eleven:** *The Rainbow Pages: LGBTQ+ Youth Resources Guide* The Rainbow Pages is a resource guide developed by The Family Centre of Northern Alberta to provide Lesbian Gay Bisexual Transgender Queer+ (LGBTQ+) youth and the youth-serving community with a consolidated guide of supports available in Edmonton

Link: [www.therainbowpages.ca](http://www.therainbowpages.ca)

**Resource twelve:** Your Open Closet (Vancouver)

Link: <https://youropencloset.com/> Store specializing in body-positive undergarments, binders, and other gender-diverse and gender affirming garments.