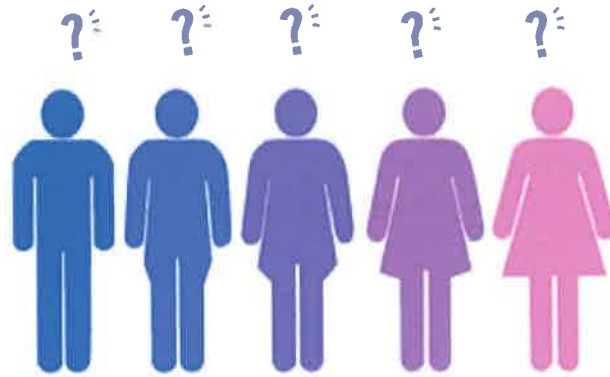


# Clinical Issues in Counseling LGBTQ Youth & Families



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# nami

National Alliance on Mental Illness

## Mental Health Risk Factors among GLBT Youth

Adolescence is a time of many transformations in a young person's life, including physical, mental, and emotional changes. Exploring sexuality is a natural part of this developmental process. Yet for those youth who have same-sex attractions or who identify as gay, lesbian, bisexual, or transgender, adolescence may be an even more turbulent time than usual as they cope with stigma and social prejudice related to their sexual orientation or gender identity.

The effects of this stigma may make GLBT youth more vulnerable to mental health problems such as depression, anxiety, substance abuse, and suicide.<sup>1</sup> For example, one study found that gay, lesbian, and bisexual youth ages 14-21 were significantly more likely to report depression and anxiety than heterosexual peers.<sup>2</sup>

An even more serious concern is the issue of suicide and GLBT youth. Though it is nearly impossible to tell if more GLBT youth than heterosexual youth *commit* suicide, many studies show that GLBT youth are more likely to *attempt* suicide.<sup>3, 4</sup> A recent review of the literature suggests that rates of suicide attempt among GLB youth are 20 – 40% higher than among non-GLB youth.<sup>4</sup>

When thinking about *why* these differences exist, most researchers agree that it is not because GLBT youth are more likely to have a mental illness *per se*. Rather, it is a function of such things as negotiating coming out, fear of or actual familial disapproval and rejection, victimization by peers, and the chronic stress associated with having a stigmatized identity.<sup>1-4</sup>

### Coming Out and Family Relationships

Deciding if and when to “come out” – or to disclose one's sexual orientation - can be very stressful for GLB adolescents. In particular, many youth are reluctant to discuss the issue with parents and extended family for fear of negative reactions. For some youth, coming out as gay, lesbian, bisexual, or transgender can cause a major rift in their family relations and even put them in physical danger.<sup>4</sup>

A recent study found that GLB youth **accepted** by both parents had lower levels of depression, anxiety, phobic anxiety, and other mental health problems than GLB youth who were rejected both parents.<sup>2</sup> Such a finding clearly highlights how important the role of family support is for GLBT youth and their mental health.

The issue of familial support and rejection may be even more significant in lives of racial or ethnic minority GLBT youth, as familial ties and connectedness tend to be more highly valued in most communities of color. Coming out may mean not only losing connections to one's immediate family, but may also mean rejection from one's larger racial or ethnic community. GLBT youth of color must therefore negotiate an even more complicated set of issues when deciding if and when to “come out.”<sup>5,6</sup>

### Victimization by Peers

The link between victimization and poor mental health outcomes is well-established. In general, those who experience verbal, physical, or sexual assault or the threats of such assault are more vulnerable to mental illness such as depression, anxiety, or post-traumatic stress disorder.<sup>7</sup>

Study after study has demonstrated that GLBT youth or those who are *perceived* to be GLBT consistently face intense victimization in school settings. In a recent national study by GLSEN, the Gay, Lesbian and Straight Education Network, researchers found that 22% of GLBT students reported that they did not feel safe at school. **A full 90% of GLBT students reported being harassed or assaulted during the past year** (compared to 62% of non-GLBT teens).<sup>8</sup>

by Wendy B. Bostwick, PhD, MPH

National Alliance on Mental Illness

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www.nami.org • June 2007

These numbers are similar to another study that examined health risks among GLBT youth. Among other things, **25% reported missing school in the past 30 days due to fear** (see below).

Such fear and harassment have direct effects on the mental health of GLBT youth. It is not just the most extreme experiences that can have harmful mental health consequences. GLB youth reporting a history of verbal abuse report poorer mental health outcomes, including depression and anxiety, than those youth with no history of verbal abuse.<sup>2</sup>

### Mental Health Treatment and GLBT Youth

Mental health professionals working with GLBT youth need to be aware of the aforementioned issues and the role that such family and peer-related stressors can play in the creation of depression, anxiety, and even suicidality.<sup>1</sup>

Additional suggestions for working with GLBT youth include:

- Creating a supportive environment
- Emphasizing that stigma related to sexual orientation is socially created and that youth are not to blame for others' negative reactions
- Building coping skills to manage stigma
- Helping to identify other supportive and affirming environments<sup>10</sup>

### Suggested Resources for GLBT Youth

#### GLSEN

Gay, Lesbian and Straight Education Network  
[www.glsen.org](http://www.glsen.org)

#### NYAC

National Youth Advocacy Coalition  
[www.nyacyouth.org](http://www.nyacyouth.org)

#### Rainbow Youth Hotline

1-877-LGBT-YTH (1-877-542-8984)

#### Trevor Suicide Prevention Line

1-800-850-8078

#### YouthResource

GLBTQ youth advocacy [www.youthresource.com](http://www.youthresource.com)

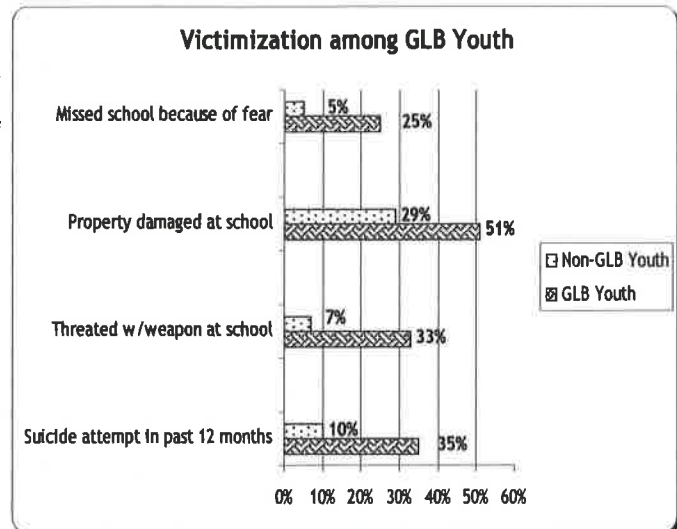
#### Youth Talkline

(for ages 23 and under)

1-800-96YOUTH

Open: Monday-Saturday, 9:30 p.m. - 12 a.m. EST

Tuesday, 7 p.m. - 12 a.m. EST



Source: Garofalo, R., et al. (2006). The association between health risk behaviors and sexual orientation among a school-based sample of adolescents. *Pediatrics*, 101, 895-902.

#### Cited Works

1. Hart, T.A., Heimberg, R.G. (2001). Presenting problems among treatment-seeking gay, lesbian, and bisexual youth. *Journal of Clinical Psychology*, 57, 615-627.
2. D'Augelli, A.R. (2002). Mental health problems among lesbian, gay, and bisexual youths ages 14 to 21. *Clinical Child Psychology and Psychiatry*, 7, 433-456.
3. Russell, S.T. (2003). Sexual minority youth and suicide risk. *American Behavioral Scientist*, 46, 1241-1257.
4. Kitts, R.L. (2005). Gay adolescents and suicide: Understanding the association. *Adolescence*, 40, 621-628.
5. Green, B. (1994). Ethnic-minority lesbians and gay men: Mental health and treatment issues. *Journal of Consulting and Clinical Psychology*, 62, 243-251.
6. Ryan, C. (2001). Counseling lesbian, gay, and bisexual youths. In D'Augelli & Patterson (eds.) *Lesbian, gay, bisexual and identities and youth: Psychological perspectives*, 224-250. New York: Oxford University Press.
7. [www.nimh.nih.gov/healthinformation/traumaticmenu.cfm](http://www.nimh.nih.gov/healthinformation/traumaticmenu.cfm) Accessed May 24, 2007.
8. Harris Interactive and GLSE (2005). *From Teasing to Torment: School Climate in America, A Survey of Students and Teachers*. New York: GLSEN.
9. Garofalo, R., et al. (2006). The association between health risk behaviors and sexual orientation among a school-based sample of adolescents. *Pediatrics*, 101, 895-902.
10. Schneider, M. (1998). Pride, prejudice and lesbian, gay, and bisexual youth. In Schneider (ed.), *Pride & prejudice: Working with gay, lesbian, and bisexual youth*, 11-27. Toronto: Central Toronto Youth Services.

# Definitions

**Gender identity** refers to a person's internal, deeply-felt sense of being either male, female, something other, or in between. Everyone has a gender identity.

**Gender expression** refers to an individual's characteristics and behaviors such as appearance, dress, mannerisms, speech patterns, and social interactions that are perceived as masculine or feminine.

**Transgender** is an umbrella term that can be used to describe people whose gender expression is non-conforming and/or whose gender identity is different from their birth assigned gender.

**Transsexual** is a term most commonly used to refer to someone who transitions from one gender to another. It includes students who were identified as male at birth but whose gender identity is female, students who were identified as female at birth but whose gender identity is male, and students whose gender identity is neither male nor female. Transition often consists of a change in style of dress, selection of a new name, and a request that people use the correct pronoun when describing them. Transition may, but does not always, include necessary medical care like hormone therapy, counseling, and/or surgery.



**Gender non-conforming** refers to a person who is or is perceived to have gender characteristics and/or behaviors that do not conform to traditional or societal expectations. Gender non-conforming people may or may not identify as lesbian, gay, bisexual, transgender, or queer.

**Genderqueer** refers to people who do not identify as, or who do not express themselves as completely male or female. Genderqueer people may or may not identify as transgender.

**Sexual orientation** refers to a person's emotional and sexual attraction to other people based on the gender of the other person. A person may identify their sexual orientation as heterosexual, lesbian, gay, bisexual, or queer. It is important to understand that sexual orientation and gender identity are two different things. Not all transgender youth identify as gay, lesbian, bisexual, or queer. And not all gay, lesbian, bisexual, and queer youth display gender non-conforming characteristics.

**LGBTQ** is an umbrella term that stands for "lesbian, gay, bisexual, transgender, and questioning." The category "questioning" is included to incorporate those that are not yet certain of their sexual orientation and/or gender identity.

# Statistics

## Feeling Unsafe at School

- 53% of California students reported that their school is unsafe for "guys who aren't as masculine as other guys" and 34% reported that their school is unsafe for "girls who aren't as feminine as other girls."<sup>1</sup>
- 90% of transgender youth surveyed for a nationwide survey reported feeling unsafe at school because of their gender expression.<sup>2</sup>

## Hearing Negative Comments

- 63% of California students reported that they sometimes or often hear students make negative comments based on gender presentation.<sup>3</sup>
- 13% of California students report that they sometimes or often hear teachers make negative comments based on gender presentation.<sup>4</sup>
- Only 40% of California students report that sometimes or often they hear teachers or staff stop others when others make negative comments based on gender presentation.<sup>5</sup>

## Experiencing Harassment

- 27% of California students report being harassed because they aren't "masculine enough" or aren't "feminine enough."<sup>6</sup>
- 55% of transgender youth on a nationwide survey report being physically harassed at school because of their gender expression.<sup>7</sup>
- 81% of transgender youth on a nationwide survey reported being sexually harassed at school in the past year because of their gender expression.<sup>8</sup>

## Improving Protections and Reducing Harassment and Violence

- California students were less likely to be harassed for gender non-conformity if their school harassment policy included sexual orientation and gender, teachers intervened when negative comments were made, their school had a Gay-Straight Alliance club, and students learned about LGBT issues in school.<sup>10</sup>
- In a recent poll, 95% of youth supported expanding current hate crimes laws to cover gender and sexual orientation.<sup>11</sup>
- In the U.S., 4 states, 52 cities and 9 counties include transgender people in their anti-discrimination laws. This means that 24% of the U.S. population is protected from discrimination on the basis of gender identity by statute, and 76% are not.<sup>12</sup>

1 California Safe Schools Coalition, *Safe Place to Learn: Consequences of Harassment Based on Actual or Perceived Sexual Orientation and Gender Non-Conformity and Steps for Making Schools Safer*, p. 16 (2004) (hereinafter *Safe Place to Learn*), available at <http://www.casafeschools.org/SafePlacetolearnLow.pdf>.

2 Gay, Lesbian and Straight Education Network (GLSEN), *National School Climate Survey (2001)*, available at [http://www.glsen.org/binary-data/GLSEN\\_ATTACHMENTS/file/185-1.pdf](http://www.glsen.org/binary-data/GLSEN_ATTACHMENTS/file/185-1.pdf).

3 *Safe Place to Learn*, supra note 1, at p. 16.

4 *Id.* at p. 16.

5 *Id.* at p. 16.

6 *Id.* at p. 15.

7 GLSEN, *National School Climate Survey*, p. 33 (2003), available at [http://www.glsen.org/binary-data/GLSEN\\_ATTACHMENTS/file/1851.pdf](http://www.glsen.org/binary-data/GLSEN_ATTACHMENTS/file/1851.pdf).

8 *Id.* at p. 19.

9 *Safe Place to Learn*, supra note 1, at p. 20.

10 MTV, *Fight for your rights, take a stand against violence: MTV Nationwide Poll (1999)*.

11 National Gay and Lesbian Task Force, *Scope of Transgender-Inclusive Anti-Discrimination Laws (2003)*, available at <http://www.thetaskforce.org/downloads/TransIncLaws.pdf>.

12 National Gay and Lesbian Task Force, *Populations of Jurisdictions with Explicitly Transgender-Inclusive Anti-Discrimination Laws (2003)*, available at <http://www.thetaskforce.org/downloads/TransIncPops.pdf>.

# Organizational Resources

## Transgender Youth Services in California

### Ark House

2500 Market Street, San Francisco  
415.861.5382  
Runs a LGBT transitional housing program for Young Adults

### Bienestar

323.752.3100 South Los Angeles  
323.727.7896 East Los Angeles  
323.727.7897 La Casa LGBT Center  
TU offers a youth referral program aimed at Latina Transgenders. Clients are referred to other social and medical programs that which offer psychological services, hormonal therapy, and case management.

### Billy DeFrank LGBT Community Center

938 The Alameda  
San Jose, CA 95126  
408.293.2429  
www.defrank.org  
Runs a support group for transgender youth.

### Dimensions Queer Youth Health Clinic

3850 17th Street  
San Francisco, CA 94114  
415.487.7589  
Provides free primary health services and transgender health services for youth. Open 6-8 Thursday evenings.

### Gender Alliance

930 North Van Ness  
Fresno, CA 93728  
559.486.2216  
Central Valley support group for transgender youth.

### Hillcrest Youth Center

3777 4th Street  
San Diego, CA 92103  
619.497.2920 x113  
www.youthcentersd.com  
Trans youth group (EAGER) meets Fridays 7-8.

### Jeff Griffith Youth Center

7051 Santa Monica Boulevard  
Los Angeles, CA 90038  
323.461.8163  
www.laglc.org  
Has Brandon's Corner, an FTM youth support group, Fri., 6-7:30pm.

### LYRIC

127 Collingwood Street  
San Francisco, CA 94114  
415.703.6150  
www.lyric.org  
LGBTQ youth center with groups for transgender youth and a peer hotline for youth: 1-800-246-PRIDE.

### Pacific Center

2712 Telegraph Avenue  
Berkeley, CA 94705  
510.548.8283  
www.pacificcenter.org  
Has TransMission group that meets every Thursday for people on the FTM spectrum.

### Proyecto Contra Sida Por Vida

2973 16th Street  
San Francisco, CA 94103  
415.864.7278  
Offer safe space for trans/queer youth and youth of color, age 25 and under. Activities include trips, discussion groups, and parties.

### Rainbow Community Center

2118 Willow Pass Rd, #500  
Concord, CA 94520  
925.692.0090  
Has a transgender support group for youth in Contra Costa.

### SMAAC (Sexual Minority Alliance of Alameda County)

1608 Webster Street  
Oakland, CA 94612  
510.834.9578  
Has support groups and services for transgender youth and adults.

### Transgender Teen Project of Santa Cruz County

c/o Diversity Center  
P.O. Box 8280  
Santa Cruz, CA 95061  
831.427.4004  
www.diversitycenter.org/qytf/transteens  
Bringing attention to gender identity/expression issues for students in K-12 schools in Santa Cruz County and educating about how AB 537 mandates safe schools for all students, including transgender students.

### Youth Gender Project

1800 Market Street - Suite #307  
San Francisco, CA 94114  
415.865.5625  
www.youthgenderproject.org  
A youth-led organization working to empower and advocate for trans, gender-variant, and questioning (TGQ) youth.

## Support

### **The American Boyz**

212A S. Bridge Street #131

Elkton, MD 21921

[www.amboyz.org](http://www.amboyz.org)

Online support for transmen, resources, directory listings. Coordinators of the annual True Spirit conference in Washington, DC.

### **FTM International**

160 14th Street

San Francisco, CA 94103

415.553.5987

[www.ftmi.org](http://www.ftmi.org)

International organization providing support and services to FTMs. Publishes a resource guide and directory of members.

### **International Foundation for Gender Education**

P.O. Box 540229

Waltham, MA 02454-0229

781.899.2212

[www.ifge.org](http://www.ifge.org)

Clearinghouse for transgender books, materials and resources. Publishes Transgender Tapestry magazine.

### **Intersex Society of North America (ISNA)**

[www.isna.org](http://www.isna.org)

International organization providing support and medical information to intersex people and health professionals.

### **National Coalition for LGBT Health**

[www.lgbthealth.net](http://www.lgbthealth.net)

Information and advocacy around the health and well-being of LGBT people. Website includes links to LGBT health clinics.

### **PFLAG Transgender Network**

1726 M Street, NW, Suite 400

Washington, DC 20036

202.467.8180

[www.youth-guard.org/pflag-tnet/index.htm](http://www.youth-guard.org/pflag-tnet/index.htm)

Support for parents, friends and families of transgender people. Resources for transgender people.

### **Survivor Project**

P.O. Box 40664

Portland, OR 97240

503.288.3191

[www.survivorproject.org](http://www.survivorproject.org)

Support for intersex and transgender survivors of domestic and sexual violence.

### **Trans-Health**

[www.trans-health.com](http://www.trans-health.com)

A health and fitness magazine for transgender people.

### **Transsexual Women's Resources**

[www.annelawrence.com](http://www.annelawrence.com)

Complete transition resource for transgender women; includes youth-specific resources.

## Education/Advocacy

### **Advocates for Youth**

2000 M. Street NW, Suite 750

Washington, DC 20036

202.419.3420

[www.youthresource.org](http://www.youthresource.org)

[Jessie@advocatesforyouth.org](mailto:Jessie@advocatesforyouth.org)

Provides information and peer support to transgender youth. Website includes great listings of resources and articles.

### **California Safe Schools Coalition**

160 14th Street

San Francisco, CA 94103

415.626.1680

[www.casafeschools.org](http://www.casafeschools.org)

California statewide voice for implementing and enforcing AB 537, which protects transgender youth from discrimination in schools.

### **Gay, Lesbian and Straight Education Network (GLSEN)**

121 West 27th Street, Suite 804

New York, NY 10001-6207

212.727.0135

[www.glsen.org](http://www.glsen.org)

National organization fighting to end antigay bias in K-12 schools. Resources for Gay-Straight Alliances, including trans issues.

### **Gay-Straight Alliance Network (GSA Network)**

160 14th Street

San Francisco, CA 94103

415.552.4229

[www.gsanetwork.org](http://www.gsanetwork.org)

Youth-led organization that empowers youth fighting homophobia and transphobia in schools through Gay-Straight Alliances. Advocates on behalf of transgender and gender non-conforming youth through lobbying, policy advocacy, education programs, and grassroots organizing.

### **National Youth Advocacy Coalition (NYAC)**

1638 R Street, NW, Suite 300

Washington, DC 20009

800.541.6922

[www.nyacyouth.org](http://www.nyacyouth.org)

National social justice coalition of organizations and advocates for LGBT youth.

### **National Center for Transgender Equality (NCTE)**

1325 Massachusetts Ave., NW, Suite 600

Washington, DC 20005

202.639.6332

[www.nctequality.org](http://www.nctequality.org)

National organization seeking transgender equality. Provides national lobbying and local community assistance.

**National Gay and Lesbian Task Force (NGLTF)**

1325 Massachusetts Ave., NW, Suite 600

Washington, DC 20005

202.393.5177

[www.thetaskforce.org](http://www.thetaskforce.org)

National organization seeking civil rights for LGBT people. Transgender specific legislative policy resources.

**National Transgender Advocacy Coalition (NTAC)**

P.O. Box 76027

Washington, DC 20013

[www.ntac.org](http://www.ntac.org)

National political advocacy coalition seeking civil rights for transgender people.

**Sexuality Information and Education Council of the United States (SIECUS)**

130 West 42nd Street, Suite 350

New York, NY 10036-7802

212.819.9770

[www.siecus.org](http://www.siecus.org)

National organization and clearinghouse on youth sexuality. Fact sheets, reports and bibliographies on transgender resources.

**Transgender Law and Policy Institute**

[www.transgenderlaw.org](http://www.transgenderlaw.org)

National organization tracking current developments in legal and public policy issues affecting transgender people and their families. Lists legal, medical, and social science resources.

## Legal

**American Civil Liberties Union (ACLU) -- Lesbian and Gay Rights Project**

125 Broad Street, 18th Floor

New York, NY 10004

[www.aclu.org](http://www.aclu.org)

Defending and expanding the civil liberties of all people, including LGBT people.

**American Civil Liberties Union (ACLU) of Northern California**

1663 Mission Street, Suite 460

San Francisco, CA 94103

415.621.2493

[www.aclunc.org](http://www.aclunc.org)

Defending and expanding the civil liberties of all people, including LGBT people in Northern California, through litigation, public education, advocacy, and grassroots organizing.

**American Civil Liberties Union (ACLU) of Southern California**

1616 Beverly Blvd.

Los Angeles, CA 90026

213.977.5200

[www.aclu-sc.org](http://www.aclu-sc.org)

Defending and expanding the civil liberties of all people, including LGBT people in Southern California, through litigation, public education, advocacy, and grassroots organizing.

**Lambda Legal**

120 Wall Street, Suite 1500

New York, NY 10005

212.809.8585

[www.lambdalegal.org](http://www.lambdalegal.org)

National civil rights organization seeking equality for LGBT people and people with HIV through the court system, advocacy, and public education.

**National Center for Lesbian Rights (NCLR)**

870 Market Street, Suite 370

San Francisco, CA 94102

415-392.6257

[www.ncrlrights.org](http://www.ncrlrights.org)

National organization that litigates on behalf of the LGBT community. Significant online resources and publications with specific focus on LGBT youth concerns.

**Sylvia Rivera Law Project**

322 8th Avenue, 3rd Floor

New York, NY 10001

212.337.8550

[www.srlp.org](http://www.srlp.org)

Organization working to guarantee that all people are free to determine their gender identity and expression, regardless of income, and without fearing harassment, discrimination or violence.

**Transgender Law Center**

160 14th Street

San Francisco, CA 94103

415.865.0176

[www.transgenderlawcenter.org](http://www.transgenderlawcenter.org)

California-specific organization providing direct legal services, advocacy, and education on behalf of transgender people.



# Books and Videos on Gender Identity Issues

## Books:

- Allen, M F A *GEISHA*, New York: Vintage Books
- Halberstam, Judith (1998). *FEMALE MASCULINITY*, Durham: Duke University Press.
- Howe, James (2003). *THE MISFITS*, New York: Aladdin Paperbacks.
- Huegel, Kelley (2003). *GLBTQ: THE SURVIVAL GUIDE FOR QUEER AND QUESTIONING TEENS*, Minneapolis: Free Spirit Publishing
- Mallon, Gerald P. (1999). *SOCIAL SERVICES WITH TRANSGENDERED YOUTH*, Binghamton: Haworth Press.
- Nestle, Joan et al. (2002). *GENDERQUEER: VOICES FROM BEYOND THE SEXUAL BINARY*, Los Angeles: Alyson Press.
- Schacht, Steven P. and Lisa Underwood (2004). *THE DRAG QUEEN ANTHOLOGY: THE ABSOLUTELY FABULOUS BUT FLAWLESSLY CUSTOMARY WORLD OF FEMAL IMPERSONATORS*, Binghamton: Haworth Press.
- Singer, Bennett L, ed. (1994). *GROWING UP GAY/ GROWING UP LESBIAN: A LITERARY ANTHOLOGY*, New York: New Press.
- Sonnie, Amy, ed. (2000). *REVOLUTIONARY VOICES: A MULTICULTURAL QUEER YOUTH ANTHOLOGY*, Los Angeles: Alyson Press.
- Taste This (1998). *BOYS LIKE HER: TRANSFICTIONS*, Vancouver: Press Gang Publishers.

## Videos:

- THE ADVENTURES OF SEBASTIAN COLE*, Tod Williams, dir., (1998). The story of Sebastian Cole, a self-destructive teen who comes to accept his step-father, who is transitioning from male to female.
- BOYS DON'T CRY*, Kimberly Peirce, dir., (1999). Based on the life of Brandon Teena.
- THE BRANDON TEENA STORY*, Susan Muska and Gréta Olafsdóttir, dirs., (1998). Real life account of Brandon Teena, a transgender man that was murdered in Nebraska.
- THE CRYING GAME*, Neil Jordan, dir., (1992). Story about a transgender woman and her relationship with a person who doesn't have any knowledge of transpeople.
- HEDWIG AND THE ANGRY INCH*, John Cameron Mitchell, dir., (2001). A transsexual punk rock girl from East Berlin tours the US with her rock band as she tells her life story and follows the ex-boyfriend/ bandmate who stole her songs.
- JUST CALL ME KADE*, Sam Zolten, dir., (2002). Story of a 16 year old, Female to Male person and his journey dealing with transition and family.
- MA VIE EN ROSE*, Alain Berliner, dir., (1997). Movie about young person who wants to be loved regardless of his gender expression.
- MADAME BUTTERFLY*, Frédéric Mitterrand, dir., (1995). Compelling tale of a diplomat who falls in love with a performer.
- NO DUMB QUESTIONS*, Melissa Regan, dir., (2001). Three little girls grapple with their uncle's transition.
- NORMAL*, V. Alex Marquez, dir., (2004). Reasonably realistic story of a man transitioning within marriage.
- PARIS IS BURNING*, Jennie Livingston, dir., (1990). Film that reveals a subculture of the gay community called the ballroom.
- A SOLDIER'S GIRL*, Frank Pierson, dir., (2003). Story about a soldier that falls in love with a striking MTF lounge singer.
- SOUTHERN COMFORT*, Kate Davis, dir., (2001). Excellent documentary on transsexual lives and relationships featuring a beautiful relationship between an MTF and a FTM.
- XXXY*, Gale Porter and Laleh Soomekh, dirs., (2000). A documentary about two intersex people and their struggle against the medical establishment and society's enforced gender system.



### **Golden Rule Services**

Support groups for same gender loving African American men over 18 (Men's Soul Food Project) and between 16-21 (Sonshine Project) and STD testing.

4433 Florin Road, Suite 820 Sacramento, CA 95823

Phone (916) 427-4653

Fax (916) 427-4655

Email: [csullivan@goldenrules.info](mailto:csullivan@goldenrules.info)  
[goldenrules.info](http://goldenrules.info)

### **Planned Parenthood Mar Monte**

Sexual health services for all and some transgender services, including hormone therapy, for those over 18 years of age.

Fruitridge – 5385 Franklin Blvd., Suites A-D – 616.452.7305

B Street – 201 29<sup>th</sup> Street, Suite B – 916.446.6921

[www.ppmarmonte.org](http://www.ppmarmonte.org)

### **Sacramento Gay and Lesbian Center**

Community center, provides support groups, special events, legal clinics and more

1927 L Street

Sacramento CA 95811

916.442.0185

[saccenter.org](http://saccenter.org)

### **PFLAG** (Parents, Family & Friends of Lesbians and Gays)

Support groups for allies of LGBTQ individuals. Chapters are located throughout the US.

**PFLAGSacramento.org**

P.O. Box 661855

Sacramento, CA 95866

Phone: (916) 978-0410

Monthly meetings:

3rd Tuesdays at St Marks United Methodist Church, 2391 St Marks Way, Sacramento CA, second floor of the education building.

1st Wednesdays at Elk Grove United Methodist Church, 8986 Elk Grove Blvd (in Old Town), Elk Grove CA

[contact@pflagsacramento.org](mailto:contact@pflagsacramento.org)

### **Gender Health Center**

Affordable counseling on a sliding scale fee, may provide hormone and surgery letters, community outreach and education, whole health workshops, support groups for families and allies

2020 29<sup>th</sup> Street Sacramento CA 95817 Suite 201  
916.455.2391

[thegenderhealthcenter.org](http://thegenderhealthcenter.org)

### **CARES clinic** – Center for Aids Research, Education and Services

Provides a variety of medical, dental and other health services for those affected by AIDS

916.443.3299

1500 21st Street

Sacramento, CA 95811

[www.caresclinic.org](http://www.caresclinic.org)

### **Breaking Barriers**

Provides a variety of services for those affected by HIV including transportation to medical appointments, household help, holiday food baskets, support and information

[breakingbarriers-sacramento.org](http://breakingbarriers-sacramento.org)

916.447.2437

### **Sacramento City Unified School District**

Connect Center

Provides supportive services for students who identify as LGBTQ within SCUSD

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LGBTQ Task Force

Meets monthly to improve the climate and safety within SCUSD schools for LGBTQA individuals

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# Seth's Law

**Bill Number:** AB 9

Although California has adopted anti-bullying legislation, LGBT youth are still subject to harassment, intimidation and bullying. Seth's Law tightens anti-bullying policies in California schools by ensuring that all schools have clear and consistent policies and by establishing timelines for investigating claims of bullying. AB 9 will help create a respectful and safe environment for all students.

AB 9 would ensure that every school in California implements updated anti-harassment and anti-discrimination policies and programs that include actual or perceived sexual orientation and gender identity and expression, as well as race, ethnicity, nationality, gender, disability, and religion. It would also empower students and parents to know what their rights are and how to advocate for them.

**Status:** Introduced on December 6, 2010. Passed California Assembly Education Committee on April 13, 2011 on a 7-3 vote. Passed by the Assembly Appropriations Committee on May 27, 2011 on a 12-5 vote. Passed by the Assembly on June 1, 2011 on a 52-26 vote. Passed by the Senate Committee on June 22, 2011 on a 7-2 vote. Passed by the full Senate on September 1, 2011 on a 24-14 vote. Passed by the Assembly on September 7, 2011 on a 53-26 vote. Signed by Governor Jerry Brown.

**Author:** Assemblymember Tom Ammiano (D-San Francisco)

**Principle Co-Author:** Assemblymember Mariko Yamada (D-Davis)

# FAIR Education Act

From Wikipedia, the free encyclopedia

**Fair, Accurate, Inclusive, and Respectful Education Act**, also known as the **FAIR Education Act** (Senate Bill 48) and informally described by media outlets as the **LGBT History Bill**, is a California law which compels the inclusion of the political, economic, and social contributions of persons with disabilities and lesbian, gay, bisexual, and transgender people into educational textbooks and the social studies curricula in California public schools by amending the California Education Code. It also revises the previous designation of "black Americans, American Indians, Mexicans, Asians, [and] Pacific Island people" in that list into "Native Americans, African Americans, Mexican Americans, Asian Americans, Pacific Islanders, and European Americans". It would also amend an existing law by adding sexual orientation and religion into a list of characteristics (which already includes race, ethnicity, nationality, gender, and disability) that schools are prohibited from sponsoring negative activities about or teaching students about in an adverse way.

In particular, according to chief author Sen. Mark Leno, it "ensures that the historical contributions of lesbian, gay, bisexual and transgender people are accurately and fairly portrayed in instructional materials by adding LGBT people to the existing list of under-represented cultural and ethnic groups already included in the state's inclusionary education requirements."

The bill was introduced into the Senate on December 13, 2010, and was finally passed 23-14 on April 14, 2011. The bill was then passed by the Assembly on July 5 by a vote of 49-25. Governor Jerry Brown, who has historically opposed Proposition 8 and has generally supported LGBT rights in the state, signed the bill into law on July 14. Governor Brown said however that state textbooks probably would not be updated to reflect the requirements of the law until 2015.

## WHY SHOULD THIS ISSUE BE TALKED ABOUT IN SCHOOLS?

In a typical class of 30 students, 8 students (27% of the class) will be directly affected by homosexuality of self, one or more siblings, or one or both parents. (10)

## AND PEOPLE STILL BELIEVE THAT OUR LOVED ONES CHOOSE TO BE GAY . . . ARE THEY NUTS?!

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## TODAY'S GAY YOUTH: THE UGLY, FRIGHTENING STATISTICS

Still think that people CHOOSE to be gay, lesbian, bisexual or transgendered? After reading the following sobering statistics, ask yourself this: What **SANE** person would CHOOSE to be subjected to all this?!

### SUICIDE & DEPRESSION

(Note: Numbers appearing in parentheses " ( ) " at the end of each statement denote the source of that information. All sources are listed at the end.]

Suicide is the leading cause of death among gay and lesbian youth. (1)

Gay and lesbian youth are 2 to 6 times more likely to attempt suicide than heterosexual youth. (1)

Over 30% of all reported teen suicides each year are committed by gay and lesbian youth. (1)

### REJECTION

50% of all gay and lesbian youth report that their parents reject them due to their sexual orientation. (2)

26% of gay and lesbian youth are forced to leave home because of conflicts over their sexual orientation. (1)

In a study of 194 gay and lesbian youth, 25% were verbally abused by parents, and nearly 10% dealt with threatened or actual violence. (12)

## HOMELESSNESS

Approximately 40% of homeless youth are identified as gay, lesbian or bisexual. (3)

Service providers estimate that gay, lesbian and bisexual youth make up 20-40% of homeless youth in urban areas. (18)

In a study of male teenagers self-described as gay or bisexual, 27% moved away from home because of conflict with family members over sexual orientation. Almost half had run away from home at least once. (2)

## SUBSTANCE ABUSE

Gays and lesbians are at much higher risk than the heterosexual population for alcohol and drug abuse. (1)

Approximately 30% of both the lesbian and gay male populations have problems with alcohol. (1)

Substantially higher proportions of homosexual people use alcohol, marijuana or cocaine than is the case in the general population. (6)

55% of gay men have had a substance abuse problem sometime in their life. (10)

## HIGH DROP OUT RATES

Approximately 28% of gay and lesbian youth drop out of high school because of discomfort (due to verbal and physical abuse) in the school environment. (2)

Gay and lesbian youth's discomfort stems from fear of name calling and physical harm. (4)

Gay and lesbian youth are at greater risk for school failure than heterosexual children. Academic failure, lack of student involvement and low commitment to school are profound

for gay and lesbian youth because schools are neither safe, healthy nor productive places for them to learn. (1)

## VERBAL & PHYSICAL ASSAULTS

Teenage students (gay AND straight) say the worst harassment in school is being called 'gay'. (11)

In a national survey, youth (gay AND straight) described being called "lesbian" or "gay" as the most deeply upsetting form of sexual harassment they experienced. (14)

Gay students hear anti-gay slurs as often as 26 times each day; faculty intervention occurs in only about 3% of those cases. (9)

In Seattle, 34% of students who described themselves as gay, lesbian or bisexual reported being the target of anti-gay harassment or violence at school or on the way to or from school, compared to 6% of heterosexual students. (16)

Gay and lesbian youth live, work and attempt to learn in constant fear of physical harm at school. (4)

27% of gay and lesbian youth have been physically hurt by another student. (12)

In 53 schools in Washington State, 77 incidents of anti-gay harassment and violence have been reported in the past 3 years, with 34 of these incidents (44%) serious enough to warrant possible criminal allegations. (15)

## LACK OF SUPPORT

Few administrators discipline students for name-calling and harassment of gay and lesbian students. (5)

Teachers may wish to stop harassment and anti-gay comments, but few have had any specific training which would teach them to

intervene effectively and many fear reprisals without the explicit support and backing of their administration. (5)

In Michigan, 28% of school personnel surveyed determined their school environment to be emotionally unsafe for gay and lesbian youth. (17)

Over 50% of national youth servicing organizations report that they do not have services or resources in place to educate youth on sexual orientation or to support gay and lesbian youth. (13)

## LACK OF ROLE MODELS

There are very few openly gay staff members or teachers in schools. (5)

The presence of openly gay and/or lesbian staff members is a crucial component of any school program seeking to reduce bigotry and provide support for gay and lesbian students. (5)

## VICTIMS OF CRIME

Gays and lesbians are the most frequent victims of hate crimes. (7)

Gays and lesbians are at least 7 times more likely to be crime victims than heterosexual people. (7)

At least 75% of crimes against gays and lesbians are not reported to anyone. (8)

In a study of 5 metropolitan areas (including Boston, Chicago, Minneapolis/St. Paul, New York City, and San Francisco), there were 1,833 (reported) incidents of anti-gay and anti-lesbian crimes, which was a 31% increase over the previous year. (8)