

Fostering Trust with LGBTQIA and Nurturing the Body and Heart

“This wellness session is provided to you by the CCHS Wellness Team.
Please contact CCHSWellness@cchealth.org if you have any questions.”

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Land Acknowledgement

- I would like for us to begin by acknowledging that the land on which we gather is the occupied/seized/ stolen ancestral/ traditional land/ territory of the Yokuts (Yo-Kuts), Karkin (Car Kin), Confederated Villages of Lisjan (Lih-Shawn), Ohlone (Oh-LOW-nee) Miwok (mee-wok) and Muwekma (mah-WEK-mah) people and Tongva, Tataviam, Serrano, Kizh, and Chumash Peoples.

More about Myself

My parents are Sara Morales Vidal Y Jose Manuel Gonzalez Garcia we come from la tierra de Los Guamares. We also lived in Maya land.

I am a Queer, Spiritual, Non-Binary, Bilingual, and Bicultural person. I obtained their Master's degree in Marriage and Family Therapy with Latinx Family Studies Specialization at Pacific Oaks College and licensed in California since 2020.

I have been practicing since 2016 and have experience working with BI&POC and 2SLBGTQIA+ folks in a community setting as well as in private practice providing individual, family, and couples therapy. I am a co-founder and clinician of Colibri Family & Healing Therapy Inc. and an adjunct instructor at Pacific Oaks College and Pepperdine University.

Let us ground

Gonzalez Morales, E. (2022). Serenity. [video clip]

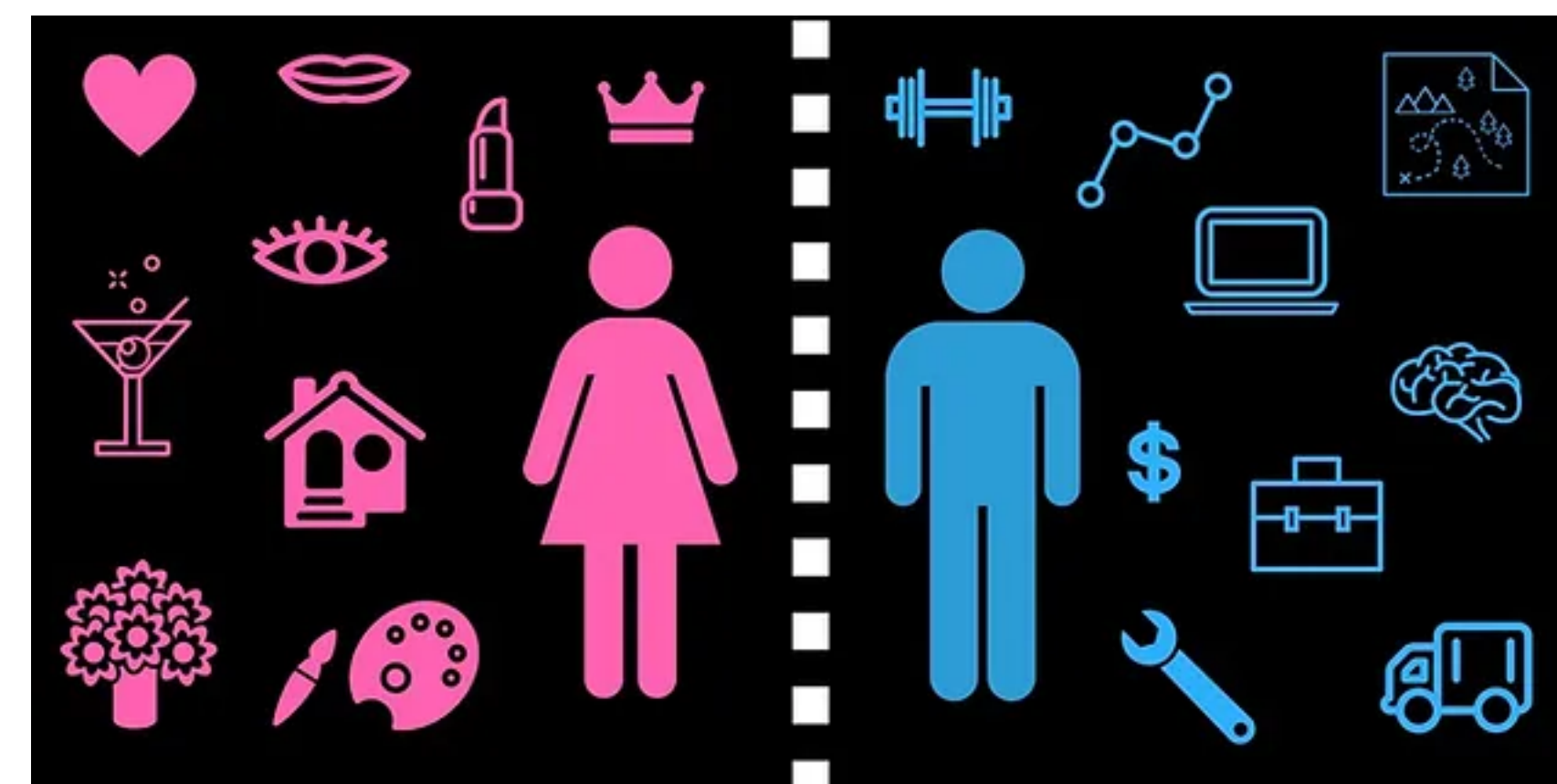


Heteronormativity



Heteronormativity

- views sexuality as strictly procreative
- a gender binary that aligns biological sex, gender identity, gender expression, gender roles, and sexual orientation, within male–female gender schema.
- it expects every individual to fall into either the masculine or the feminine category
- defined by the procreative physiology corresponding to his/her chromosomal
- sexual attraction to the opposite sex
- gender roles would consider male individuals naturally dominant and aggressive and female individuals inherently submissive and nurturing



Diagnostic Statistical Manual (DSM)

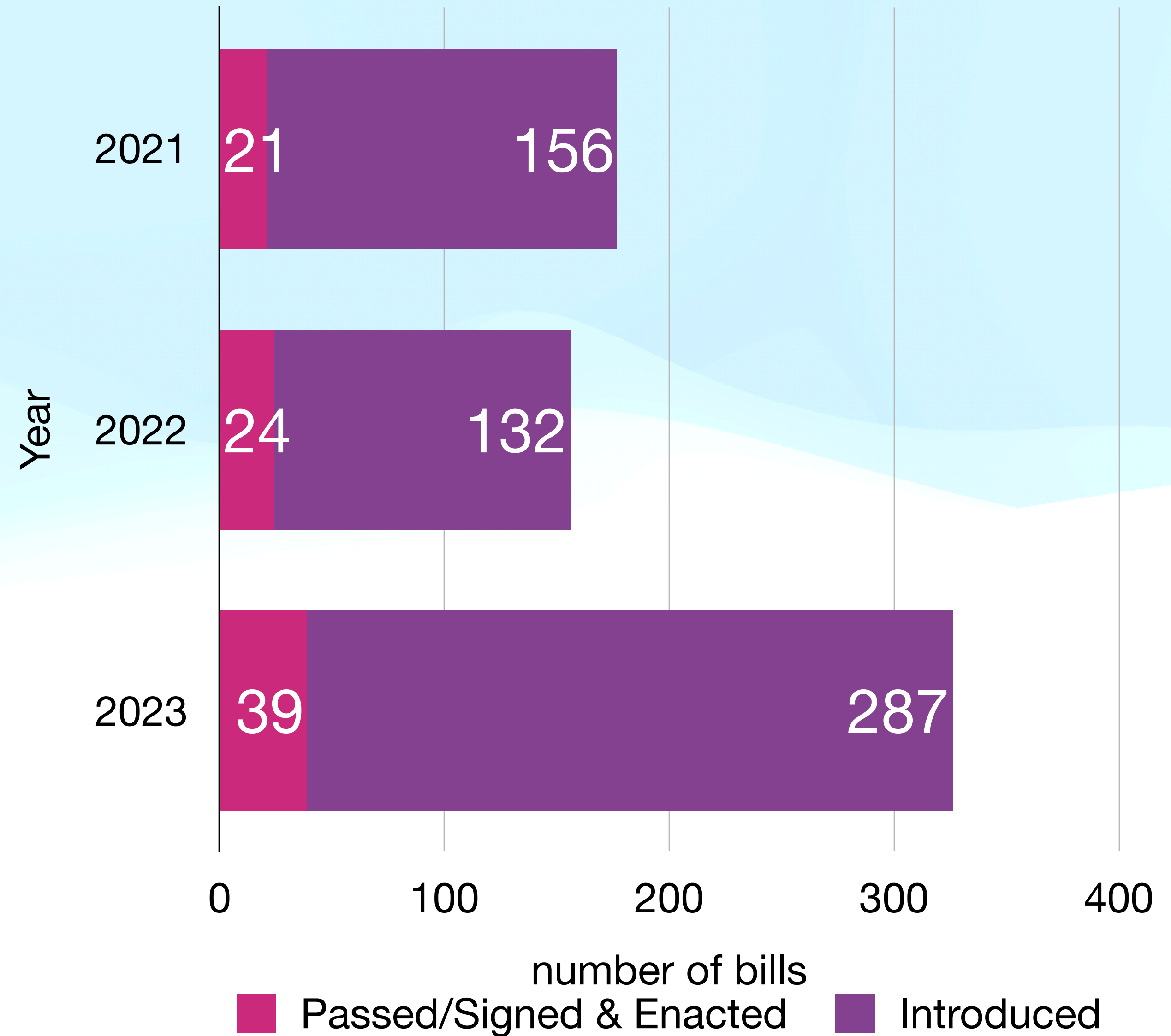
DSM-I (1952) Homosexuality is listed as a sociopathic personality disturbance.

DSM-II (1968) Homosexuality continues to be listed as a mental disorder.

Working with LGBTQ patients. Psychiatry.org - Working with LGBTQ Patients. (n.d.). <https://www.psychiatry.org/psychiatrists/diversity/education/best-practice-highlights/working-with-lgbtq-patients>

Are we a safe space?

US Anti-Trans Bills



Track Trans Legislation. (n.d). *2023 Anti-Trans Legislation*. <https://www.tracktranslegislation.com>.
Track Trans Legislation. (n.d). *2022 Anti-Trans Legislation*. <https://www.tracktranslegislation.com>.
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The Nature of these Bills

KS SB180- Establishing the women's bill of rights to provide a meaning of biological sex for purposes of statutory construction.

North Dakota HB1489- AN ACT to create and enact chapter 15-10.6 of the North Dakota Century Code, relating to requiring institutions of higher education designating athletic teams and sports for male, female, or coed participation.

Kentucky SB150- Create a new section of KRS Chapter 158 to establish definitions; require specific parental notifications from public schools; require school districts to adopt specific procedures related to parental rights; limit authority of the Kentucky Board of Education and Kentucky Department of Education in relation to parental rights and a student's use of pronouns; prohibit district or school policies with the intent of keeping student information confidential for parents; prohibit a school district from requiring school personnel or pupils to use pronouns for students that do not conform to that student's biological sex; provide school districts and district personnel authority to seek emergency medical services for a student; provide conditions for student confidentiality; amend KRS 158.1415 to establish requirements for any public school's course, curriculum, or program on the subject of human sexuality.

STATISTICS

The Trevor Project

2022 National Survey on
LGBTQ Youth Mental Health

Key Findings

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.

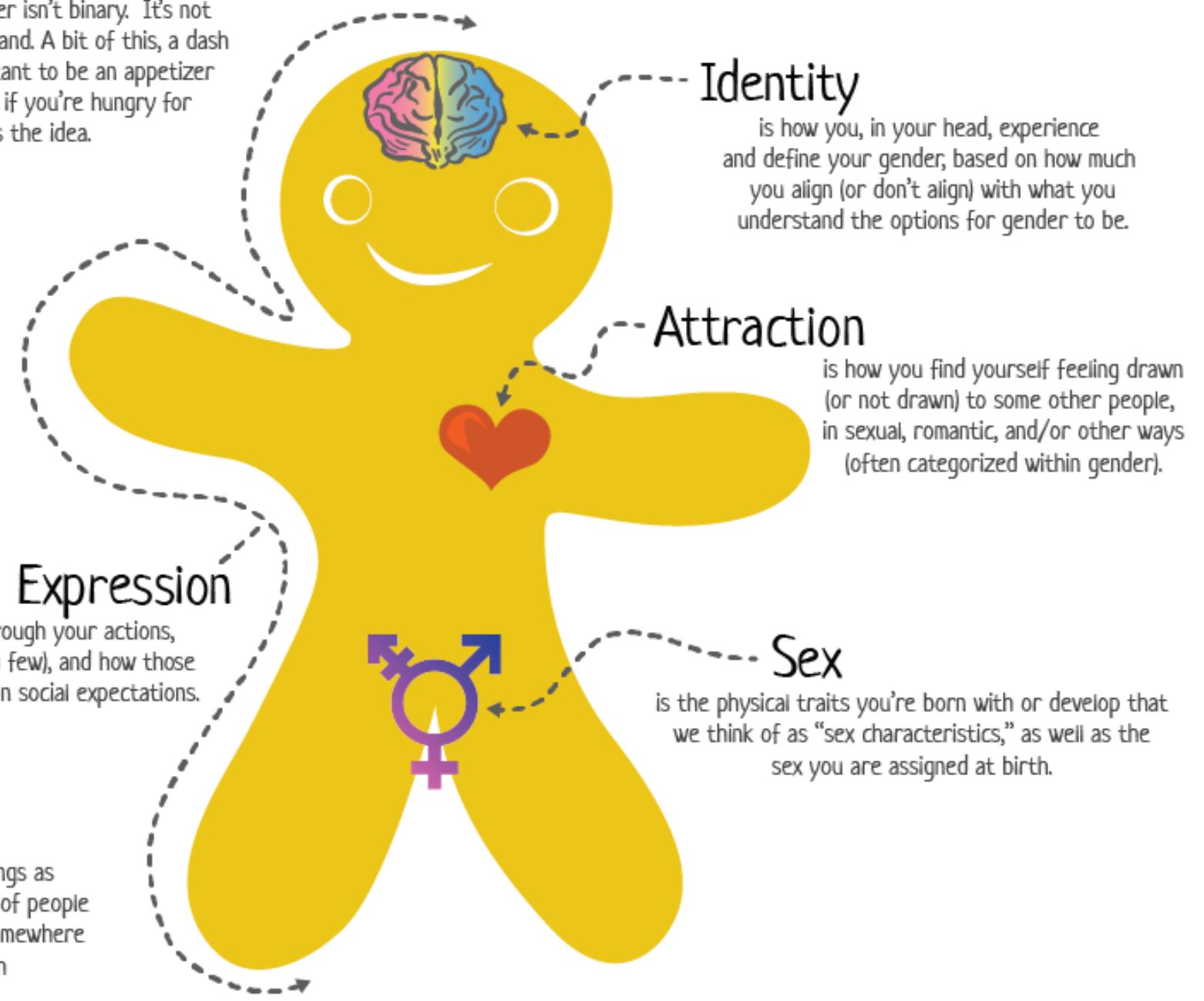


LGBTQ youth who live in a community that is accepting of LGBTQ people reported **significantly lower rates of attempting suicide** than those who do not.

The Genderbread Person

by its pronounced **METROsexual**.com

Gender is one of those things everyone thinks they understand, but most people don't. Gender isn't binary. It's not either/or. In many cases it's both/and. A bit of this, a dash of that. This tasty little guide is meant to be an appetizer for gender understanding. It's okay if you're hungry for more after reading it. In fact, that's the idea.



Identity

is how you, in your head, experience and define your gender, based on how much you align (or don't align) with what you understand the options for gender to be.

Attraction

is how you find yourself feeling drawn (or not drawn) to some other people, in sexual, romantic, and/or other ways (often categorized within gender).

Expression

is how you present gender (through your actions, clothing, and demeanor, to name a few), and how those presentations are viewed based on social expectations.

Sex

is the physical traits you're born with or develop that we think of as "sex characteristics," as well as the sex you are assigned at birth.

We can think about all these things as existing on continuums, where a lot of people might see themselves as existing somewhere between 0 and 100 on each

⊘ means a lack of what's on the right side

Gender Identity



personality traits, jobs, hobbies, likes, dislikes, roles, expectations

common GENDER IDENTITY things

Gender Expression



style, grooming, clothing, mannerisms, affect, appearance, hair, make-up

common GENDER EXPRESSION things

Anatomical Sex



body hair, chest, hips, shoulders, hormones, penis, vulva, chromosomes, voice pitch

common ANATOMICAL SEX things

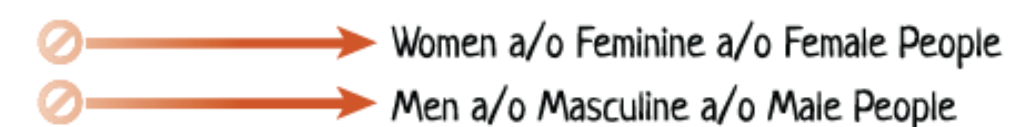
Identity ≠ Expression ≠ Sex
Gender ≠ Sexual Orientation

Sex Assigned At Birth

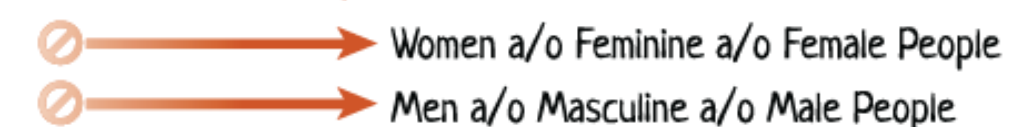
□ Female □ Intersex □ Male

Typically based solely on external genitalia present at birth (ignoring internal anatomy, biology, and change throughout life). Sex Assigned At Birth (SAAB) is key for distinguishing between the terms "cisgender" (when SAAB aligns with gender identity) and "transgender" (when it doesn't).

Sexually Attracted to... and/or (a/o)



Romantically Attracted to...



Inclusive and Affirming Space

Allyship

- Negative experiences with providers:
 - Gender-neutral language: They/Them, person, siblings, partner
 - Pronouns/preferred names: legal names/insurance names vs current names vs different gender marks
- Lack of Knowledge:
Standards of Care for the Health of Transgender and Gender Diverse People, Version 8
<https://www.tandfonline.com/doi/pdf/10.1080/26895269.2022.2100644>
- Support System:
 - Chosen Family
 - Community services
 - Crisis numbers

Practice, practice, practice

- Always ask, check in with people.
- Hi, My name is _____, my pronouns are _____.
- What is your name? What are your pronouns? How would you like me to call you or address you as?
- Do you have a partner? What is their name? What are their pronouns?
- What pronouns would you like me to use?”
- What does that term mean to you? or Can you please tell me what you mean when you say you identify as _____?

Pronouns-- A How To Guide

Subject: ¹_____ laughed at the notion of a gender binary.

Object: They tried to convince ²_____ that asexuality does not exist.

Possessive: ³_____ favorite color is unknown.

Possessive Pronoun: The pronoun card is ⁴_____.

Reflexive: ¹_____ think(s) highly of ⁵_____.

The pronoun list on the reverse is not an exhaustive list. It is good practice to ask which pronouns a person uses.

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**“You don’t have to understand to have
compassion”
- Alok**

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