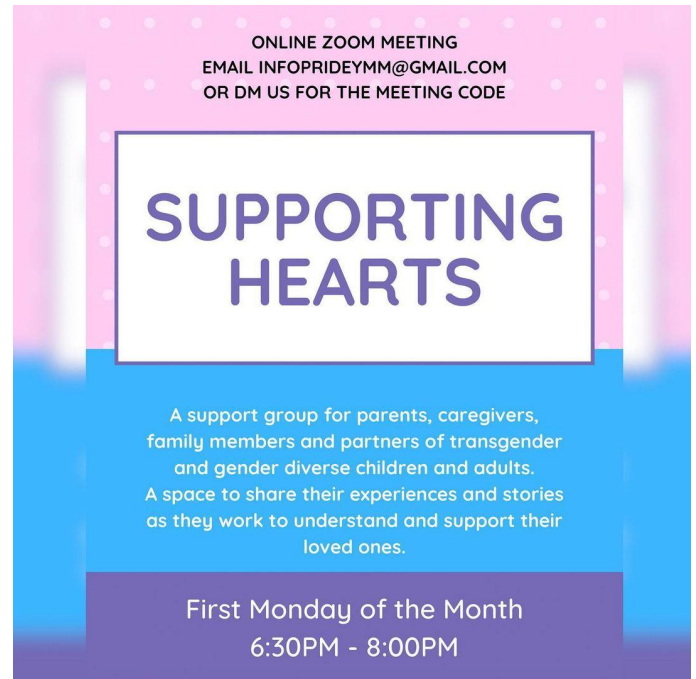


## SOS Child & Youth Team Meeting

### Supporting LGBTQ2+ Youth: Tips & Resources

#### Local Pride YMM Support Groups:



#### Supporting Youth Resources:

[Trans Lifeline](#) - Peer support help line for trans people, run by trans people:

1-877-330-6366

[The Trevor Project](#) - U.S. based crisis line - does not work in Canada. But has lots of mental health resources for supporting youth on their website

[Pflag Canada](#) - Supports for LGBTQ2+ people, families and loved ones

[Trans Student Educational Resources \(TSER\)](#)

[It Gets Better Project](#)

[Coming Out Resources](#)

[We Matter Campaign](#) - Mental Health Supports for Indigenous Youth

[Skipping Stone](#) - Calgary-based organization supporting Trans people across Alberta)

[Camp FYrefly](#) - Alberta Summer Camp for LGBTQ2+ Youth

## **Diverse Books:**

[Scholastic Diversity Books](#)

[Audreys Books](#)

[Parents for Diversity: Diversity Library](#)

## **Quick Tips:**

1. Introduce yourself with your name and pronouns when meeting someone new or when facilitating a presentation (you can put them into your Zoom name for virtual presentations). When mentoring one on one, tell them your pronouns and tell them yours as part of introductions.
2. Avoid making assumptions about the gender or sexual orientation of any children or youth you work with.
3. Avoid making assumptions about the parents/family of any children or youth (ex: not all youth will have a mom & a dad at home, some may have two moms, two dads, nonbinary parents, or other family structures, etc.)
4. If a youth comes out to you, keep that information in confidence and respect their trust in you. Be a safe and trusted adult for them to openly express all parts of their identity with. You may be the first adult they come out to or first adult they feel safe with.
5. Be intentional and specific that you are a safe and supportive person for the LGBTQ2+ community. Make sure youth know that you are a safe and accepting person to talk to without making assumptions that they already know that you are an ally. They may feel afraid to talk about certain topics or assume that they will be judged or rejected by any adults, if they have experienced that at home or at school.
6. When giving presentations with statistics, include LGBTQ2+ demographics. Don't just break stats into boys/girls or males/females as that can erase trans and gender diverse people, and also perpetuates the idea of binary gender.

7. When collecting intake information or collected statistics for your own reporting/funding, make sure you allow people to self-identify their gender and have multiple options to choose from (female, male, transgender, non-binary, Two Spirit, prefer not to say, etc). Ensure that it is necessary to know gender and sexual orientation before asking.
8. Address any homophobic or transphobic language, discrimination, or stereotypes when you hear it (ex: when facilitating a group, mentoring one-on-one. Use it as a teachable moment for that individual, and as a moment to stand up as an ally, even if you don't think LGBTQ2+ are present.
9. Little things like rainbow pins, flags, bracelets, pronoun buttons, etc. go a long way in non-verbally communicating that you are a safe, supportive person for LGBTQ2+ people.
10. Be a supportive bridge between students and their schools, communities, families, when they need an advocate - but remember to always focus your support on the youth above all else. Focus your energy on what you can have the most impact.