

SOGIE

Sexual Orientation, Gender Identity & Gender Expression

LENS Meeting with Mx. Coley Alston, MPH, Program Director, Hugh Lane Wellness Foundation

There are many factors such as race, economics, cognitive ability, etc. that make up each individual we encounter. The unique intersection of all of these identities is what makes you you.

You don't have to know the specific identities of your young people to create inclusive spaces.

Operate as though you already have queer and transgender young people in your spaces because you do. It starts with creating safe spaces where young people feel recognized, cared for and supported.

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.

Acceptance and Safety Greatly Reduce Suicide Rates:

Use correct pronouns

Have supportive teachers or staff members

Harrassment-free environment in which to learn

Respect youth names

Confidentiality of personal info

Access to facilities that align with their gender



"How would you like me to show up for you?"

If you're not sure how best to show up for young people, ASK! And remember that language matters:

Share your pronouns before asking someone else's

"Is" not "identifies as"

Impact over intentions

Mind your assumptions

Trans is not a bad word, simply an adjective like blond

Use the words people use to describe themselves



Person	Subject Pronouns	Object Pronouns	Possessive Adjectives	Possessive Pronouns	Reflexive Pronouns
1 st	I	Me	My	Mine	Myself
2 nd	You	You	Your	Yours	Yourself
3 rd	He She They Xe Ze/Zie E/Ey	Him Her Them Xem Hir Em	His Her Their Xyr Hir Eir	His Hers Theirs Xyrs Hirs Eirs	Himself Herself Themselves Xemself Hirself Eirself