

# SOGIE & Transition Age Youth

*Coley Alston, MPH, Program Director*



# Who is Hugh Lane Wellness?

Founded in 2017, staffed in 2019, Hugh Lane Wellness serves LGBTQ+ communities across Western PA.

We provide training to human service professionals, tangible aid to adults, and support LGBTQ+ leaders in launching projects and organizations to serve our communities.

We also are able to support children in their homes, schools, communities, in-person, and virtually.

# What is SOGIE?

*Sexual  
Orientation*

Who you're ATTRACTED to

*Gender  
Identity*

Who you ARE

*Gender  
Expression*

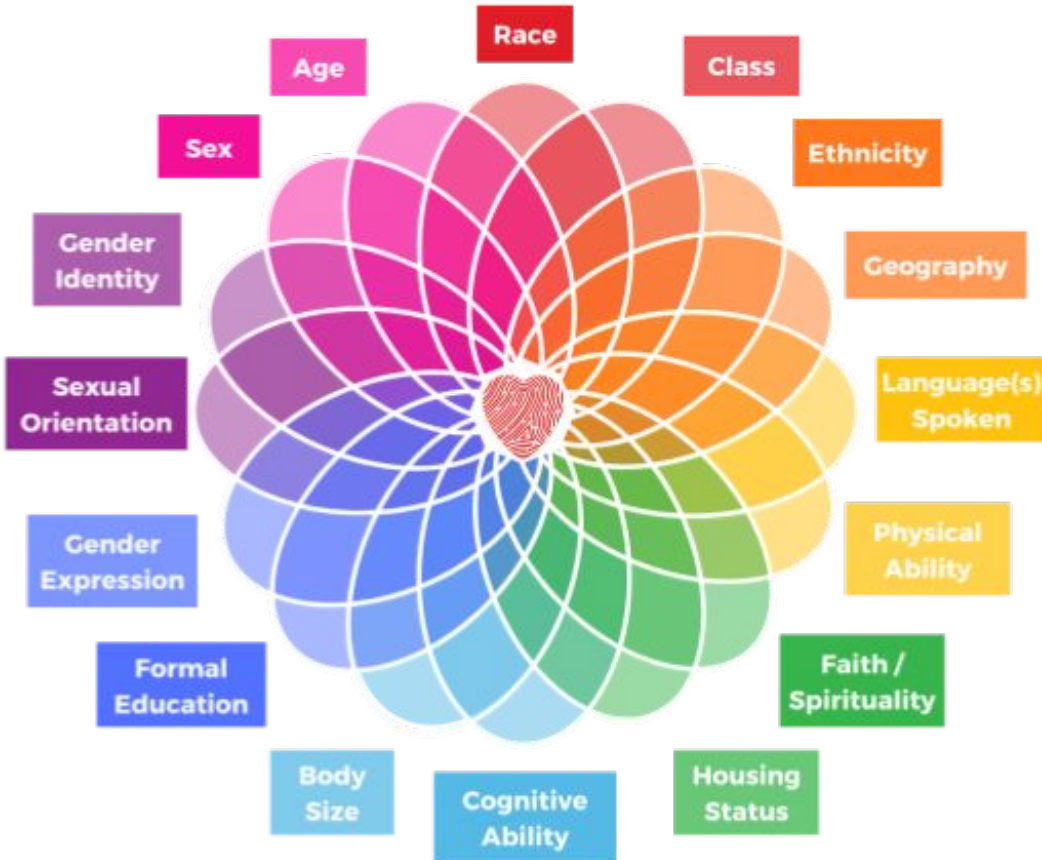
How you PRESENT yourself

# Identity

There are many factors such as race, economics, cognitive ability, etc. that make up each individual we encounter.

Each of these identities will have varying levels of importance and impact on an individual.

It is the unique intersection of all of these identities is what makes you, you.



# How are our children?

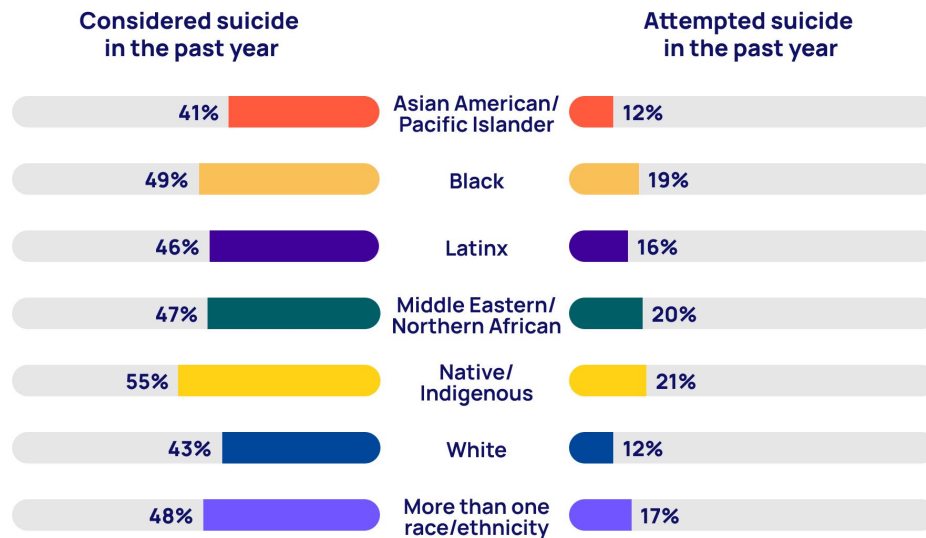
**45%** of LGBTQ youth seriously **considered attempting suicide** in the past year.

Nearly 1 in 5 transgender and nonbinary youth **attempted** suicide and LGBTQ youth of color reported higher rates than their white peers.

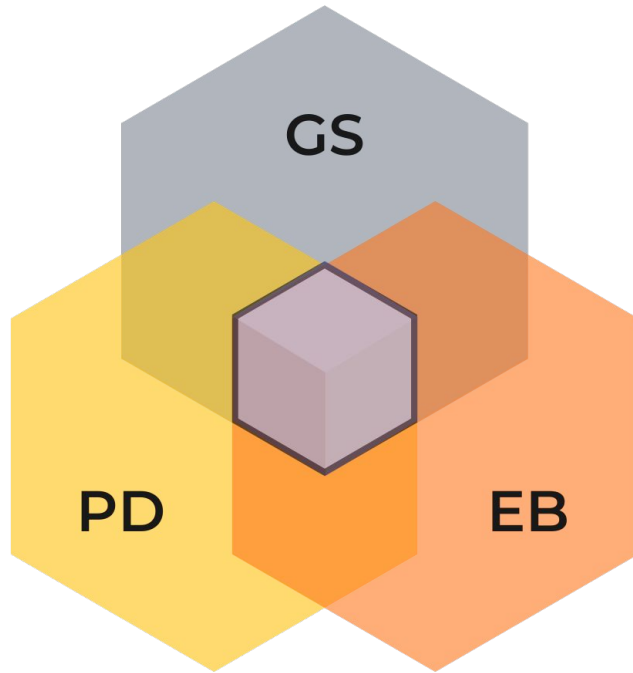
Blake Brockington, 18  
Nex Benedict, 16  
Nigel Shelby, 15



## Rates of considered and attempted suicide among LGBTQ youth by race/ethnicity



# Minority Stress Model



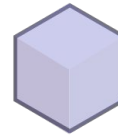
General  
Stressors



Prejudice &  
Discrimination



Expectations &  
Beliefs



Self

# No Disclosure Needed

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

Operate as though you already have queer and transgender students in your classroom because you do

Whether you know it

OR

Whether your students know it







# Acceptance and Safety Greatly Reduces Suicide Rates

- Respecting youth names
- Using the correct pronouns
- Having a supportive teacher or staff member
- Confidentiality of personal information
- A harassment-free environment in which to learn - school, lifeskills, play.
- Access to facilities that align with their gender

# Affirmation & Transition

## Social

- ▶ Name & Pronouns
- ▶ Gender Presentation
- ▶ Use of Gender Affirming Items

## Legal

- ▶ Name & Gender Marker
  - ▷ Birth certificate
  - ▷ Social Security
  - ▷ License
  - ▷ Etc.

## Medical

- ▶ Hormone Blockers
- ▶ Hormones
- ▶ Surgery



# What are Gender Pronouns?

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

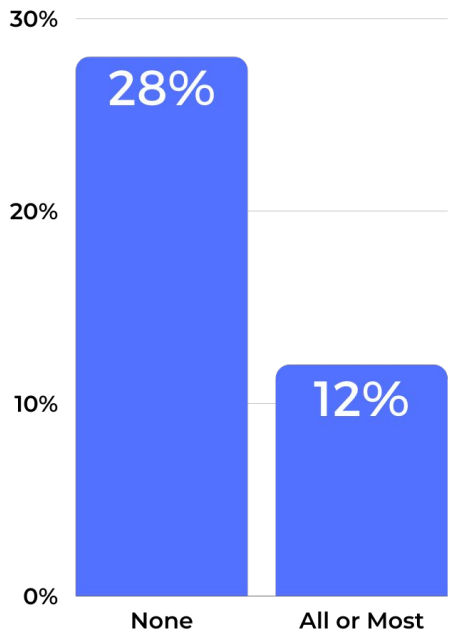
Pronouns are used in everyday speech and writing in place of people's names.

We often use them without thinking about their impact.

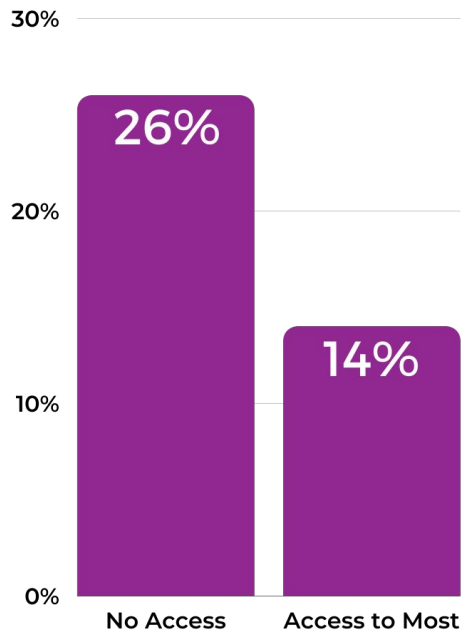
Using someone's correct gender pronouns is one of the most basic ways to show your respect for their identity.

# Gender Affirmation

Suicide risk among LGBTQ Youth is cut in half when their gender is affirmed.



People who Respected Pronouns



Gender-Affirming Clothing

# Language Matters

**What is your mother's maiden name?**

How many assumptions are in that question?

# Language Matters

## What is your mother's maiden name?

How many assumptions are in that question?

1. You know your mother
2. You have 1 mother (not 0 or 2+)
3. Your mother married
4. Your mother took a different last name

# Language Matters

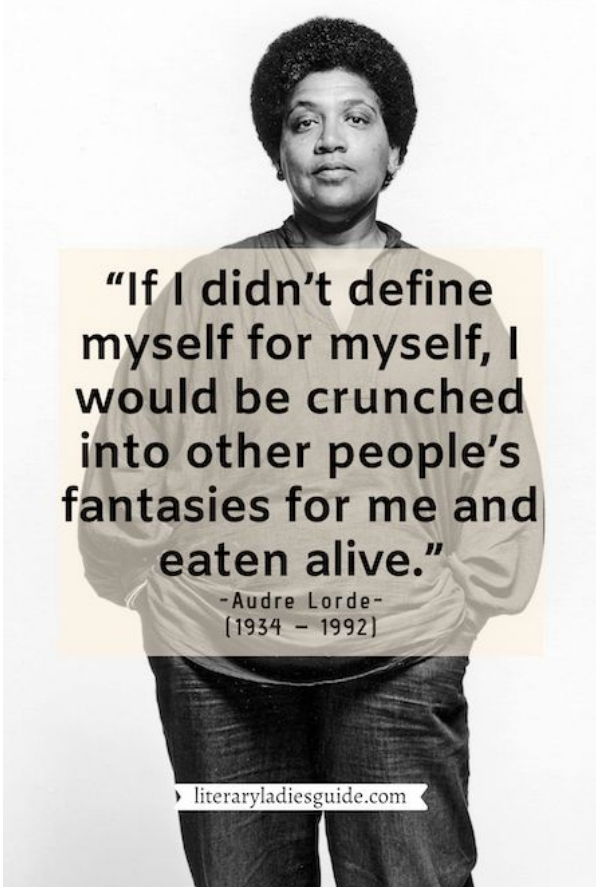
- Share your pronouns before asking someone else's
- Mind your assumptions
- "is" not "identifies as"
- Trans is not a bad word, simply an adjective like blond.
- Impact over intentions
- Use the words people use to describe themselves



# Language Matters

- Share your pronouns before asking someone else's
  - “Hi, I’m Coley. My pronouns are they/them. What’s your name? What are your pronouns?”
  - Pronouns aren’t a preference, so don’t add “preferred”.
- “is” not “identifies as”
  - Coley is a Black person. Not “a person who identifies as Black”
  - Coley is a nonbinary person. Not “a person who identifies as nonbinary”
- Trans is not a bad word, simply an adjective like blond.
- Impact over intentions
- Use the words people use to describe themselves

# Language Matters

A black and white portrait of Audre Lorde, a Black woman with short, dark, curly hair, wearing a light-colored sweater and dark jeans. She is standing with her hands in her pockets, looking directly at the camera with a slight smile. The background is a plain, light color.

**"If I didn't define  
myself for myself, I  
would be crunched  
into other people's  
fantasies for me and  
eaten alive."**

-Audre Lorde-  
[1934 - 1992]

▶ [literaryladiesguide.com](http://literaryladiesguide.com) ◀

# Priming and Inclusive Language

Provide your pronouns while introducing yourself:

*“Hello, I’m Hugh Lane. My pronouns are he/him.”*

Or directly ask:

*“What should I call you? What are your pronouns?”*

Use inclusive gender-neutral terms when addressing a group:

*“Hello folks. How are yinz doing today?”*





**SIGN UP  
NOW  
OPEN**



  
**East Liberty  
Office**



**Register Here:**



  
**QUEER &  
*Trans*  
CAMP**



**July 8-13: Queer  
Science Camp**



  
**July 22-26:**

**Hammertime Camp**



**July 8 - 12**

**15-18 Year Olds**

**July 22 - 26**

**12 - 14 Year Olds**

**\* \* \***

**Mon - Fri**

**8:30a - 6:00p**

**Explore identity and  
connect with others  
through DIY activities,  
science experiments,  
and conversations**

**Questions?**



**Email: [jack@hughlane.org](mailto:jack@hughlane.org)**





# Hammertime Week

Using 90's nostalgia to  
learn handiness skills

July  
22 - 26

Register Here:

12 - 14  
Year Olds



Mon - Fri  
8:30a - 6:00p



QUEER &  
*Trans*  
CAMP



# SCIENCE WEEK

Exploring the world through  
a queer lense

July  
8 - 12

15 - 18  
Year Olds

Register Here:



Monday - Friday  
8:30a - 6:00p



HUGH LANE  
WELLNESS FOUNDATION



HUGH LANE  
WELLNESS FOUNDATION



# TEEN MENTAL HEALTH FIRST AID

May 15, 2024 \* 6:00- 7:30p

May 22, 2024 \* 6:00- 7:30p

May 29, 2024 \* 6:00- 7:30p



## Who can participate:

- ✓ LGBTQ+ Youth; Ages 15-18
- ✓ Have an interest in helping others with mental challenges
- ✓ Ability to participate in **all** days of the training

Participants who complete all three sessions of the training will receive a stipend of \$150



Questions? [info@hughlane.org](mailto:info@hughlane.org)

## What is it:

- ✓ Applying Mental Health First Aid steps during mental health challenges
- ✓ Training over **3 days**, via ZOOM\*  
\*(link will be sent individually upon completion of registration)
- ✓ Learning the basic steps for offering a nonjudgemental and safe space for others



Space is limited to 10 people

Interested? Scan the QR code to sign up online.

# How Hugh Lane Wellness can support YOU and your YOUTH





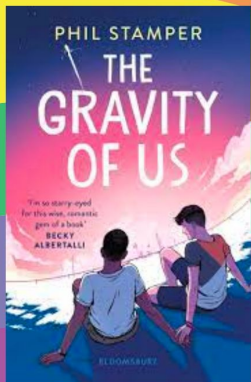
# How Hugh Lane Wellness can support YOU and your YOUTH

- Staff Training
- GSA and In-class support
- Youth AFFIRM
- Youth Events and Activities
- In-Home Clinical Support



## Q LIT

A book club for LGBTQ+ Youth  
14-21 Years Old



### March's Book **The Gravity of Us** by Phil Stamper

*Seventeen-year-old Cal is used to sharing his life online. But when his pilot father is selected for a highly publicized NASA mission to Mars, Cal and his family relocate from Brooklyn to Houston and are thrust into a media circus.*

**Discussion on Discord  
3/21 at 4pm**



Big Sibs of  
Hugh Lane Wellness  
present

## NON-BINARY FINERY

Join Big Sibs as we explore our  
favorite nonbinary fashion and  
develop ideas for our our  
nonbinary aesthetic

Wednesday April 13th  
4:00 PM  
via ZOOM  
Link in QR code below

**Calling local cryptids and pastelgoths  
and every being in between!**

**Closets are for clothes, not people!**



HUGH LANE  
WELLNESS FOUNDATION

# Local Youth Resources

**Hugh Lane Wellness  
YIPPIE After School (ages 13-19)**

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

**ASSEMBLE PGH**

<https://assemblepgh.org/>

**STEAM programs afterschool, day camps, and Saturdays**

**Dreams of Hope (ages 13-26)**

<https://www.dreamsofhope.org/>

**Theater arts for Queer youth**

**QMNTY Center (under 21)**

<https://qmntycenter.org/about-us>

**Drop in 12pm-6pm**





# Youth Resources

**Q Chat** - global moderated chats facilitated by LGBTQ+ centers across the USA  
<https://www.qchatspace.org/>

**Trevor Space** - youth-only chat space and professional crisis support ,  
<https://www.trevorspace.org/>

**AMAZE** - inclusive, age appropriate sexual health education <https://amaze.org/>

**One Love** - Healthy Relationship information and support <https://www.joinonelove.org/>



# Thank you!

Please take a resource list for more learning  
you can do at your pace.

Message [info@hughlane.org](mailto:info@hughlane.org) for  
questions/referrals



[coley@hughlane.org](mailto:coley@hughlane.org) to message me directly.