



LGBT+

Mental Health

How can you help?

Things You Must Do

Chosen/preferred Names 1.

We are able to change a students name on everything but legal documents. Make every effort to use chosen names not only in your speech but also on seating charts, gradecams etc.

Pronouns 2.

Ask students what their pronouns are and make sure you use them. Students don't care if you make a mistake as long as you are trying! When students join my class I ask for names and pronouns are on my student info sheet.

3. Parent Contact Concerns

When contacting a parent try to talk to the student first to see if their parent is aware of their chosen name/pronouns. If the student isn't out or you can't speak to them first use their deadname/pronouns.

4. MIHS GSA

If you or a student ever have any concerns feel free to reach out to me or admin.



LOVE

Why it Matters



Mental Health

Transgender youth are at significantly increased risk for depressive symptoms and suicide. According to the American Foundation for Suicide Prevention and the Williams Institute, 41 percent of transgender individuals have reported attempting suicide, compared to 4.6 percent among the general population.



Chosen Names

For each additional context in which youngsters were able to use their chosen name, researchers saw a 29 percent decrease in suicidal ideation, a 56 percent reduction in suicidal behavior, and significant improvement on a screening tool that measures depression. Every additional context where a youth could use their chosen name resulted in a further decrease of risk.



Homelessness

Up to 40% of the 4.2 million youth experiencing homelessness identify as LGBTQ+. In the U.S. LGBTQ+ individuals represent only 9.5% of the population. LGBTQ+ youth disproportionately experience homelessness compared to their straight and cisgender peers. They are also more likely to experience assault, trauma, depression, and suicide when compared to non-LGBTQ+ populations while also being homeless.



10 ways to support LGBTQ Students



1. **Have LGBTQ-inclusive materials present in your classroom.**
2. **Be aware of gender stereotypes.**

Avoid anything that reinforces the idea that there are only two genders, or that underscores gender roles “boys do this and girls do that”

3. **Be aware of your language.**

Using more inclusive language sends a big message. For example, instead of saying, “Good morning, boys and girls!” try, “Good morning, students!” or, “Good morning, class!”

4. **Use the names and pronouns students ask you to use.**



5. Include LGBTQ people in the curriculum.

Fortunately, there are now lots of great resources for teachers of all grades and subjects who are looking to be more LGBTQ-inclusive in their curricula.

6. Recognize diverse family structures.

Even students who are not LGBTQ themselves may have diverse family structures. Be aware of this when speaking about or creating activities around mothers and fathers (perhaps use terms such as “parents and guardians” instead).

7. Put a stop to bullying.

If you see or hear students being harassed for their actual or perceived sexual orientations or gender identities, intervene. Data from the *National School Climate Survey* shows that this kind of teacher and staff support greatly improves LGBTQ students’ overall school experience, including feelings of safety.



8. Display “safe space” symbols.

I'm here badges, safe space stickers on doors.

9. Be supportive of students coming out.

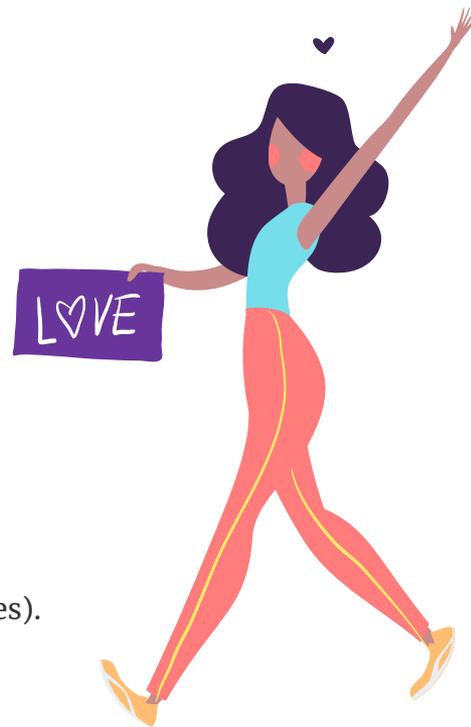
Don't ask questions like are you sure, why etc.

10. Be respectful of LGBTQ students' privacy.

Be careful not to “out” LGBTQ students (tell other people about their identities).

[The Survival Guide for Lesbian, Gay, Bisexual, Transgender, and Questioning Teens](#)

by Kelly Huegel Madrone



From the Mustangs Mouth



Here is what LGBTQ students in our school said when they were asked how we could make them feel loved, valued, and accepted.



Teachers going out of their way to remember pronouns, writing them down.



Not allowing anyone to say offensive/bigoted things in their classroom.



Treat me like im not different than anyone else.



Understanding it takes extra time to get to the gender neutral bathrooms.



Change name on seating charts for substitutes.



Allow time for private conversations about identity and pronouns if needed.



Make an effort to show if your classroom is a safe space.

Resources for LGBTQ+ Students

The Trevor Project

- *Phone:* 1-866-488-7386
- *Hours:* Available 24/7
- *Cost:* Free

The Trans Lifeline

- *Phone:* 1-877-565-8860
- *Hours:* 11am to 5am ET
- *Cost:* Free

It Gets Better Project

- 1100 different resources in one easily navigable database

01

02

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Orlando Youth Alliance

- 407-244-1222
- Counselling
- Mediating with schools/parents

Trevor Text

- Text the word “Trevor” to 1-202-304-1200
- *Hours:* Monday through Friday between 3pm to 10pm ET/ Noon- 7pm PT
- *Cost:* Standard messaging rates apply



THANKS!

As always please don't hesitate to reach out to me if you have any questions on how to support our wonderful LGBTQ+ Students

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