

Professional Development Training on LGBTQ+ Identity

Course Introduction



Learning Objectives

- Gain an understanding of LGBTQ+ Culture of Care
- Assess therapeutic roles in LGBTQ+ Community
- Understand the therapist's role

Some Basics To Get Started

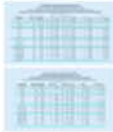
- **Trans** is Latin for "Opposite Side of" or "Out of Alignment".
• It is Latin for "Same Side of" or "In Alignment".
- **Transgender** means someone who's sex assigned at birth is the opposite or both of all genders of who they are.
- **Transgender** means someone who's sex assigned at birth matches or is in alignment with who they are.
- **Queer** has history with being used as a slur but has been reclaimed over the last fifty years and no longer has the connotation. It is used as an umbrella term for anyone who is not straight or heterosexual.

Queer Narratives



Queer Demographics

| Year | Population |
|------|------------|
| 2010 | 1.2% |
| 2011 | 1.3% |
| 2012 | 1.4% |
| 2013 | 1.5% |
| 2014 | 1.6% |
| 2015 | 1.7% |
| 2016 | 1.8% |
| 2017 | 1.9% |
| 2018 | 2.0% |
| 2019 | 2.1% |
| 2020 | 2.2% |



What You Need to Know About Labels



It's Part of Our Biology

Medical History
How long have you been taking a hormone to be a trans person?

Medical History
How long have you been taking a hormone to be a trans person?

Medical History
How long have you been taking a hormone to be a trans person?

Medical History
How long have you been taking a hormone to be a trans person?

What does it feel like being Trans?

Balance and Labels

by Faye Seidler
fayeseidlerconsulting.com



Course Introduction



Learning Objectives

- Gain an Understanding of LGBTQ+ Cultural History
- Learn Demographic Data on LGBTQ+ Community
- Understand the Transgender Experience

Some Basics To Get Started

Trans is Latin for "Opposite Side of" or "Out of Alignment"

Cis is Latin for "Same Side of" or "In Alignment"

Transgender means someone who's sex assigned at birth is the opposite or out of alignment of who they are

Cisgender means someone who's sex assigned at birth matches or is in alignment with who they are

Queer has history with being used as a slur, but has been reclaimed over the last fifty years and no longer has the connotation. It is used as an umbrella term for anyone who is not cisgender or heterosexual.

These are **DEMOGRAPHICALLY** important

Queer Narratives



What Informs our Perception?

Thinking to our Culture

The image shows a slide with a table and a graph. The table lists various factors and their corresponding values. The graph shows a curve that rises and then levels off, representing a tipping point.

| Factor | Value |
|---|-------------|
| Transgender people in the U.S. | 1.5 million |
| Transgender people in the world | 12 million |
| Transgender people in the U.S. who are out | 1.5 million |
| Transgender people in the U.S. who are not out | 1.5 million |
| Transgender people in the U.S. who are not out and are not safe | 1.5 million |

The graph plots a variable on the y-axis against time on the x-axis. The curve starts at a low level, remains flat for a period, then rises sharply, and finally levels off at a high level. This is characteristic of a tipping point model.

Exercise on Personal Reflection

1. How old were you when you first heard or understood what it meant to be Gay? Bi? Transgender?
2. How old were you when you explored or determined your sexual orientation or gender identity? (gay, straight, trans, cisgender, etc)
3. What was the culture like or opinion about LGBTQ+ people during these moments in your life?

Exercise of Representation: Raise your hand if...

1. You have seen a source of media (newspaper/ T.V. Show/Movie) that talks about Trans people?
2. Was the author of the piece you're thinking of Transgender?
3. Is there any trans person in your life as a family member, friend, colleague, or even acquaintance?

What Informs our Perception?

Timeline in our Culture

In 1934 - Hays Code disallowed any positive representation of LGBTQ+ people. This would last for 30 years (1)

1. https://en.wikipedia.org/wiki/Hays_Code#cite_note-DH2-28

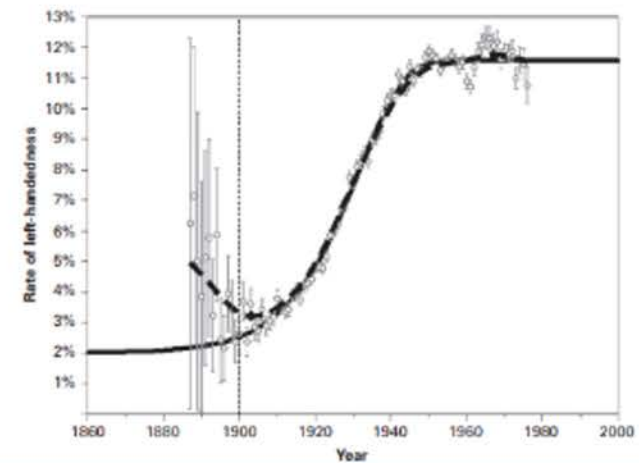
In 2012 - GLAAD Studied 10 years of media representation of Transgender people and found, "only 12% of storylines were considered groundbreaking, fair and/or accurate" (2)

2. <https://www.glaad.org/transmedia>
3. <https://www.glaad.org/transmedia>
4. <https://www.glaad.org/transmedia>

Americans' Self-Identification as LGBT, by Generation

| | LGBT % | Straight/Heterosexual % |
|------------------------------------|-----------|----------------------------|
| Generation Z (born 1997-2003) | 20.6 | 75.7 |
| Millennials (born 1981-1996) | 10.5 | 82.5 |
| Generation X (born 1965-1980) | 4.2 | 89.3 |
| Baby boomers (born 1946-1964) | 2.6 | 90.7 |
| Traditionalists (born before 1946) | 0.8 | 92.2 |

CALLUP, 2021



Timeline in our Culture

In 1934 - Hays Code disallowed any positive representation of LGBTQ+ people. This would last for 30 years (1)

In 1980s - Aids Pandemic rampaged both the LGBTQ + community and garnered significant cultural backlash.

In 1998 - Matthew Shepard was killed, sparking national attention to LGBTQ+ rights

1. https://en.wikipedia.org/wiki/Hays_Code#cite_note-DH2-28

In 2012 - GLAAD Studied 10 years of media representation of Transgender people and found, "only 12% of storylines were considered groundbreaking, fair and/or accurate (2)

In 2008 - 92% of people got information about trans people from media (3)

In 2015 - 84% of people got information about trans people from media (3)

In 2021 - 58% of people got information about trans people from media (4)

2. <https://www.glaad.org/publications/victims-or-villains-examining-ten-years-transgender-images-television>

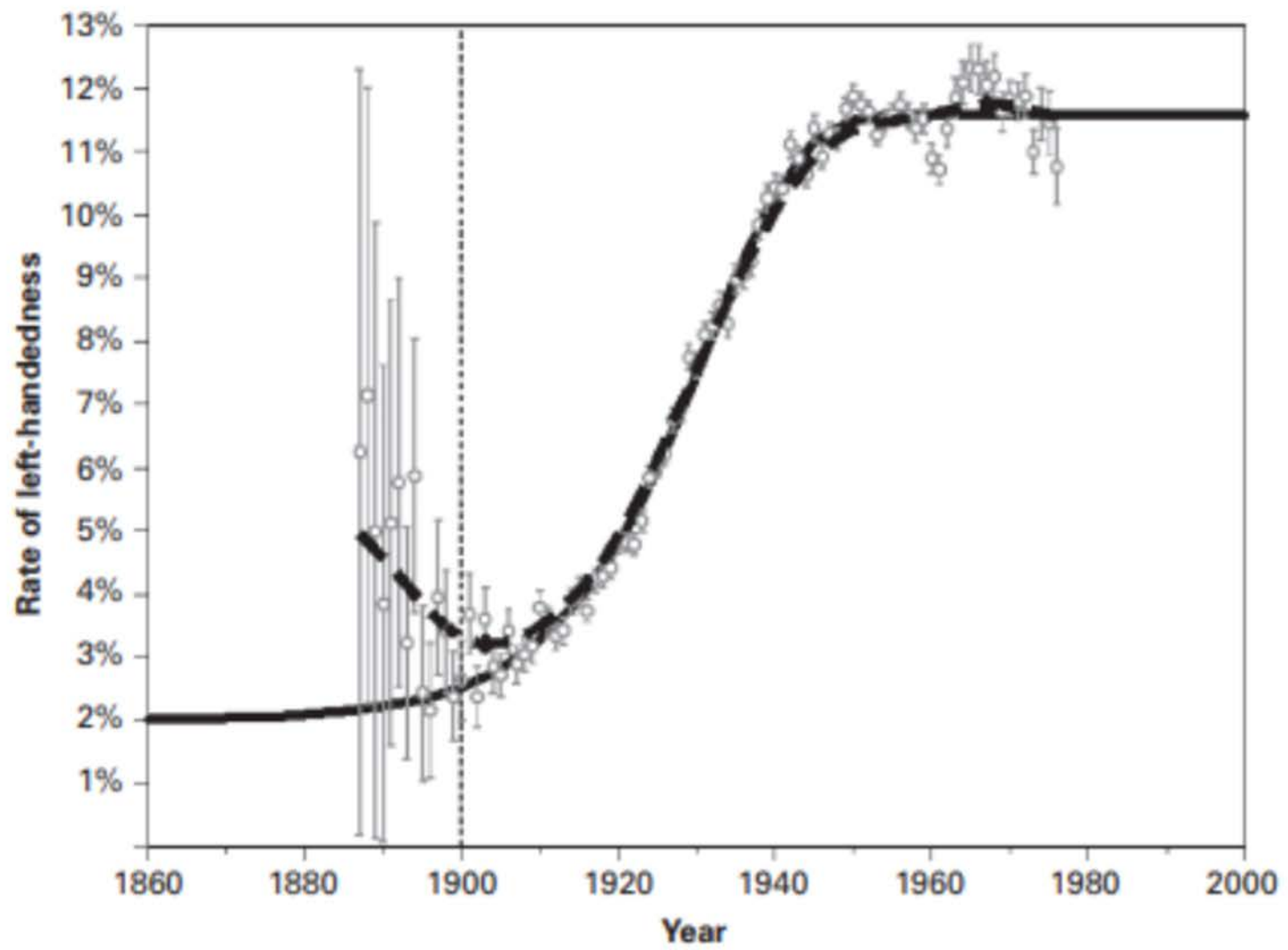
3. <https://www.glaad.org/releases/number-americans-who-report-knowing-transgender-person-doubles-seven-years-according-new>

4. <https://www.pewresearch.org/fact-tank/2021/07/27/rising-shares-of-u-s-adults-know-someone-who-is-transgender-or-goes-by-gender-neutral-pronouns/>

Americans' Self-Identification as LGBT, by Generation

| | LGBT | Straight/Heterosexual |
|------------------------------------|-------------|------------------------------|
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GALLUP, 2021





World Gender Customs

This map was made with Google My Maps. Create your own.



PBS Two-Spirit Map

Google My Maps



Map data ©2023 Terms 1,000 mi

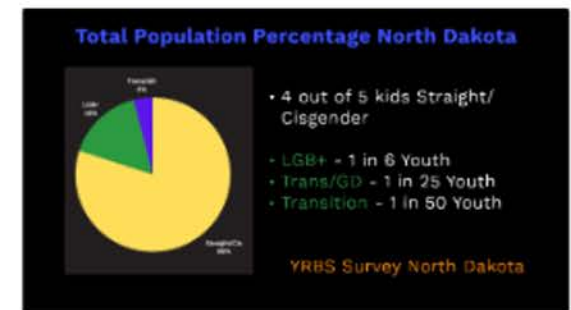
Keyboard shortcuts

Queer Demographics

WILLIAM INSTITUTE STATE DATA

| | PERCENT OF LGBT ADULTS | NUMBER OF LGBT ADULTS |
|----------------|------------------------|-----------------------|
| West Virginia | 4.1% | 60,000 |
| Mississippi | 4.1% | 93,300 |
| North Carolina | 4.4% | 353,100 |
| Illinois | 4.5% | 446,600 |
| Alabama* | 4.6% | 173,000 |
| Iowa | 4.7% | 113,600 |
| South Carolina | 4.9% | 192,800 |
| North Dakota* | 4.9% | 28,400 |

<https://williamsinstitute.law.ucla.edu/publications/adult-lgbt-pop-us/>



BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM
NORTH DAKOTA MIDDLE-LEVEL OUTREACH DATA REPORT 2022
TABLE 1. 60% of all students identify themselves as straight/cisgender

Percentage of students who identify as straight/cisgender by sex and grade level (2022)

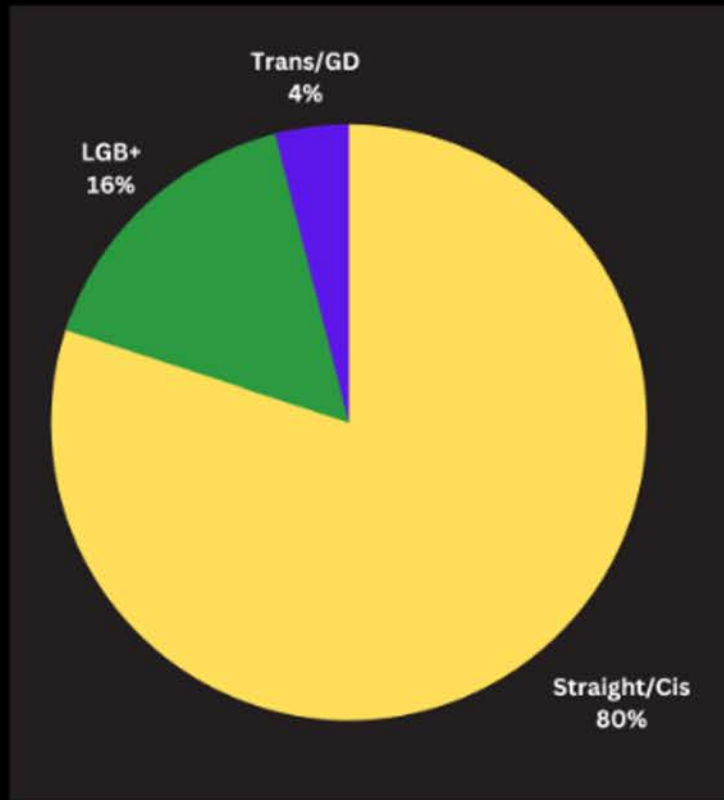
| SEX | SEXUAL ORIENTATION | 60% of all students identify as straight/cisgender | | | |
|--------|--------------------|--|------------|-------------|-------|
| | | Grade 7-8 | Grade 9-10 | Grade 11-12 | Total |
| Male | 100% | 60% | 60% | 60% | 60% |
| Female | 100% | 60% | 60% | 60% | 60% |
| Total | 100% | 60% | 60% | 60% | 60% |

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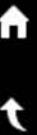
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|--------|--------------------|--|------------|-------------|-------|
| | | Grade 7-8 | Grade 9-10 | Grade 11-12 | Total |
| Male | 100% | 60% | 60% | 60% | 60% |
| Female | 100% | 60% | 60% | 60% | 60% |
| Total | 100% | 60% | 60% | 60% | 60% |

Total Population Percentage North Dakota



- 4 out of 5 kids Straight/Cisgender
- LGB+ - 1 in 6 Youth
- Trans/GD - 1 in 25 Youth
- Transition - 1 in 50 Youth

YRBS Survey North Dakota



**BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM
NORTH DAKOTA MODULE QUESTIONS DATA REPORT, 2022
MODULE 26: SEXUAL ORIENTATION AND GENDER IDENTITY (SOGI)**

TABLE 1: M20.01.a Which of the following best represents how you think of yourself? (SOMALE)

Denominator excludes: Respondents who are female or respondents with do not know/refused or with missing responses

Data was weighted using _LLCPWT.

| DEMOGRAPHIC GROUPS | RESPONDENT NUMBER | | Gay | | | Straight, that is, not gay | | | Bisexual | | | Something else | | |
|--------------------|-------------------|----------|-----|-----|------------|----------------------------|------|------------|----------|-----|------------|----------------|-----|------------|
| | TOTAL | WEIGHTED | N | % | C.I. (95%) | N | % | C.I. (95%) | N | % | C.I. (95%) | N | % | C.I. (95%) |
| Male | 1973 | 284,106 | 29 | 1.6 | 00.8-02.4 | 1890 | 95.1 | 93.9-96.3 | 25 | 1.6 | 00.8-02.4 | 29 | 1.7 | 00.9-02.5 |
| Native | 61 | 11,404 | 2 | 3.2 | 00.0-07.9 | 58 | 92.5 | 83.3-0100 | 1 | 4.3 | 00.0-12.5 | | | |
| Non-Native | 1880 | 268,404 | 27 | 1.6 | 00.8-02.4 | 1803 | 95.3 | 94.1-96.5 | 22 | 1.4 | 00.8-02.0 | 28 | 1.8 | 01.0-02.6 |
| 18-24 | 141 | 38,712 | 2 | 2.4 | 00.0-05.7 | 132 | 91.7 | 86.2-97.2 | 6 | 4.5 | 00.8-08.2 | 1 | 1.5 | 00.0-04.2 |
| 25-34 | 248 | 56,380 | 9 | 2.7 | 00.9-04.5 | 228 | 92.1 | 88.4-95.8 | 5 | 2.2 | 00.0-04.4 | 6 | 3.0 | 00.5-05.5 |
| 35-44 | 251 | 50,547 | 4 | 1.4 | 00.0-02.8 | 240 | 95.7 | 93.2-98.2 | 2 | 0.6 | 00.0-01.6 | 5 | 2.3 | 00.1-04.5 |
| 45-54 | 258 | 37,858 | 2 | 0.8 | 00.0-02.0 | 253 | 98.2 | 96.6-99.8 | 2 | 0.7 | 00.0-01.7 | 1 | 0.2 | 00.0-00.6 |
| 55-64 | 370 | 43,215 | 4 | 1.0 | 00.0-02.0 | 359 | 96.7 | 94.7-98.7 | 5 | 1.6 | 00.2-03.0 | 2 | 0.7 | 00.0-01.7 |
| 65+ | 705 | 57,393 | 8 | 1.2 | 00.2-02.2 | 678 | 96.3 | 94.7-97.9 | 5 | 0.4 | 00.0-00.8 | 14 | 2.0 | 00.8-03.2 |
| Less Than H.S. | 93 | 23,334 | 2 | 3.3 | 00.0-08.4 | 88 | 93.2 | 86.7-99.7 | 1 | 1.4 | 00.0-04.1 | 2 | 2.1 | 00.0-05.2 |
| H.S. or G.E.D. | 547 | 84,253 | 7 | 1.6 | 00.2-03.0 | 527 | 95.6 | 93.4-97.8 | 6 | 1.9 | 00.3-03.5 | 7 | 0.9 | 00.1-01.7 |
| Some Post-H.S. | 617 | 107,400 | 9 | 1.1 | 00.3-01.9 | 587 | 94.9 | 92.7-97.1 | 9 | 1.5 | 00.3-02.7 | 12 | 2.5 | 00.7-04.3 |
| College Graduate | 712 | 68,177 | 11 | 1.8 | 00.6-03.0 | 684 | 95.2 | 93.2-97.2 | 9 | 1.5 | 00.5-02.5 | 8 | 1.5 | 00.3-02.7 |
| Less than \$15,000 | 53 | 7,608 | 2 | 3.1 | 00.0-07.4 | 48 | 91.3 | 83.1-99.5 | 1 | 0.5 | 00.0-01.5 | 2 | 5.1 | 00.0-12.0 |
| \$15,000- 24,999 | 109 | 15,395 | 3 | 1.7 | 00.0-03.9 | 101 | 94.8 | 90.5-99.1 | 2 | 1.5 | 00.0-04.0 | 3 | 2.0 | 00.0-04.7 |
| \$25,000- 34,999 | 159 | 22,762 | 5 | 2.9 | 00.2-05.6 | 147 | 92.5 | 87.8-97.2 | 5 | 4.1 | 00.2-08.0 | 2 | 0.5 | 00.0-01.3 |
| \$35,000- 49,999 | 232 | 30,131 | 8 | 3.6 | 00.9-06.3 | 218 | 93.0 | 89.3-96.7 | 4 | 2.1 | 00.1-04.1 | 2 | 1.3 | 00.0-03.1 |
| \$50,000- 99,999 | 629 | 91,083 | 6 | 1.6 | 00.0-03.2 | 610 | 95.5 | 93.1-97.9 | 7 | 1.2 | 00.2-02.2 | 6 | 1.7 | 00.1-03.3 |
| \$100,000- 199,999 | 376 | 53,953 | | | | 369 | 98.0 | 96.2-99.8 | 1 | 0.6 | 00.0-01.8 | 6 | 1.4 | 00.0-02.8 |
| \$200,000+ | 104 | 14,391 | 1 | 1.2 | 00.0-03.6 | 102 | 98.0 | 95.3-0100 | 1 | 0.8 | 00.0-02.4 | | | |

**BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM
NORTH DAKOTA MODULE QUESTIONS DATA REPORT, 2022
MODULE 26: SEXUAL ORIENTATION AND GENDER IDENTITY (SOGI)**

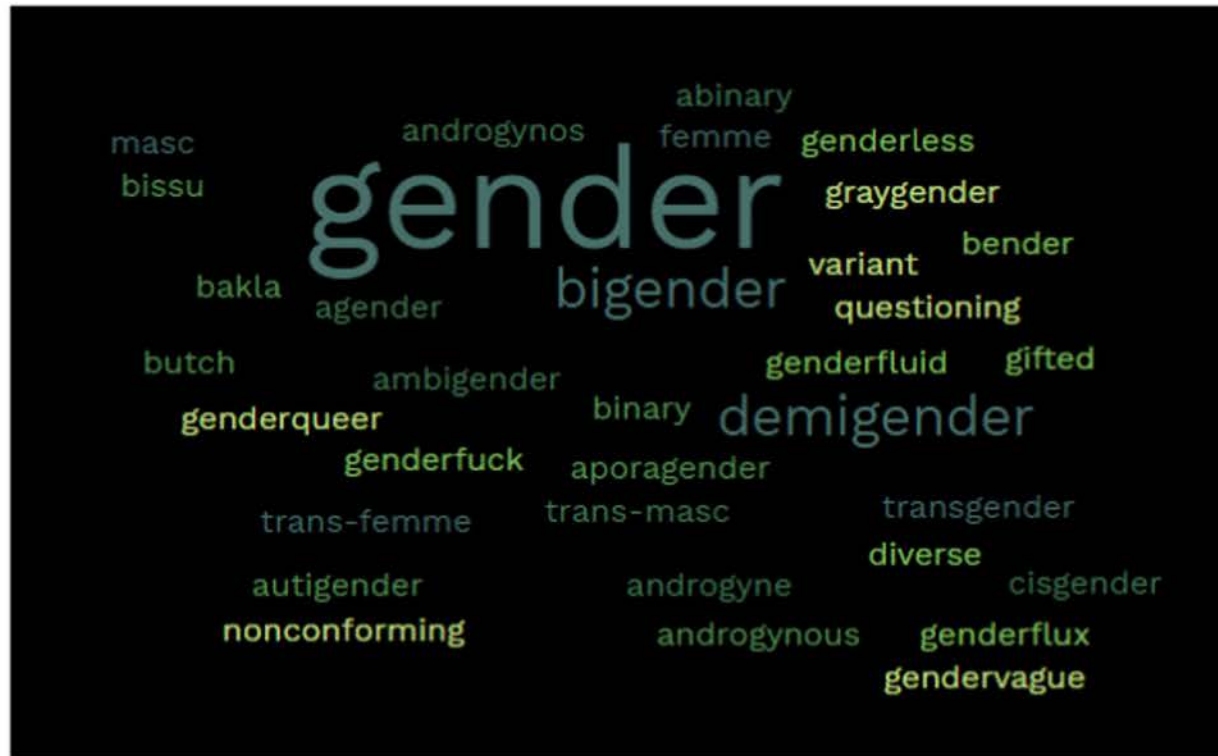
TABLE 2: M20.01.b Which of the following best represents how you think of yourself? (SOFEMALE)

Denominator excludes: Respondents who are male or respondents with do not know/refused or with missing responses

Data was weighted using _LLCPWT.

| DEMOGRAPHIC GROUPS | RESPONDENT NUMBER | | Lesbian or Gay | | | Straight, that is, not gay | | | Bisexual | | | Something else | | |
|--------------------|-------------------|----------|----------------|-----|------------|----------------------------|------|------------|----------|------|------------|----------------|-----|------------|
| | TOTAL | WEIGHTED | N | % | C.I. (95%) | N | % | C.I. (95%) | N | % | C.I. (95%) | N | % | C.I. (95%) |
| Female | 1902 | 272,993 | 21 | 1.5 | 00.7-02.3 | 1787 | 91.5 | 89.7-93.3 | 71 | 5.9 | 04.5-07.3 | 23 | 1.1 | 00.5-01.7 |
| Native | 66 | 11,279 | | | | 63 | 94.1 | 87.2-0100 | 1 | 2.4 | 00.0-06.9 | 2 | 3.6 | 00.0-08.9 |
| Non-Native | 1818 | 259,482 | 20 | 1.5 | 00.7-02.3 | 1709 | 91.4 | 89.6-93.2 | 69 | 6.0 | 04.4-07.6 | 20 | 1.0 | 00.4-01.6 |
| 18-24 | 121 | 35,179 | 2 | 1.5 | 00.0-03.7 | 96 | 81.6 | 74.5-88.7 | 22 | 15.9 | 09.4-22.4 | 1 | 1.0 | 00.0-02.8 |
| 25-34 | 168 | 47,663 | 6 | 4.0 | 00.3-07.7 | 135 | 80.9 | 74.4-87.4 | 27 | 15.1 | 09.6-20.6 | | | |
| 35-44 | 223 | 45,422 | 2 | 1.1 | 00.0-02.7 | 210 | 93.7 | 90.2-97.2 | 8 | 3.6 | 01.1-06.1 | 3 | 1.7 | 00.0-03.7 |
| 45-54 | 244 | 35,666 | 4 | 1.3 | 00.0-02.7 | 235 | 97.2 | 95.2-99.2 | 4 | 1.3 | 00.0-02.7 | 1 | 0.2 | 00.0-00.6 |
| 55-64 | 345 | 42,385 | 5 | 1.1 | 00.1-02.1 | 332 | 96.7 | 94.7-98.7 | 4 | 1.3 | 00.0-02.7 | 4 | 0.9 | 00.0-01.9 |
| 65+ | 801 | 66,677 | 2 | 0.3 | 00.0-00.7 | 779 | 96.5 | 94.7-98.3 | 6 | 0.9 | 00.1-01.7 | 14 | 2.3 | 00.9-03.7 |
| Less Than H.S. | 60 | 15,883 | 1 | 4.7 | 00.0-13.7 | 54 | 88.3 | 77.7-98.9 | 2 | 3.0 | 00.0-07.5 | 3 | 4.0 | 00.0-08.7 |
| H.S. or G.E.D. | 438 | 64,908 | 5 | 1.0 | 00.0-02.0 | 404 | 89.2 | 85.5-92.9 | 23 | 8.9 | 05.4-12.4 | 6 | 0.8 | 00.0-01.6 |
| Some Post-H.S. | 616 | 105,454 | 4 | 1.1 | 00.0-02.3 | 583 | 92.6 | 89.9-95.3 | 18 | 4.8 | 02.4-07.2 | 11 | 1.5 | 00.5-02.5 |
| College Graduate | 787 | 86,397 | 11 | 1.6 | 00.4-02.8 | 745 | 92.5 | 90.1-94.9 | 28 | 5.5 | 03.3-07.7 | 3 | 0.4 | 00.0-01.0 |
| Less than \$15,000 | 78 | 11,999 | 2 | 1.2 | 00.0-03.0 | 69 | 85.7 | 75.5-95.9 | 6 | 12.9 | 02.9-22.9 | 1 | 0.2 | 00.0-00.6 |
| \$15,000- 24,999 | 143 | 17,199 | 2 | 2.5 | 00.0-06.6 | 126 | 82.2 | 73.6-90.8 | 11 | 13.0 | 05.6-20.4 | 4 | 2.3 | 00.0-05.0 |
| \$25,000- 34,999 | 186 | 27,279 | 5 | 5.9 | 00.0-11.8 | 169 | 82.5 | 74.3-90.7 | 9 | 10.2 | 03.7-16.7 | 3 | 1.5 | 00.0-03.3 |
| \$35,000- 49,999 | 227 | 30,766 | 2 | 1.3 | 00.0-03.1 | 211 | 90.2 | 85.3-95.1 | 13 | 8.1 | 03.6-12.6 | 1 | 0.4 | 00.0-01.2 |
| \$50,000- 99,999 | 544 | 75,538 | 3 | 0.8 | 00.0-02.0 | 518 | 92.9 | 90.0-95.8 | 16 | 4.8 | 02.3-07.3 | 7 | 1.5 | 00.3-02.7 |
| \$100,000- 199,999 | 289 | 46,100 | 2 | 0.3 | 00.0-00.7 | 282 | 98.5 | 97.3-99.7 | 4 | 0.9 | 00.0-01.9 | 1 | 0.3 | 00.0-00.9 |
| \$200,000+ | 54 | 9,112 | | | | 53 | 97.1 | 91.4-0100 | 1 | 2.9 | 00.0-08.6 | | | |

What You Need to Know About Labels



<https://www.glaad.org/reference/lgbtq>

It's Part of Our Biology

Medical History

How long have we been treating trans people with hormones?

Common Questions

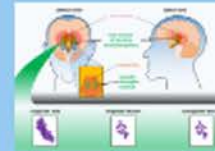
Are Kids Getting Trick into Identifying as LGBTQ+?



Science

Research Limits and WPATN

Work Cited



1. [Hypothalamic-pituitary-gonadal axis](#)
2. [Hypothalamic-pituitary-gonadal axis](#)
3. [Hypothalamic-pituitary-gonadal axis](#)
4. [Hypothalamic-pituitary-gonadal axis](#)
5. [Hypothalamic-pituitary-gonadal axis](#)
6. [Hypothalamic-pituitary-gonadal axis](#)
7. [Hypothalamic-pituitary-gonadal axis](#)
8. [Hypothalamic-pituitary-gonadal axis](#)

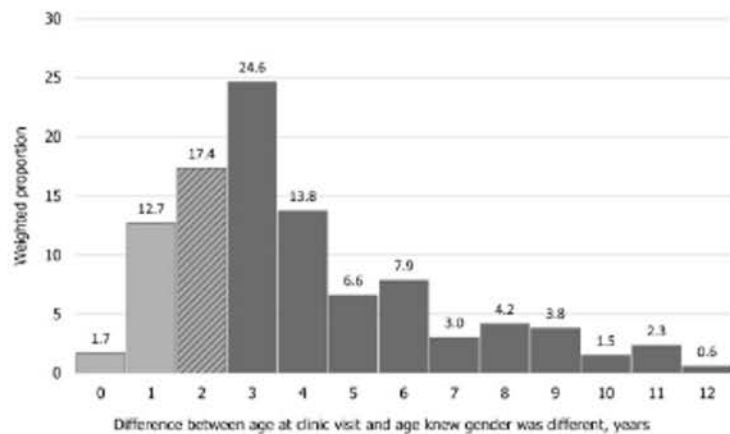
Medical History

How long have we
been treating trans
people with
hormones?

Common Questions

Are Kids Getting Trick into Identifying as LGBTQ+?

The Data



The Situation for Kids

The Situation for Parents

The Situation for Kids

1. A feeling they're different for years
2. Terrified of consequences of being different: abuse, homelessness, rejection
3. Find group of people like themselves: feel safe, develop confidence
4. Come out to parents



The Situation for Parents

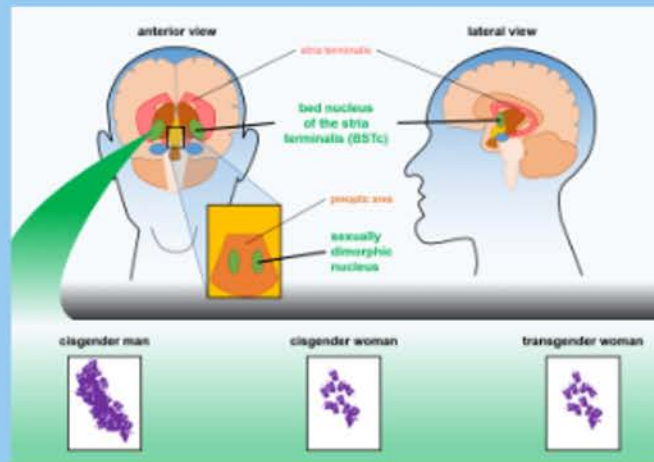
1. Assumption kid is straight and not trans
2. Sees kid hanging out with LGBTQ+ Youth or having LGBTQ+ Friends
3. Kid comes out to them, seemingly out of nowhere
4. Assumes kid was tricked into thinking they were different because of social pressure - thinks stopping kid is protecting them

Science

1. Developmental Psychologists have found gender identities develop around age 3, we all have one, and the strength of this identity is consistent for trans and cisgender kids. (1)
2. A forty year lit review from Endocrine Society of America determined trans identity has a biological underpinning. Identical Twins were ten times more likely to have concordant trans identity than general population. (2)(3)
3. There is no evidence kids are influenced into being trans, most kids wait an average of 2-3 years between realizing they're trans and going to a doctor (4)(5)
4. Detransition rates are typically 2-5%, more common with social rejection. Trans boys and girls have even ratio within the CDC YRBS measuring 100k students. Conversion Therapy increases suicide risk, so does misgendering or deadnaming. (6)(7)(8)(9)

Research Limits and WPATH

Work Cited



1. <https://scihub.wikicn.top/10.1073/pnas.1909367116>
2. <https://www.endocrine.org/advocacy/position-statements/transgender-health>
3. [https://www.tandfonline.com/doi/abs/10.1080/15532739.2013.750222#:~:text=Combining%20data%20from%20the%20present,than%20for%20females%20\(23%25\).](https://www.tandfonline.com/doi/abs/10.1080/15532739.2013.750222#:~:text=Combining%20data%20from%20the%20present,than%20for%20females%20(23%25).)
4. <https://psychcentral.com/lib/there-is-no-evidence-that-rapid-onset-gender-dysphoria-exists/>
5. [https://www.jpeds.com/article/S0022-3476\(21\)01085-4/fulltext](https://www.jpeds.com/article/S0022-3476(21)01085-4/fulltext)
6. <https://fenwayhealth.org/new-study-shows-discrimination-stigma-and-family-pressure-drive-detransition-among-transgender-people/>
7. <https://publications.aap.org/pediatrics/article/150/3/e2022056567/188709/Sex-Assigned-at-Birth-Ratio-Among-Transgender-and>
8. [https://www.jahonline.org/article/S1054-139X\(18\)30085-5/abstract](https://www.jahonline.org/article/S1054-139X(18)30085-5/abstract)

**What does it feel
like being Trans?**

Balance and Labels

Peer Reflection

Did any of this data conflict with your previously held beliefs?

Why is there so much misinformation out there?

What new thing did you learn that was interesting or helpful in understanding trans folk?

NORTH DAKOTA LGBTQ+ RESOURCE LIST

STATE ORGANIZER
Faye Seidler - Suicide Prevention Advocate
Phone: 701-732-0228
Email: faye.seidler@gmail.com
Website: faye.seidlerconsulting.com

EMERGENCY SUPPORT
You Matter. You Deserve Help.
<https://myfirstlink.org>
• Dial or text 988 for Mental Crisis or 911 for Crisis
• Dial 211 or text ND4me to 898-211 for General Help
• FirstLink prioritizes resolution without police

AFFIRMING HEALTHCARE
LGBTQ+ Health and Community Directory
<https://theborderhealthinstitute.org>
• All Affirming Providers in ND + Border Cities
• All LGBTQ+ Community/Activity/Support Orgs
• Transition Info + Link to at Home STI Test Kits

YOUTH SUPPORT
Stay Safe, Fed, and Sheltered
<https://youthworksod.org>
• Services for 22 or Under, Drop-Ins across State
• Food, Showers, Transition Housing
• Seeks to Stop Trafficking and Homelessness

HUMAN RIGHTS
Discrimination is Illegal, Your Rights Matter
<https://www.odhrc.org>
• Know Your Rights Resources
• Referrals to Human Rights Experts
• Human Rights Training

ADVOCACY
Be the Change You Want in the World
www.faye.seidlerconsulting.com
• Weekly Local Equity News + Email Service
• Statewide Advocacy, Organizing, Data Expert
• Created This Resource List!

EVERYTHING ELSE
General Help Services for All Populations
<https://www.gand.org/resources-in-nd>
• All the Food Banks and Homeless Shelters
• Access to Legal Help or Fair Housing
• Job and Transportation Access

Professional Development Training on LGBTQ+ Identity

Course Introduction



Learning Objectives

- Gain an understanding of LGBTQ+ culture in therapy
- Learn appropriate uses of labels & identity
- Understand the transgender experience

Some Basics To Get Started

There is a term for "Opposite Sex" or "Out of Alignment"

It is Latin for "Come Side off" or "In alignment"

Transgender means someone whose sex assigned at birth is the opposite or not in alignment of who they are

Cisgender means someone who's sex assigned at birth matches or is in alignment with who they are

Queer has history with being used as a slur, but has been reclaimed over the last 15-20 years and no longer has the connotation. It is used as an umbrella term for anyone who is not cisgender or heterosexual

These are **DEMOGRAPHICALLY** important

Queer Narratives



Queer Demographics



What You Need to Know About Labels



It's Part of Our Biology

What does it feel like being Trans?

Balance and Labels

by Faye Seidler
fayeseidlerconsulting.com

