Supporting Transgender and Gender Diverse Students

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Legacy is the largest, full-service, Federally Qualified Health Center (FQHC)

- Largest FQHC in the Houston area (to include Baytown, Deer Park and Beaumont)
- A Patient Centered Medical Home (PCMH)
- Client-centered programs to address health care needs in the communities we serve.
- We tailor services to meet the needs of each patient regardless of age, sex, race/ethnicity, sexual orientation, gender identity, or ability to pay.
Health Care Services

- Adult Primary Care
- Gender Health & Wellness
- Pediatrics
- OB/GYN and Maternity
- Behavioral Health
- Dental Care
- Vision Services
- Vaccinations and Immunizations
- HIV/AIDS and STD screenings and treatment
- Lab and X-Ray
- Education and Outreach
- Prescriptions Assistance Programs
- Nutritional Services
- Social Services
- Family Planning Services
Mission

Driving healthy change in our communities.
Goals & Objectives

• Describe gender development and presentation of gender variance
  • Review the components of gender
  • Identify various types of gender identity/expression
  • Recognize the differences between gender and sexuality

• Discuss provisions of safety within schools for gender diverse youth
  • Review strategies for supporting these youth in the educational setting
  • Understand adversity for this population
  • Cultivate a non-judgmental and gender affirming environment

• Provide resources to assist gender non-conforming youth and their families
  • Supporting families of gender-nonconforming youth
  • Analyze impact of culture and barriers to services
  • Locate community support services
Components of Gender:

• Biological Sex

• Gender Expression

• Gender Identity
Biological **Sex**: physical, Anatomical **Sex**, “**Natal Sex**”

**Hormones, body parts** assigning male or female – usually at birth
Gender **Expression**: External

- Ways in which a person *acts, present self & communicates* gender
Gender **Identity**: Internal

- One’s felt *sense of self* as being a girl, a boy, both, or neither Internal
  - Children are aware of their gender starting from **18 months**

- One *“just knows”* their gender
  - Biological, psychological, cultural, social construct

Tied to pronouns: He/him/she/her and Mr./Mrs./Ms. Son/Daughter and Sister/Brother
Gender 101: Sexuality

Attractions
- Erotic/Sexual
- Emotional/Romantic

Behaviors
- Actual and desired

Identity
- Based on gender identities of self and others
Gender and Sexuality 101

Gender Diversity

- **Intersex**: Physical *sex* differs from cultural expectations

- **Gender non-conformity (Gender diversity)**: Gender *expression* differs from cultural expectations

- **Transgender**: Gender *identity* differs from cultural expectations

Sexuality Diversity

- **LGBQ**: Sexual *orientation* differs from cultural expectations
Gender and Sexuality 101

The Gender Unicorn

- **Gender Identity**
  - Female / Woman / Girl
  - Male / Man / Boy
  - Other Gender(s)

- **Gender Expression/Presentation**
  - Feminine
  - Masculine
  - Other

- **Sex Assigned at Birth**
  - Female
  - Male
  - Other / Intersex

- **Sexually Attracted To**
  - Women
  - Men
  - Other Gender(s)

- **Romantically / Emotionally Attracted To**
  - Women
  - Men
  - Other Gender(s)

To learn more, go to: www.transstudent.org/gender

Design by Landyn Pan
Nothing parents or others do causes or changes a child’s gender identity, it is inborn.

**Being transgender is not caused by**
- Divorce, neglect
- Parental wish for a child of the other sex
- Fertility drugs
- Encouraging or discouraging sports
Terms to Know

Cisgender
Gender identity ≈ biological sex assigned at birth

Gender Non-conforming or Gender Variant
Gender expression differs from how their family, culture, or society expects them to behave, dress, and act.

Transgender
Gender identity ≠ biological sex nor gender assigned at birth
transman (FTM), transwoman (MTF)

Non-Binary / Gender Queer
Not identifying with Male or Female, rather as neither, both, or a combination of male and female genders
Terms to Know

Gender dysphoria (DSM IV)
Distress related to being misgendered and can also be related to body dysphoria

Social Gender Transition
Reversible changes including name, pronouns, gender expression, activities, etc.

Level of disclosure (colloquially “stealth”)
Outing students breaks confidentiality and puts them in danger to be harmed. Some students are very private about their gender identity or sexual orientation.
School Challenges

- 89.5% feel unsafe in schools
- 55% report being physically harassed
- 81% report being sexually harassed
- 82% report faculty/staff never or only sometimes intervened
- 33.2% have attempted suicide

Harsh Realities: The Experience of Transgender Youth In Our Nation’s Schools. Gay Lesbian and Straight Education Network. 2009
School Challenges

Violence in Schools towards Transgender/Non-Conforming Students
K-12

- Feeling Safe/Harassment
- Physical Assault
- Sexual Violence
- Lack of Intervention

Categories:
- Harsh Realities
- By Peers
- By Educators
Consequences of Violence

- Those who reported violence in schools:
  - 1/6 “left school”
    - Nearly half (48%) experience homelessness
    - Significant increase risks/rates of substance abuse
    - 8 times more likely to contract HIV
  - Over half (51%) report suicide attempts
    - Significant increase (64-76%) if the perpetrator was an educator

Injustice at Every Turn: A Report of the National Transgender Discrimination Survey (2011)
Advocate for development and implementation of policies that respect the right to privacy of sexual orientation and gender identity
  • Check your district’s Code of Conduct for “Gender-Based Harassment”
  • Title IX

Educate administrative staff and faculty on the importance of respecting privacy and creating safe school climates for gender diverse, intersex, and transgender students

Model appropriate behaviors.
  • Zero tolerance for bullying
  • Use names and pronouns consistently
Support & Community Resources

Identify LGBTQ students

- Remember, these students are at **greater risk** for depression, anxiety, self-harm, risky health behaviors

Serve as liaisons with community based professionals

- **Legacy Community Health**: medical, behavioral health, and social services

- **Montrose Center - HATCH**: peer support

- **Gender Infinity**: family and youth support, quarterly “Family Gatherings” and annual conference (Oct. 13-14, 2017)
Ways You Can Help

1. **Facilitate family support**
   Reduce harm from attempts to extinguish a child’s authentic gender self

2. **Support child to explore and develop a true gender self**
   Facilitates child’s development into a healthy and functional adult

3. **Build resilience**
   Help child to respond to bullying so they can survive in today’s society
4. Facilitate school & community support
   • Help foster a sense of belonging so that they will want to stay alive and engage with others
   • Sponsor school GSA group

5. Recommend other health professionals and groups
   Legacy Community Health

   Support groups:
   • Beaumont PFLAG
   • Gender Infinity (Houston)
   • Montrose Center – HATCH (Houston)
COURAGE IS BEING YOURSELF EVERYDAY IN A WORLD THAT TELLS YOU TO BE SOMEONE ELSE.
Questions?
Please visit our website
LegacyCommunityHealth.org

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