

LGBTQ+ Pride

Month Prep

Best Practices


Ryan Teddy Palmer, MA

Pronouns: he/him

New Jersey Prevention Network



Let's Set Some Ground Rules

- This is an open and safe space. Please ask questions. If we all come from a place of wanting to learn and understand then every question is welcome.
- I will put a  next to words or terms that you should be cautious when using. These words are generally used in a negative connotation and can be offensive to people.
- If you have any questions about the presentation or need any technical assistance make sure to type them in the chat!

LGBTQ+ Is An Acronym

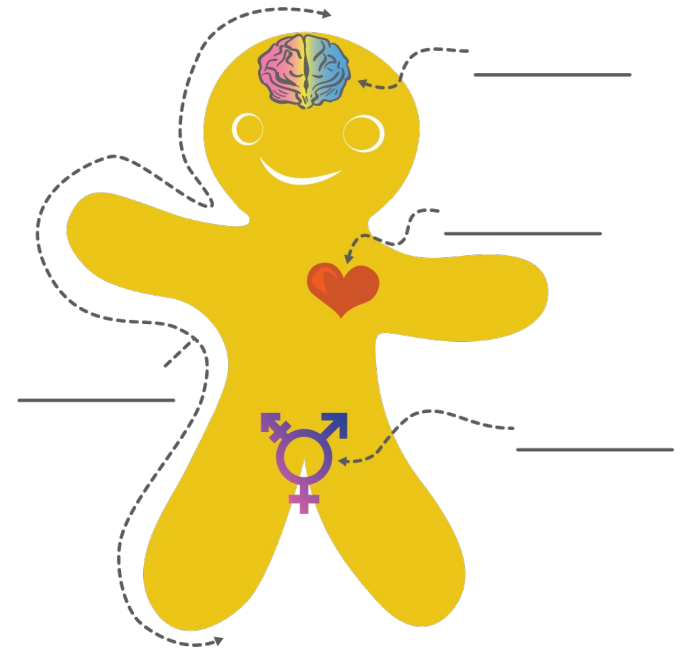
- Meant to encompass a whole bunch of diverse **sexualities** and **genders**.
- Queer is used as an umbrella term under which live a whole bunch of different identities.
 - Lesbian, Gay, and Bisexual are not the only marginalized sexualities
 - Transgender is not the only marginalized gender identity.



Genderbread Person

- The Genderbread person will help us understand sexuality and gender, and the parts that make up both.

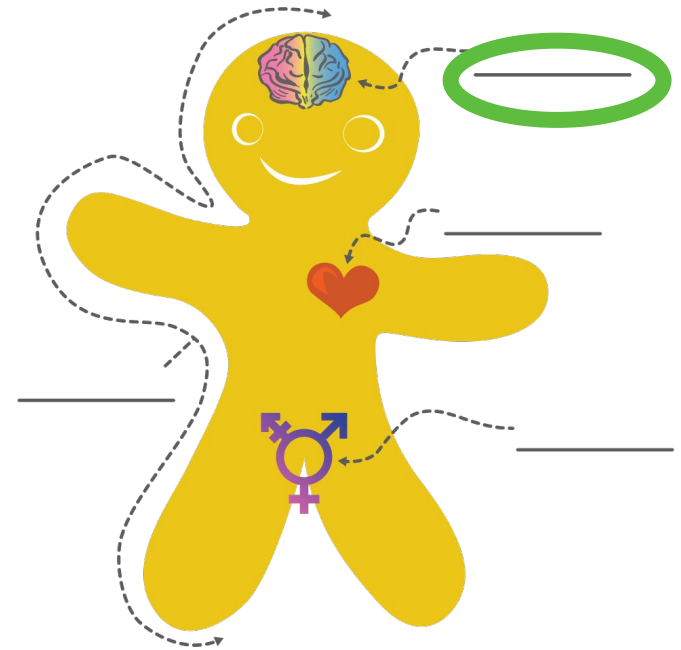
The Genderbread Person v4



Genderbread Person

- This represents **Identity**.
- This is who we, in our heads, know ourselves to be.
- Our psychological sense of gender.

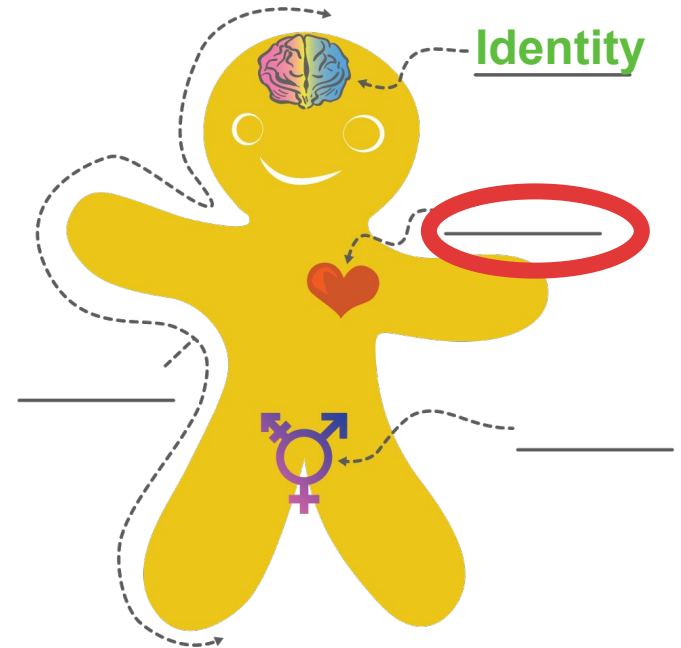
The Genderbread Person v4



Genderbread Person

- This represents **Attraction**.
- How we feel pulled to people.
- Categorized based on our gender and the gender of those we feel drawn to.
- Referred to as sexual orientation.

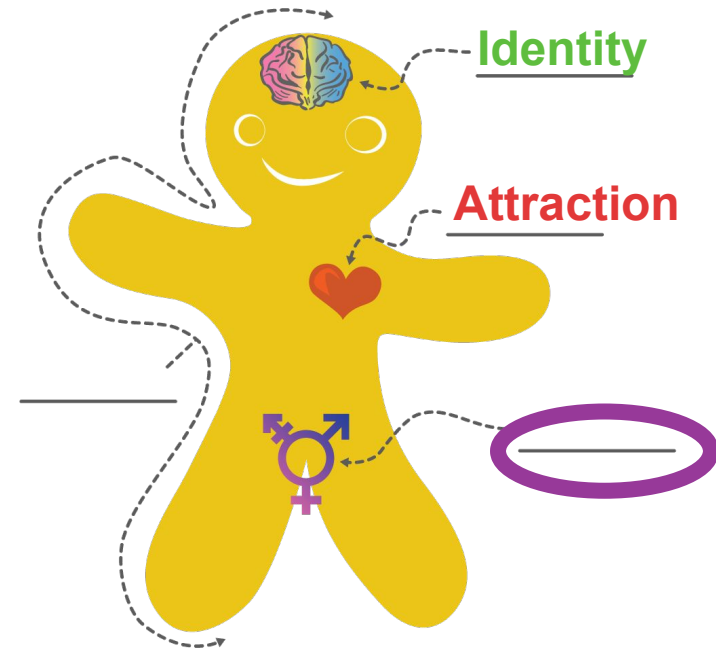
The Genderbread Person v4



Genderbread Person

- This represents **Sex Assigned at Birth**.
- Refers to the physical makeup of our bodies, specifically the body parts we named as sex characteristics.
- We use the term Sex Assigned at Birth because often a baby will be assigned the sex of male, female, or intersex by their doctor or parents.

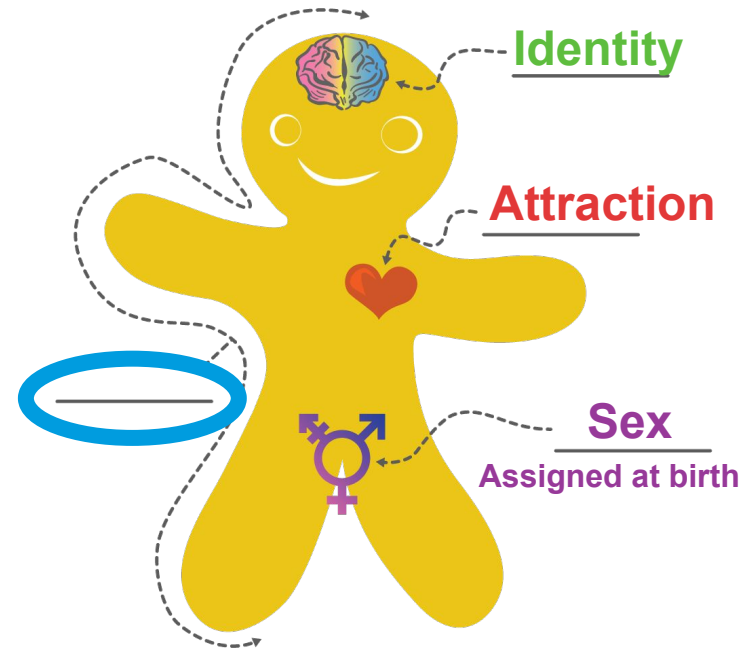
The Genderbread Person v4



Genderbread Person

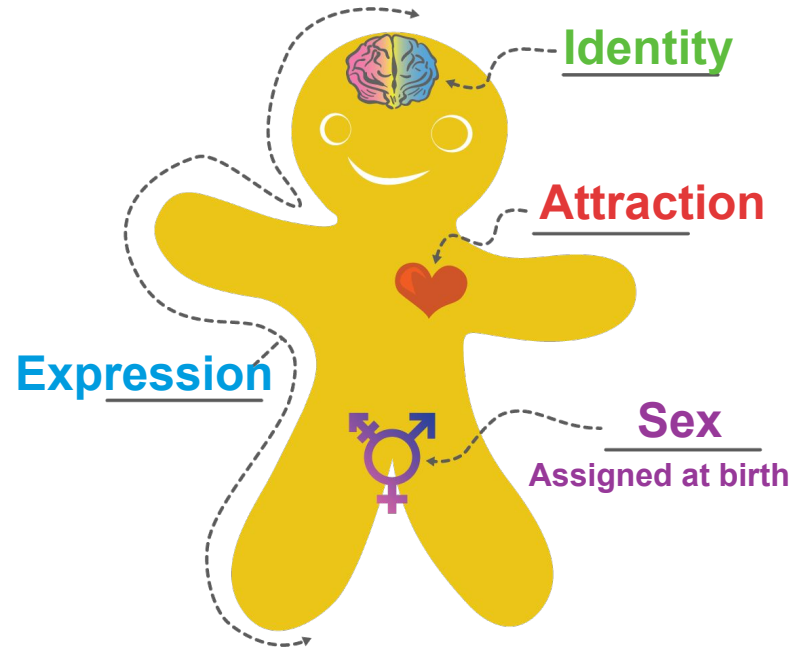
- This represents **Expression**.
- The way we present ourselves through our actions, clothing, demeanor, and the gendered ways those presentations are socially interpreted.

The Genderbread Person v4

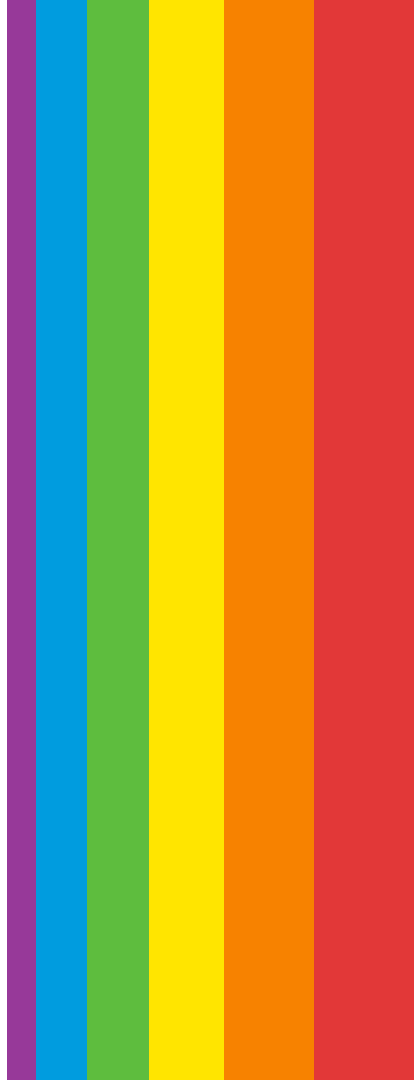


Genderbread Person

The Genderbread Person _{v4}



LGBTQ+ | Let's Break It Down



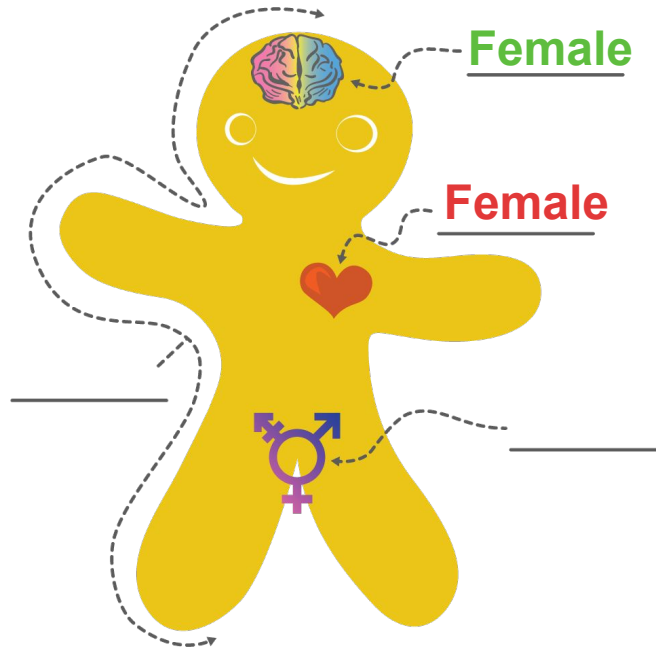
LGBTQ+ | Let's Break It Down

Lesbian

Someone who identifies as female and is also attracted to females.

- Identity: Female
- Attraction: Female
- Sex AAB: N/A
- Expression: N/A

The Genderbread Person_{v4}



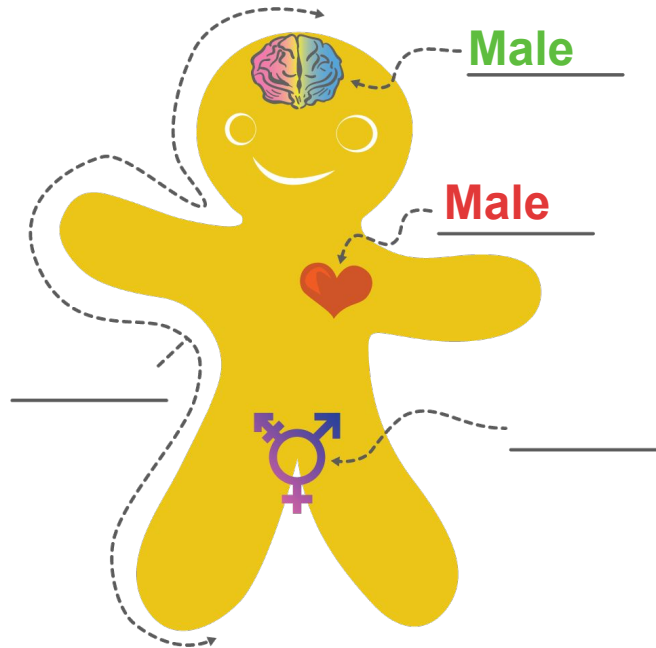
LGBTQ+ | Let's Break It Down

Gay

Someone who identifies as male and is also attracted to males.

- Identity: Male
- Attraction: Male
- Sex AAB: N/A
- Expression: N/A

The Genderbread Person_{v4}



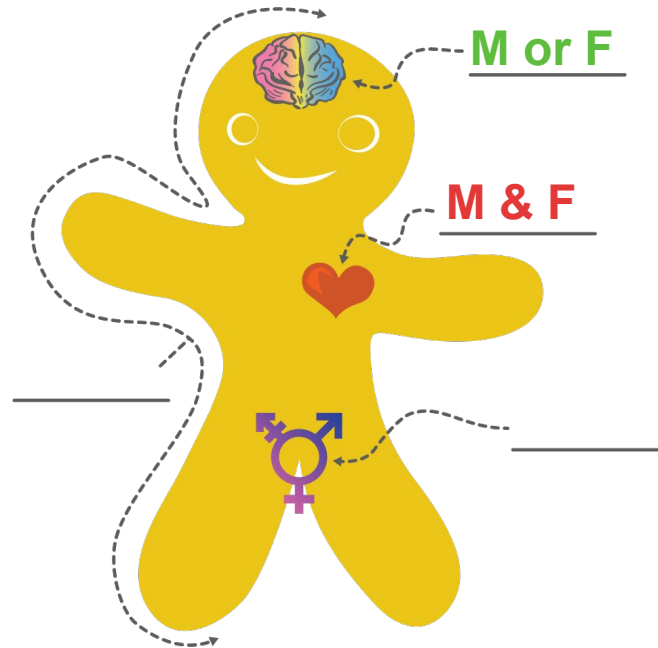
LGBTQ+ | Let's Break It Down

Bisexual

Someone who identifies as female or male and is also attracted to females and males.

- Identity: Male or Female
- Attraction: Male & Female
- Sex AAB: N/A
- Expression: N/A

The Genderbread Person_{v4}



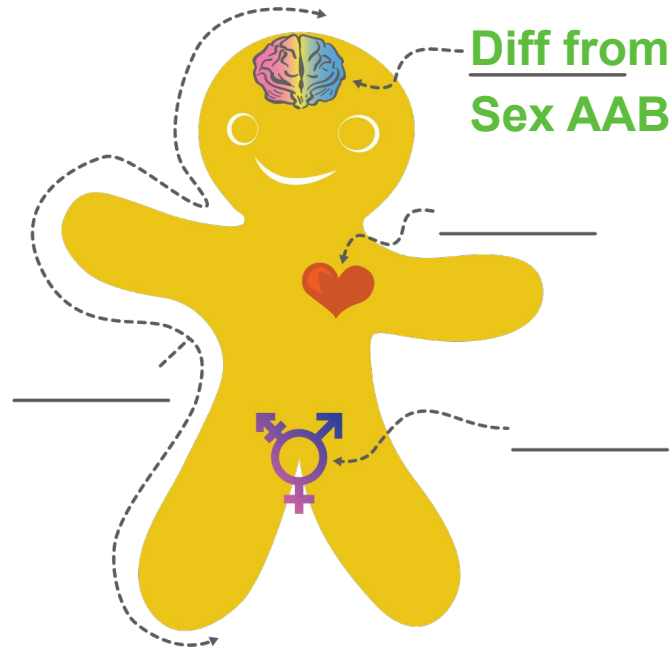
LGBTQ+ | Let's Break It Down

Transgender

Someone who identifies as the gender different from their sex assigned at birth.

- Identity: Different From Sex AAB
- Attraction: N/A
- Sex AAB: N/A
- Expression: N/A

The Genderbread Person_{v4}

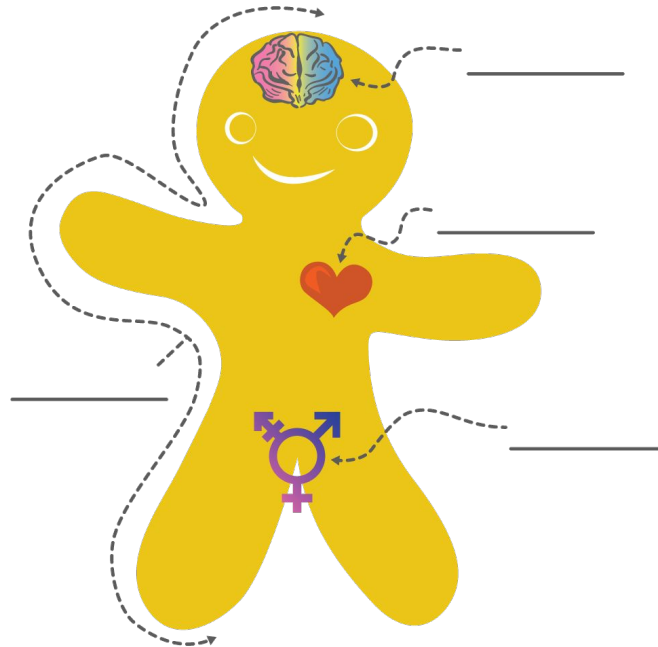


LGBTQ+ | Let's Break It Down

Queer ⚠️

Some individuals also claim queer as their personal identity to recognize the fluidity of sexual attraction and gender identity. Because of the original derogatory nature of the word, it is not necessarily accepted by all.

The Genderbread Person_{v4}



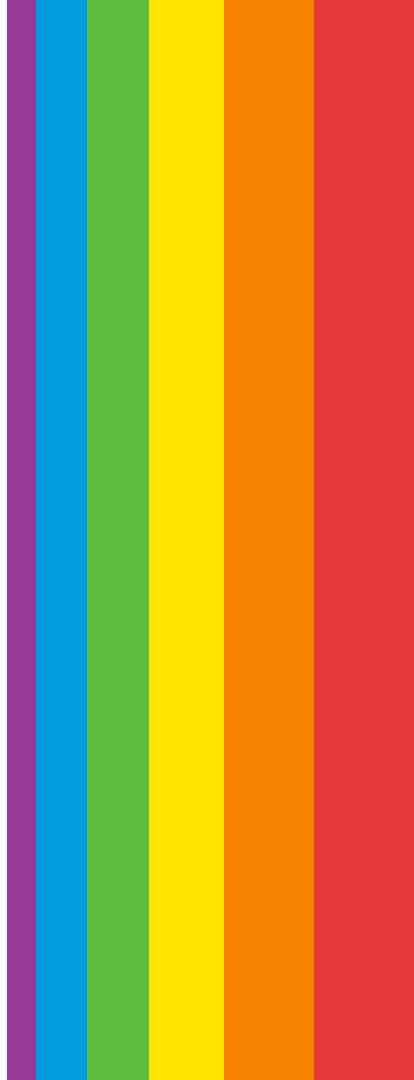
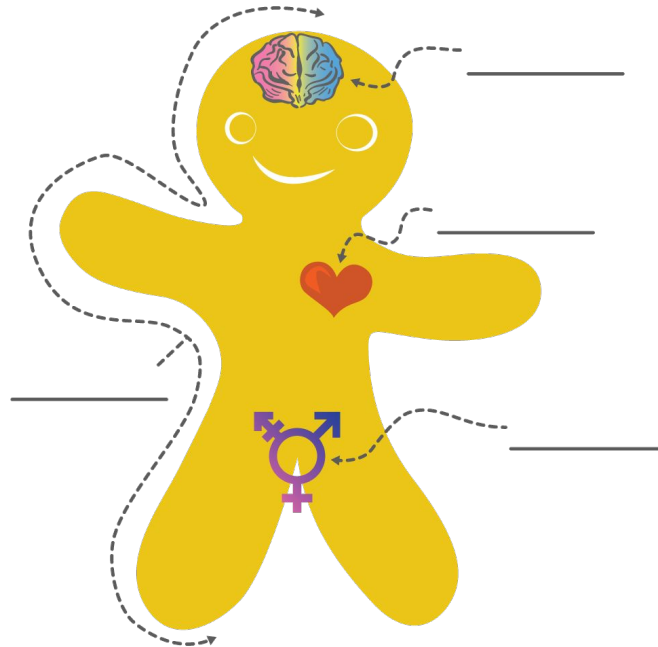
LGBTQ+ | Let's Break It Down

+

There are many other sexual orientation and gender identities that are not covered in the rest of the acronym.

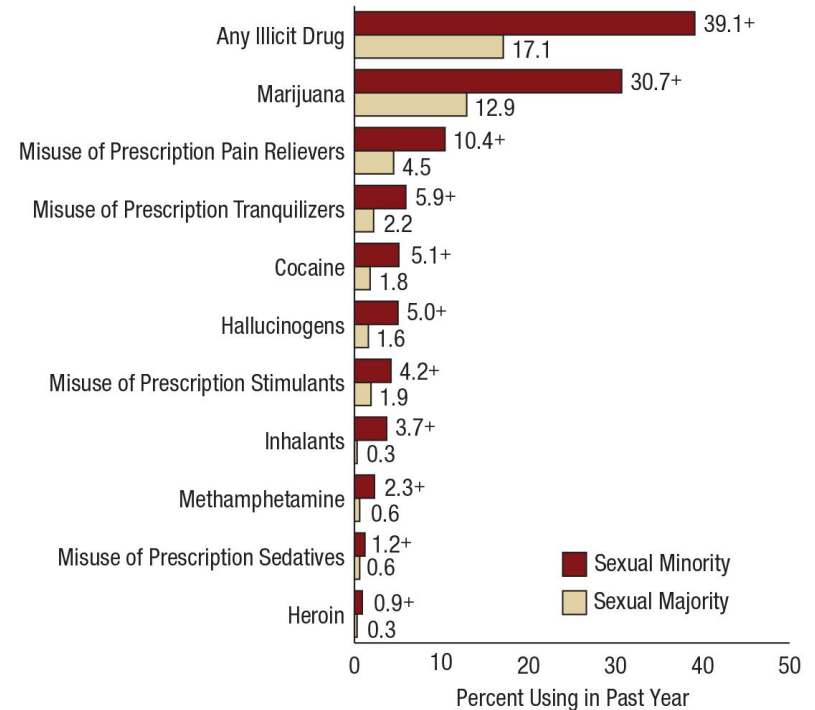
- Pansexual
- Intersex
- Agender
- Non-binary

The Genderbread Person_{v4}



LGBTQ+ ATOD Addiction

- LGBTQ+ people are at increased risk for various behavioral health issues.
- Sexual minority adults used illicit drugs, marijuana, pain relievers, tranquilizers, cocaine, hallucinogens, stimulants, inhalants, methamphetamine, sedatives, and heroine more than at least double their sexual majority counterparts.



But Why?

- There are certain risk factors that are more prevalent in the lives of LGBTQ+ youth than others.
 - Bullying & Harassment
 - Family Conflict & Rejection
 - Minority Stress
 - Childhood Abuse
 - Gender Stereotypes
 - Peer Influence



Risk Factors | Bullying & Harassment

- 45% more likely to be excluded
- 51% more likely to be verbally harassed
- 17% more likely to be physically assaulted
- LGBTQ students who are victimized in school have higher rates of drug and alcohol use than their heterosexual peers.
 - LGBTQ students who are not victimized do are not at increased risk.



Risk Factors | Family Conflict & Rejection

- Parents and caregivers are the most important influence on adolescents' choices about drug and alcohol use
- Only 47% believe they could turn to an adult in their family for help
 - Compared to 79% of non-LGBTQ teens
- Up to 40% of unaccompanied homeless youth are LGBTQ. Homeless youth are at extreme risk for substance abuse and other major problems.



Risk Factors | Gender Stereotypes

- Gender Non-Conforming refers to someone who acts or appears in ways that defy gender expectations.
- Risk factor particularly for LBQ girls.
- Gender Non-Conforming Girls tend to experience more stigma and harassment than LBQ girls who are more traditionally feminine.



So What Can We Do?

- Include LGBTQ+ members and groups as a sector in your planning process.
 - If you table at events, make it out to events for LGBTQ+ people.
 - Don't assume that you know what they need, ask them!
 - Local LGBTQ+ Centers can be a great resource in the community!
Talk to them!



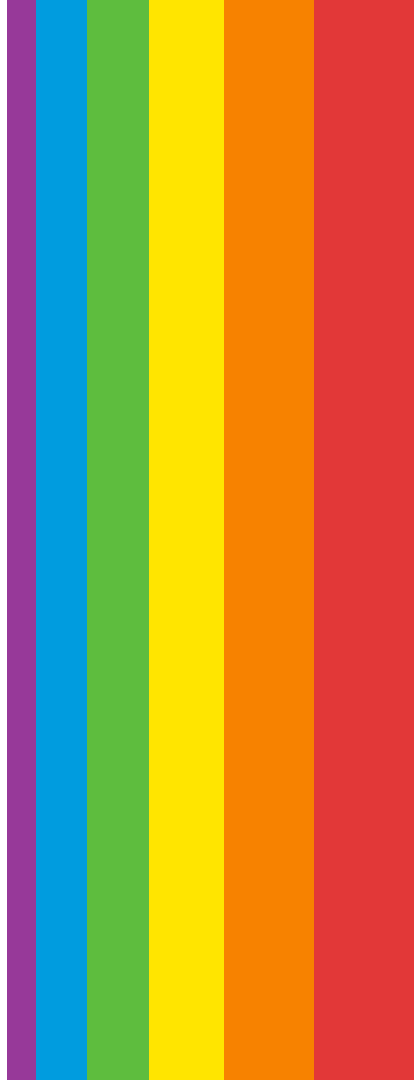
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So What is PRIDE!?



What Can We Do?

- Host a documentary event! Watch a documentary with coalition members/LGBTQ+ organizations and have discussion questions afterwards.
 - YouTube:
 - State of Pride (2018) <https://www.youtube.com/watch?v= J48BIRaG7A>
 - Stonewall Forever <https://www.youtube.com/watch?v=GjRv7dJTync>
 - How to Survive a Plague <https://www.youtube.com/watch?v=Nrr0eA34CSM>
 - Netflix
 - The Death & Life of Martha P. Washington
 - A Secret Love
 - Others
 - <https://mattshepardisafriendofmine.com/>
 - When We Rise
<https://www.amazon.com/When-We-Rise-Season-1/dp/B06XC8NL3J>

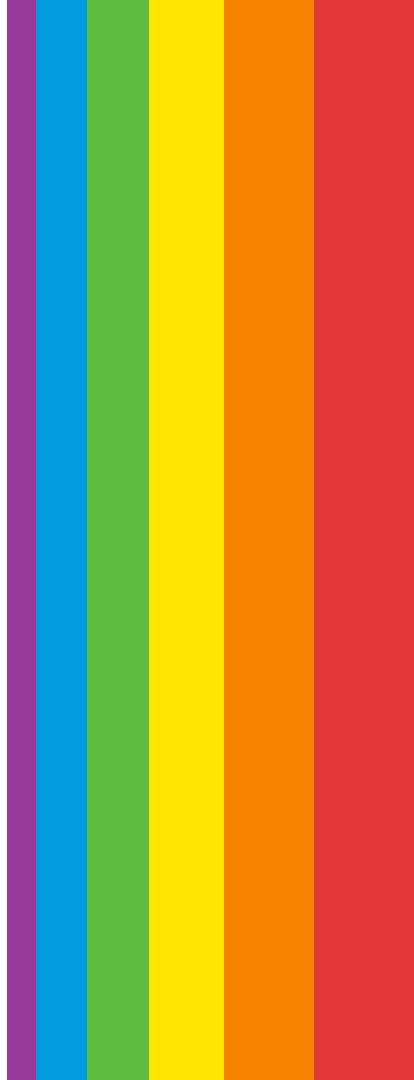
What Can We Do?

- Offer a cultural competency/safe space training for coalition staff and members
 - <https://www.campuspride.org/safespace/onlinesafespace/>
 - <https://www.feinberg.northwestern.edu/diversity/programs/lgbt-safe-space-training.html>
 - Do It Yourself: <https://thesafezoneproject.com/>
- Create a social media campaign #Pride
- Change logos on social media/website to incorporate a rainbow as a show of support
 - **If you do this make sure to be sharing LGBTQ+ resources on your social media and website.**



So What Can We Do?

- Be actively inclusive! Don't be passive!
 - Many LGBTQ+ people do not automatically feel included, and many times certain information regarding healthcare does not apply to them.
 - Have specific LGBTQ+ information readily available in flyers, pamphlets, and posts through social media.
 - Include gender and pronoun information in introductions, your email signature, and on forms that you have people fill out. It may not seem like a big deal to people, but it will matter a great deal to some people.
 - Be mindful of your language.
 - If you mess up, just apologize, don't double down.



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THANKS!

Ryan Teddy Palmer, MA

New Jersey Prevention Network

Ryan@NJPN.org

www.njpn.org



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