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TOC

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PREAMBLE

Level-Setting



Image: Youth and Children Dream Job Photoshoot via RawPixel, Public Domain.



Activity: what did YOU want to be when you grew up?

01  
WHAT DO YOU  
WANT TO DO?



AGENCY

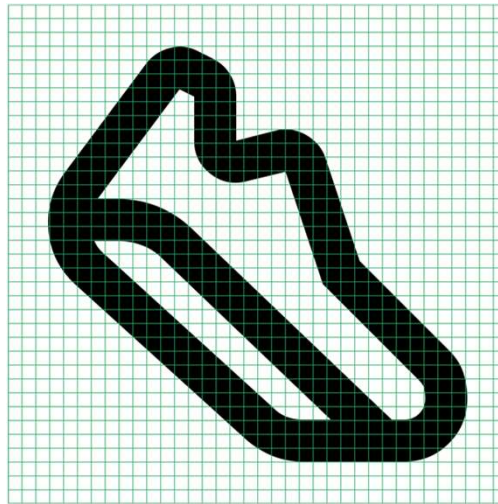
# The Perfect Body

- Based in colonial notion of who is/isn't a person
- Used presently to disenfranchise **all** people when these standards dictate how we treat people

Understandably, youth want to "fit in" to dominant cultures because we ask them to.

But, what kind of shoe do they want to wear?

Wehrle, M. (2017). The Normative Body and the Embodiment of Norms: Bridging the Gap Between Phenomenological and Foucauldian Approaches. Yearbook for Eastern and Western Philosophy, 2017(2), 323-337. <https://doi.org/10.1515/yewph-2017-0023>



Activity: can you draw a shoe in fewer than 3 lines?



AGENCY

## Landscape Summary

- What is surprising?
- What resonates?

**78% were more satisfied with life** when dressing and acting as themselves in public

36<sup>th</sup> Understanding Trans Identity in the US, KFF/Washington Post. Accessed 06/15/2023. [Link](#)

**Less likely to misuse substances** when they know of at least one affirming adult

Family Behaviors that Increase Your LGBTQ Child's Health and Wellbeing, Family Acceptance. Accessed October 2024.

**60% consider themselves nonbinary**, a gender in addition to or other than "boy" and "girl"

36<sup>th</sup> Understanding Trans Identity in the US, KFF/Washington Post. Accessed 06/15/2023. [Link](#)

**46% considered suicide in 2024**, with 16% making attempts to end their life.

The Trevor Project. (2024). 2024 U.S. National Survey on the mental health of LGBTQ+ young people. The Trevor Project. [Link](#)

**56% decrease in suicidal behaviors** when correctly addressed by name and pronouns

Chosen Name Use Is Linked to Reduced Depressive Symptoms, Suicidal Ideation, and Suicidal Behavior Among Transgender Youth. Stephen T. Russell, Ph.D., Amanda M. Pollitt, Ph.D. Gu Li, Ph.D., et al..

**50% were unable to access mental health care**, even when they sought it

The Trevor Project. (2024). 2024 U.S. National Survey on the mental health of LGBTQ+ young people. The Trevor Project. [Link](#)

**90% were negatively impacted by recent politics**, especially laws banning them from care and sports

The Trevor Project. (2024). 2024 U.S. National Survey on the mental health of LGBTQ+ young people. The Trevor Project. [Link](#)

**46% of families seriously considered moving** due to recent legislature

The Trevor Project. (2024). 2024 U.S. National Survey on the mental health of LGBTQ+ young people. The Trevor Project. [Link](#)

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AGENCY

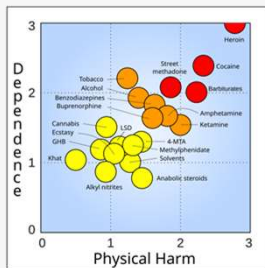
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AGENCY

## Normal Behaviors



Experimenting with Substances

50% of high school seniors reported using at least one kind of illicit drug in 2019, not including alcohol. Still, LGBTQ+ youth are more likely to be arrested for substance use.

[QJJD](#)

Images via Wikipedia.

**NOTE:** Despite these behaviors being normal across the American population, **LGBTQ+ people of color are largely overrepresented in prisons** for these crimes. Heterosexual, cisgender, white people do these actions too: we just don't arrest them for it! ([source](#))



Dating and Sex

According to tv series *Naked Attraction*, over 70% of UK adults have admitted to having sex outdoors or in public. Still, LGBTQ+ teens are disproportionately arrested for same or similar actions, often because they do not have a safe place at home.

[Harvard Kennedy School](#)



Trying Out Styles

All youth experiment with how to externalize their identity as they grow up. In fact, 78% of trans people were more satisfied with life when being able to dress and act as their gender in public. Everyone likes to look good!

[KFF](#)

Image By thebrandery - Flickr: The Brandery Winter Edition 2010, CC BY 2.0, <https://commons.wikimedia.org/w/index.php?curid=1578428>

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Activity: what are examples of boundaries you have that improve your safety?

#### AFFIRMATION

## Derivatization

From scholar Julia Serrano, a term that describes the process of seeing a person as an object, derivative of **our own thoughts and desires.**

- Adultifying and objectifying girls who are trans and nonbinary feminine people leads to **cultures of violence**
- Youth may have trouble thinking of, creating, and maintaining boundaries when they are taught they are objects
- More likely to:
  - Experience dating violence
  - Blame themselves for the occurrence
  - Be blamed by "helpers" for the occurrence

... also leading to MORE. encounters with the carceral system.

# 02

## WHO DO YOU WANT TO BE WITH?





Tell your LGBTQ / gender diverse child that you love them	Support your child's gender expression	Talk with your child or foster child about their LGBTQ identity and listen respectfully – even when you feel uncomfortable or think that being gay or transgender is wrong	Require other family members to treat your child with respect	Show affection when your child tells you or when you learn that your child is LGBTQ
Ask your child if – and how – you can help them tell other people about their LGBTQ identity	Welcome your child's LGBTQ friends to your home	Use your child's chosen name and the pronoun that matches their gender identity	Bring your child to LGBTQ groups and events	Get accurate information to educate yourself about your child's sexual orientation, gender identity and expression
Find a congregation that welcomes your LGBTQ / gender diverse child and family	Participate in family support groups and activities for families with LGBTQ and gender diverse children to get support for yourself and your family and guidance for supporting your LGBTQ child	Talk with your religious leaders to help your congregation become supportive of LGBTQ people	Tell your LGBTQ / gender diverse child that you're proud of them	Speak openly about your child's LGBTQ identity
Tell your LGBTQ / gender diverse child that you will be there for them – even if you don't fully understand	Connect your child with LGBTQ adult role models	Express enthusiasm for your child having an LGBTQ / gender diverse partner when they're ready to date	Stand up for your child when others mistreat them because of their LGBTQ identity or gender expression – at home, at school, in your congregation and in the community	Believe that your child can be a happy LGBTQ adult – and tell them they will have a good life

**Activity: how would you adapt these for day-to-day interactions?**

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AFFIRMATION

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## AFFIRMATION

## Keeping Families Together

Affirming families and adults create environments that lead to...

- **Better overall health!**
- 3x less likely to engage in suicidal behaviors
- Less likely to:
  - Experience depression
  - Struggle with substance misuse

... also leading to fewer encounters with the carceral system.

[Family Behaviors that Increase Your LGBTQ Child's Health and Wellbeing](#), Family Acceptance. Accessed October 2024.

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Prevent your child from having an LGBTQ friend	Don't talk about your child's LGBTQ identity	Blame your child when others mistreat them because of their LGBTQ identity / gender expression	Try to change your child's LGBTQ identity or gender expression	Exclude your LGBTQ child from family events & activities
Tell your LGBTQ child that you're ashamed of them	Pressure your child to be more (or less) masculine or feminine	Don't use the name or pronoun that matches your child's gender identity	Don't let your child participate in LGBTQ support groups or services	Let others speak badly about LGBTQ / gender diverse people in front of your child
Tell your child that being LGBTQ is "just a phase"	Take your child to a therapist or religious leader to try to change their LGBTQ identity	Hit, slap or physically hurt your child because they are LGBTQ / gender diverse	Don't let your child talk about their LGBTQ identity	Don't let your child wear clothes or hair-styles that express their gender identity
Use religion to reject your child's sexual orientation, gender identity and expression	Make your child pray or attend religious services to change or prevent their LGBTQ identity	Call your child negative names because they are LGBTQ / gender diverse	Tell your child that God will punish them because of their sexual orientation or gender identity	Make your child leave home because they are LGBTQ

**Activity: how would you intervene with these interactions?**

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AFFIRMATION

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## AFFIRMATION

## Keeping Families Together

Rejecting families and adults create environments that lead to...

- **2-8x more likely to attempt suicide**
- 3x more likely to engage in illegal drug use and substance misuse
- More likely to struggle with HIV, STIs and STDs, and depression

... but are less likely to be able to access help when they need it.

[Family Behaviors that Increase Your LGBTQ Child's Health and Wellbeing](#), Family Acceptance. Accessed October 2024.

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## AFFIRMATION

## Important Adults



### CARETAKERS

Including caretakers, especially when they may not initially be supportive, is an important part of building safety for trans youth. Exploring family dynamic can better inform youth needs and long term planning.



### SCHOOL AND COMMUNITY

Schools, religious centers, community centers, and hobbies are great places to start building belonging. Having just ONE accepting adult decreases the likelihood of suicidal behaviors by **40%**.



### YOU!

ANY person who interacts with a youth who is sharing themselves has an opportunity to engage in an accepting behavior, regardless of your views. Police, lawyers, therapists, and more can make a difference in just a few words!

# 03

## WHERE CAN YOU GO?



COMMUNITY

## Making a Safety Net

*Swiss Cheese Model*, NIH, 2022.

**Family and Immediate Adults**

**Local Centers and Crisis Resources**

**Online Communities**

**Health & Hobbies**

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**Examples of Endangered Species: The Third Space!**  
All images public domain via Wikipedia.

The United States are in a crisis! Our social lives are endangered.

**Third places** are, specifically:

- physical locations
- outside of the home (first place) or workplace/school (second place)
- that facilitate social interaction, community building, and social support.

These third places span a diversity of locations that are all defined by their ‘ordinariness’ – simple, unassuming, and usually **affordable places to ‘hang out.’**

Closure of third spaces leads to loneliness, stress, and alienation.

Where did you hang out as a youth? Was that an LGBTQ+ affirming space?

PHOTOGRAPHY

### Endangered: Third Places

Where did you hang out as a youth? Was that an LGBTQ+ affirming space?

Can you name an LGBTQ+ affirming third place for youth nearby?

Finlay, J., Esposito, M., Kim, M. H., Gomez-Lopez, I., & Clarke, P. (2019). Closure of 'third places'? Exploring potential consequences for collective health and wellbeing. *Health & place*, 60, 102225. <https://doi.org/10.1016/j.healthplace.2019.102225>

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## COMMUNITY

## 4-H and PYD

LGBTQ+ youth benefit **socially, emotionally, and academically** from schools and institutions with clear anti-bullying policies and inclusive curricula.

An example is applying PYD (positive youth development) models to social spaces like 4-H programs are especially valuable for **rural residents**.

Gonzalez, M., White, A. J., Vega, L., Howard, J., Kokozos, M., & Soule, K. E. (2020, August). "making the best better" for youths: Cultivating LGBTQ+ inclusion in 4-H. *The Journal of Extension (JOE)*. <https://archives.joe.org/joe/2020august/tt4.php>

Rand, J. J., Pacey, M. S., Fish, J. N., & Anderson, S. O. (2021). LGBTQ+ Inclusion and Support: An Analysis of Challenges and Opportunities Within 4-H. *Journal of youth development : bridging research and practice*, 16(4), 26–51. <https://doi.org/10.5195/jyd.2021.1072>

- ☐ Program materials, including print, curricular, and multimedia resources, use inclusive language, clearly demonstrate a commitment to inclusivity, and are free from content that excludes or is prejudicial toward LGBTQ+ youths.
- ☐ Program materials represent a wide range of people, cultures, and communities, including a variety of gender expressions, gender identities, and family structures.
- ☐ Registration forms use inclusive language and options when gathering information related to gender, name, nickname, pronouns, and parents/caregivers.
- ☐ Program facilitators model pronoun sharing in group introductions and icebreaker activities.
- ☐ Programming is offered that encourages participants to develop a critical understanding of social identities, power, oppression, and privilege.
- ☐ Programming is free from partnerships with or assistance from organizations that discriminate based on social identity(ies).
- ☐ Young people have the opportunity to commemorate LGBTQ+ related events such as National Coming Out Day, Ally Week, and Pride Month during 4-H activities.
- ☐ Dances and 4-H celebrations affirm and include LGBTQ+ youths.
- ☐ Activities related to Mother's Day and Father's Day reflect all family structures.

Activity: choose one checklist option. How would this look in YOUR role?

## COMMUNITY

## Local Centers and Trusted Partners

### Local

- [Oklahomans for Equity](#)  
QKEC Clinic  
AFFIRM youth therapy
- [Transpire Oklahoma](#)  
Legal name change resources  
Care reference

### National

- [TRANSFORM: LGBTQ+ People Who Have or May Cause Harm](#)
- Anti-Violence Project
- [Hey, I'm Trans](#)
- Trans Lifeline
- [LGBTQ Center of Excellence](#)
- [What Being Trans in Prison is Really Like](#),  
The Marshall Project

**OKLAHOMANS FOR EQUALITY**  
**TRANSPIRE OKLAHOMA**



**CENTER of EXCELLENCE**  
LGBTQ+ BEHAVIORAL HEALTH EQUITY

### What Being Trans in Prison Is Really Like

Amid a wave of anti-trans legislation, and the violence that often follows, four people share their experiences in the criminal justice system.



## AFFIRMING

A Cognitive Behavioral Therapy-based program for youth.



For youth ages 14-19. Attendees must have parental support and speak to the group facilitator before attending.

For more information, contact Lay Pilla at 918.938.6537 opt 1

Phone: 918.938.6537 6pm - 7pm



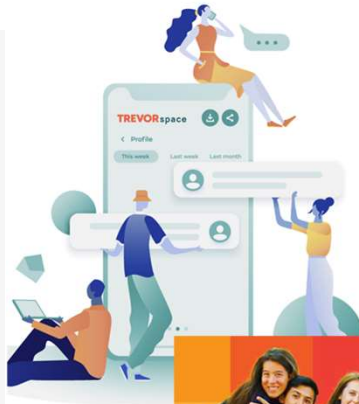
## COMMUNITY

## Digital Communities

Digital communities can be a major lifeline for LGBTQIA+ youth who do not have physical access to affirming spaces.

However, like every online space, youth **MUST** be taught **cybersecurity and cyber ethics** basics!

Here are some trusted communities you can tap into.



# Trevor Space

## WeRNative



# Q&A

## WHAT'S MISSING?



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## Resources

### 01. LOCAL PARTNERS

- [Oklahomans for Equity](#)
- [Transpire Oklahoma](#)

### 02. NATIONAL PARTNERS

- [TRANSFORM: LGBTQ+ People Who Have or May Cause Harm](#)
- [LGBTQ Center of Excellence](#)
- [Family Acceptance Project](#)
- [National LGBTQ+ Institute on Intimate Partner Violence](#)
- [Hey, I'm Trans](#)
- [What Being Trans in Prison is Really Like \(Article\)](#)

### 03. DIGITAL COMMUNITIES

- [Trevor Space](#)
- [WeRNative](#)

### 04. LANDSCAPE LITERATURE

- [Trevor Project](#)
- [KFF/Washington Post 2022 Trans Survey](#)
- [Journal of Adolescent Health Chosen Name](#)

### 05. QTPOC TOOLS

- [National Queer and Trans Therapists of Color Network](#)
- [UTOPIA Washington](#)
- [PATHS \(RE\)Membered](#)

### THANK YOU!

### 06. BIPOC TRANS TOOLS

- [Trans Women of Color Collective](#)
- [3/40 Blueprint for Housing Security](#)
- [Black Trans Femmes in the Arts](#)
- [The Okra Project](#)
- [TransLatin@ Coalition](#)
- [UTOPIA Washington](#)

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