

Be an Ally: Explore Strategies to Include, Engage, and Empower LGBTQ Youth

Bridging the Gaps: Eliminating Disparities in Teen Pregnancy and Sexual Health
June 4-6, 2014

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Community Action Partnership of San Luis Obispo County



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Workshop Objectives

- to identify heteronormative biases and ways to develop programs that are welcoming, sensitive, and inclusive to LGBT youth
- to describe strategies that reduce disparities in sexual health services and education for LGBT youth
- to identify ways of being an ally and advocate for LGBT youth



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Program:

Start	Stop	Continue	Learn More About



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Introductions

- Name
- Program and Position
- Preferred Pronoun (“PGP”)
 - He, His, Him
 - She, Hers, Her
 - Them, Their, Theirs
 - Ze, Hir
 - My Name

(examples)



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Video Clip: Planned Parenthood of Los Angeles and imMEDIAtE Justice

<https://www.youtube.com/watch?v=NOqMSaalIEEA#t=15>



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HETERONORMATIVE

adjective

Denoting or relating to a world view that promotes heterosexuality as the normal or preferred sexual orientation

-OxfordDictionaries.com



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A 2009 survey of more than 7,000 LGBT middle and high school students aged 13–21 years found that in the past year, because of their sexual orientation—

- **Eight of ten** students had been verbally harassed at school
- **Four of ten** had been physically harassed at school
- **Six of ten** felt unsafe at school
- **One of five** had been the victim of a physical assault at school

Kosciw JG, Greytak EA, Diaz EM, Bartkiewicz MJ. *The 2009 National School Climate Survey: The Experiences of Lesbian, Gay, Bisexual and Transgender Youth in Our Nation's Schools*. New York: Gay, Lesbian Straight Education Network; 2010.



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Skills for Success



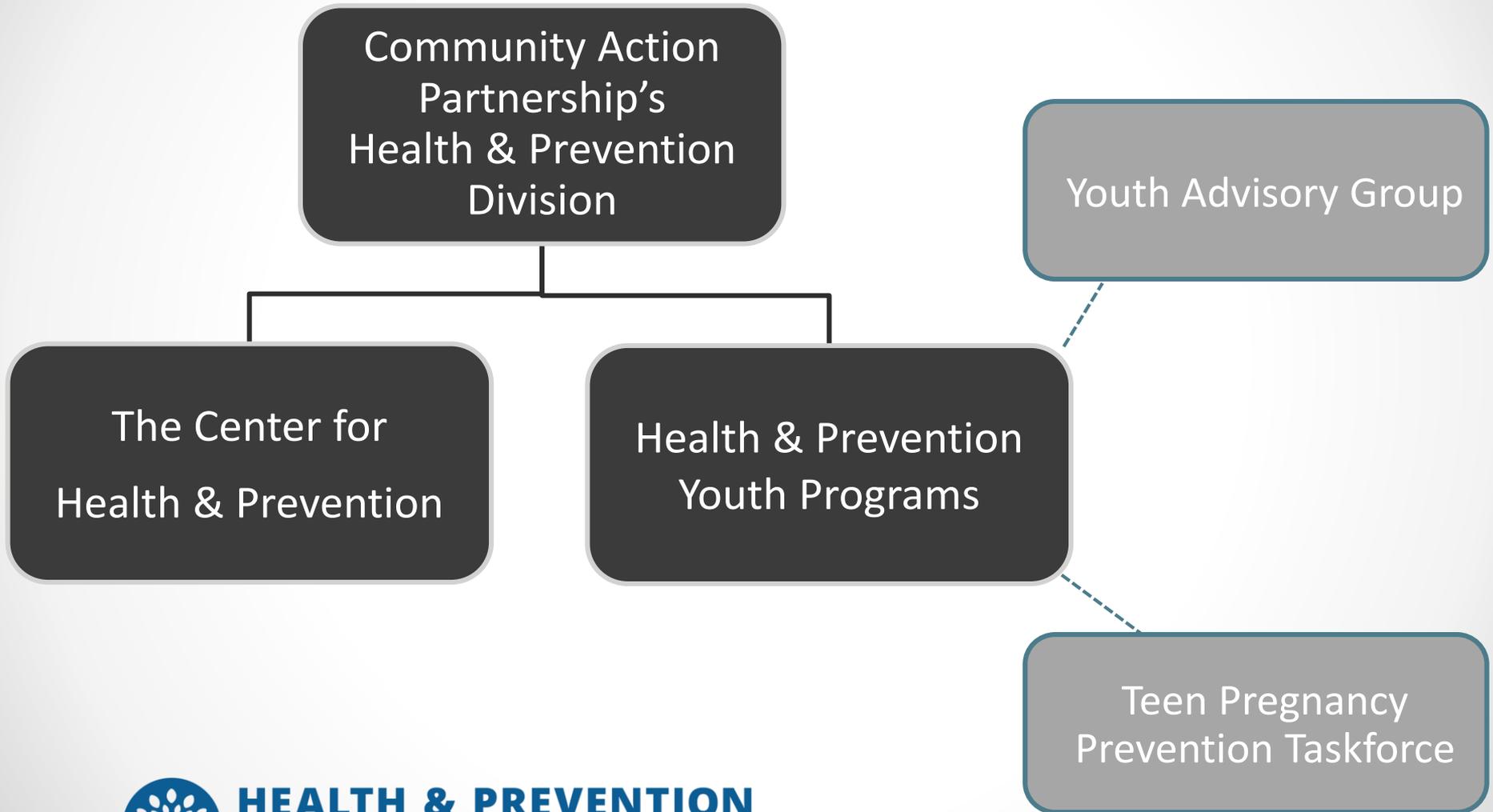
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Health and Prevention Staff Training



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Health Education Staff Trainings

- “Advocating for Health: Working with the LGBTQI Community”
- “Transgender 101”
- “LGBT Ally Training”
- “CommUnity Leadership Institute”



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Health and Prevention Division Training Outcomes

- Examined heterosexist practices and attitudes that create barriers to access, care, or other services
 - Start-Stop-Continue-Learn More About tool
- Developed a common and inclusive language for LGBTQIA identities and experiences
 - Gender and Sexuality: A Visual Map
- Identified Strategies for creating LGBTQI-friendly practices within individual programs
 - From Theory to Practice: Role Play Scenarios



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Division Training Outcomes (Continued)

- Identify personal attitudes and behaviors to be adopted to create a safe, inclusive environment
 - LGBTQ panel
- Identify appropriate community resources to refer LGBTQI clients



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Division Training Evaluation

- “... more suggestions on how to properly use language/address LGBTQI people.”
- “More follow up with clinic staff that may need to debrief and ask questions.”
- “I’m excited to get started on the changes that we are going to make in the clinic.”



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Follow Up: Coming Out Star Activity

- Distribute different colored stars
- Write name in middle of star
- On the points write: most important person in your life, closest family member, community you're a part of, dream job, greatest hope
- Go through the scenarios
- Discuss



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Youth Advisory Group Training

FREE **Greater Santa Barbara Youth Leadership Summit**

Saturday, January 25th from 9am-5pm
@ Louise Lowry Davis Center
1232 De La Vina Street, Santa Barbara 93101

* Adult Track for GSA Advisors & Adult Allies to LGBTQ Youth Provided *

Learn About:

- * LGBTQ Activism
- * Your Legal Rights
- * Expanding Your GSA
- * Networking with local GSAs
- * Educational Justice & Much More!

For more info or to pre-register visit: www.bit.ly/7GUvXm

Co-Hosted By:

gsanetwork OF CALIFORNIA

Santa Barbara Youth Council

ACLU
AMERICAN CIVIL LIBERTIES UNION OF SOUTHERN CALIFORNIA

INDEPENDENT LIVING RESOURCE CENTER, INC.

PACIFIC PRIDE FOUNDATION



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Cameron's Success Story



SLO High GSA President
Teen Wellness Provider
YAG Member



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Teen Pregnancy Prevention Task Force Training



Gender Norms

The Key to Improving Life Outcomes
for At-Risk Populations

Riki Wilchins, M.A.

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TPP Task Force Community Forum



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May 8th

Teen Sexual Health Update:

Exploring Innovative Strategies to Include, Engage and Empower Youth

Find out the answers to these questions and much more!

- What did recently surveyed SLO County residents report was the most important health education topic our schools should be covering?
- How were local schools rated on their sex education? What are youth's sexual and reproductive health rights under the California law?
- How can we take advantage of the newest technology to improve how we serve youth?

Agenda at a Glance

8:30 Registration and Continental Breakfast – catering by All Seasons

Morning Presentations

- Performance piece from Teen Monologues by Nipomo High School Senior, Haley Sanchez, local Youth Advisory Group member and Youth Leadership Team member of the National Campaign to Prevent Teen Pregnancy
- Keynote Speaker Deb Levine from Youth+Tech+Health will present about the role of technology in teens lives and how to utilize digital technology to serve youth
- Featured Presenter Ruth Dawson from the ACLU will give an overview of the current laws regarding reproductive health, gender equity, and LGBT issues

12:00 Buffet Lunch

Afternoon Presentations

- Teen Monologues cast performance including this year's focus on LGBT youth
- Report on survey results completed by over 300 teens and adults across SLO County assessing sexual health services and education needs
- Launch of TheSLOdown.org youth resource website with youth panel describing ways to participate including how to be a featured resource on the website
- Health and Prevention Youth Programs Team presents, Be an ally: Explore Strategies to Include, Engage, and Empower LGBTQ Youth
- ...and a few surprises!

3:30 Adjourn



Join us for the official launch
of theSLOdown.org!

Reducing Disparities for LGBT Youth in the Classroom



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Creating a Safe Space

- Enrollment Card
- Safe Zone Poster
- Group Agreements
- Wear Rainbow Ribbon



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Enrollment Card



Youth Empowerment Program Student Enrollment Card

Date: _____ Name: _____ School: _____
First Last

Age: _____ Date of Birth: ____/____/____ Grade: _____ Male Female Other

Please mark your Race:

- | | |
|--|---|
| <input type="checkbox"/> White/Caucasian | <input type="checkbox"/> American Indian/Alaskan Native |
| <input type="checkbox"/> Native Hawaiian/ other Pacific Islander | <input type="checkbox"/> Asian |
| <input type="checkbox"/> Black/African American | <input type="checkbox"/> More than one race |

Please mark your Ethnicity:

- Hispanic/Latino Not Hispanic/Latino

What language(s) do you speak at home? _____

Are you ok with receiving text messages about the Youth Empowerment Program? YES NO

If YES, please provide a contact number and check one or more of the following boxes:

- Class reminders
 Upcoming events and opportunities

Contact number: _____

All information on this form will be kept confidential.



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SAFE ZONE

This is a safe space to talk about...

Sexual Orientation

Friendship

Dating and Love

Gender Identity

Peer Pressure

Consent and Sexual Assault

Drugs and Alcohol

HIV and STIs

Body Image

Family Life

Health

Stress

Cultural Values

Anxiety and Depression

Pregnancy and Prevention

Bullying

Anything else...



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Group Agreements

- Confidentiality
- Respect
 - No laughing at others
 - No judgment
 - Use respectful language



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Positive Messages

- Address offensive/exclusive language “that’s so gay” and “anal sex is gross”
- Highlight positive side effects of hormonal contraception:
 - Regulates periods, reduce cramping, controls acne
- Use inclusive messaging:
 - “It’s not who someone is but what they do that can put them a risk”



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Inclusive Curricula

- Inclusive role-plays
- Use partner instead of girlfriend/boyfriend
- Avoid the use of you
- STI prevention and education
- Inclusive language with contraception education
- Dental dams



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Also works with friends

Role-play I • NOTE: This can also be a same-sex scenario.

Setting

The goal of this role-play is for Arturo to convince Mikaela that because she has been drinking, she can't make good decisions about sex. Arturo must succeed at having Mikaela agree to stop trying to have sex or he must leave. You are to observe Arturo using the **S.W.A.T. technique**.

Mikaela Your parents are out of town and you decide to have a party. Some of your friends come over and bring alcohol. You weren't planning on drinking, but your friends tell you that they would be offended if you didn't drink because it is their gift to you for having them over. You drink a little too much. You notice that one of your friends, Arturo, has come over to your house. You have always liked him and think he's cute, so you take him to your room. You think this would be a good time to have sex with Arturo. You remember that you don't have any condoms. You hope Arturo has one and, if he doesn't, you want to have sex anyway.

Arturo Your friend Mikaela invited you to her house for a party. You like Mikaela. When you got there, you noticed that she had been drinking. Later in the night she asked you to go to her room with her and you agreed. You want to have sex with her, but neither of you has a condom. She is very persistent about having sex, but you don't feel right about having sex with Mikaela when she has been drinking, especially without a condom.

Role Plays



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Curricula Activity: STIs and Testing Scenario

Sam and Alex have been dating for six months and are newly sexually active. Alex wants to ask Sam to get tested because Alex doesn't know if Sam has had other sexual partners, but is afraid to ask.

What are some ways Alex can ask Sam to get tested and be a supportive partner?



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Insertive Condom



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Marketing Materials

- Palm Card
- Clinic Info Card
- Rainbow Logo



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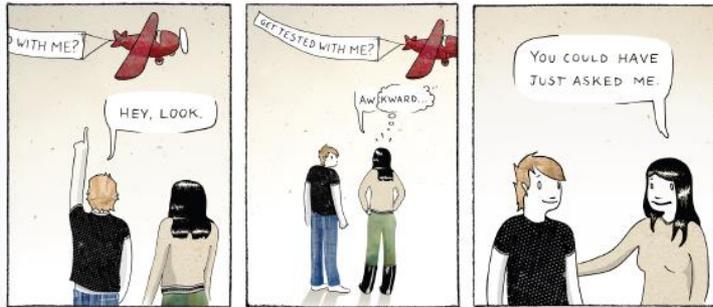
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STI Palm Card

Front

1 in 2 sexually active people in the US will get an STI by the age of 25—and most won't know it.



Talk to your partner. Awkwardness is OK.

Back

Testing is important.

- Getting tested can protect you and your partner's health.
- Not all STIs are curable, but all are treatable.
- STIs can have long-term consequences if left untreated.

Talk to your partner.

- Talking about important issues can build trust and lead to a closer relationship.
- Tell them you care about their health and yours.
- Get tested at The Center and talk to your partner about the results.

FREE, friendly, and confidential services for men, women, and teens.

THE CENTER
FOR HEALTH & PREVENTION
A Division of Community Action Partnership



SAN LUIS OBISPO
705 Grand Ave
San Luis Obispo, CA
805.544.2478

ARROYO GRANDE
1152 East Grand Ave
Arroyo Grande, CA
805.489.4026



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The Center Info Card



Friendly and Confidential Services for Men, Women and Teens—Walk-ins Welcome

- Pregnancy Testing
- Birth Control
- Emergency Contraception
- STI Testing and Treatment
- HIV Testing
- Male Services
- Pap Smears & Breast Exams
- Menopausal Services
- Spanish-speaking

San Luis Obispo

705 Grand Ave | 805.544.2478



facebook.com/TheCenterSLO

Arroyo Grande

1152 East Grand Ave | 805.489.4026

TheCenter.capslo.org



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Youth Empowerment and Leadership

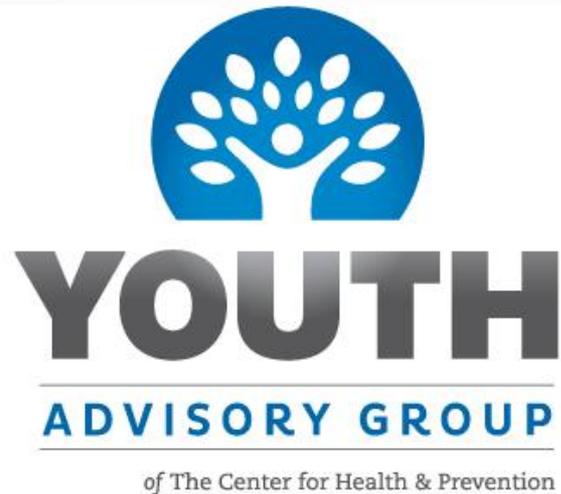


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The Youth Advisory Group (YAG) is a diverse group of teens from San Luis Obispo County who advocate for sexual health issues by sharing their voice, promoting resources, and building awareness among peers and community members. Youth Advisors conduct outreach for The Center, consult on educational and marketing materials, and ensure that our culturally relevant and youth driven.



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Youth Advisory Group

- Recruitment
- Community Outreach
- Trainings



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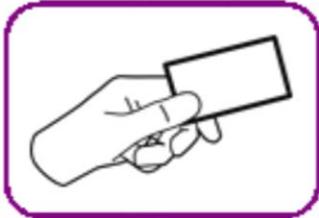
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Recruitment & Promotion

The Center's Youth Advisory Group

 Share Your Voice

 Promote Resources

 Build Awareness

Join YAG! Take Action and Inform Your Peers!

**Come to the first meeting on Wed, October 2!
1030 Southwood Drive, SLO , 3:30-5PM**

Call or Text: 805-748-4537 [facebook.com/TheCenterSLO](https://www.facebook.com/TheCenterSLO)



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Pride in the Plaza



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Pacific Pride and ACLU Training



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Positive Communication



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Getting Started!

...

3 ways your program can be more inclusive



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Community Action and Awareness



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Teen Monologues

- Marketing/Outreach Materials
- LGBT Youth Forum
- New themes and characters
- LGBT youth included in writing and acting process
- Media/Social Media Dialogue



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LGBT Youth Forum

- “When I was junior high I was followed home by a girl and a group of high school boys for being openly gay. They jumped me, and I was sent to the hospital.” (*Bullied*)
- “Don’t be afraid of being unsure of yourself. And don’t be afraid of trying to find yourself. It’s beautiful to just be you.” (*GSA*)
- “I feel really lucky to have friends that are allies and support me.” (*GSA*)
- “I started to realize I was gay as early as eight or nine, but I didn’t fully come to terms with it until high school. Both my parents have been very supportive. My mom is involved in the community acting as an advocate for LGBT rights.” (*Coming Out*)



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New Themes

- **COMING OUT MONOLOGUE:** coming out, social isolation, lack of acceptance, family support, friendship, empowerment
- **ALLY SCENE:** peer-to-peer outreach, sharing local resources, reaching out
- **BULLIED MONOLOGUE:** bullying, not fitting in at school, lack of support from school administration, resiliency
- **GSA SCENE:** local resources, peer support, over-coming adversity, resiliency and perseverance



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2014 Cast

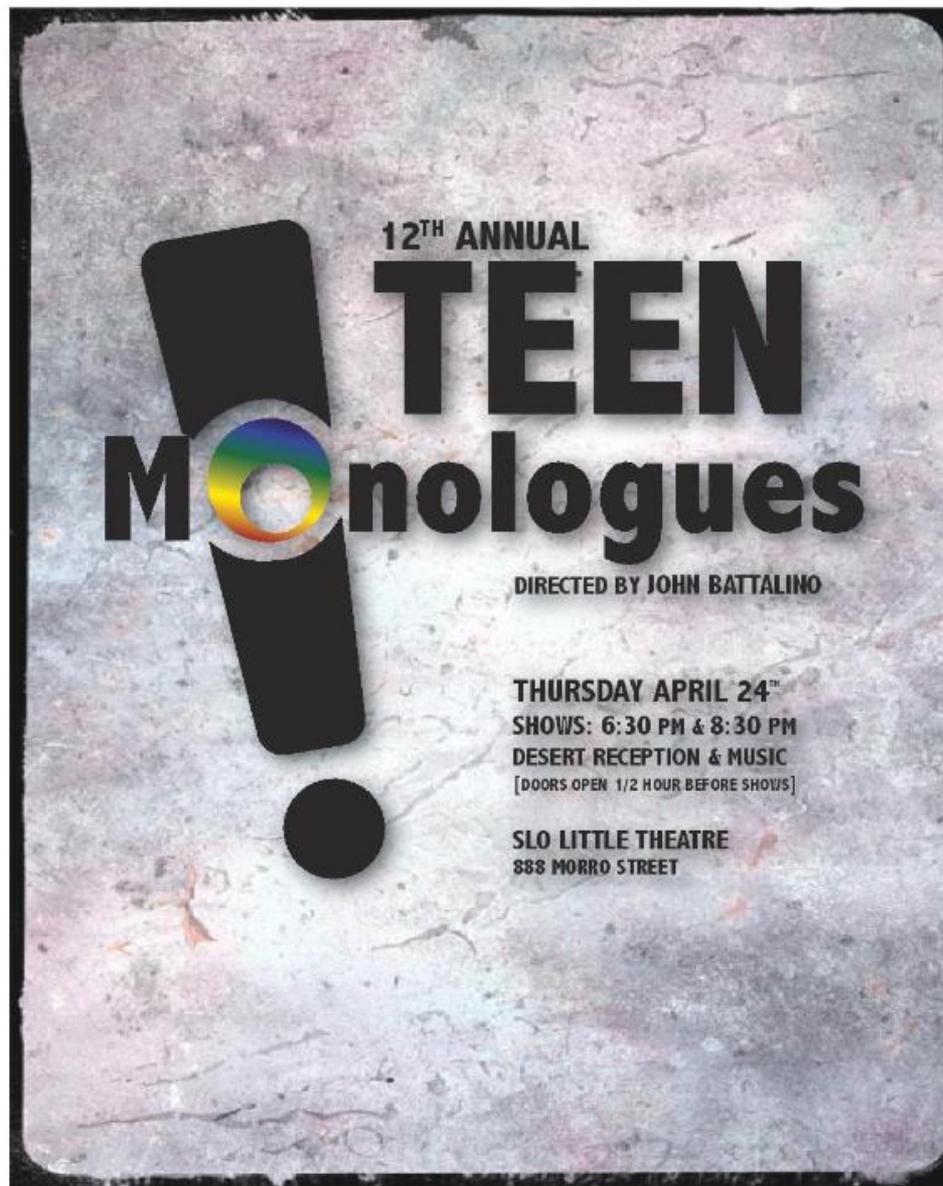


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LGBT RESOURCES

SLO COUNTY

QYouth/GALA – LGBT youth support group (ages 13-20)
Tel. 805.541.4252 // www.ccgala.org

PFLAG – Parents, Families, & Friends of Lesbian & Gay People
Tel. 805.801.2186 // pflagcentralcoastchapter.net

Tranz Central Coast
Tel. 805.242.3821 // tranzcentralcoast.org

STATEWIDE

Pacific Pride Foundation (Santa Maria & Santa Barbara)
Tel. 805.349.9947 Santa Maria // Tel. 805.963.3636 Santa Barbara
Pacificpridefoundation.org

Gay Straight Alliance Network
Tel. 1.415.552.4229 // gsanetwork.org

The Trevor Project
Tel. 1.866.488.7386 // thetrevorproject.org

It Gets Better Project
Itgetsbetter.org



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Buzzworthy



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Teen Monologues 2014



Janice Fong Wolf

16 hrs

Just got back from the benefit show of Teen Monologues at the SLO Little Theatre. It's been going strong for 12 years, and this was the best ever! Kudos to Francine Levin and the team at CAPSLO Health Education Dept. Check out the fun Gott Kris and I had in the photo booth!

Like Comment Stop Notifications Share

12 others like this.

You probably met my husband running the photo booth! His students at Cambria middle school made that! Looks like fun 😊
16 hours ago · Like · 1

Love this...a lot.
15 hours ago · Like

Great messages and wonderful acting
15 hours ago · Like

So I missed the photo booth but caught and loved the performance!
15 hours ago · Edited · Like

Would have gone but it was school board tonight.
14 hours ago · Like

What a crack up. Too funny!
5 hrs · Like

John Hollander was amazing. Loved seeing the new characters and story lines.
5 hrs · Like · 1

It was an incredible show. Very moving.
3 hrs · Like

Great show and wonderful actors. Very thought provoking. I agree, John Hollander did a great job!
1 hr · Like

Write a comment...



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Social Networking



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pastlites

7w



32 likes

pastlites ❄️ we're trying to stop the winter ❄️ # [REDACTED]
[REDACTED] # [REDACTED]

view all 9 comments

pastlites [REDACTED] yes! 🎂👑 I am totally serious
[REDACTED] Hey:) i watched the teen monologues at
AGHS and i never got a chance to say how much i loved it
@pastlites

pastlites [REDACTED] thank you so much! It means a
lot that it makes an impact ❤️

[REDACTED] It really did, a lot of people were talking
about it afterwards. And everyone especially loved you. I dont
know if you remeber me, i awkwardly told you i liked you hair
later that day @pastlites

pastlites [REDACTED] I do remember! That's so
sweet. I'm glad it started conversation, that's our goal :)





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TOP 5 RESOURCES

DRUG & ALCOHOL SUPPORT/SERVICES

SUICIDE PREVENTION

BULLYING SUPPORT & PREVENTION

SEX EDUCATION

COUNSELING

MOST IMPORTANT LGBT RESOURCES



SUPPORT GROUPS



FRIENDLY ORGANIZATIONS



SPECIFIC EVENTS

263 youth COMPLETE

TEEN RESOURCE WEBSITE SURVEY

TOP 5 TOPICS OF INTEREST

1. HEALTHY RELATIONSHIPS
2. OUTDOOR ACTIVITIES
3. NUTRITION & FITNESS
4. ARTS
5. SUMMER ACTIVITIES

CALENDAR OF EVENTS

TOP 3 WEBSITE FEATURES

PHOTOS

VIDEOS



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Think of us as your favorite teacher, your fun-loving best friend, a super knowledgeable health educator and a trusted counselor, all wrapped up in one- because, actually, that's exactly who we are.

TheSLOdown.org is a safe spot on the web for SLO County teens to get real, get answers, and get busy living remarkable lives. Always totally anonymous, theSLOdown.org connects young people with a wide variety of supportive local resources that encourage and inspire their best health and wellness. Whether you are looking for expert info or what to do on a Saturday night in SLO County- we'll point you in the right direction, no matter what your question or curiosity.

theSLOdown.org: We've got your back.

Going Live August 2014



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LGBT RESOURCES

Gay Straight Alliance Network

gsanetwork.org // Tel. 1.415.552.4229

Gay and Lesbian Alliance Against Defamation

glaad.org

Human Rights Campaign

hrc.org

The Trevor Project

thetrevorproject.org // Hotline 1.866.488.7386

Parents, Families & Friends of Lesbian & Gays

pflag.org // Tel. 202.467.8180

It Gets Better Project

itgetsbetter.org

Sexual Information and Education Council of The United States

siecus.org

Gay, Lesbian & Straight Education Network

glsen.org

American Civil Liberties Union

aclu.org/lgbt-rights // Tel. 212.549.2500

Lesbian, Gay, Bisexual and Transgender Health

cdc.gov/lgbthealth/

HIV/AIDS Basics

aids.gov



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THANK YOU!

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Health and Prevention Youth Programs

Francine Levin, Project Director

805 544-2484 or flevin@capslo.org



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