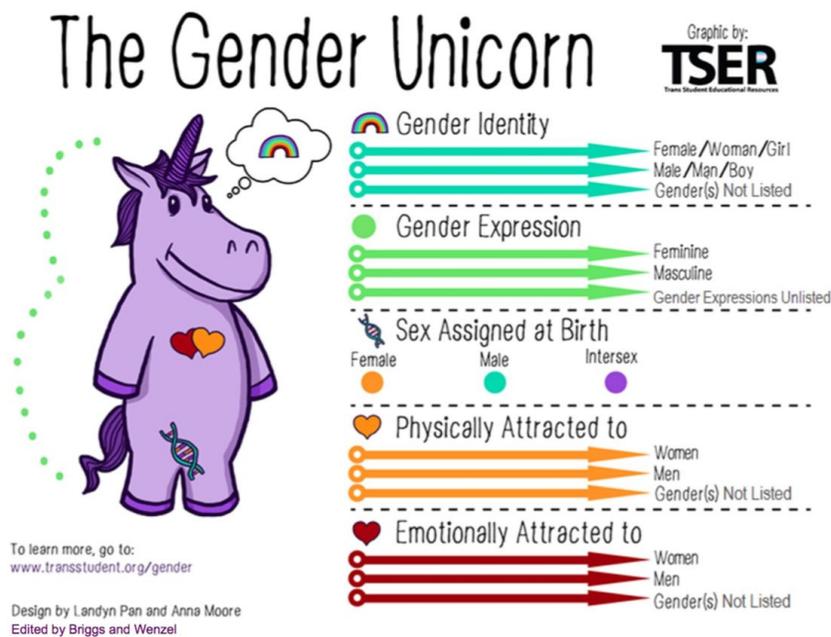


How to Help Your Transgender Teen Thrive

Inspire School of Arts and Sciences

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Local Resources

Stonewall Alliance Center: <http://www.stonewallchico.org/>

Stonewall Support Groups: <https://www.stonewallchico.com/groups>

Gender Affirming Health Care: <https://www.stonewallchico.com/trans-health>

UC San Francisco Child and Adolescent Gender Center Clinic:

https://www.ucsfbenioffchildrens.org/clinics/child_and_adolescent_gender_center/

National Resources

[Gender Spectrum](#)

[Human Rights Campaign: Supporting and Caring for Transgender Children](#)

[Schools in Transition: A Guide For Supporting Transgender Students in K-12 Schools](#)

[GLSEN: Gay Lesbian Straight Education Network](#)

[Trans Student Educational Resources](#)

[Parents and Friends of Lesbians and Gays \(PFLAG\)](#)

[Transgender Law Center](#)

Books for Teens and Adults

Young Adult Books : [ALA Rainbow Book List](#), [Young Adult Books with Trans* Characters](#)

Books for Parents and Educators: [Welcoming Schools List](#)

California Laws

AB 1266, also known as the “School Success and Opportunity Act”

<https://www.cde.ca.gov/re/di/eo/faqs.asp>

- Requires that pupils be permitted to participate in sex-segregated school programs, activities, and use facilities consistent with their gender identity, without respect to the gender listed in a pupil’s records.
- Approved by Governor Brown on August 12, 2013.

Title IX Protection- federal law protects transgender students from harassment and bias-based bullying.

Education Code Section 200: It is the policy of the State of California to afford all persons

in public schools, regardless of their disability, gender, **gender identity, gender expression**, nationality, race or ethnicity, religion, sexual orientation, or any other characteristic that is contained in the definition of hate crimes set forth in Section 422.55 of the Penal Code, equal rights and opportunities in the educational institutions of the state. **Section 220:** Protection from discrimination.

The right of transgender students to keep their transgender status private is grounded in California's anti-discrimination laws as well as federal and state laws (**FERPA**)

What does the research tell us about the importance of creating safe and supportive spaces for transgender teens?

What happens when students NOT supported?

Trevor Project National Survey on LGBTQ Youth Mental Health 2020

<https://www.thetrevorproject.org/wp-content/uploads/2020/07/The-Trevor-Project-National-Survey-Results-2020.pdf>

- 40% of LGBTQ respondents seriously considered attempting suicide in the past twelve months. More than HALF of transgender and nonbinary youth have **seriously considered suicide**.
- More here (2018):
<https://pediatrics.aappublications.org/content/142/4/e20174218>
 - Nearly 14% of adolescents reported a previous suicide attempt; disparities by gender identity in suicide attempts were found. Female to male adolescents reported the highest rate of attempted suicide (50.8%), followed by adolescents who identified as not exclusively male or female (41.8%), male to female adolescents (29.9%), questioning adolescents (27.9%), female adolescents (17.6%), and male adolescents (9.8%).
- 29% of LGBTQ youth have experienced homelessness, been kicked out, or run away.

GLSEN 2019 National School Climate Survey: Experiences of LGBTQ Youth

<https://www.glsen.org/sites/default/files/2020-11/NSCS19-111820.pdf>

Executive Summary

https://www.glsen.org/sites/default/files/2020-10/NSCS-2019-Executive-Summary-English_1.pdf

Higher levels of harassment, bullying, feeling unsafe at school.
Lower achievement, attendance= higher drop-out rate

When teachers are supportive, school policies protect trans students, and there is open acceptance and support such as through inclusive curricula and GSA, students do better.

What happens when kids ARE supported?

Kristina Olson's study- TransYouth Project (UW now Princeton)

Mental Health of Transgender Children who are Supported in Their Identities

<https://pediatrics.aappublications.org/content/pediatrics/137/3/e20153223.full.pdf>

The young trans kids in her study (73, ages 3-12), who are supported by their families and allowed to dress and act according to their preferred gender, do remarkably well. Their self-esteem is high. They are no more likely to be depressed than other kids and experience only slightly higher levels of anxiety.

American Academy of Pediatrics Statement (2018)

Ensuring Comprehensive Care and Support for Transgender and Gender-Diverse Children and Adolescents <https://pediatrics.aappublications.org/content/142/4/e20182162>

Adolescents and adults who identify as transgender have high rates of depression, anxiety, eating disorders, self-harm, and suicide.

“There is no evidence that risk for mental illness is inherently attributable to one’s identity of Trans/ Gender Diverse. Rather, it is believed to be multifactorial, stemming from an internal conflict between one’s appearance and identity, limited availability of mental health services, low access to health care providers with expertise in caring for youth who identify as TGD, discrimination, stigma, and social rejection.”

Calls for Gender Affirmative Care: “evidence that suggests that using an integrated affirmative model results in young people having fewer mental health concerns whether they ultimately identify as transgender”

Pronoun use/ name use:

- Transgender and nonbinary youth who report having their pronouns respected by all or most of the people in their lives attempted suicide at half the rate of those who did not have their pronouns respected. (Trevor Project)