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**Understanding Our Transgender and Non-Binary Youth**

**A brief description of the presentation:**

In June of 2014, Tiffany begin his transition to Tyler in both his personal and professional life. Tyler struggled with depression and suicidal ideation prior to and during his transition. This workshop will focus on how those in the helping profession can address suicidal risks in the trans-youth population by creating an understanding of the detrimental, and potentially lethal, impact current cultural influences have become on this particularly vulnerable population. The session will empower participants with tools necessary to not only support transgender and non-binary youth in their care, but how to effectively advocate for them. Tyler is an independent consult who works with community and state organizations to assure equitable and affirmatives services are provided to LGBTQA youth. In 2017 he became the first openly transgender person elected to office in the state of Pennsylvania.

**An expanded description of the presentation.**

This presentation will review the risks within the transgender and non-binary population, gaps within our current systems for transgender and non-binary, and how to advocate for and support the youth through the process of self-discovery.

Learning Objective of this presentation are to:

1) Expand awareness of the intersections of sex, gender, gender identity, and sexual orientation  
2) Increase understanding about the need for transgender and non-binary competent services and the detrimental impact the lack of competent services can cause  
3) Develop an understanding of how to support and advocate for quality care when working with transgender and non-binary youth.

LGBTQA teens are 6x more likely to experience depression vs. general population. Supporting evidence shows that LGBTQA individuals are 2-3 times more likely to seek out assistance from a helping professional than their heterosexual counterparts (works cited 1,2,3,4,5). As a result of heterosexism and homophobia, LGBTQA individuals are at an increased risk for depression, anxiety disorders, substance abuse, and suicide (works cited 6,7,8,9,10). Suicide is one of the leading causes of death for LGBTQA people between 10 -24 years of age. Those rejected by their family are 8x more likely to attempt suicide than those who are accepted and supported. Sexual minority individuals are significantly more likely to experience childhood physical and sexual abuse, violence in their communities (including hate crimes), intimate partner violence, and sexual assault in adulthood (works cited 11, 18). Research indicates that the trans population continues to face extremely high rates of unemployment, poverty, suicidality, and harassment and discrimination in health care, educational, and forensic settings (works cited 20).

This workshop will teach service providers how to advocate within the various systems, the youth’s personal and social life, and how to support them while they navigate various intersections of healing, growth and self-discovery. By the end of the presentation, the attendee will be more aware of daily struggles faced by transgender youth and their families, be prepared to engage in informative discussions surrounding tough topics such as transitioning and coming out, and feel confident in their ability to provide quality care to transgender and non-binary youth who are experiencing isolation, suicidal ideation, and/or delinquent behaviors. This presentation will be conducted through PowerPoint with handouts, video segments, interaction through collaboration of creating solutions to existing barriers, and end with a Question & Answer session.

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