



Affirming Acceptance: Effective practices for FNS work with 2SLGBTQIA+ Identifying Young People

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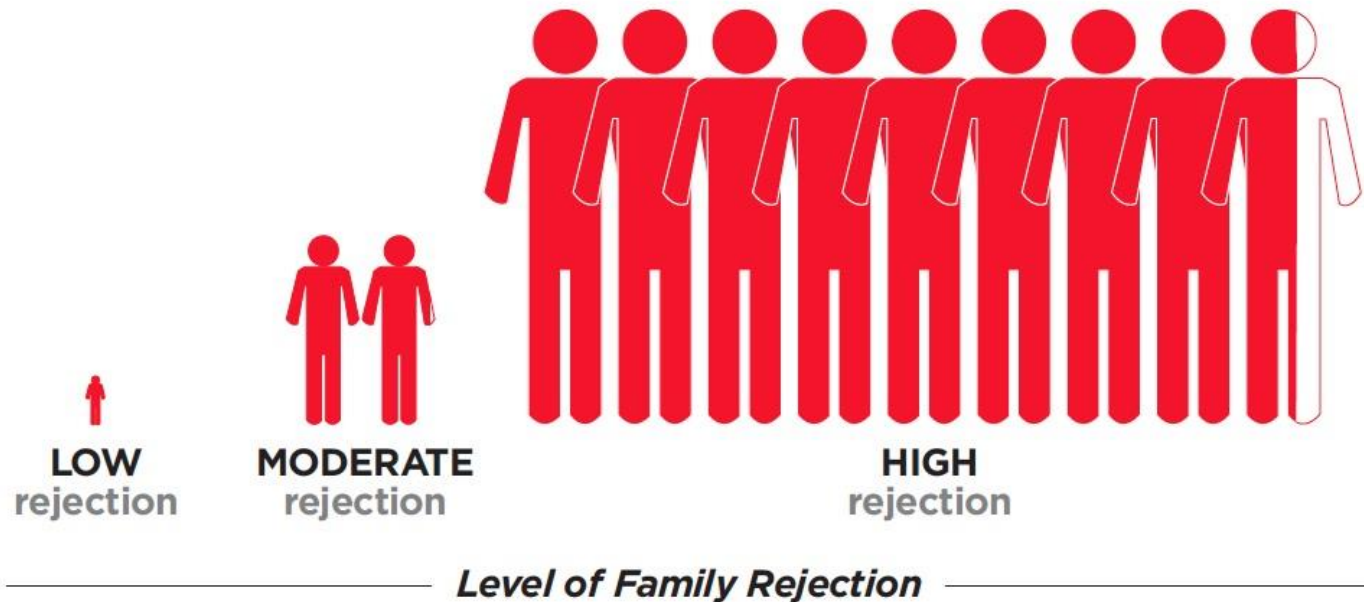
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Effects of Family Rejection

Lifetime Suicide Attempts for Highly Rejected LGBT Young People

(One or more times)

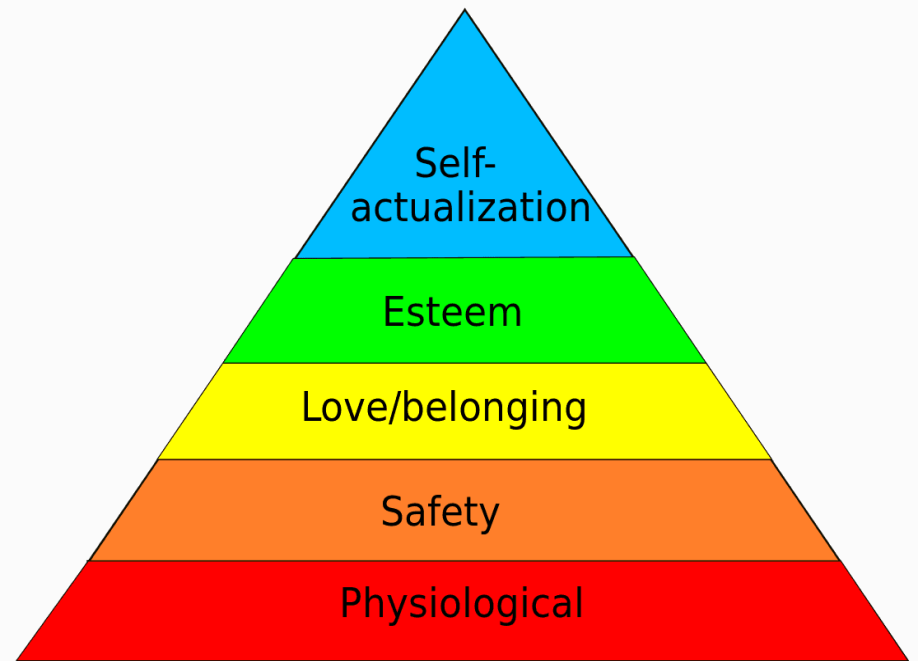


Ryan, C. (2009) *Supportive Families, Healthy Children: Helping Families with Lesbian, Gay, Bisexual & Transgender Children*. San Francisco State University.

Youth Voices

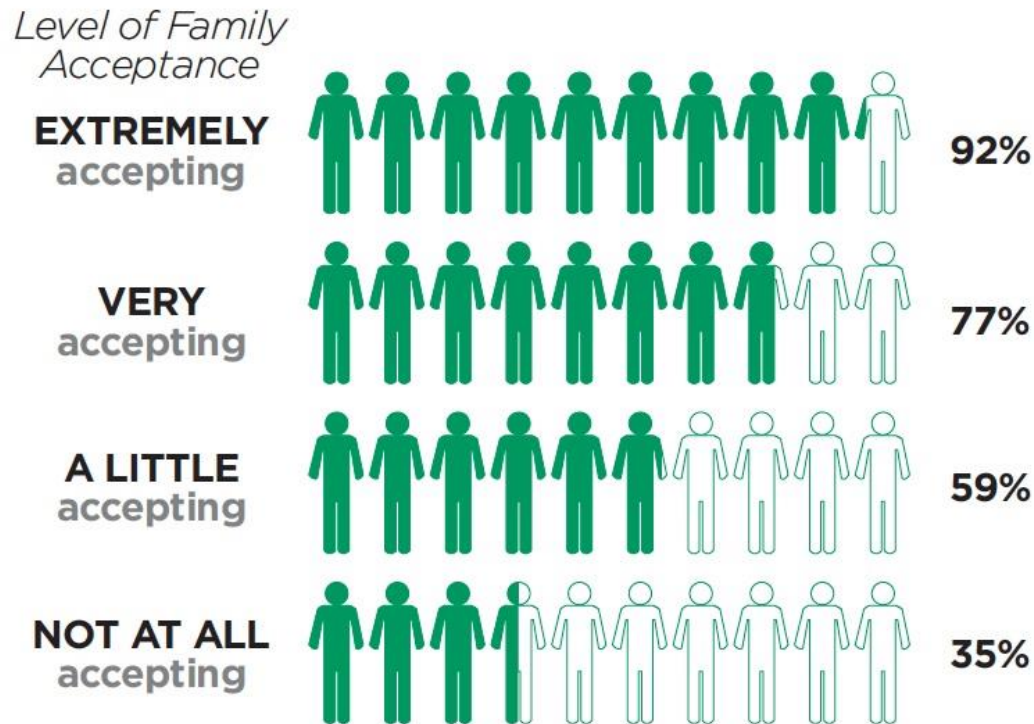
“I can’t do school if my mental health is not good. My mental health is not good if my relationships aren’t good”

“It feels good to know that you are part of a family.
It’s better when you are not alone.”



Effects of Family Acceptance

Youth Believe They Can Be A Happy LGBT Adult



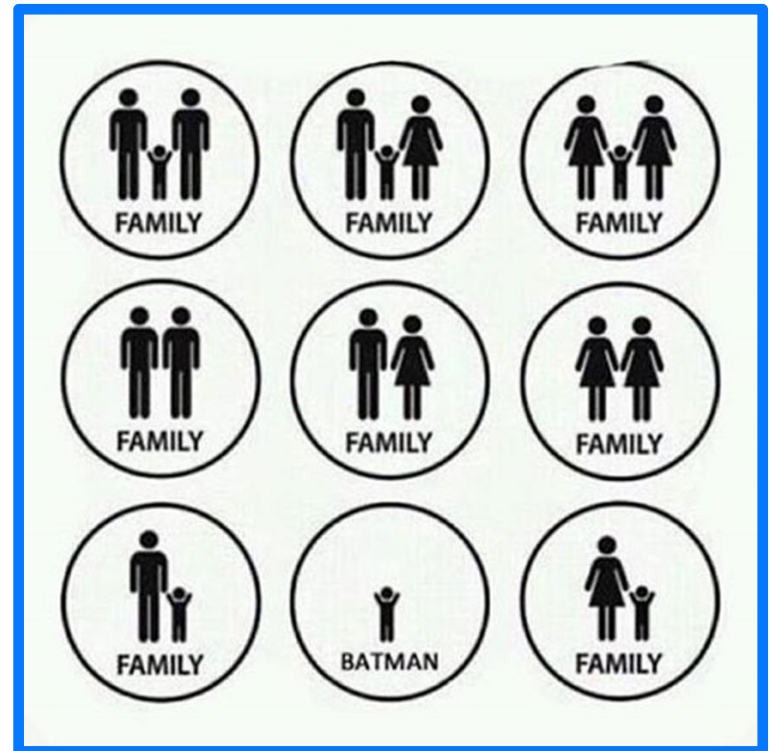
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FNS Program

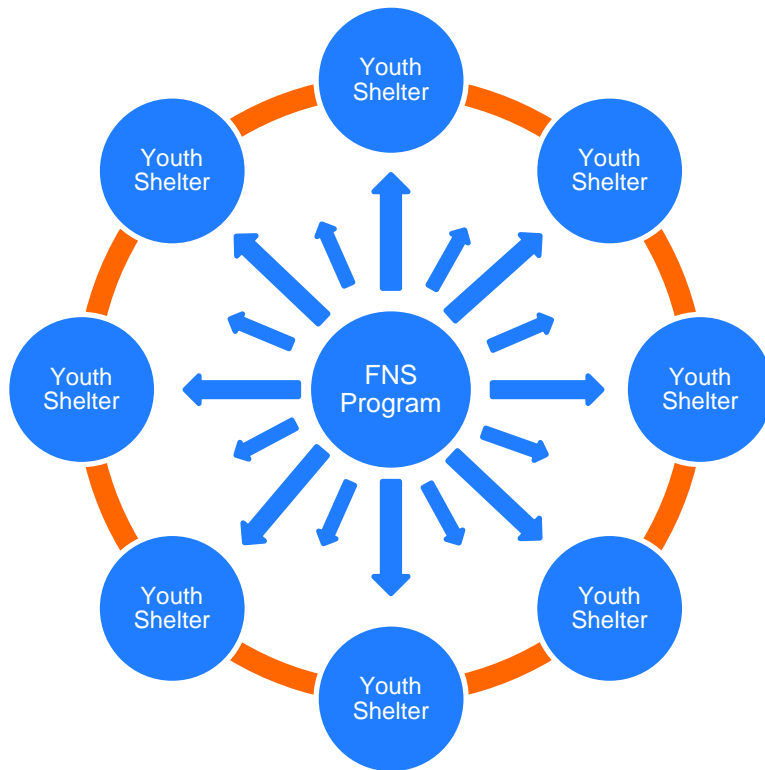
Support for youth to strengthen relationships with **community**, and **immediate, extended** and **chosen** family members.

Services include:

- Individual and family therapy
- Referrals and support connecting to community resources



Program Model



- Partnership with YSIN
- Mobile workers with flexible schedules
- Outreach at partner sites
- FNS Champions

Developing Trust

1. Recognize that parents are doing their best
2. Compassion, empathy, and non-judgement
3. Listen to understand



Parental Concern

- Parent's concerns are often protective
- Meet them where they're at
- Provide education



Rejection and Youth Wellbeing

Increases risk:

- Pressuring the youth to be more or less feminine or masculine
- Name-calling
- Excluding the youth from family events
- Blocking the youth's access to LGBTQ resources, friends, and events
- Saying that God will punish the youth
- Saying that the way they dress, act, etc. is shameful

Promotes wellbeing:

- Talking to the youth about their identity
- Supporting the youth's identity even if you are uncomfortable
- Connecting the youth to LGBTQ role models
- Welcoming the youth's partner to the home or family events
- Support the youth's gender expression
- Believing that the youth can lead a happy and fulfilling life

Naming Grief



Intersectionality

- Neurodiverse youth are more likely to be trans or non-binary (Glidden et al, 2016)
 - Recognize neurodiversity and associated needs
 - Support youth to self-advocate
- LGBTQ identities and culture
 - Ask about culture
 - Respect youth's boundaries

Glidden, D., Bouman, W. P., Jones, B. A., & Arcelus, J. (2016). Gender Dysphoria and Autism Spectrum Disorder: A Systematic Review of the Literature. *Sexual medicine reviews*, 4(1), 3–14.
<https://doi.org/10.1016/j.sxmr.2015.10.003>

LGBTQ youth and shame

- Supportive community is an important resiliency factor for LGBTQ youth (Ceatha et al, 2021)

Working with shame:

- Talk about their gender / sexuality
- Be affirming
- Talk about shame

Ceatha, N., Koay, A. C. C., Buggy, C., James, O., Tully, L., Bustillo, M., & Crowley, D. (2021). Protective Factors for LGBTI+ Youth Wellbeing: A Scoping Review Underpinned by Recognition Theory. *International journal of environmental research and public health*, 18(21), 11682. <https://doi.org/10.3390/ijerph182111682>



Thank you!

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Resources

Family Acceptance Project:

<https://familyproject.sfsu.edu/>

