

# LGBTQIA+

*"Love and compassion are necessities, not luxuries. Without them, humanity cannot survive."*  
*-Dalai Lama*

The well-being and safety of all military children are of utmost importance, including LGBTQIA+ students. LGBTQIA+ stands for lesbian, gay, bisexual, transgender, queer, intersex, and asexual. The American Psychological Association, Human Rights Campaign, and PFLAG now include LGBTQIA+ in their glossary of terms (American Psychological Association, 2022; Human Rights Campaign, 2022; PFLAG, 2021). Depending on environmental attitudes and stigmas, LGBTQIA+ military children may go through positive or negative experiences.

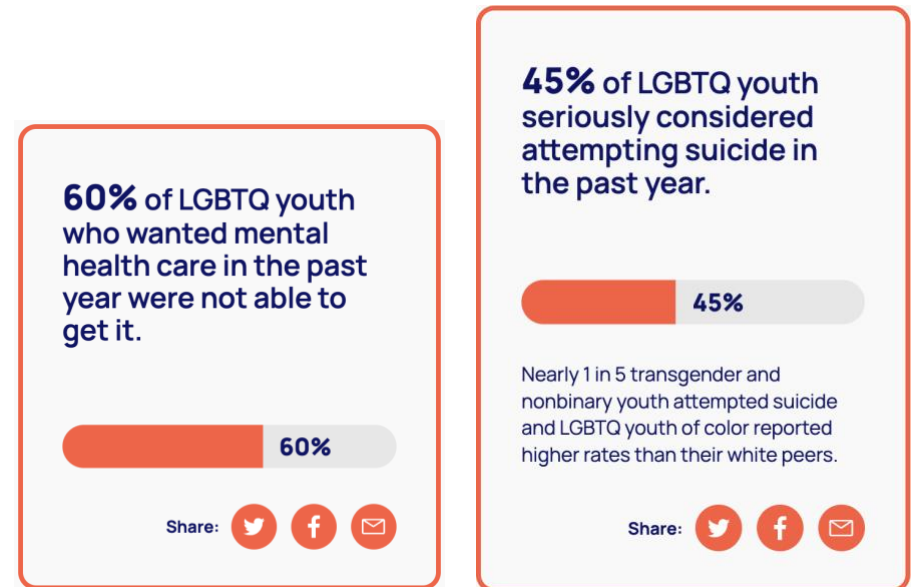
Regardless of beliefs or values, parents, caregivers, educators, and professionals can affirm the individual worth of their LGBTQIA+ military youth by creating healthy, supportive, caring, and safe environments for their children (Centers for Disease Control and Prevention, 2021). Higa et. al. (2014) states that providing protective factors such as fostering positive youth development and supportive LGBTQIA+ peer and community networks will positively impact communication between students and parents regarding identity development of LGBTQIA+ youth.



*(de Richelieu, 2020)*

## Protecting the Mental Health of LGBTQIA+ Students:

In a 2022 national survey by The Trevor Project, research shows that thoughts of suicide or self-harm from LGBTQIA+ youth have increased. Included below are a couple of the key findings from their research:



*(The Trevor Project, 2022)*

In addition to increased suicidal thoughts, the Human Rights Campaign (2018) research shows that LGBTQIA+ students experience higher rates of bullying than their peers. This includes the discrediting and social devaluation of LGBTQIA+ youth through labeling, discrimination, stereotyping, separation, and status loss. According to the Trevor Project National Survey on LGBTQIA+ Youth Mental Health (2021), over half of LGBTQIA+ students enrolled in middle or high school reported being bullied in person or virtually. Research also shows that LGBTQIA+ military students are associated with an increased odds of nonphysical victimization, physical violence, and weapon carrying (Pedro et al., 2020).

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### Healthy Environments for LGBTQIA+ Students:































Consider the LGBTQIA+ stigma that extends beyond interpersonal levels such as bullying or family relationships. Discrimination is also manifested at a structural level through laws, policies, and regulations. Parents and caregivers can partner with educators, school leaders, and other professionals to ensure that the rights of their LGBTQIA+ military children are protected, and positive peer and community relationships are fostered (Exec. Order No. 13988, 2021). The CDC provides key learning objectives and core competencies for schools and districts to incorporate into their professional development (Centers for Disease Control and Prevention, 2021). Also included in this toolkit below are a variety of resources to help guide healthy conversations for parents, providers, and schools.













(Monstera, 2021)



## LGBTQIA+

For Parents & Professionals	For Parents of Young Children	For School
 <p><a href="#"><u>LGBTQIA+ Youth Suicide</u></a> Resource by the Jason Foundation</p>	 <p><a href="#"><u>You're Still You</u></a> Video by PBS Kids</p>	 <p><a href="#"><u>Building Trusting Relationships with LGBTQIA+ Students</u></a> Podcast by MCEC</p>
 <p><a href="#"><u>Connection Starts with Knowledge</u></a> Resource by the Trevor Project</p>	 <p><a href="#"><u>We are Different and That's Okay</u></a> Video by PBS Kids</p>	 <p><a href="#"><u>Cultivating Respect</u></a> Article by PFLAG</p>
 <p><a href="#"><u>What is a GSA Club?</u></a> Article by GSA</p>	 <p><a href="#"><u>What Makes You Unique?</u></a> Video by PBS Kids</p>	 <p><a href="#"><u>Supportive Educators LGBTQIA+</u></a> Resource by GLSEN</p>
 <p><a href="#"><u>LGBTQIA+ &amp; Youth Allies</u></a> Podcast by MCEC</p>	 <p><a href="#"><u>I Like Myself</u></a> Video by PBS Kids</p>	 <p><a href="#"><u>It Gets Better EDU</u></a> Resource by It Gets Better Project</p>
 <p><a href="#"><u>Parenting and Supporting LGBTQ</u></a> Podcast by MCEC</p>	 <p><a href="#"><u>How to Support LGBTQ Youth</u></a> Article by Child Mind Institute</p>	 <p><a href="#"><u>Stop Bullying LGBTQIA+</u></a> Article by stopbullying.gov</p>
 <p><a href="#"><u>Transforming the Lives of Queer Youth</u></a> Podcast by MCEC</p>	 <p><a href="#"><u>Cultivating Self-Acceptance</u></a> Video by PBS Kids</p>	 <p><a href="#"><u>Bullying: LGBTQIA+ Youth</u></a> Article by Mental Health America</p>
 <p><a href="#"><u>LGBTQIA+ Centers</u></a> Resource by CentreLink</p>	 <p><a href="#"><u>Alike and Different</u></a> Article by PBS Kids</p>	 <p><a href="#"><u>LGBTQIA+ Bullying</u></a> Article by STOMP Out Bullying</p>
 <p><a href="#"><u>Knowledge That Has Power to Heal</u></a> Resource by The Trevor Project</p>	 <p><a href="#"><u>Raising Kind Kids</u></a> Toolkit by The Nora Project</p>	 <p><a href="#"><u>LGBTQIA+ Youth Resources</u></a> Resource by CDC</p>
 <p><a href="#"><u>LGBTQIA+ Human Rights</u></a> Memorandum by The White House</p>	 <p><a href="#"><u>Friends &amp; Family Support Systems</u></a> Article by The Trevor Project</p>	 <p><a href="#"><u>Preventing and Combating Discrimination</u></a> Executive Order by The White House</p>
 <p><a href="#"><u>LGBTQIA+ Policies and Tallies for the U.S.</u></a> Article by Transgender Law Center</p>	 <p><a href="#"><u>LGBTQ: Guidance for Families</u></a> Toolkit by Strong Family Alliance</p>	 <p><a href="#"><u>Questions About LGBTQ Words</u></a> Article by Human Rights Campaign</p>



For Parents & Professionals	For Parents of Young Children	For School
 <p><a href="#"><u>Meeting the Call</u></a> <i>Guide by The Trevor Project</i></p>		 <p><a href="#"><u>Model School District Policy</u></a> <i>Booklet by American Foundation for Suicide Prevention</i></p>
 <p><a href="#"><u>The Intersex Community</u></a> <i>Article by Human Rights Campaign</i></p>		
 <p><a href="#"><u>2022 National Survey on LGBTQ Mental Health</u></a> <i>Article by the Trevor Project</i></p>		
 <p><a href="#"><u>Enhancing Resilience in Military LGBTQIA+ Youth</u></a> <i>Handout by NCTSN</i></p>		
 <p><a href="#"><u>Guide for Youth that Identify as Transgender and Nonbinary</u></a> <i>Booklet by The Trevor Project</i></p>		
 <p><a href="#"><u>Safer Space: Brighter Future</u></a> <i>Booklet by The Trevor Project</i></p>		
 <p><a href="#"><u>The Lifeguard Workshop</u></a> <i>Booklet by The Trevor Project</i></p>		
 <p><a href="#"><u>Helping Families Support their LGBTQIA+ Children</u></a> <i>Booklet by SAMHSA</i></p>		
 <p><a href="#"><u>LGBTQIA+ Resources</u></a> <i>Resource by NCTSN</i></p>		

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## LGBTQIA+

### report

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