



Trans Youth and Suicide Awareness:

Best Practices

Introduction:

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- Pretty Decent Chef
- 25 Year Career with Waterbury Fire Department
- 5 Years on WFD Peer-Support Team
- LGBTQ Rep. of the IAFF EHRC
- Transgender Female



Terminology

The Limits of My Language Mean the Limits of My World.

- Ludwig Wittgenstein
- Philosopher

Definitions 101:

Sex: A definition determined at birth, assigned based upon the newborn's external anatomy.

Gender: The social expectations of roles and behavior based upon assigned sex.

Gender Binary: The outdated belief that gender is comprised of only two genders and that everyone belongs to one or the other.

Gender Spectrum: The concept that gender identity is composed of an infinite combination of the two binary sexes or none at all.

Gender Identity: The internal feelings of one's location on the gender spectrum.

Gender Expression: The external way a person displays their gender identity.

Cisgender: A person whose gender identity aligns with the sex assigned to them at birth.

Transgender: Having a gender identity that does not match with one's assigned sex.

LGBTQI+: An acronym for lesbian, gay, bisexual, transgender, queer, intersex, and others.

Transitioning: A series of processes that some transgender people may undergo in order to live more fully as their true gender. This could include a social transition, medical transition, and/or legal transition.



Definitions 101:

Gender Nonconforming: A person with a gender expression that does not match with societal expectations of their gender identity.

Gender Fluid: A person with a gender identity that is not fixed on the gender spectrum.

Agender: A person with a gender identity that is neutral or nonexistent.

Queer: A term people often use to express a spectrum of identities and orientations that are counter to the mainstream. Queer is often used as a catch-all to include many people, including those who do not identify as exclusively straight and/or folks who have non-binary or gender-expansive identities. This term was previously used as a slur but has been reclaimed by many parts of the LGBTQI+ movement.

Pansexual: Describes someone who has the potential for emotional, romantic or sexual attraction to people of any gender though not necessarily simultaneously, in the same way, or to the same degree.

Pronouns: The set of terms a person prefers to be identified by when referred to in the subjective, objective, and possessive. (Mine are: She/Her/Hers)

Misgendering: Using pronouns or other language inappropriate for a person's gender identity when speaking to or about them.

Deadnaming: The act of referring to someone by a name they do not identify as, such as the given birth name prior to transition.



Societal Overview

What is the current climate for trans youth?

Demographic Data:

- 3.3% of youth in America identify as transgender.
- Statistics follow a generally even distribution regardless of region.
- Racial disparities when compared to the general population show only a few statistical anomalies.
- Currently 27 states have enacted legislation limiting or outright banning youth access to gender related care.
- HHS & CMS have proposed rules to ban all access to care for trans youth.
- None of the current anti-trans sentiment is in line with decades of internationally recognized science-based data or recommended best practice as developed and reviewed by expert sources.

The Disparity of Rejection and Denial:

- Trans youth report a rate of serious suicidal ideation nearly 2.5 times that of the general population.
- Trans youth report anxiety rates 3.5 times greater than their peers.
- Trans youth report depression rates 3 times greater than their peers.
- Only 50% of LGBTQ youth wanting mental health care receive it.
- Almost half of trans youth report their families have or are attempting to relocate due to state level anti-LGBTQ efforts.



Support

How can we be good allies?



Best Practices to Support Trans Youth:

- Education.
- Outward signs of support.
- Privacy.
- Be humble to apologize and accept correction with grace.
- Be brave enough to defend someone, especially in their absence.
- Be flexible.
- Just listen.

The Impacts of Proper Care:


- Trans youth given access to gender-affirming care including puberty blockers and hormone therapy have significant reductions in both severe depression and suicidal ideation.
- Transition regret is nearly non-existent in trans youth.
- Trans students perform better in an accepting school environment.
- Trans youth from supportive environments are less likely to experience detrimental outcomes in everyday life.



Suicide Awareness

Resources & Best Practice to in a Crisis

Suicide Intervention:

- Be direct.
 - Be honest while respecting privacy.
 - Identify the reason or reasons the person is considering self-harm.
 - Identify a reason the person wants to not commit an act of self-harm.
 - Develop a plan to access resources.
 - Get a commitment to stay.
 - Develop a check-in plan.
 - Follow through.
 - Always be prepared to contact 9-1-1.
 - Protect your own mental health.
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Resources:

- 9-8-8 is the new national suicide hotline number. In Connecticut contacting 2-1-1 remains an additional option.
- Additional suicide prevention resources are available specific to the LGBTQ, Trans, and LGBTQ youth populations.
- In an urgent situation, 9-1-1 remains a baseline option, and should always be called if an attempt is in progress or imminent.

LGBTQ+ SUICIDE PREVENTION RESOURCES

IF URGENT MEDICAL ATTENTION IS REQUIRED, CALL 9-1-1

Resource	Contact Information
NATIONAL SUICIDE PREVENTION LIFELINE	1-800-273-(TALK) 8255 VETERANS: PRESS 1
THE TREVOR PROJECT LGBTQ+ YOUTH	1-866-488-7386 CALL, TEXT OR CHAT TheTrevorProject.org
CRISIS TEXT LINE 24/7 SUPPORT	TEXT "EMM" TO 741741
SAGE LGBT ELDER HOTLINE	1-888-234-SAGE
TRANS LIFELINE TRANSGENDER COMMUNITY SUPPORT	1-877-565-8860
KNOW THE SIGNS FIND THE WORDS REACH OUT	SuicidelsPreventable.org

FOR ADDITIONAL RESOURCES:
EMMResourceCenter.org/collection/lgbtq

EachMind MATTERS

Resources:

- <https://www.preventsuicidect.org/>
- <https://www.thetrevorproject.org/>
- <https://pflag.org/>
- <https://livingworks.net/training/livingworks-assist/>
- <https://wpath.org/>
- <https://www.samdevorah.org/resources>
- <https://www.transyouthequality.org/>



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- Applied Suicide Intervention Skills Training, Substance Abuse and Mental Health Services Administration, <https://www.samhsa.gov/resource/dbhis/applied-suicide-intervention-skills-training-asist>

