

Understanding, Supporting, & Caring for Our Queer Youth



Ty Neely, LPC, NCC
He/Him/His

A Little About Me



the
Montrose
Center



HEIGHTS
FAMILY COUNSELING



UNIVERSITY OF
ST. THOMAS

Why Are We Talking About This?

- LGBTQ+ identifying adults up to 8% in 2022 from 5.6% in 2020
 - More than 1% identify as transgender
- Texas and California have largest populations of LGBTQ+ individuals
- 44% LGBTQ+ youth in Texas seriously consider suicide (2022)
 - 16% report suicide attempts
 - Due to lack of affirming and supportive environments
- 60% of LGBTQ+ Youth who sought out mental health care, could not access it (2022)
- Nurturing homes and schools cut suicide potential by nearly 50%
- Greg Abbot's order to prosecute families who allow their children to receive gender-affirming care (2022)
- Threat of loss of marriage rights (2022)

What does it
all mean?

Lesbian

Bisexual

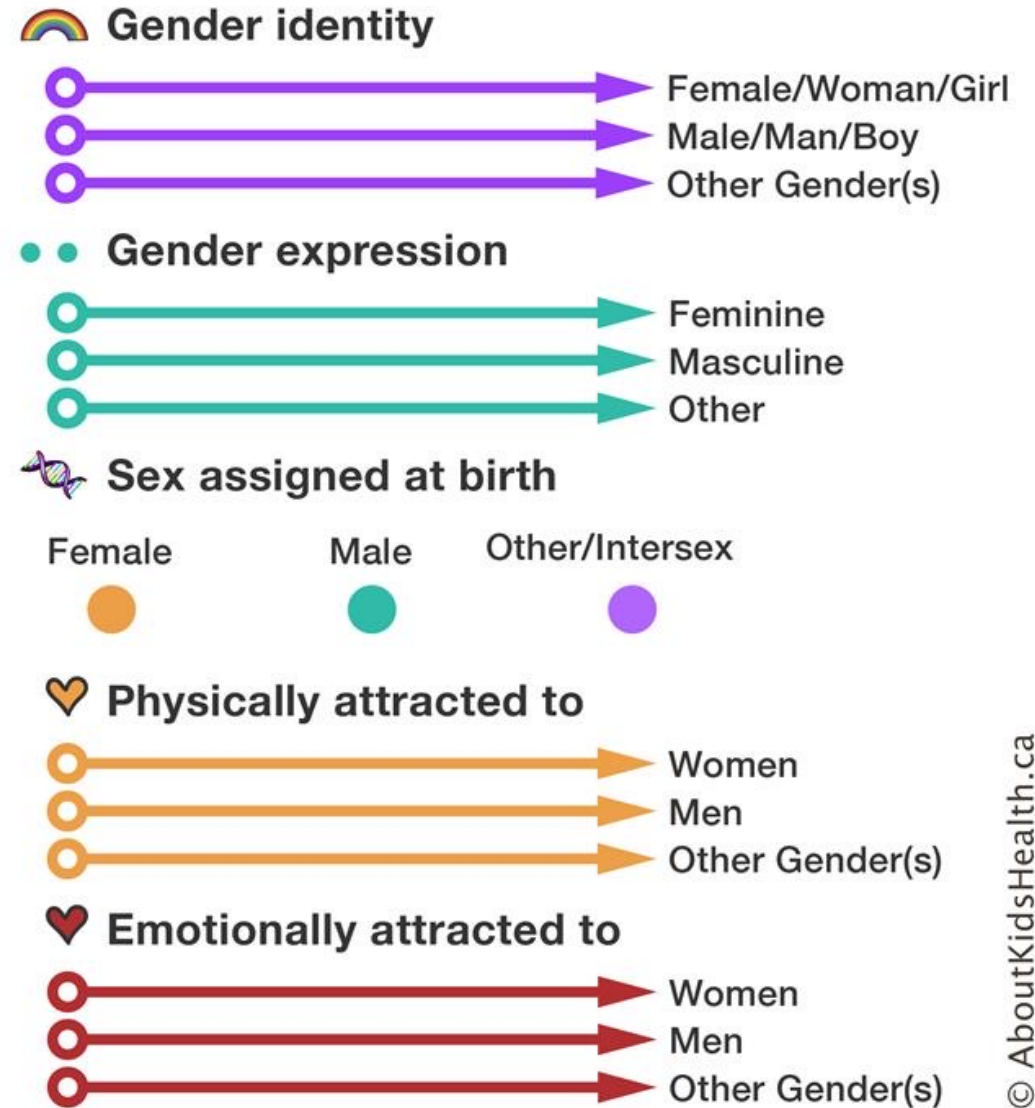
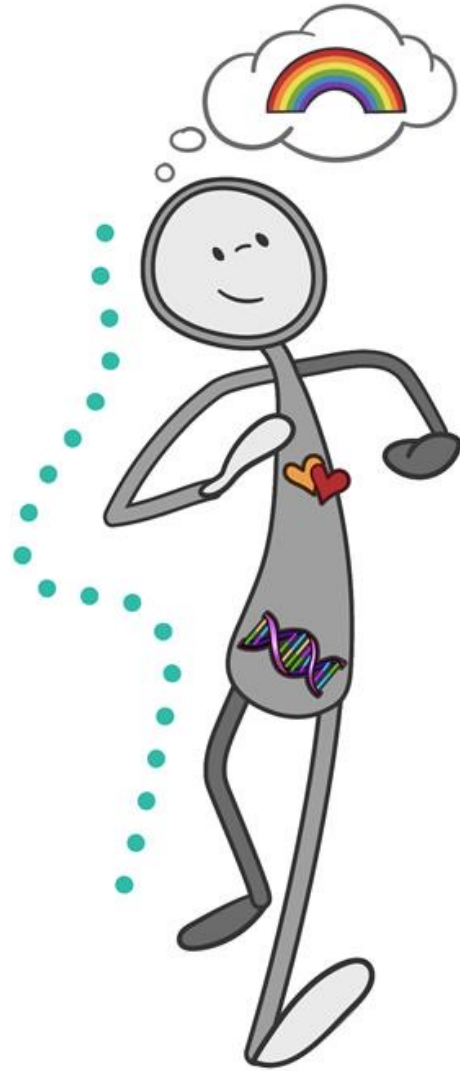
Queer
questioning

Gay

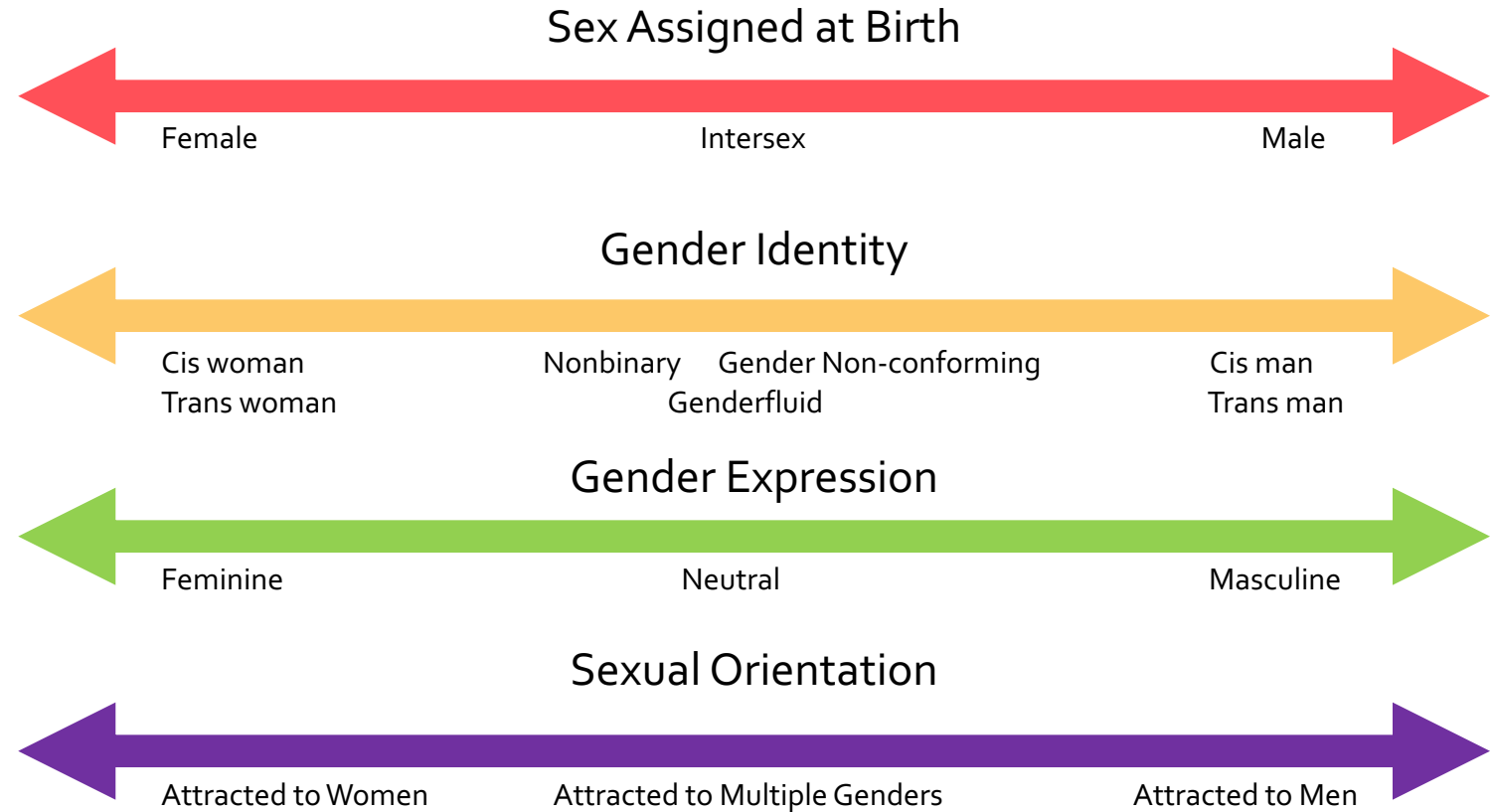
Transgender

Asexual
gender
Intersex

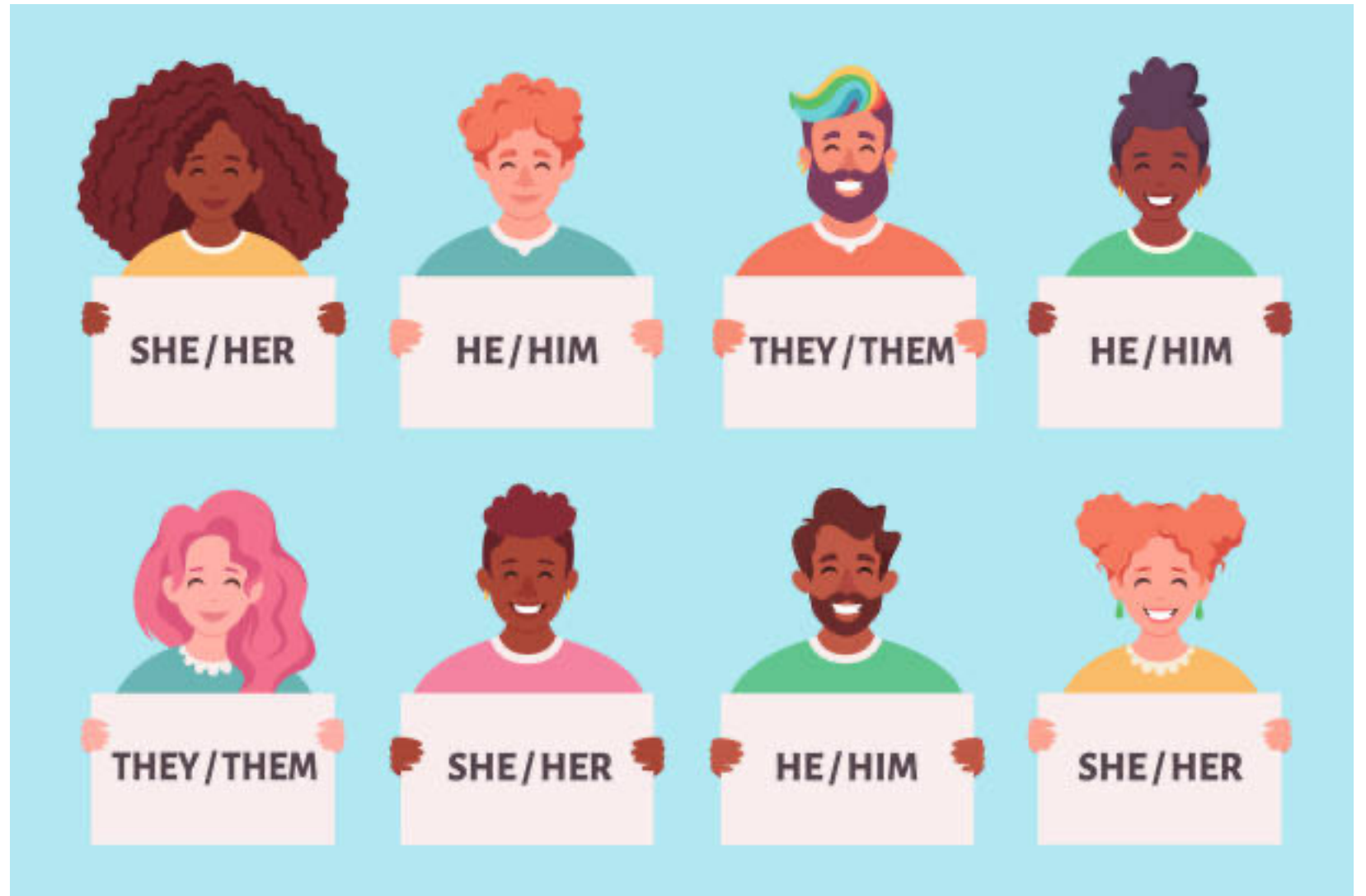
Sexual Orientation vs. Gender Identity



The Spectrums

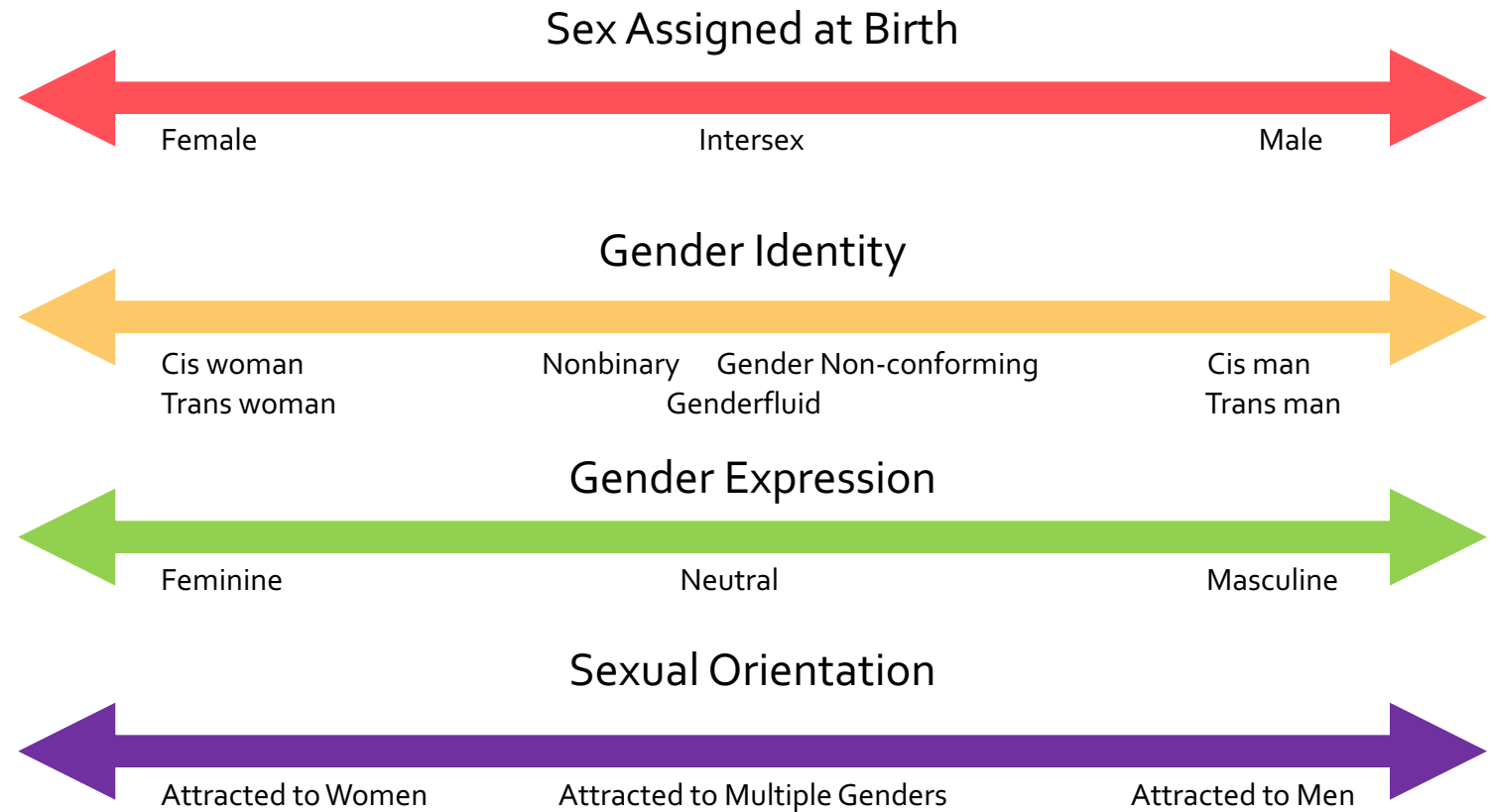


Pronouns



Discuss!

Where do you
lie on these
spectrums?



Some More Terms

- Cis or cisgender
 - A person is cisgender when their gender identity aligns with the sex they were assigned at birth.
- Cishet
 - Cishet is short for “cisgender heterosexual”, and refers to people who are both cisgender and heterosexual.
- Closeted
 - A closeted person isn’t open about their sexual orientation and/or gender identity.
- Coming out
 - To come out is to voluntarily make your sexual orientation and/or gender identity known to public or to other people.
- Demisexual
 - A demisexual person is sexually attracted only to people whom they share an emotional bond with. Demisexuality falls within the asexual spectrum.
- Drag
 - Drag is a gender-bending art form in which a person dresses in clothing and makeup meant to exaggerate a specific gender identity, usually of the opposite gender, but not always. Drag is not an indicator of a person’s gender identity. A drag queen or drag king is also distinct from a trans person.

Even More Terms

- Misgender
 - To misgender someone is to wrongly attribute a gender to them which they don't align with. This can be done intentionally or by accident. For example, misgendering can happen when someone uses gendered pronouns or gendered language (e.g. "Hey guys / ladies").
- Nonbinary
 - Nonbinary folks don't identify with either the male or female gender, and identify outside of the gender binary. Often referred to as "**enby**."
- Pansexual
 - A pansexual person is romantically, emotionally, and/or sexually attracted towards people of all genders and sexes.
- Gender Affirmation Surgery
 - The correct phraseology to refer to refers to the surgical alteration of a person's secondary sex characteristics, which can form a part of a trans person's transition process.
- Transition
 - Refers to processes where a trans individual moves from one gender presentation to another.
 - Social – Names, pronouns, social relationships and settings
 - Medical – Hormones and surgery
 - Legal – Legal name changes and gender marker changes



Lived Experience Being LGBTQ+

Effects of Cis & Heteronormativity

- Heteronormativity
 - Denoting or relating to a world view that promotes heterosexuality as the normal or preferred sexual orientation.
- Cisnormativity
 - Denoting or relating to a world view that promotes being cisgender as the normal or preferred gender identity.
- Shame, othering, ostracization, isolation

Growing Up LGBTQ+

- Identity recognition can start at the beginning of life
- Shame surrounds all aspects of sense of self
- Arrested Development
- Lack of role models or visual representations of future
- Bullying and harassment
- Religious trauma
- Abandonment – Friends, peers, families
- Homelessness – 25% of homeless youth are LGBTQ+

Resources

- PFLAG Montgomery
- Sam Houston State University - Haven
- Trevor Project
- Counseling
 - Heights Family Counseling – Virtual
 - Find local therapists on Psychology Today
- Montrose Center
- Crofoot, MD
- Legacy Community Health

How You Can Help

- Actually talk about it!
- Keep educating yourself.
- Discuss inclusive ideas, media, public figures with kids.
- Ask for help and forgiveness when you make a mistake.
- Speak up and stand up for LGBTQ+ people when needed
- Ask questions!



Questions?

Contact Info

- Ty Neely, LPC, NCC
- tyneely@heightsfamilycounseling.com
- www.heightsfamilycounseling.com
- Office Number: 713-380-1151
- Office Address: 2500 Summer St., Suite 1220-A, Houston, TX 77007

Sources

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