



Five Tips for Supporting LGBTQ+ Youth

1. Learn About Language.

- **Sex assigned at birth:** The sex an infant is given at birth based on their chromosomes and/or genital anatomy. This could be male, female, or intersex.
- **Sexual orientation:** A person's physical or emotional attraction to a person based on that person's gender(s). This includes heterosexual, homosexual, bisexual, and pansexual.
- **Gender identity:** An internal sense of one's gender that may or may not be the same as the sex someone is assigned at birth. Some examples of different gender identities include:
 - Cisgender:** A person whose identity and gender corresponds with their sex assigned at birth.
 - Transgender:** A person whose internal sense of personal identity does not correspond with the sex assigned at birth
 - Nonbinary:** a person who doesn't identify with any gender or identifies as a blend of male and female elements.
- **Gender dysphoria:** Feelings of discomfort or distress experienced when one's sex assigned at birth and gender identity do not align.

2. Use Name and Pronouns

You can support the children in your life by using their preferred name and pronouns. Learning a new name and pronouns can take time, so if you make a mistake, quickly correct yourself and move on. Encourage others to be accepting and validating by using your child's name and pronouns as well and gently correct them if they forget.

3. Avoid Binary Language

Using gender-neutral language such as:

- Partner or spouse (instead of boyfriend/girlfriend/husband/wife)
- Guests, students or friends (instead of ladies and gentlemen or boys and girls)

Five Tips for Supporting LGBTQ+ Youth (continued)

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