



Creating Inclusive, Sex-positive Health Environments for LGBTQ+ Youth

Farley (they/she/he)

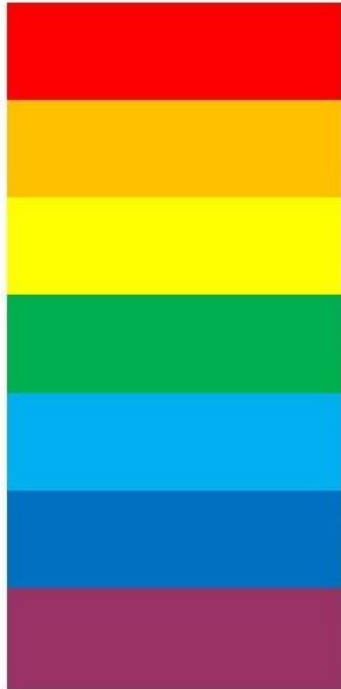
emmarose57@icloud.com OR farley.444 on Instagram

Lavonne Robinson (they/them)

sherellrobinson123@gmail.com

Erin Gutowski (she/her) DO, MPH

emgutows@gundersenhealth.org



INCLUSIVE

EQUITABLE

DIVERSE

ACCEPTING

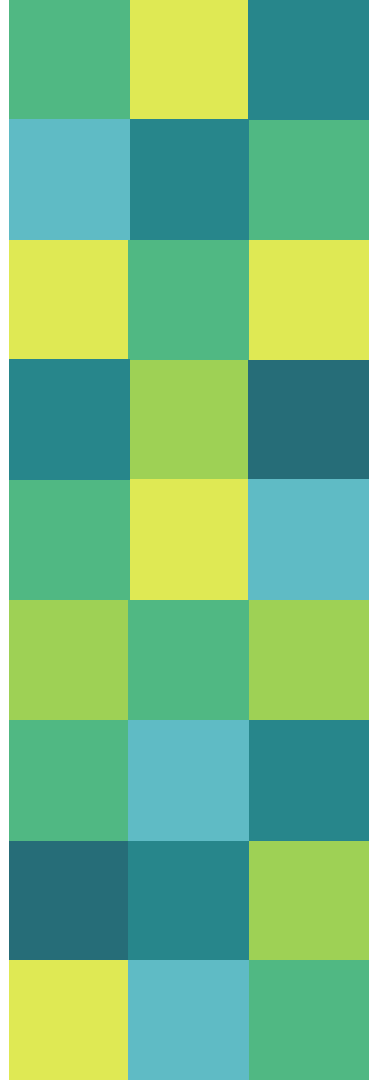
WELCOMING

SAFE SPACE

FOR EVERYONE

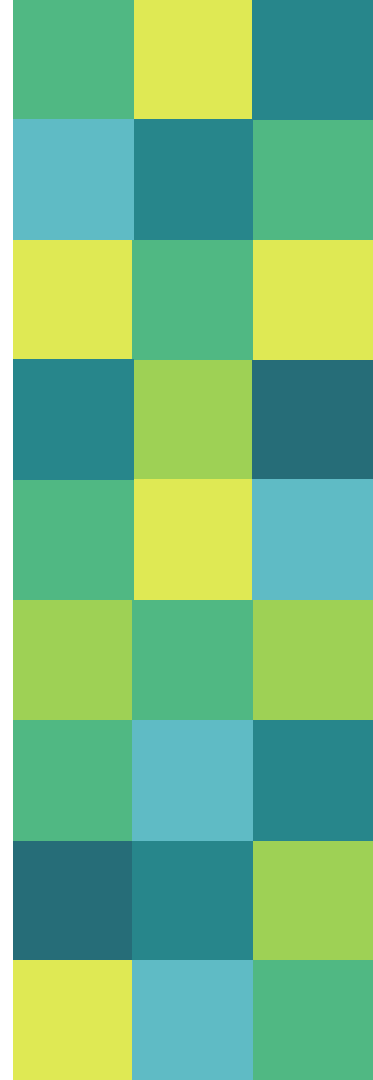
Disclosures

We have no financial disclosures to discuss
and no conflicts of interest to address for
today's topic



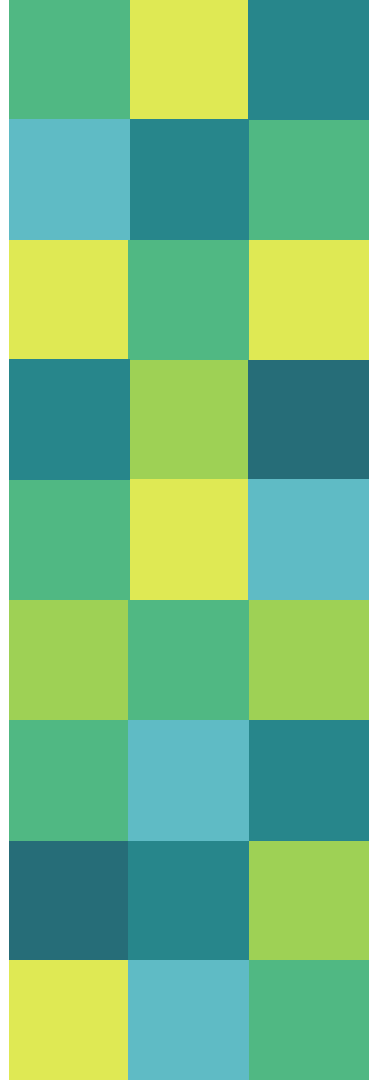
Objectives

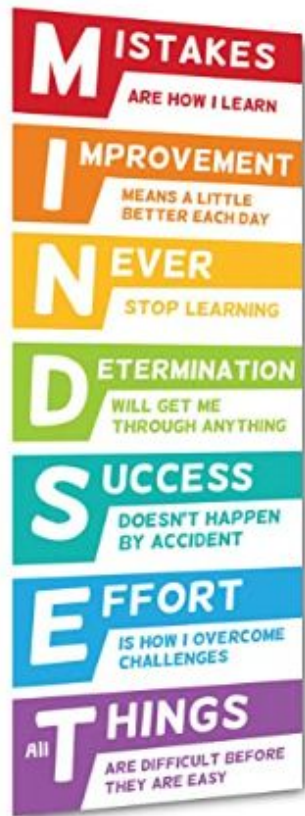
- Describe sex positivity and the circles of sexuality
- Identify high risk behaviors and inclusive resources that can be used to promote safer practices in youth
- Formulate an advocacy action plan for comprehensive and inclusive sexual health education in your community



Overview

- ★ Ice-breaker activity
- ★ Intro and Definitions
- ★ Group learning project
- ★ Group teaching experience
- ★ Q&A, individual reflection





Describe your health
education in school:
What was done well?
What do you wish was better?



Given what you currently know about health education in Wisconsin, what topics would you advocate for covering in the school setting?

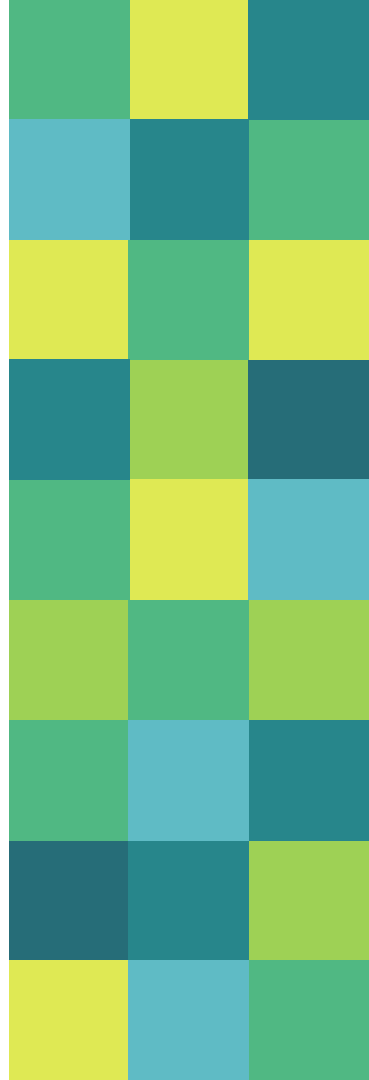


What does sex positivity
mean to you?



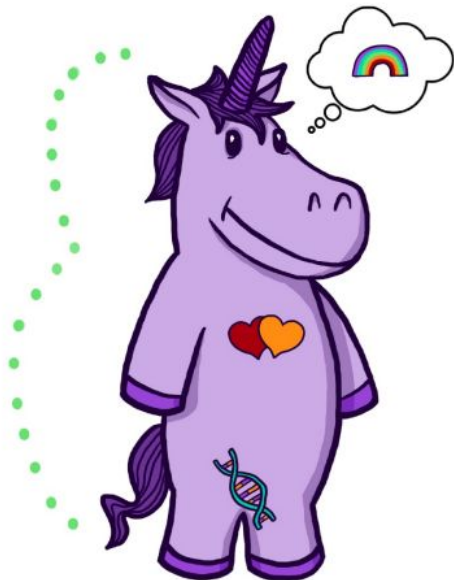
Sex positivity

- ★ “Adopting comprehensive and inclusive definitions of gender and sexuality
- ★ Rejecting narrow definitions of what constitutes sex
- ★ Giving due consideration to potential positive and negative effects of sexual activity
- ★ Providing students with the information and tools they need to optimize their sexual health and make healthy decisions
- ★ Promoting healthy and respectful sexual and romantic relationships
- ★ Recognizing that monogamy, marriage and reproduction are not universal relationship goals and ideals
- ★ Understanding that not everyone is a sexual being and that a lack of sexual desire is not inherently dysfunctional
- ★ Respecting people who have different views about sex”
 - *The Psychology of Human Sexuality* by Dr. Justin Lehmiller



The Gender Unicorn

Graphic by:
TSER
Trans Student Educational Resources



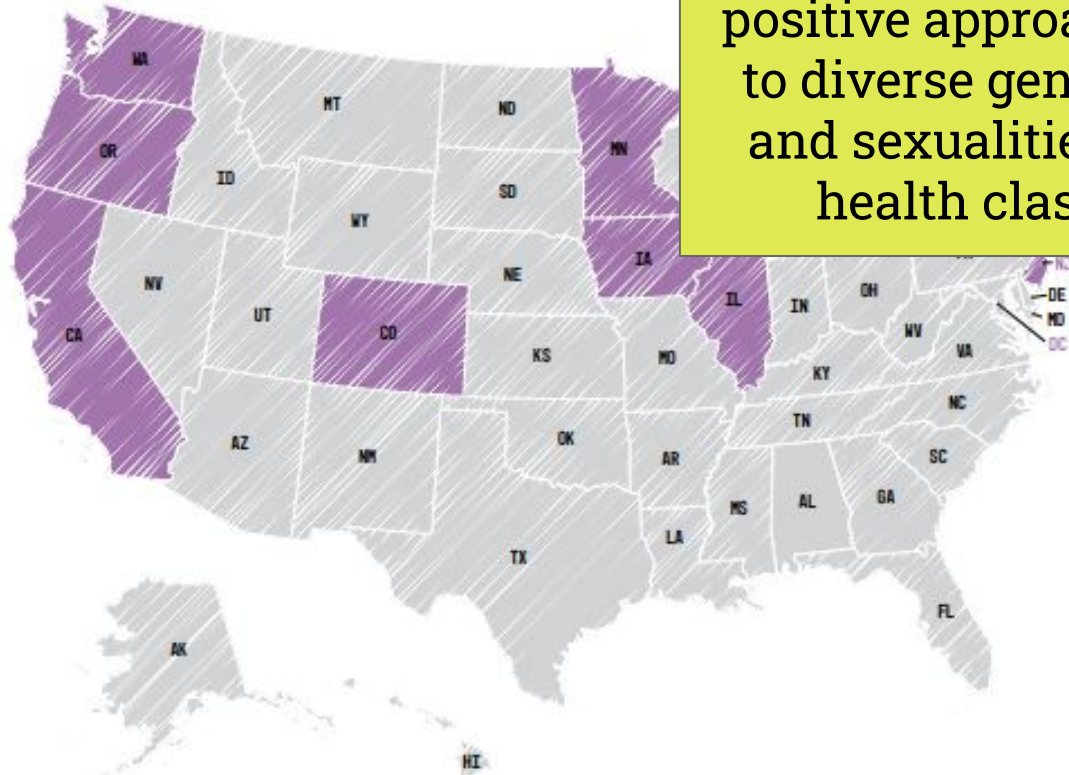
To learn more, go to:
www.transstudent.org/gender

Design by Landyn Pan and Anna Moore

ONLY

67%

States That Have Passed Non-Discrimination Laws and State-Wide Regulations to Protect LGBTQ Students



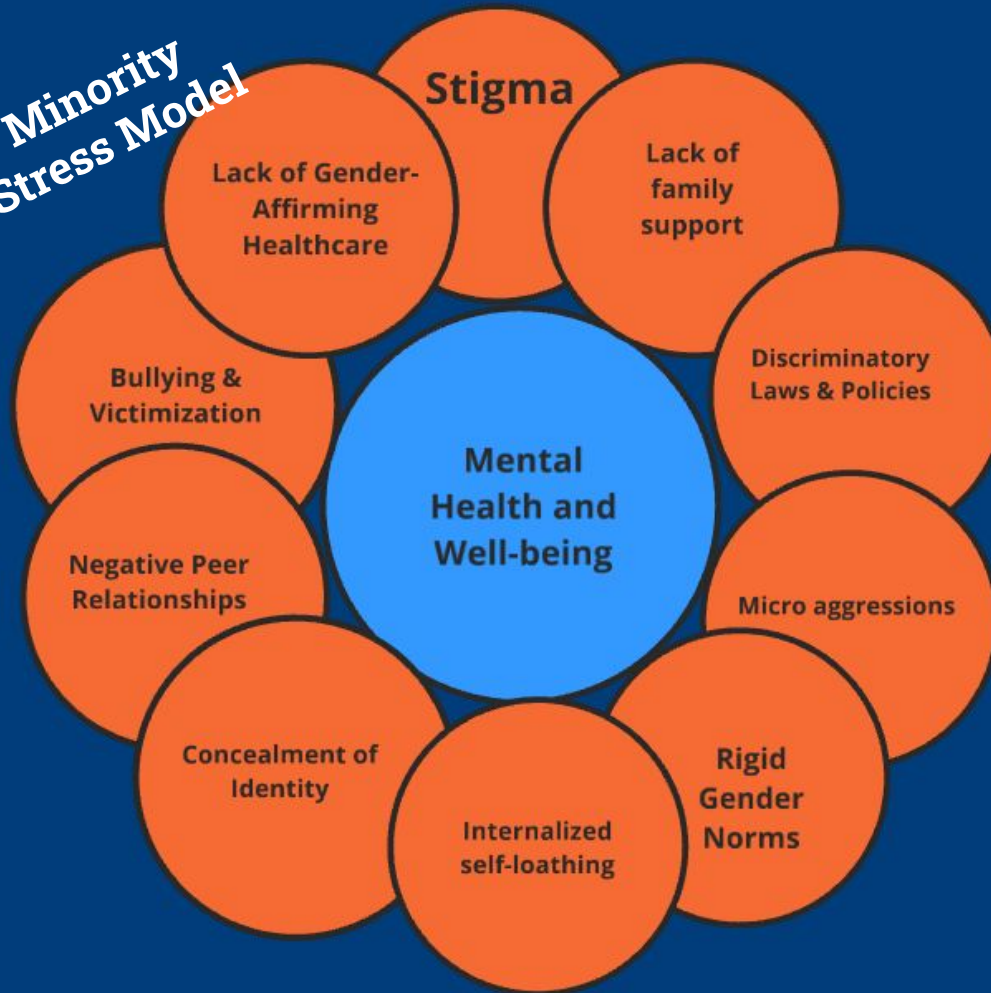
Only 13% of LGBTQ+ youth report sex positive approaches to diverse genders and sexualities in health class





CIRCLES OF SEXUALITY

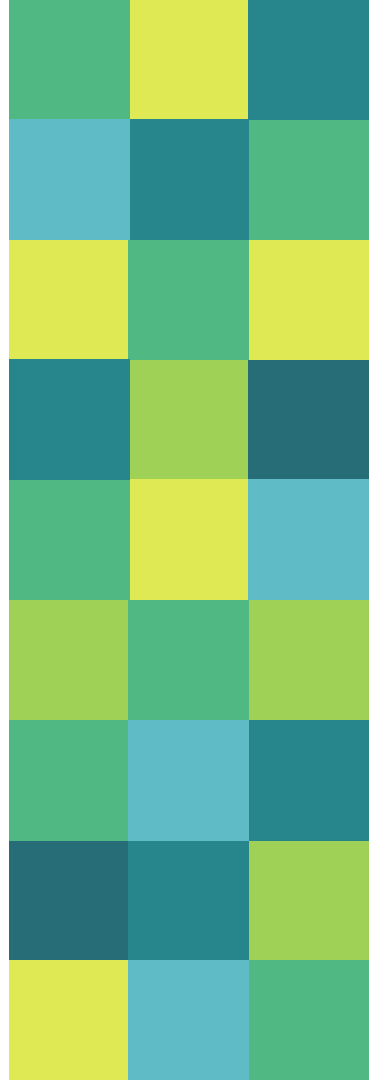
Minority Stress Model



Meyer, I. H. (2015).
*Resilience in the study of
minority stress and health of
sexual and gender
minorities.*

Turning teams into experts!

- ★ We'll have you organize into groups based on the colorful paper you were given when you walked in
- ★ You will have 15 minutes to work with your team on the topic provided to hunt, gather, and share information
- ★ Then, your team will share your knowledge!
- ★ Added bonus: Dr. Erin talks less ;)



Rainbow teams: ASSEMBLE!

Red Team: Pleasure

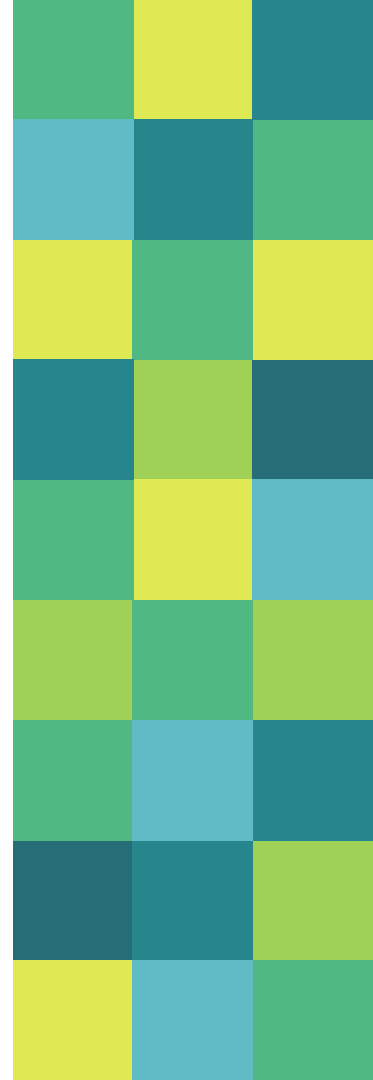
Orange Team: Body Positivity

Yellow Team: Gender Exploration

Green Team: Consent

Blue Team: Contraceptive care

Purple Team: Attraction/Sexuality



The image features a central marquee sign with the word "SHOWTIME" in white, bold, sans-serif capital letters. The sign is set against a dark red background and is framed by a glowing border of small, warm-toned lights. This sign is centered on a blue background with a vertical pleated curtain texture. The entire composition is surrounded by a border of colorful squares in shades of yellow, green, and blue, arranged in a grid-like pattern.

SHOWTIME

RED TEAM: PLEASURE

- Resources:
 - [Toolshed Toys](#)
 - [Pleasure Activism](#) by Adriene Brown
 - [Scarleteen](#)
 - [Oh Joy Sex Toy](#)
 - [Smitten Kitten](#)
 - [O. School](#)
 - [Sex Out Loud](#)
 - [Sex, Etc.](#)
 - [CLIMAX](#)

ORANGE TEAM: BODY POSITIVITY

- Resources:
 - [Note to Self](#)-by Farley (one of our PATCH youth!) & their peers
 - [Dove Love your Body Campaign](#)
 - [The Body Positive](#)
 - [The Body is Not an Apology](#) by Sonya Renee Taylor
 - [The Master List](#)
 - [10 ways to practice Body Positivity](#)
 - @unlikelyhikers on Instagram
 - @fullbodiedbekah on Instagram
 - @claraandherself on Instagram
 - @nutrition_by_sa on Instagram

YELLOW TEAM: GENDER EXPLORATION

- Resources:
 - [Gender unicorn](#)
 - [Bookstores](#)
 - [Trevor Space](#)
 - [The ABCs of LGBTQ+](#) by Ash Hardell
 - [The Gender Identity Workbook for teens](#)
 - [Gender affirming gear](#)
 - [The Family Acceptance Project](#)
 - [NCTSN screening for providers](#)
 - [The Trevor Project](#)
 - [PFLAG](#)
 - [Gender Spectrum](#)
 - [Trans Families](#)
 - [Trans Bodies](#)

GREEN TEAM: CONSENT

- Resources:
 - [Amaze.org](https://www.amaze.org)
 - [Consent is like Tea](#)
 - [Books about consent](#) (kids)
 - [Books for teens/adults](#)
 - [Consent FRIES](#) (Planned Parenthood)
 - [RAINN](#)

BLUE TEAM: CONTRACEPTIVE CARE

- Resources:
 - [Planned Parenthood](#)
 - [CDC](#)
 - [Bedsider](#)
 - [Clue](#)
 - [Our Bodies, Ourselves](#)

PURPLE TEAM: ATTRACTION + SEXUALITY

- Resources:
 - [Prism](#) WI
 - [GSafe](#) WI
 - [Go Ask Alice](#)
 - [Ask Without Shame](#)
 - [ASHA](#)
 - [Planned Parenthood](#)
 - [SAHM](#) Sexual health resources
 - [AAP](#) and [HealthyChildren.org](#)
 - [Scarleteen](#)



FINAL THOUGHTS

References

- Lindberg, L., Kantor, L. Guttmacher Institute. ***Adolescents' Receipt of Sex Education in a National Representative Sample, 2011-2019***. Journal of Adolescent Health, 70;2 (2022) pp 290-297.
- ***2018 LGBTQ Youth Report***. Human Rights Campaign in partnership with the University of Connecticut.
<https://hrc-prod-requests.s3-us-west-2.amazonaws.com/files/assets/resources/2018-YouthReport-NoVid.pdf>
- ***2018 Gender Expansive Youth Report***. Human Rights Campaign in partnership with the University of Connecticut.
<https://hrc-prod-requests.s3-us-west-2.amazonaws.com/files/assets/resources/Gereport1.pdf>
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<https://transstudent.org/gender/>
- Meyer, I. H. (2015). **Resilience in the study of minority stress and health of sexual and gender minorities**. *Psychology of Sexual Orientation and Gender Diversity*, 2;3 (2015) pp 209–213.

