

# Caring Adults: Supporting 2SLGBTQI+ Youth During Difficult Times

## Safe relationships and places matter.

Schools and school 2SLGBTQI+ clubs like Gay-Straight Alliances (GSAs) may be the few or only safe spaces some 2SLGBTQI+ students have. At times, they have been the only space where these students could truly be themselves.

We know that many 2SLGBTQI+ young people don't feel safe at home. That's a big part of why as much as 40% of homeless youth in Ontario identify as 2SLGBTQI+.

Many 2SLGBTQI+ students have to hide their identities from their families to protect themselves. As a caring adult, it is important to be attentive to this reality for some students and do your best to help 2SLGBTQI+ students feel cared for and connected. 2SLGBTQI+ youth may also be impacted by other forms of oppression, like racism, ableism or sexism. Caring adults need to recognize the unique experiences and needs of 2SLGBTQI+ youth from diverse communities.

Educators and other caring adults can help 2SLGBTQI+ youth by reaching out and letting them know they aren't alone. Checking in can make a big difference in the lives of 2SLGBTQI+ youth.



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Here is a short example of the kind of message you can send to check-in on 2SLGBTQI+ young people you are connected to:

Hi (Student Name),

How are you? I hope that you are doing well! I know there's been a lot going on these days, especially with (insert example). So, I wanted to check in with you to offer some support, if you need it.

I had some resources sent along to me to help students who may need some support right now. Would you be interested in checking them out? I can send them along, or you can see them here: <https://smho-smso.ca/students>. I'm happy to talk about these resources with you, or just talk, if you need someone to listen.

Take Care,  
(Your Name)

## Resources for Caring Adults on Supporting 2SLGBTQI+ Youth:

**Black Youth Helpline:** A resource for black youth

**Canadian Parents of Trans Kids:** Parent-led Facebook support group for Canadian parents of trans and gender diverse children

**Egale Canada:** A resource for affirming adults in the school community who would like to learn to be supportive and affirming to LGBTQ2S+ youth

**Family Acceptance Project, San Francisco State University:** Supportive Families, Healthy Children – Toolkit for parents and caregivers with LGBTQ2S+ children and youth

**Gender Creative Kids Canada:** Resource for trans and gender diverse children and youth, their families and allies

**LGBT YouthLine:** A resources list from YouthLine, a 2SLGBTQ youth-led organization that affirms and supports the experiences of youth across Ontario

**OK2BME:** Definitions for Different LGBTQ2S+ identities

**PFLAG Canada:** National organization focused on supporting parents and caregivers of LGBTQ2S+ youth

**Planned Parenthood Toronto:** Tips for Supporting Trans and Gender Diverse Youth

**PREVNet:** Resource for parents supporting LGBTQ youth experiencing bullying

**The Native Youth Sexual Health Network:** Resources for Two Spirit and LGBTQ+ Indigenous Youth

**The Trans Partner Handbook:** A book with practical information and tips to help parents, partners and loved-ones support trans and gender diverse people in their families ([goodreads.com](http://goodreads.com))



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