

Caregiver Training Supporting Sexual and Gender Diverse Children and Youth

Participant Material

Alberta Children and Family Services
2025



Alberta

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Key Take Aways

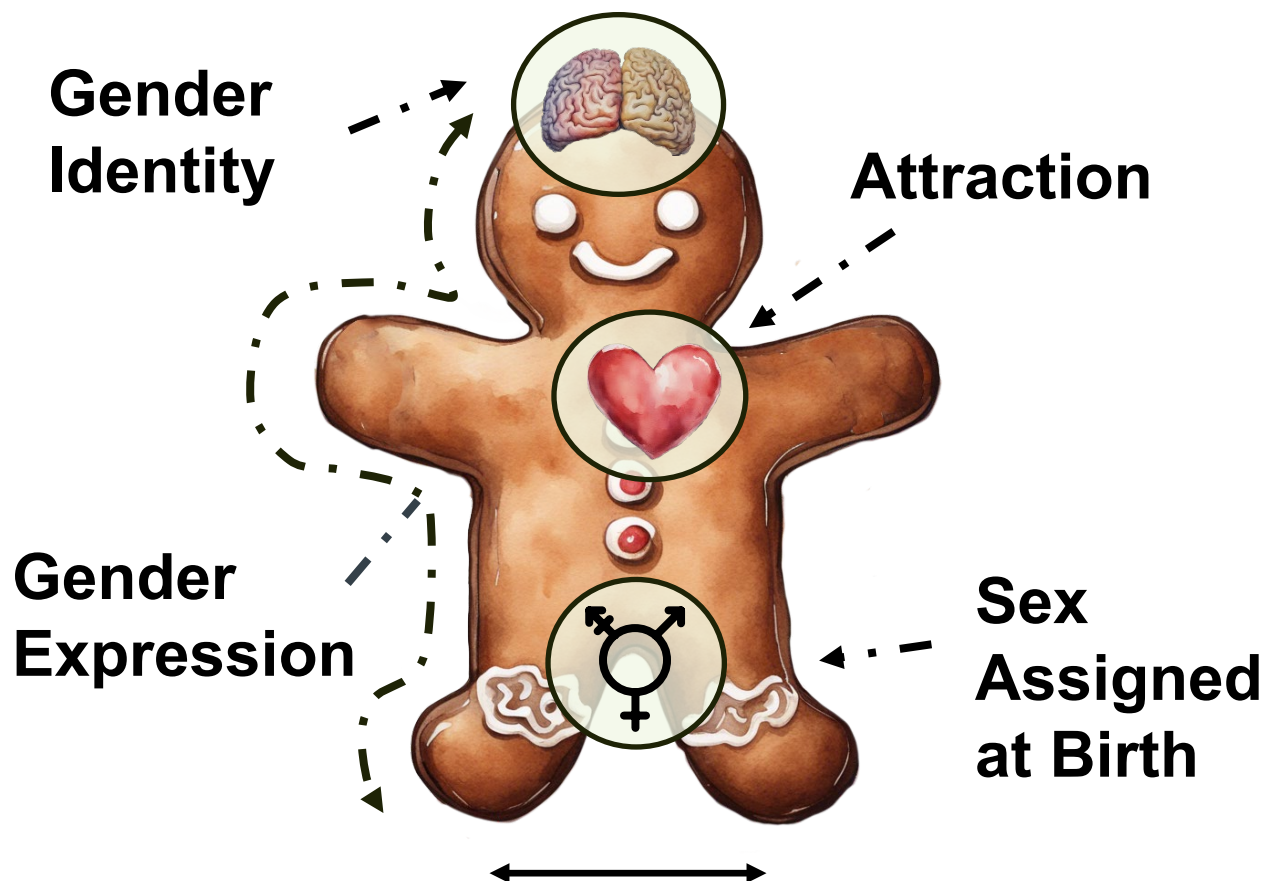


Video Resources



Resources

Genderbread Person



Sex Assigned at Birth

Female-ness

Male-ness



Romantically/Sexually Attracted to...

Women; Feminine; Female

Men; Masculine; Male



Gender Identity

Woman-ness

Man-ness



Gender Expression

Femininity

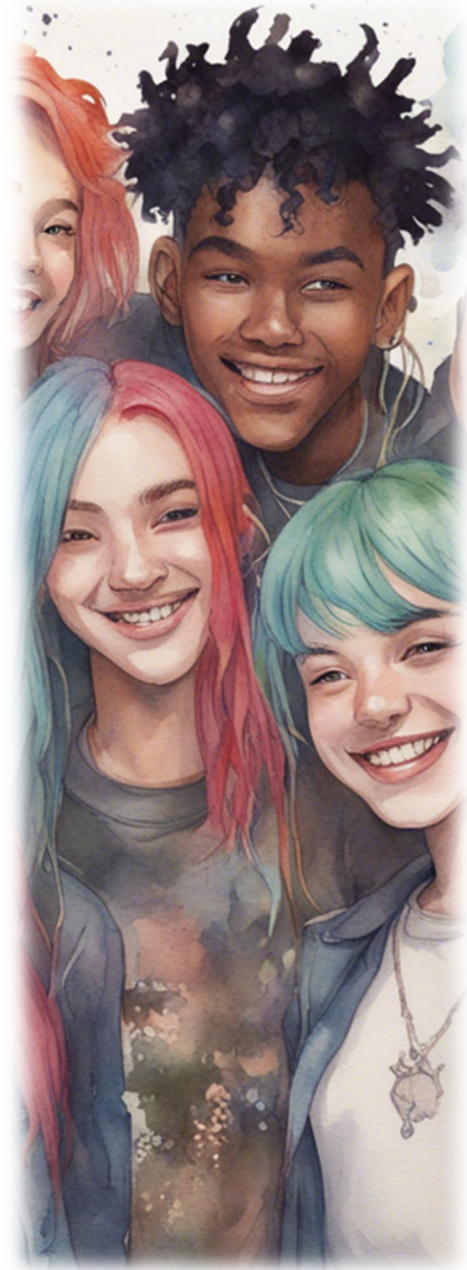
Masculinity



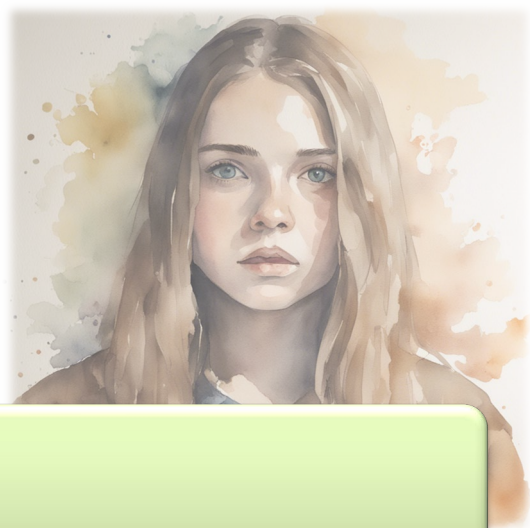
Next

2SLGBTQI+

- 2S = Two Spirit
- L = Lesbian
- G = Gay
- B = Bisexual
- T = Transgender
- Q = Queer or Questioning
- I = Intersex
- + = Plus



Self-Stigma



Awareness

“I know people think being gay is wrong.”



Agreement

“They are right. Being gay is wrong.”



Application

“They are right, there is something wrong with me.”



Harm

“Why bother getting to know this caregiver? I don’t deserve to be cared for.”



Supporting Children and Youth



- Communicate with Respect
- Create an Inclusive Space
- Celebrate and Affirm Identity
- Connect with Resources



Video Resources

Name	Link	Description
Speaking OUT OCYA Special Report	https://www.youtube.com/watch?v=PA_5zqWweTQ	The importance of supporting the sexual and gender identity of children and youth in care.
Oh nahò:ten kén:ton ne	https://www.youtube.com/watch?v=6rLp-A9rCT0	Describes four elements of a person's sexual and gender identity.
Meet Alex: Former Youth in Care	https://www.youtube.com/watch?v=xEGdyM6FGTU	Insight into a former youth in Foster care Alex, and his journey into adulthood.
Wrabel – the Village	https://www.youtube.com/watch?v=tilsrO-3gcQ	A heartfelt music video of a youth experiencing challenges expressing their gender.



Resources

Name	Description and link
<i>Child, Youth and Family Enhancement Act (CYFEA)</i>	Provides Children and Family Services authority to provide services to children and youth in need of intervention. https://open.alberta.ca/publications/c12
Gender Creative Kids	Provides resources for supporting and affirming gender creative kids. https://gendercreativekids.com/
Gender Identity	A brief handout about how gender identity typically develops and how caregivers can promote healthy gender development in children. https://caringforkids.cps.ca/handouts/behavior-and-development/gender-identity
PFLAG Canada	A charitable organization, founded by parents who wished to help families accept 2SLGBTQ+ children. https://pflagcanada.ca/
Your Open Closet	Store that specializes in body-positive undergarments, binders, and other gender affirming garments. https://youopencloset.com/
2SLGBTQIA+ Youth Resources Guide	Provides a list of supports in Edmonton for 2SLGBTQI+ youth and the youth-serving community https://www.therainbowpages.ca/
2SLGBTQI+ Terminology	Government of Canada resource that provides a list of terminology https://www.canada.ca/en/women-gender-equality/free-to-be-me/2slgbtqi-plus-glossary.html



Resources for Youth

Name	Description and Link
Youthline 2SLGBTQ+	Confidential, non-judgmental and informed 2SLGBTQ+ peer support through their phone, text, and chat services. https://www.youthline.ca/
Librarians Recommend: 10 Books That Deal with Gender Identity or Sexuality	10 Books That Deal with Gender Identity or Sexuality; A list of children's books compiled by Canadian librarians. https://www.cbc.ca/parents/learning/view/librarians-recommend-ten-books-that-deal-with-gender-identity-or-sexuality
Red: A Crayon's Story	Written by Michael Hall, this children's book is about being true to your inner self and following your own path despite obstacles that may come your way. https://www.amazon.ca/Red-Crayons-Story-Michael-Hall/
Queer Books for Teens	A comprehensive list of all LGBTQIAP+ Young Adult titles published between 2000 and 2020. https://queerbooksforteens.com/
The Pride Guide: A Guide to Sexual and Social Health for LGBTQ	Written explicitly for teenagers who identify as LGBTQ, or any of the unique identities that are not heterosexual/cisgender, by Jo Langford. Explores sex, dating, relationships, puberty, and both physical and online safety. https://www.amazon.ca/Pride-Guide-Sexual-Social-Health/
Refuge Restrooms	A website to locate gender-friendly washrooms. An app is available on Google Play and iTunes. https://www.refugerestrooms.org/



My Local Resources

Name	Location	Phone #	Description

