



# Supporting Sexual and Gender Diverse (SGD) Children and Youth

## In-Service Training

### Course Description

It is important for caregivers to understand Children and Family Services policies for supporting sexual and gender diverse (SGD) children and youth. Participants will learn to apply inclusive language and terminology that promotes a respectful caregiving environment. The course will also cover the unique risks to the safety and well-being of SGD children and youth, and offer strategies for creating a safe, welcoming home that supports their growth and identity. Additionally, learners will explore ways to nurture both existing and new connections for SGD children and youth in their care, enhancing their sense of belonging and well-being.

### Learning Objectives

- Describe and apply Children and Family Services policies related to caring for sexual and gender diverse children and youth.
- Use language and terminology related to sexual and gender diversity that foster an inclusive and respectful caregiving environment.
- Describe the risks to the safety and well-being of sexual and gender diverse children and youth.
- Create a safe and open home that supports children and youth in their care.
- Foster the development of existing and new connections for sexual and gender diverse children and youth in their care.

### Key Messages

- **Apply relevant policies:** Understand and implement Children and Family Services policies for supporting sexual and gender diverse (SGD) children and youth.
- **Promote respectful communication:** Use inclusive language and terminology to create a caregiving environment that respects and values sexual and gender diversity.
- **Recognize safety risks:** Identify and address the specific risks to the safety and well-being of sexual and gender diverse children and youth.
- **Create a supportive home environment:** Build a safe, welcoming home that nurtures the growth and identity of SGD children and youth.
- **Develop meaningful connections:** Foster both existing and new relationships for SGD children and youth to enhance their sense of belonging and well-being.

### Guided Discussion Questions

1. What insights have you gained regarding your own unconscious biases concerning sexual and gender diversity?
2. What are ways you are creating a safe space for diversity within your home?

### Resources

**Resource one:** 2018 LGBTQ Youth Report Link: <https://www.hrc.org/resources/2018-lgbtq-youth-report> HRC Foundation and the University of Connecticut released the largest-of-its-kind survey of more than 12,000 LGBTQ2S+ teenagers across the United States.

**Resource two:** Gender Creative Kids Link: <https://gendercreativekids.com/> This website provides resources for supporting and affirming gender creative kids within their families, schools and communities.

**Resource three:** Gender Identity Link: <https://caringforkids.cps.ca/handouts/behavior-and-development/gender-identity> A clear, brief handout that discusses how gender identity typically develops and how parents and caregivers can promote healthy gender development in children.

**Resource four:** LGBT Youthline (Canada-wide) youthline.ca | (1-800) 268-9688 Confidential, informed, nonjudgmental peer support through telephone, text and chat services.

**Resource five:** PFLAG (Canada-wide) Link: <https://pflagcanada.ca/> PFLAG Canada is a national charitable organization, founded by parents who wished to help themselves and their family members understand and accept their LGBTQ2S+ children.