

2SLGBTQ+ 101

January 10, 2024 10am-11:30am PT



Host

Amanda Gaston

Guest Speakers

Itai Jefferies

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Chat links:

Group Agreements – Native STAND, lesson 1:

<https://www.healthynativeyouth.org/curricula/native-stand-2-0/>

Digital Learning Agreements: https://docs.google.com/document/d/15od_aYkTTQMZfz8p7tDJaljr9s-JGaJrNkmEk-8GX4/edit

Paths Remembered: <https://www.pathsremembered.org/>

Celebrating Our Magic Toolkit: <https://www.pathsremembered.org/toolkit/>

FAQ for Parents with Indigiqueer Kids: <https://www.pathsremembered.org/parenting-two-spirit-and-indigiqueer-youth-faq/>

Mental Health Services – Indigiqueer Joy: <https://www.pathsremembered.org/mental-health-services/>

Exercises for Mental Wellness: <https://www.pathsremembered.org/exercises-for-mental-wellness/>

Blog – Indigiqueer Stories: <https://www.pathsremembered.org/blog/>

Session Feedback: https://www.healthynativeyouth.org/training_feedback/

TA Request Form: <https://www.healthynativeyouth.org/request/>

Talking is Power: <https://www.healthynativeyouth.org/resources/talking-is-power-tools-for-parents/>

Mind4Health:

<https://www.healthynativeyouth.org/curricula/mind4health-training/>

WeRNative: www.wernative.org/

I Know Mine: www.iknowmine.org/

Part 2 CoP Registration: <https://us06web.zoom.us/meeting/register/tZMuCeCvrz4qGNFJEGGA99bnPi3-sWfkbdIB#/registration>

Chat feed (names and emails have been removed)

00:44:03 Stephanie: Good Morning Friends!

00:44:41 Misti: Good Afternoon from Oklahoma!

00:44:41 Clover: Yak'ei lwxsiteeni! good to see you all !

00:45:28 Itai (they/them): Itai (ee-tie-ee), they/them pronouns

00:45:45 Danya: Howdy from Arizona

00:45:54 Abbey: Abbey (she/her) - calling in from DC!

00:45:55 Susan: Good morning, Susan, Maniilaq in Kotzebue Alaska.

00:46:11 Misti: Misti She/Her Indian Health Care Resource center. Relationship building with students and teachers. As I go into schools.

00:46:14 Faith: Faith, She/her, from Taos Pueblo, working with Taos Pueblo youth outreach

00:46:17 Taylor: Group Agreements – Native STAND, lesson 1:
<https://www.healthynativeyouth.org/curricula/native-stand-2-0/>

Digital Learning Agreements: https://docs.google.com/document/d/15od_aYkTTQMZfz8p7tDJaIjr9s-JGaIrnkmEk-8GX4/edit

00:46:17 Michelle: We did our best but certainly adore Auntie Amanda as our awesome host!

00:46:18 Keith: Hello hello! I'm Keith I use they/them pronouns and I'm coming from the NACA Reach UR Life Program

00:46:43 Jackie: Jackie Ed.D. (Washoe). I am the Director of Education for the Cahuilla Band of Indians. I am looking to learn how to effectively create safe spaces in a resistant tribal community, mainly elders, who do not accept the 2SLGBTQ community. How can I respect elders and make safe spaces at the same time?

00:46:53 Stephanie: Stephanie (she/her), NPAIHB Adolescent Health team, I am eager to learn what others are doing to support youth and young adults.

00:47:00 Amaya (Menominee - she/her): Posoh! Amaya (she/her or they/them), Menominee Nation, Gerald L. Ignace Indian Health Center - Youth & Family Programs Coordinator

00:47:08 Clover: Hello! My name is Clover I am Lingit Gaanaaxteidi apart of Sitka Tribe of Alaska here on behalf of Sitka Counseling!

00:47:09 Nichelle (she/her/akoanha): Hello, my name is Nichelle and my pronouns are she/her. I am from the Saint Regis Mohawk Tribe in New York. I work in a local High School as a Student Counselor Assistant. I am excited to join today and learn!

00:47:43 Sandra: Yek peyna! Good morning. My name is Sandra (they/them). Joining from Tongva territory (Los Angeles, Ca). Thank you for having this space

00:47:44 Barbara: Barbara (They/Them/Theirs). I work with Johns Hopkins Center for Indigenous Health in Chinle, AZ (Navajo Nation). I want to learn more about supporting our 2 spirited youth and how to make them comfortable about sharing their sexual orientation.

00:48:11 Willyam: Hello! I'm Willyam. I'm from Hawai'i, but now live in Kotzebue, AK. I work with Maniilaq.

00:48:23 Emily: Emily, Chinle Health Promotion--School Health, Chinle, Az

00:48:25 Christine: Good afternoon from Texas! Chris, UTHealth Houston, looking for ways to support all youth in our programs

00:49:03 Lena: Lena, NAO-IHS, pronouns -she her, her.

00:49:15 Gwenda: Ya'at'teeh (hello)! Gwenda with the Inter Tribal Council of Arizona, Inc.

00:50:08 Jolanna: Greetings, my name is Jolanna. I am from the Navajo tribe. I work at the Navajo Area Office IHS as a Public Health Aide. I want to learn more how we can support and help our youth. Thank you.

00:50:11 Sara: Sara, Torres Martinez Desert Cahuilla Indians tribe (Southern California) tribal/community member and tribal enrollment assistant.

00:50:14 Jessica: Jessica ,She/Her good morning I am with Alaska public health, joining from Sitka AK

00:56:21 Michelle: Ya'at'eeh abini! Michelle (she/her| Navajo), Healthy Native Youth Project Manager@ NPAIHB. I'd like to know how schools & communities are approaching the 2SLGBTQ+ community.

01:00:15 Yvette: Good morning! Yvette, (she/her) So. Cheyenne. Mother Nation, Cultural Services Coordinator. Joining from Seattle, WA. I work with our Native youth. Thank you for sharing.

01:01:53 Taylor: haʔ sləxil, my name is Taylor Dean (they/them) Puyallup tribe. I am the Healthy Native Youth Outreach Specialist. Happy try to help with any IT issue people have during this call

01:02:52 Taylor: Paths Remembered: <https://www.pathsremembered.org/>

01:06:00 sylvia: Can we have a PDF of the PP?

01:06:05 Amanda (she/her): Does anyone have any stories or cultural norms to share around Two-Spirit relatives?

01:06:21 Taylor: Replying to "Can we have a PDF of..."

We will be uploading the PDF to our website tomorrow :)

01:06:42 Amanda (she/her): You can share in the chat...or wait and share at the end.

01:08:45 Taylor: Very proud to be a member of the Puyallup tribe, who is very accepting and proactive in embrace us two spirit and queer folks in our tribe <3

01:10:50 Nicole (She/They): I would ask Rain what steps they would like to see me take to support them...to make sure my support matches what they want to happen

01:10:57 Jessica: I have two beautiful grown children of the Cherokee nation, one is two spirited they them, the other non binary she/her, both experienced bullying in public schools in Puyallup WA. Both received care at Puyallup Tribal Health and both were treated with such care and respect by the tribe

01:11:37 Taylor: A 14-year old young person named Rain approaches you in your community. They are experiencing bullying by classmates at school. Additionally, Rain's teacher does not honor their request to be addressed using their chosen name and they/them pronouns. This is making the bullying worse. What are some ways you might support and affirm Rain. What may you need to know from Rain in before intervening?

01:12:19 Taylor: Replying to "I have two beautiful..."

That warms my heart <3

01:12:29 Itai (they/them): - take a moment to ask what they need; resist the temptation to jump right into the situation (Amaya)

01:12:43 Leah (she/they): Reacted to "- take a moment to a..." with 👍

01:13:10 Misti: thank them for coming to me. I want to remind them they are safe with me. I'm sorry to hear that this is happening. What are they wanting/needing from me? and find out more on their background.

01:13:10 Audre: Knowing the school policies around using chosen names and bullying are important to advocate effectively

01:13:17 Danya: Thank them for sharing and being vulnerable

01:15:16 Leah (she/they): Encountering this scenario right now and trying to hold the balance of not asking a young person to do more work by advocating for themselves at school as well not seeing changes when verbalizing concerns as a visiting healthcare provider.

01:15:26 Amanda (she/her): Side convo - how do folks like to empower youth to advocate for themselves?

01:16:07 Itai (they/them): - find out more about the student, whether they have support, find out how supportive parents are, friends are, etc.; educate them on their rights at school, and encourage them to self-advocate and help demonstrate ways to do that; help them to understand the power of their voice (Sylvia)

01:16:14 Sandra: If the school has protocols and steps to follow a bullying situation, and if the youth would like for me to step in, it's also important to keep the youth aware about what are the next steps and how I will keep them updated

01:16:18 Danya: Replying to "Side convo - how do ..."

Highlight their strengths, remind them how powerful they are w/ observations you've made about how they shine

01:16:30 Nichelle (she/her/akoanha): Agree Sylvia! In New York State there is a law to protect the student in regards to their right to a safe, supportive and affirming school environment. The high school I currently work in has this implemented and share on the school's website.

01:16:33 Nichelle (she/her/akoanha):
<https://www.nysed.gov/sites/default/files/programs/student-support-services/creating-a-safe-supportive-and-affirming-school-environment-for-transgender-and-gender-expansive-students.pdf>

01:16:53 Audrey: I worked for a queer youth serving organization and some schools have policies that parents need to be notified if a student uses a name and gender different than assigned at birth. Which, can create a unsafe home environment if the family is not affirming.

01:18:04 Taylor: Replying to "Side convo - how do ..."

helping the youth find community that does support them, such as helping them join a GSA club or starting one :)

01:18:40 Itai (they/them): - share personal stories that connect them what they've shared so that they don't feel alone; remind them that responding calmly can have an impact over time (Barbara)

01:18:41 Nicole (She/They): At the local school district in my area, you have to file a document to have the teacher's rolls changed so the name on the roll reflects the name a young person wants to be called. When this exact scenario happened to my nibling, I was able to finally convince their parent to submit that document. Sometimes those admin hurdles need to jumped over to force a resistant teacher to change

01:19:46 Nichelle Loran (she/her/akoanha): Replying to "Side convo - how do ..."

I currently have an after-school group for LGBTQ2S+ for high school students. As an ally, I wanted to offer and show that I can be that trusted adult and create that safe space for students to share and discuss a variety of topics.

01:19:47 Itai (they/them): - advocate as a role model in areas that where youth need support if you can relate to what they are experiencing (Keith and Barbara)

01:20:03 Jessica: Thank you both Barbara and Keith so much for sharing

01:20:15 Amanda (she/her): NM!

01:23:16 Itai (they/them): - advocate on the next level, work to pass policy that would help to alleviate inequities, if you have the power or position to do so; recognize when your own suggestions

may create unreasonable expectations for a young person; understand self-advocacy isn't always safe (Leah)

01:23:51 Jessica: I took a break from Nursing, for a few years , to help start a cookie company with a lady i knew... it was VERY important part of our bussiness model when hiring and training new staff and opening stores that we didnt use dead names, used proper pronouns, and gave me a whole different outlook outside of my own perosnal ones on how people in the work force are treated. we made it apart of our workplace policys that you had to use the proper chosen prounouns and not deadname a person.

01:24:26 Jessica: I would like to see more companies and agencancy do this in the future.

01:25:19 Michelle: Replying to "I would say being a ..."

The research supports this in mental health, suicide prevention and positive youth development.

01:25:40 Itai (they/them): - having adults who identify similarly, and can be role models, create acceptance even and especially in community settings where not everyone feels accepted (Clover)

01:25:40 Amanda (she/her): Thanks Clover!

01:26:54 Amanda (she/her): We're always learning! :)

01:27:36 Nicole (She/They): Young people are definitely such amazing influencers on us....they let us olds feel free to be more open and express our full selves

01:30:58 Amanda (she/her): And we'll share some resources too here in a bit...

01:31:32 Amanda (she/her): Kuddos to you for joining this call!

01:32:57 Marylisa: Thank you for this great presentation, I have to sign off for another meeting. Again, thank you very much!

01:33:37 Michelle: Replying to "Thank you for this g..."

Thank you for joining today!

01:33:38 Elena: Good Morning, I was in another meeting, may i get this PowerPoint sent to me at my email eweaver@saihc.org. Thank you!

01:33:49 Taylor: Paths Remembered: <https://www.pathsremembered.org/>

01:34:06 Taylor: Replying to "Good Morning, I was ..."

We will be uploading the PDF of the PowerPoint to our website tomorrow

01:34:20 Elena: Perfect, thank you :)

01:34:46 Jessica: I would love a copy of that !

01:34:51 Taylor: Celebrating Our Magic Toolkit: <https://www.pathsremembered.org/toolkit/>

01:34:59 Sandra: I love free books! 📖❤️

01:35:06 Michelle: The Toolkit is a must have for ALL educators and those who engage youth!

01:35:07 Taylor: <https://www.pathsremembered.org/resources/sassy-sassafras-childrens-book/>

01:35:15 Amanda(she/her): Replying to "I love free books! ..."

Me too!

01:36:08 sylvia: Here is a Under-served Cultural Community Committee that meets every month here in Los Angeles County (virtually) @ the Department of Mental Health.
<https://dmh.lacounty.gov/about/mhsa/uscc/lgbtqia2-s-uscc/>

01:36:38 Sandra: Replying to "Here is a Under-serv..."

I'm in Los Angeles!

01:36:45 Sandra: Replying to "Here is a Under-serv..."

Thank you for sharing :)

01:37:16 sylvia: Replying to "Here is a Under-serv..."

Great and all are welcome to attend... no matter where you live.

01:37:55 Amanda (she/her): We introduce ourselves matrilineally...names and identifiers are based on our relation to the oldest female

01:40:49 Nicole (She/They): Making mistakes is normal...correcting ourselves and doing better next time shows we do respect others and want to honor their pronouns!

01:41:36 Michelle: Practice makes perfect and it is okay to make mistakes. I certainly do make them on the first try but do over and correct myself. So, as a late Gen X'er, I'm learning as I know it is important for many reasons but we all want to be positively affirmed, including our native diverse relatives and community members.

01:41:54 Nicole (She/They): Love that!

01:42:04 Leah (she/they):Really eloquently and beautifully put, Itai. Thank you.

01:42:11 Itai (they/them): I have misgendered myself LOL

01:42:29 Keith: Replying to "I have misgendered m..."

same!

01:42:42 Taylor: Replying to "I have misgendered m..."

Same 😂

01:42:46 sylvia: Replying to "Good Morning, I was ..."

Great!

01:42:58 Sandra: It's important how we go about our own mistakes because the young people and older people in our lives are learning from us too

01:43:09 Taylor: Replying to "Good Morning, I was ..."

https://www.healthynativeyouth.org/resources-search/?_sft_resource_audience=community-of-practice-presentations

01:43:14 Taylor: Replying to "Good Morning, I was ..."

find the PowerPoint here!

01:43:24 Taylor: Replying to "Good Morning, I was ..."

feel free to bookmark

01:43:34 Taylor: FAQ for Parents with Indigiqueer Kids:
<https://www.pathsremembered.org/parenting-two-spirit-and-indigiqueer-youth-faq/>

01:43:50 Taylor: Mental Health Services – Indigiqueer Joy:
<https://www.pathsremembered.org/mental-health-services/>

01:44:09 Amanda (she/her): Get your phones out!

01:44:21 Amanda (she/her): You can scan the QR codes :)

01:46:18 Taylor: Exercises for Mental Wellness: <https://www.pathsremembered.org/exercises-for-mental-wellness/>

01:46:43 Audre: Can we get that picture/flyer with the qr code for mh services?

01:47:23 Taylor: Blog – Indigiqueer Stories: <https://www.pathsremembered.org/blog/>

01:50:13 Itai Jeffries (they/them): Replying to "Can we get that pict..."

I can have Taylor send it, I will email the flyer after

01:50:43 Amaya (Menominee - she/her): These are awesome resources. Will def be utilizing more often with our youth here in Milwaukee

01:52:53 Amanda (she/her): From the top of the call: I am looking to learn how to effectively create safe spaces in a resistant tribal community, mainly elders, who do not accept the 2SLGBTQ community. How can I respect elders and make safe spaces at the same time?

01:53:20 Itai (they/them): Hi Yvette Pinkham! <3 Hope you and the family are doing well!!

01:53:51 Danya, She/Her, Flagstaff, AZ: Have to hop off but thank you so much! Incredibly informative <3

01:54:21 Michelle: People just want to know to go about it - to learn and to connect the dots in a way that they can understand -- this includes comments I heard from Elders (namely grandparents who are taking care of their grandkids).

01:56:10 Jessica: is wa 13 for personal consent for care ?

01:56:41 Charity: I have found that a lot of those biases are at the core about fear...they saw how people who identified as two spirit were treated in their youth and they are afraid. Some of them also struggled with identity themselves and have some unresolved trauma regarding those struggles.

01:57:11 Michelle (she/her | Navajo): Indian Country ECHO is a wonderful hub to explore for clinicians, providers, school & community health -- www.indiancountryecho.org

01:57:40 Leah (she/they): "No Minors may receive outpatient mental health treatment if they are 13 years of age or older without the consent of a parent or guardian. The parents will not be notified without minor consent. RCW 71.34."

01:57:57 Jessica: I seem to recall it being one of the youngest states where a youth can choose their own care, but cant seem to rememebr the age.

01:57:57 Leah (she/they): A bit confusing?

01:58:00 Jessica: thank you

01:58:14 Amaya (Menominee - she/her): I told family members that constantly pushed back, You don't have to [fully] understand why someone choses to use X pronouns, X gender identity, X sexual orientation. You just need to accept that you have to respect this person's choice to identify as such and you need to accept that we are all on the learning path. You know better, now do better! (In reply to how to approach elders, family members, etc).

01:58:25 Leah (she/they): Replying to ""No Minors may recei..."

Take out the No; yes to 13 or older

01:58:46 Michelle (she/her | Navajo): List of Indian Country ECHO programs: <https://www.indiancountryecho.org/teleecho-programs/>

01:59:21 Amanda (she/her): Replying to "I have found that a ..."

Yes, acknowledging the intergenerational and historical trauma that we carry with us is a major piece to healing.

01:59:57 Amanda (she/her): Replying to "I have found that a ..."

I love Jilline Joseph's saying: The answer to trauma is healing.

02:00:18 Taylor : At least in my experience, the Elders in my community are still grappling with the legacy of boarding school and have a hard time decolonizing certain topics in their mind.

02:00:32 Jenny (she/her):Do you have an age cut off for your services? Does 'youth' end at 18? Thank you so much, I really appreciate all the information provided!

02:00:59 Michelle (she/her | Navajo): The late Phillip Archambeault Jr of NARA NW said --"We have to get through the hurt to get to the healing" -- it is very true.

02:01:53 Taylor: Healthy Native Youth: <https://www.healthynativeyouth.org/>

02:01:59 Yvette: Excellent presentation! Thank you for the resources as this is so helpful!!

02:02:05 Sandra: Elder Indigiqueer matter ❤️

02:02:16 Sara: Love all your workshop series and I can see all the hard work your agency has put into each of these series. I love the variety of media resources that paths remembered has, I will definitely be utilizing your resources moving forward 🧡

02:02:29 Taylor: Replying to "Love all your worksh..."

Thank you so much!!

02:02:53 Taylor: WeRNative: <https://www.wernative.org/>

02:02:54 Michelle (she/her | Navajo): Healthy Native Youth Two Spirit-LGBTQ+ Resources Page: <https://www.healthynativeyouth.org/lgbt-resource-hub/>

02:03:17 Taylor: I Know Mine: <https://www.iknowmine.org/>

02:04:27 Taylor: NPAIHB Safe Spaces: <https://www.npaihb.org/social-marketing-campaigns/>

02:05:05 Nicole (She/They): Thanks everyone, great session!

02:05:29 Michelle (she/her | Navajo): Youth Support Resources document is excellent to laminate and place in various settings, in bathroom stalls and common areas.

02:06:03 Taylor: Mind4Health:

<https://www.healthynativeyouth.org/curricula/mind4health-training/>

02:06:22 Taylor: Talking is Power: <https://www.healthynativeyouth.org/resources/talking-is-power-tools-for-parents/>

