

The ABCs of LGBTQ+:

This is a 75-minute training for adults that focuses on the basics of the LGBTQ+ community. This training includes information about different identities, the importance of language, statistics around LGBTQ+ youth suicidality, and how to be a better ally. If you're curious about LGBTQ+ topics or wish to learn what all the letters mean, this training is for you.

Topics covered:

- Why language matters & some statistics about LGBTQ+ suicidality
- Ways to be inclusive of non-heterosexual orientations
- Sex assigned at birth vs gender identity vs. gender expression
- Defining words such as: gender dysphoria, gender euphoria, deadname, transitioning, intersex, asexual, aromantic, Two-Spirit, queer, nonbinary
- Do's & Don'ts with language around trans identity
- The importance of pronouns & explanation of they/them + neopronouns
- Resources for further learning

LGBTQ+ Trusted Adult Training:

This is a 75-minute training for adults that provides concrete steps and actions you can take to prevent LGBTQ+ youth suicide. This training focuses on how to have conversations about LGBTQ+ topics and practice being a trusted adult for LGBTQ+ youth, and how to respond when someone comes out to you. We request receiving a Question-Persuade-Refer suicide prevention training alongside this training.

Topics covered:

- The role of trusted adults in suicide prevention
- What is & isn't a trusted adult?
- How to be safe for LGBTQ+ youth
- Getting comfortable talking about LGBTQ+ topics
- If a teen (or anyone) comes out to you & considerations to make
- Local resources & other follow-up resources for further learning

Potential Add-ons to any training:

- Considerations for gender inclusive intake forms
- Considerations for trans-inclusive workplace policies