

TREVOR
ALLY
TRAINING

Creating Support, Safety,
and Understanding
for LGBTQ Youth



OUTLINE

- About Trevor
- Working Assumptions
- LGBTQ 101
 - Sexual Orientation
 - Gender Identity
- Action Steps
- Questions

THE **TREVIOR** PROJECT

The leading national organization providing crisis intervention and suicide prevention resources for lesbian, gay, bisexual, transgender, queer and questioning (LGBTQ) youth.

RESOURCES FOR YOUTH



The Trevor Lifeline is the nation's only 24/7 suicide prevention and crisis intervention lifeline for LGBTQ youth.

Available 24/7
866.488.7386

RESOURCES FOR YOUTH



TrevorChat is a free,
confidential, secure instant
messaging service that provides
live help with non-suicide
related crises at
TrevorChat.org.

Available Every Day
12pm - 6pm PST

RESOURCES FOR YOUTH



TrevorSpace is a safe, secure, social networking site for LGBTQ youth and their allies designed to decrease isolation and promote resiliency.

[TrevorSpace.org](https://www.trevorspace.org)

RESOURCES FOR YOUTH



Trevor Support Center is a digital hub with information on a wide range of topics affecting LGBTQ young people. This is a great space to continue your education and delve deeper into the concerns of LGBTQ youth.

RESOURCES FOR YOUTH

TREVOR *education* lifeguard workshop

The Lifeguard Workshop uses age-appropriate curriculum to educate young people about self-care, the warning signs of suicide, and how to help a friend in crisis.

[TheTrevorProject.org/Lifeguard](https://www.thetrevorproject.org/Lifeguard)

RESOURCES FOR ADULTS

TREVOR *education*

Trevor Education provides trainings on suicide prevention and LGBTQ cultural competency, access to online simulations and resources to be mailed or downloaded.

[TheTrevorProject.org/Resources](https://www.thetrevorproject.org/Resources)

WORKING ASSUMPTIONS

LGBTQ 101

Sexual

To whom we feel attracted.

Orientation

Gender Identity

Our internal sense of gender, regardless of what our bodies

SEXUAL ORIENTATION

Types of Attraction

?

??

???

??

?

SEXUAL ORIENTATION

Types of Attraction

Sexual

Mental

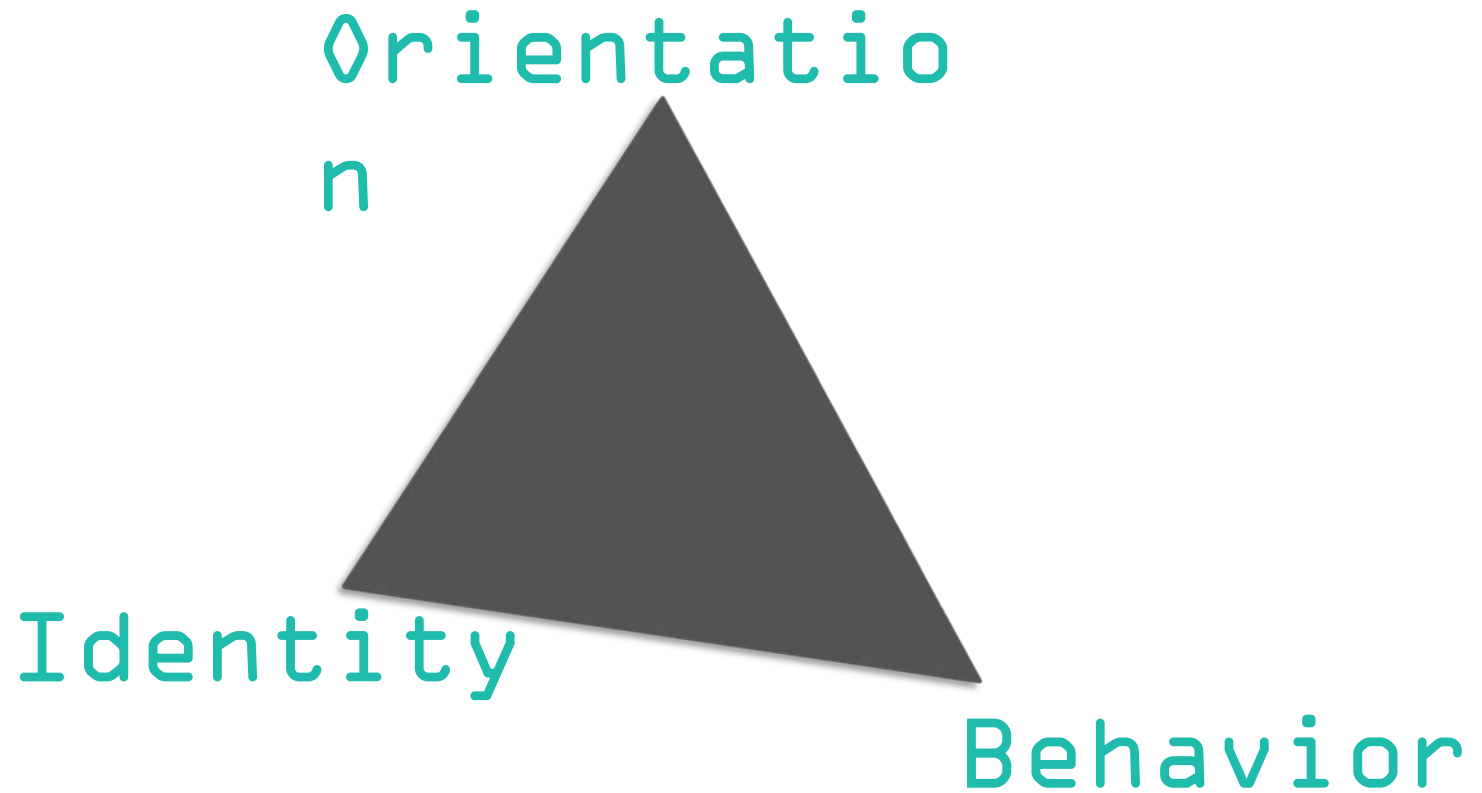
Physical

Spiritual

Emotional

Intellectual

SEXUAL ORIENTATION



SEXUAL ORIENTATION

"I knew the word 'asexual' was really powerful and validating, but [[I wanted]] to avoid creating a culture of telling people who they needed to be to be part of this community. I started talking about how identity is a tool and not a label -- an idea that you should be able pick it up if it's useful to you and put it down if it's not, and one that you can redefine for yourself."

David Jay

What Is Asexuality? A Community's Coming Of Age

Huffington Post

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SEXUAL ORIENTATION

Werewolf: Hi, I'm a werewolf.

Person: Ok, so when you're in human form you're a human, and when you're in wolf form you're a wolf though.

Werewolf: No. I'm a werewolf. Human form = werewolf. Wolf form = werewolf. Always a werewolf. No matter the circumstance or appearance, I AM ALWAYS A WEREWOLF.

SEXUAL ORIENTATION

- Bisexual
- Pansexual
- Asexual
- Queer

BREAK

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GENDER IDENTITY

GENDER IDENTITY

What were some of the first messages you received about people who were not “masculine enough” or “feminine enough”?

Where/Who did they come from?

Do you still believe them?

GENDER IDENTITY

Sex

≠

Gender

GENDER IDENTITY

Sex

=

Genitals
Gonads
Hormones
Chromosomes

GENDER IDENTITY

Sex Identities



Female



Male



Intersex

GENDER IDENTITY

Gender

“What does it
mean to be...?”

GENDER IDENTITY

Identity

Who you are, regardless of what your body looks like or appears to be.

Expression/Presentation

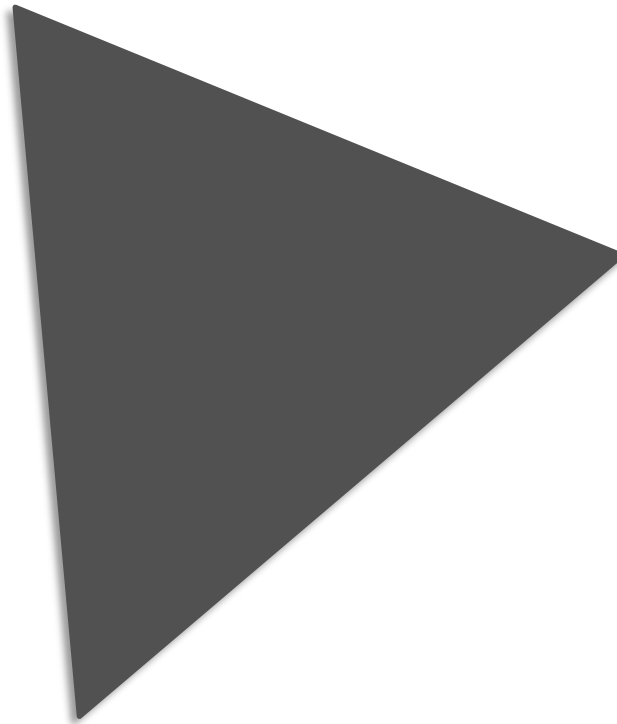
How you show your identity to the world.

Attribution

How the world sees you.

GENDER IDENTITY

Identity



Attribution

Expression/
Presentatio

GENDER IDENTITY

Trans* +
Gender Non-
Conforming
Identities

SEXUAL ORIENTATION GENDER IDENTITY



Resources

RESOURCES

TREVOR SUPPORT CENTER

Welcome to the Trevor Support Center, a place where LGBTQ youth and their allies can find answers to frequently asked questions, and explore resources related to sexual orientation, gender identity and more! Remember, if you need immediate support or help, Trevor's counselors are just a **phone call**, **chat**, or **text** away. You are not alone.

 ASEXUAL	 BISEXUAL	 COMING OUT
 FAMILY + FRIENDS	 GAY + LESBIAN	 GLOSSARY
 HEALTHY RELATIONSHIPS	 HIV/AIDS	 HOMELESSNESS



GLBTNEARME.org
The GLBT National Resource Database

A Program of the GLBT NATIONAL HELP CENTER

Contact

Everything in our community just got a lot easier to find!

Welcome! Find the largest collection of gay, lesbian, bisexual and transgender resources on the web. Directly access the nation's largest collection of 15,000 GLBT resources.

Find the closest **social and support resources**, the closest **community centers**, the closest **youth groups** and much, much more!

Just type in your zip code, the distance you want to travel, and choose from 26 categories of information.

Brought to you free of charge by the [GLBT National Help Center](#), a non-profit organization operating the [GLBT National Hotline](#) and the [GLBT National Youth Talkline](#).



NATIONAL ORGANIZATIONS



Don't see your resource listed?
ADD TO OUR DATABASE



Help support our work to keep this database a free service.
DONATE ONLINE

FIND LOCAL RESOURCES

ENTER ZIP CODE:

ENTER MILES:

SELECT A CATEGORY:

All Categories

To find local resources, please enter your zip code and the distance you can travel in miles. You may also choose a

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PROMOTING RESILIENCY

- It is **NEVER** our place to tell a young person when, whether, where, or how to come out.
- Remember the heightened need for confidentiality.
- Use more inclusive questions and examples.

supportive adult in an
environment can decrease
an LGBTQ youth's risk for
suicide by 30%

QUESTIONS

Danielle Orner
Senior Education Manager

Danielle.Orner@TheTrevorProject.org