

LGBTQIA2S+ Youth of Color Speak Out: Tips for Inclusive Reproductive Health Programming For Youth-Serving Providers

There have been great strides in improving inclusivity in sexual health programming, but gaps still exist for individuals who are lesbian, gay, bisexual, transgender, questioning/queer, or other sexual orientations or identities (LGBTQIA2S+). Critical disparities still exist among transgender people of color, Native American Two-Spirit (2S) people, and people with intersex traits. This video offers the perspectives of LGBTQIA2S+ cis- and transgender young people of color after being asked how to better meet their needs through evidence-based programming and interventions.

Video Link: <https://teenpregnancy.acf.hhs.gov/resources/lgbtqia2s-youth-color-speak-out-tips-inclusive-reproductive-health-programming-youth>

Instructions: Use this tool to reflect on how Adolescent Pregnancy Prevention and related programs may use this product to gain insights into which topics might especially be of interest to LGBTQIA2S+ youth of color and ways to create an inclusive environment that enables these youth to feel informed and safe to participate fully in class discussions.

| Video Question(s) | Reflection | Resources |
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| <p>What motivates you to participate in conversations about sexual and reproductive health and relationships? (00:50 – 4:18)</p> | <ol style="list-style-type: none"> 1. What youth responses resonated with you most? 2. What strategies do you use to be equitable, inclusive, and facilitate for safe space for questions? 3. How are stakeholders (staff, facilitators, partners) trained on diversity, equity, and inclusivity? <p>After reviewing the resources provided, what new techniques or strategies will you integrate into programming?</p> | <ul style="list-style-type: none"> • Creating Inclusive Spaces for Youth: A Facilitator’s Guide to Equity and Inclusion in the Classroom • Creating Safe and Inclusive Spaces for LGBTQ+ Youth • Creating Safer Spaces in Schools for LGBTQ Young People ↗ |

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| <p>What was your experience with reproductive health programming? (4:18 – 5:47)</p> | <ol style="list-style-type: none"><li data-bbox="485 375 1591 443">1. What age group do you serve? Can your programming be expanded to address gaps in populations served?<li data-bbox="485 667 1356 699">2. What topics could your programming cover to be more inclusive? <p data-bbox="485 927 1535 995">After reviewing the resources provided, what new techniques or strategies will you integrate into programming?</p> | <ul style="list-style-type: none"><li data-bbox="1650 375 1980 578">• Advancing Equity in Sexual Health Education: A Toolkit for Adolescent Pregnancy Prevention Grantees |

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| <p>What are the topics you wished were covered in reproductive health programming? (5:48 – 13:22)</p> | <ol style="list-style-type: none"> 1. How do you depict diverse relationships? Healthy Relationships? Encourage healthy conversations, especially with partners and parents? 2. How does your program address boundaries, consent, and emotional and physical abuse? 3. How does your program address gender norms and gender-diverse safe practices? 4. What Adult Preparation Subjects does your programming cover and how could you leverage the APS topics to make your programming more inclusive? 5. How do you include reproductive health data in programming? <p>After reviewing the resources provided, what new techniques or strategies will you integrate into programming?</p> | <ul style="list-style-type: none"> • 3 in 30 Series - Queering Sex Ed • Are You in a Good Relationship? • Building Healthy Relationships: A Plug and Play Activity for Youth • Healthy Relationship Checklist • Healthy Relationship Quiz: Healthy or Not? • Teens Ask the Expert: Angela Lee - Healthy Relationships • Teens Talk Relationships Video Series |

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| <p>What would you like parents, caregivers, and youth serving individuals to know about wellbeing, mental health and how to offer support? (13:23 – 17:06)</p> | <ol style="list-style-type: none"> 1. How are wellbeing and mental health integrated into programming? 2. How do you address mental health stigma? 3. Does your program educate parents on youth on wellbeing and mental health? 4. Are mental health resources shared with youth and parents? <p>After reviewing the resources provided, what new techniques or strategies will you integrate into programming?</p> | <ul style="list-style-type: none"> • 8 Healthy Habits for a Mindful Life • How to Talk About Mental Health with Adults • Mental Health and Well-Being • Mental Health Facts • Supporting the Health and Well-Being of Transgender and Gender Diverse Youth: Proceedings of a Workshop—in Brief • Weathering the Storm: How Supportive Adults Can Promote Youth Mental Health and Wellness • Your Brain: 6 Facts You May Not Know |

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| <p>LGBTQIA2s+ youth can struggle to find health or mental health providers that understand their needs. Have you faced challenges? (17:07 – 19:38)</p> | <ol style="list-style-type: none"> 1. How do you select partners and build your referral list? 2. When selecting partners, do you select those that reflect the population served? 3. What steps to you take to ensure partners are youth-centered, diverse, and inclusive? 4. Do you train them to be culturally aware and responsive? Understanding racial disparities and intersectionality nuances. 5. Do you request feedback from youth and parents on partner/referral services? 6. How often are partners rotated or is your referral list updated? <p>After reviewing the resources provided, what new techniques or strategies will you integrate into programming?</p> | <ul style="list-style-type: none"> • Developing a Referral System for Adolescent Health Services ↗ |

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|--|---|---|
| <p>How can youth-serving providers make reproductive health programming more inclusive for LGBTQIA2S+ youth? (19:39 – 23:42)</p> | <ol style="list-style-type: none"> 1. How do you cover comprehensive contraceptive methods and STI/STD protection? 2. How do you encourage comprehensive safety? 3. How do you depict diverse (romantic and non-romantic) healthy relationships? <p>After reviewing the resources provided, what new techniques or strategies will you integrate into programming?</p> | <ul style="list-style-type: none"> • Going Beyond the Acronym: Meaningful Inclusion of LGBTQ Youth • imi - Guides built for and with LGBTQ+ teens • Shaping Policy to Reduce Inequalities Among LGBTQ Youth Webinar • Reducing Inequalities Between Lesbian, Gay, Bisexual, Transgender, and Queer Adolescents and Cisgender, Heterosexual Adolescents: Proceedings of a Workshop • Roller Coaster Relationships, Romance, and Destiny: Media Messages in the Real World • What Kind of Friend Are You? |