

# **2SLGBTBQ+ INCLUSION AND YOUR WELLNESS CENTRE**

2021 OCA Spring Into Summer



# LAND ACKNOWLEDGEMENT

Pride Camping Association works on the traditional and current territories of First Nations, Metis and Inuit peoples. This includes Two Spirited and LGBTQ+ Indigenous peoples.

Amanda is speaking to you from the traditional and unceded land of the Omàmiwininiwak (Algonquin) , Huron-Wendat and Anishinaabeg peoples.

For more information on the traditional territories of the peoples near you, visit [Native-Land.ca](https://www.native-land.ca) and [Whose.Land](https://www.whose.land) (both have information about territories in Oceania and North, Central and South America).



# WHO WE ARE



Amanda Grassick (they/them)

Amanda identifies as queer and genderqueer hold a MA in Interdisciplinary Studies. They draw on their personal experience in the camping community to help organizations foster diversity and to advocate for more inclusive programs and spaces.



# WHO WE ARE

The Pride Camping Association was created to help camps better support 2SLGBTQ+ campers and staff. We envision a world where all 2SLGBTQ+ campers and staff have access to safe and affirming camp programs.

We believe this world starts with intention.

The intention to do better.

The intention to create space.

The intention to dismantle barriers.

The intention to support others.

The intention to see others as they want to be seen.



**PRIDE CAMPING  
ASSOCIATION**



# AGENDA

- Why Is Inclusion Training Important
- Medical forms, registration forms, camper intake, health histories
- Common Medications
- Menstruation
- General Best Practice Guidelines
- Resources
- Q & A



# WHY IS INCLUSION TRAINING IMPORTANT

- Increase a camps ability to fully support campers, families and staff
- Signals to incoming campers, families and staff that your program is a safe space
- Increase staff confidence in supporting campers
- Supports mental health of campers and staff
- Meet legal obligations
- Fosters a culture for both identified and unidentified gender-diverse campers



# MENTAL HEALTH

## Canadian Trans Youth Health Survey

- 923 children and youth across Canada
- Mental health issues were a key concern
  - $\frac{2}{3}$  reported self-harm in the past year
  - $\frac{2}{3}$  reported serious thoughts of suicide in the past year
  - $\frac{1}{3}$  had attempted suicide in the past year



# MENTAL HEALTH

Transgender youth who are supported in their gender identity had rates of mental health concerns that were no different than their cisgender peers

Olson, Kristina R., Lily Durwood, Madeleine DeMeules, and Kate A. McLaughlin. 2016. "Mental health of Transgender Children Who are Supported in Their Identities." *Pediatrics* 137(3).





## **MENTAL HEALTH**

“Trans youth who had supportive adults both inside and outside of their family were four times more likely to report good or excellent mental health, and were far less likely to have considered suicide.”

Canadian Trans Youth Health Survey



# HEALTH CARE PROVIDER SPECIFIC INFO

Medical forms, registration forms, camper intake, health histories

- Space for pronouns
- Chosen name
- Cannot make assumptions based on gender presentation, name, sex listed on health form.
- Avoid “Girls/Women only” or “Boys/Men only” questions
  - Ask all patients the same question during health histories
  - Add Not Applicable as an option to forms



# HEALTH CARE PROVIDER SPECIFIC INFO

## Common Medications

- Birth control
  - People of all genders use different birth control methods, including birth control pills
- Puberty blockers
  - Delays the development of secondary sex characteristics
  - Development continues if the child stops taking the medication
  - Can decrease gender dysphoria
  - Provides time for child to make decisions about their identity
- Hormone replacement therapies
  - Sharps containers in washrooms



# HEALTH CARE PROVIDER SPECIFIC INFO

## Menstruation

- People of all genders menstruate
- Menstrual supplies should be made available in all washroom facilities
- Staff should be trained to support all campers in regards to menstruation in the same way they are trained to support campers with bed wetting



# BEST PRACTICE GUIDELINES

- Use the name and pronouns that the camper requests
  - Do not make assumptions based on appearance or information on forms
  - “Your registration form says your name is Amanda. Is there a different name you would like me to use? What pronouns do you use?”
- When conducting health histories use gender neutral language and do not make assumptions
  - Pregnancy, menstruation, UTIs, etc.
- Gender, gender identity and sexual identity are confidential in Canada
  - Unless the camper says otherwise gender information should be need to know.
  - This includes informing guardians of a campers gender or sexual identity against their will



# RESOURCES

- [Action Canada for Sexual Health & Rights](#)
  - [Mind Your “Business”](#) - Handbook for HCP to make connections between mental and sexual health
  - [Quick Tips for Quality Care](#) - Handbook for HCP working with diverse communities
- [Canadian Mental Health Association - Mental Health Services for Gender-Diverse and Sexual-Minority Youth](#)
- [The Canadian Centre for Gender + Sexual Diversity](#)
- [Clue LGBTQIA+ Encyclopedia](#)
- [LGTB Youth Line](#)
- [The 519 - Education and Training](#)
- [The CBA Child Rights Toolkit](#)
- [Rainbow Health Ontario](#)
- [Being Safe, Being Me 2019 - Results of the Canadian Trans & Non-binary Youth Health Survey](#)



**Q & A**



# WHERE TO FIND US

Check our Resources page for Sample Policies, Training Resources and past presentations.



[www.pridecamping.org](http://www.pridecamping.org)



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