

Foundations:

Understanding LGBTQ+ Youth

In-Person or Virtual

2 Hours

- Increase knowledge of **LGBTQ+ identities and terminology**
- Increase knowledge of the unique **experiences of LGBTQ+ youth related to mental and behavioral health**
- Identify common **risks and pathways to risk** connected to LGBTQ+ youth
- Identify **best practices and protective factors** to support LGBTQ+ youth
- Identify **resources** for future support and education

Foundations:

Working with Transgender and Gender Expansive Youth

In-Person or Virtual

2 Hours

- Increase knowledge of **identities and terminology** related to gender and gender expression
- Recognize pivotal times in **youth development** related to gender
- Identify **pronoun** use and variations and dispel associated assumptions
- Practice how to ask about and honor an **individual's pronouns**
- Increase knowledge of the unique **mental and behavioral health considerations** related to transgender and gender non-conforming youth
- Explore the **congruence** process for transgender individuals
- Articulate ways to **practice** gender expression inclusivity and support transgender youth in everyday life
- Identify **resources** for future support and education

Workshop:

How to Be an Ally to LGBTQ+ Youth

In-Person or Virtual

2 Hours

- Recall **prior knowledge and understanding** of identities, terminology, and pronoun inclusivity in the LGBTQ+ community
- Reflect upon **individual biases and unintentional discrimination** toward the LGBTQ+ community
- Recognize key **celebration/remembrance opportunities** as well as **important figures in LGBTQ+ history**
- Discover how to be an **ally if you identify** in the LGBTQ+ community
- Explore how to be an **ally if you do not identify** in the LGBTQ+ community
- Identify **resources** for future support and education

*Prerequisite: Foundations

Workshop:

Creating an Inclusive Organization

In-Person or Virtual

2 Hours

- Recall **prior knowledge and understanding** of identities, terminology, and pronoun inclusivity in the LGBTQ+ community
- Review **data** related to the LGBTQ+ community and its relationship to the workplace
- Recognize the **fundamentals of an inclusive workspace** for LGBTQ+ people
- Discuss your organization's **current-state culture** of LGBTQ+ inclusivity
- Identify your organization's **strategies for its future-state culture** of LGBTQ+ inclusivity
- Identify **resources** for future support and education

*Prerequisite: Foundations

Training & Education

2 Session Bundle = 10% Discount
3 Session Bundle = 15% Discount

All trainings offered in-person or virtually



My school or organization is in a place of...

...and we really want to:

Here's what Side by Side's training experts recommend:

Learning

Gain a **baseline understanding** of various sexual orientations and gender identities and recognize the resources in our area.

Foundations:
Understanding LGBTQ+ Youth

Total Time: 2 hours

Explore the concept of gender, better understand the experience of our **transgender and gender non-conforming community members**, and recognize the resources in our area.

Foundations:
Working with Transgender & Gender Expansive Youth

Total Time: 2 hours

Emerging Action

Practice allyship for those communities individually and in our environment

Workshop:
How to be an Ally to LGBTQ+ Youth

Total Time: 2 hours

Evaluate the inclusivity of our school or organization for the LGBTQ+ community at large + determine action steps we'll take as individuals and as a team

Workshop:
Creating an Inclusive Organization

Total Time: 2 hours

Learning + Emerging Action

Gain baseline knowledge on sexuality and gender identities + **practice allyship** for those communities individually and in our environment.

Foundations:
Understanding LGBTQ+ Youth
+
Workshop:
How to Be an Ally to LGBTQ+ Youth

Total Time: 4 hours

Better understand the experience of our **transgender and gender expansive** community members + build a framework for **allyship**.

Foundations:
Working with Transgender & Gender Expansive Youth
+
Workshop:
How to Be an Ally to LGBTQ+ Youth

Total Time: 4 hours

Gain **baseline knowledge** on sexuality and gender identities + **evaluate the inclusivity** of our school or organization for the LGBTQ+ community at large.

Foundations:
Understanding LGBTQ+ Youth
+
Workshop:
Creating an Inclusive Organization

Total Time: 4 hours

Better understand the experience of our **transgender and gender expansive** community members + **evaluate the inclusivity** of our school or organization for the LGBTQ+ community at large.

Foundations:
Working with Transgender & Gender Expansive Youth
+
Workshop:
Creating an Inclusive Organization

Total Time: 4 hours