



## Meeting the Needs of Transgender Youth

A Year of Resource Development and Interactive Training Events Across Minnesota



**7** workshops



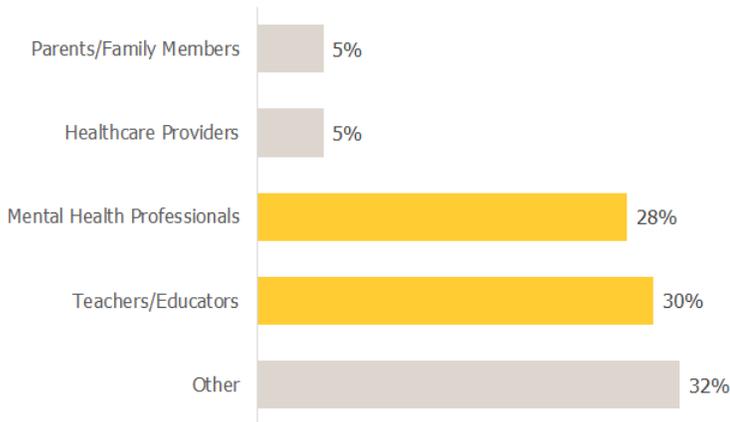
**478** persons reached



**1,500** miles traveled



### Mental Health Professionals and Educators Made up the Majority of Participants



Those who selected "Other" said they worked in youth support roles, including guardian ad litem, and group counselors.

**3 in 4** participants were unfamiliar with nutritional risks or body image concerns associated with transgender people and weren't aware of available food resources for transgender youth.

**1 in 3** participants were unfamiliar with general transgender information, supporting the need to provide more in-depth information.

### The Workshops Were Well Received

Participants learned exciting new information about gender development and transgender vocabulary, mental health risks and mediating factors, and nutritional risks and body image challenges

Participants said:



"I loved that food insecurity was included. I've seen this in action – it's not talked about enough. Loved the discussion."

Minneapolis



"The restroom issue is a big concern in western Minnesota school communities. I hope to be [an] advocate for a safe place [for transgender youth]."

Morris



"I enjoyed the information related to mental health and the chart that explained mental health and mental illness."

Rochester



In 2016, the U of MN Extension Children, Youth and Family Consortium partnered with University of MN Scholar in Residence to deliver educational workshops across Minnesota. The theme of Supporting Transgender Youth garnered wide support and workshops were well attended.

Media reports reflect heightened attention about gender variability, personal safety and individual civil rights. Without informed and supportive adults, school environments, and social institutions, transgender youth are at higher than average risks for suicide, sexual abuse, homelessness, food insecurity and mental health crises.

Providing family and community support for transgender youth ensures that they can grow and flourish.

### Lessons From the Field Workshop Presenters

Jenifer K. McGuire, PhD, MPH, Associate Professor, Family Social Science

Cari Michaels, MPH, Extension Educator, Extension Center for Family Development

Nathan Hesse, SNAP-Ed Educator, Extension Center for Family Development

### Additional Presenters and Panel Members

Mina Blyly-Strauss, CYFC Graduate Student, U of M

Vanessa Lacey, Transgender Equality Network, Ireland

John Reinan, Parent of Gender Fluid Youth

Anita Arenson, Elementary School Social Worker

Mary Clark Hoeschler, Out for Equity, St. Paul Public Schools

### Additional Resources

Freely available on the Children, Youth, and Family website:  
<http://www.extension.umn.edu/family/cyfc/>



The Transgender Toolkit  
Learn more about this topic  
and how to talk about it



e-Review publication  
Mental Health of Transgender Youth:  
The Role of Family, School, and Community in Promoting Resilience