

LGBTQ+ Resources

ON THE WELLBEING FOR LA LEARNING CENTER

The UCLA Prevention Center of Excellence offers training, consultation, and implementation support for educators and school teams in LA County. This collection of resources includes videos, courses, virtual trainings, and printable tools aimed at providing support to school communities throughout LA County.

Learning Tools

Whether you have time for a full training or are looking for quick tips, there is something designed to meet your needs on the Wellbeing for LA Learning Center.

- **Article:** A short overview of a specific topic, expert opinion, or skill.
- **Course:** An online multi-module activity with learning objectives, interactive prompts, videos, and knowledge assessment.
- **Learning Experience:** A curated activity focused on a specific topic.
- **Printable tool:** A downloadable PDF (handout, activity, information sheet).
- **Resource collection:** A compilation of curated courses, tools, and videos linked by topic.
- **Virtual training:** A live presentation that has been recorded and converted into an Anytime Session and can be watched on demand.
- **Video:** A type of item that is filmed with video and audio.

Quick Search

LGBTQ+ resources on the Wellbeing for LA Learning Center are split into three categories: Affirming Communication Skills, Inclusive Practices, and Supporting Transgender and Gender Expansive Identities. Click on a category below to jump to a list of resources related to the topic.

[Affirming Communication Skills for Working with LGBTQ+ People](#)

Discover new ways to support wellbeing and create trauma informed environments.

[Inclusive Practices](#)

Create a school environment that seeks to understand where students are coming from instead of focusing on 'what is wrong' with them.

[Supporting Transgender and Gender Expansive Identities](#)

Commit to practices that promote equity and appreciation of the diverse communities in LA County.



Learning Communities

The Prevention Center of Excellence offers online learning communities to support adoption and implementation of behavioral health, wellbeing, and healing practices. Learning Communities help professionals share best practices across local agencies. It also allows members to ask for advice and receive suggestions for supporting students and nurturing growth. The Prevention Center of Excellence provides coaching and guidance to new Learning Community Moderators and has a Learning Community for Moderators, called *Everything in Moderation*.

Interested in building a Learning Community on the Wellbeing for LA Learning Center?
Contact us at info@wellbeing4la.org.



UCLA

UCLA PREVENTION CENTER OF EXCELLENCE

Public Partnership for Wellbeing

Affirming Communication Skills for Working with LGBTQ+ People

[General Tips on Using Supportive Language](#)

Video, 4 minutes

This explainer video reviews the 'General Tips on Using Supportive Language with LGBTQ+ People' Printable Tool.

[General Tips on Using Supportive Language With LGBTQ+ People](#)

Printable Tool

Using supportive language is a key component of respecting LGBTQ+ people. This handout provides simple guidance and examples of what to say and what to avoid to be respectful of LGBTQ+ people. Use this handout to learn about supportive language to use when speaking with or about LGBTQ+ people.

[How to Respond When Someone Comes Out as LGBTQ+](#)

Video, 3 minutes

Explore the importance of protecting the confidentiality of LGBTQ+ people and how to respond when someone comes out to you. This is an explainer video for the 'Responses to Coming Out and Protecting Confidentiality of LGBTQ+ People' Printable Tool.

[LGBTQ+ Glossary of Terms](#)

Article

This glossary contains many of the most relevant terms and concepts related to LGBTQ+ identities and experiences. Please remember, definitions may vary across different communities. Therefore, not all LGBTQ+ people will agree with all of these definitions.

[Meeting the Needs of LGBTQ+ People: Best Practices for Affirming Communication](#)

Course, 1 hour

Using respectful, open communication with Lesbian, Gay, Bisexual, Transgender, Queer/Questioning (LGBTQ+) people improves their mental wellbeing and is one of the most important ways to affirm LGBTQ+ people and support the mental wellbeing of those around you. This course is designed to help guide the principles of supportive, open communication. Natalia Ramos, MD (she/her), and Elizabeth Ollen, PhD (she/her), directors of the UCLA EMPWR Program for LGBTQ+ Mental Health, share expert commentary about providing affirming care to LGBTQ+ people. Practical applications of communication strategies are illustrated through video vignettes.

[Quick Tips for Understanding Pronouns](#)

Printable Tool

Correctly using gender pronouns is an important way to support and respect others. This handout provides guidance about the appropriate use of pronouns and examples of what to say and what to avoid. Use this handout to learn the basics about gender pronouns.

[Responses to Coming Out](#)

Printable Tool

Use this handout to understand the most appropriate responses to express when someone comes out as LGBTQ+.

[Supportive LGBTQ+ Communication Quick Tips](#)

Video Series, 10 items, 3-8 minutes

A series of short videos highlighting affirming communication when interacting with LGBTQ+ people. These videos explain the importance of language and privacy and its usage by providing examples of do's and don'ts.

[Understanding Pronouns: Do's and Don'ts](#)

Printable Tool

Using correct personal pronouns is a critical aspect of supporting transgender and nonbinary people. Use this handout to gain some quick tips on correctly using pronouns and common pitfalls to avoid.

[Using Gender-inclusive Language With Spanish-speaking Populations](#)

Printable Tool

Gender-inclusive language communicates respect and support for all individuals. This handout provides practical guidance about how to change the historically binary (male/female) Spanish language to be gender-inclusive.

Inclusive Practices

[Intersectionality: What Is It and Why Does It Matter?](#)

Video, 5 minutes

This video identifies the ways intersectionality shapes our advantages and disadvantages in life, and how this may also impact our interactions and relationships with others.

[LGBTQI+ and Full Service Partnerships: What Do Providers Need to Know?](#)

Virtual Training - Anytime Session, 1 hour 22 minutes

Many, if not most, LGBTQI+ youth and adults risk (or have experienced) rejection from their families, churches and spiritual communities, and even some institutions that they may choose for their secondary education. In addition, adults often can face continued discrimination in both housing and employment, health care, and blatant societal rejection, which are compounded in communities of color. This multi-level risk for rejection increases the mental health risk for suicide, substance abuse, and high-risk sexual behaviors significantly, and also increases avoidance of accessing mental health resources sooner. This training provides an overview of some of these disparities, explains the important differences between working with LGBTQI+ clients and people who are Intersex and Transgender, highlights the do's and don'ts and identifies the protective factors to weave into your work providing services to LGBTQI+ clients.

[Praxis of Intersectionality: Examining our Axes of Power and Oppression to Support Our Anti-racist Work and Cultural Responsiveness](#)

Virtual Training - Anytime Session, 23 minutes

Review the theory of intersectionality, a framework to actively reflect on axes of power and oppression, and how this subsequently informs interpersonal relationships and subsequent care for others.

[Protecting Confidentiality of LGBTQ+ People](#)

Printable Tool

This handout provides guidance on protecting the privacy and confidentiality of LGBTQ+ people, including LGBTQ+ students in schools.

[Providing Quality Services to LGBTQ+ People: An Introduction for Staff](#)

Course, 1 hour

Increasing knowledge and comfort with concepts related to gender identity and sexual orientation helps staff provide respectful, effective services to LGBTQ+ people. In this course, the National LGBTQIA+ Health Education Center at the Fenway Institute and the UCLA Prevention Center of Excellence provide an overview of key terminology, concepts, and practices to better support LGBTQ+ people.

[Resources for Working in Solidarity With LGBTQ+ People](#)

Resource Collection, 28 items (5 minutes - 2 hours, 2 minutes)

LGBTQ+ individuals are more likely to encounter discrimination, barriers to services, and additional stressors related to their minority status. Review this collection to learn how to effectively communicate and support LGBTQ+ individuals with whom you work.

[Serving LGBTQ+ Communities](#)

Learning Pathway, 5 milestones (2 hours, 30 minutes)

This learning pathway is designed to increase knowledge and comfort with concepts related to gender identity, gender expression, and sexual orientation. This curriculum provides tools for more affirming communication when interaction with LGBTQ+ people, teaches how to respond when someone comes out as LGBTQ+, and offers tips around pronouns.

[The Los Angeles LGBTQ+ Youth Preparedness Scan](#)

Virtual Training - Anytime Session, 58 minutes

Service providers need to be well informed and prepared to serve LGBTQ+ youth. Explore the findings of the preparedness scan to identify areas for organizational improvement with regard to policy, welcoming environments, and other aspects of improving service delivery to LGBTQ+ youth.

[Bi+ Affirmative Psychotherapy: Supporting Bisexual, Pansexual, and Non-Monosexual Youth](#)

Virtual Training - Anytime Session, 1 hour 19 minutes

More and more youth are coming out as bisexual, pansexual, queer, or sexually fluid (AKA "bi+"). Become informed on the psychosocial concerns specific to bi+ youth and how to use concrete bi-affirmative interventions in your work.

[Why Sexual Orientation and Gender Identity Matter for Everyone](#)

Video, 6 minutes

This video helps define and explore what SOGIE (Sexual Orientation, Gender Identity, and Gender Expression) is and how it applies to all of us, regardless of our sexual orientation and gender identity. Community partner, Bryan Scheihing, reviews key concepts and relevant terms that deepen our understanding of SOGIE.

Supporting Transgender and Gender Expansive Identities

[Health and Wellbeing of Transgender Individuals](#)

Virtual Training – Anytime Session, 1 hour 42 minutes

This training reviews the appropriate pronouns and language to use when addressing transgender individuals and discuss the role of the social determinants of health (social, economic, physical, environments, etc.) in leading to poorer mental and physical health outcomes for transgender individuals. Systematic and structural violence and the way it affects health outcomes of transgender individuals is explored. Lastly, the training evaluates areas of need in the transgender population and the role of FSP teams.

[Supporting Transgender and Gender-diverse Children: Applying the Gender Affirmative Model in Everyday Clinical Practice](#)

Virtual Training, 49 minutes

There are many health disparities among transgender and gender-diverse children. Learn about the existing yet limited guidelines and standards of care, and how to apply the principles of the Gender Affirmative Model in your practice.

[Transgender Health and Mental Health](#)

Training Series, 5 items (1 hour, 22 minutes – 2 hours, 15 minutes)

The transgender health and mental health series features videos focused on the wellbeing of transgender individuals. Participants will learn about writing letters to support gender-affirming medical procedures and understand the diversity that exists within the trans community. Information on physical health priorities is geared towards the non-medical professional to support collaborative care. Labels and stigma are addressed throughout all presentations.

[Understanding Gender Transitions](#)

Printable Tool

For transgender and gender diverse people, there are many different ways to transition. Use this handout to learn about basic information about gender transitions, including the differences between social, legal, and medical transitions.

[Working With the Transgender and Non-binary Population: An Overview of the Community, Mental Health Disparities and Treatment](#)

Virtual Training - Anytime Session, 1 hour 26 minutes

While many mental health clinicians and social service workers would like to think they are able to work with the transgender and non-binary (TGNB) community, there is often a lack of knowledge around what is considered best practice. Affirmative care goes beyond being *knowledgeable* about a client's TGNB status. This training gives an overview of terminology used within the community, mental health disparities affecting the population and key affirmative treatment practices. You will also leave with action items to help identify areas in your workplace in which you can implement change that positively enhances affirmative care for your TGNB clients.

[Writing Letters of Support for Transgender & Non-binary Individuals](#)

Virtual Training - Anytime Session, 2 hours 2 minutes

This training is for individuals who are interested in learning how to write letters of support for surgical procedures for transgender individuals. To better understand the current requirements for letters, the training begins by looking at the past and how letters of recommendation from mental health providers began. The training defines what it means to be a "qualified mental health provider" as well as what needs to be included in letters of recommendation, and what does not. There is discussion for how to advocate for the most vulnerable clients who have mental health concerns or are experiencing housing insecurity. And finally, the video reviews the most common surgical procedures clients are seeking recommendation letters for.