



Module Descriptions

1. **Defining LGBTQIA:** Doesn't it seem like only yesterday talking about someone's gender or sexuality was much more simple? Man or woman, straight or gay. While many people do still fit into these simple categories, as time goes on, more and more people step forward to identify how they feel in their own skin. Some are discovering that they feel between genders, or attracted to more than the simple labels of man or woman. This course is an introduction to some of the terminology around gender and sexuality. The goal is to start with a foundation of knowledge, to make it easier to talk about with children, peers, and parents. Education is the key to feeling confident in your ability to understand and support those around you who are a part of the LGBTQIA community.
2. **The Four Spectrums:** Did you know that we all exist on 4 different spectrums of gender and sexuality at all times? Yes, even a straight, cisgender person still lives within the 4 spectrums. This module will teach you about these various spectrums, why they are important, and how each play a role in our identity.
3. **Mourning the Loss:** The truth is, coming out affects more than just the LGBTQ+ young person. In the moment of coming out, the parents lose a child that they always thought they had. Even if the parents are supportive, there is still a loss that needs to be acknowledged in order to process. This module strikes at the heart of that loss to honor the grief parents feel so they can accept the change and move beyond it.
4. **Understanding Coming Out:** What is coming out? In this module you will learn more about what coming out is like as a teen. Also, you'll find out what it feels like to keep something bottled up and why some people choose that rather than live out loud. Most importantly, we'll learn strategies to help support a child as they are coming out in larger spaces like school, social circles, and within family.
5. **What Not to Say:** Both in my research and personal experience, I've come across common phrases that adults say during and after the coming out process. These phrases can be detrimental to the growth of the LGBTQ+ young person, and quietly weaken the relationship between adult and child. In this module, we won't talk about specific phrases, but rather, the underlying impact certain phrases can have.
6. **What to Say:** Using the former module, What Not to Say, as a platform, this course highlights three specific themes to help you start a dialogue. As an adult, being able to guide and support an LGBTQIA child is vital. This will teach you the rules to follow when discussing sexuality and gender identity in order to make sure the child hears you authentically and without judgment.