Beyond the Rainbow

Skate Like a GIRL Training

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From Seattle born and raised
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- M.A in Psychology with a concentration in couple and family therapy from Antioch University
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Kieran S. McMonagle, MA LMFT
Outline for Presentation

- Group Norms and creating safer space
- Trans 101
- Pronouns
- Youth Stress
- Coping
- Adultism
- Support and Resources!!!
Creating SAFER space

- Let’s create a LEARNING COMMUNITY here today
- We are all HERE because we care and want to do what is best for youth and their families
- I want to support YOU in learning more about queer and trans* youth
- My HOPE is that you walk away knowing a little bit more than when you walked in
- Please ASK those questions you may be nervous about. If it feels offensive or difficult, GREAT! I want to be able to support your learning!
- We can’t make this a safe space due to cultural homophobia, cissexism, racism, oppression and transphobia, and we can make it SAFER
- I invite you to be BRAVE and engage in a conversation that may bring up some uncomfortable feelings
- Queer people are UNCOMFORTABLE EVERYDAY in our system

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It’s story time...

Why is it sooooo important to create a radical community to support queer and trans youth?? THIS MAY BE THE ONLY PLACE THAT VALIDATES WHO THEY ARE!!!
Challenge for you!

- Everyone has a sexuality and gender!
- How did you learn about your gender?
- When did you come out with your sexuality?
- What did you process look like?
- How do you know you’re a man?
- How do you know you’re a woman?
- When has your gender been challenged?
- What would it feel like to not have people use your gender pronouns

What is Queer?

- Queer was an offensive word that has been reclaimed by the community
- Queer is an inclusive umbrella term for the LGBTQ+ community
- Queer takes into account the intersection of gender and sexuality
- Intent vs Impact
- I represent a very small portion of the queer community
- I am speaking from my experience as a queer therapist and working within the queer community
Vocab Review!!

- **Cisgender**: identifying your gender with sex you were assigned at birth
- **Transgender**: not identifying your gender with sex assigned at birth
- **Gender expression**: how we show the world our gender
- **Gender Binary**: the systemic belief that only two genders exist
- **Cissexism**: The social construct that assumes people are cis before proven otherwise or cis people are better than trans people and the oppression that assumption creates
- **Transphobia**: hate towards gender non conforming people based on their gender identity or expression
- **Microaggressions**: those moments where oppression is SO REAL.

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**The Gender Unicorn**

To learn more go to: www.transstudent.org/gender

Design by: Joshua Pan
Coming out is NOT a one time process

- I come out everyday
- When I walk in to a store I come out
- I came out to you earlier in this presentation
- I am an adult so I have privilege to tell people who I am...youth don’t have this power and privilege
- Coming out is NOT A LIFE CYCLE PHASE and NOT A ONE TIME PROCESS
- You get to do it over and over and over and over and over again
- We are NOT BRAVE for coming out

Questions??

...i know you got em’
**Pizza Rolls not Gender Roles**

- What's a pronoun?? We all use 'em!
- Pronouns: Please Ask ALWAYS
- Practice using pronouns
- What you are really saying when you don’t use someone’s pronouns
- Challenge your own assumptions of gender
- American Dialectic Society Deemed They as a gender neutral pronoun the word of the YEAR

**Examples of Pronouns**

- She/Her/Hers
- They/Them/Theirs
- Ze/Zear/Zeirs
- A/Eir/Eirs
- He/Him/His

**How to use pronouns:** Kieran is giving a rad training, they are an awesome queer therapist.

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**How to use They/them Pronouns**

- Is they/them a singular pronoun or is it a plural pronoun?
- How do you use they/them as a singular pronoun
- What if I am the grammar police??
- We use they/them as a singular pronoun all the time. Have you ever noticed?
- Kieran is a really rad therapist, they gave this awesome training today!
- Kieran is so special and fun, lets throw them a party.
- Kieran is so much fun, I think they are really cool.
- Kieran went to the store, they got over caffeinated on coco cola.
Implications of working with queer and trans youth

- Due to cultural homophobia, stigma, transphobia, queer youth struggle with higher rates of suicide, self-harm and addiction
- Mental Health concerns are a large part a result of oppression
- You may be the first person to ever validate the young persons identity

- What do you need from yourself in order to support this young person?
- How to support shifting identities?
- Everything is a spectrum
- Check your own privilege
- Naming your own identities
What we are REALLY saying when we misgender someone...

- I know you better than you know yourself.
- I would rather hurt you repeatedly than change the way I speak about you.
- Your identity isn't real and shouldn’t be acknowledged
- Offending you is fine if it makes me feel more comfortable.
- I would prefer it if you stopped being honest with me
- I am not an ally
- These aren’t messages we want to send to youth...so What ARE the messages we want to send??

What we can do as caring people

- VALIDATE VALIDATE VALIDATE
- Unconditional Positive Regard
- Ask open non-judgemental questions
- Don’t ask your client to train you. It is your JOB to train yourself or find resources
- Offer contradictions to messages young people get everyday
- Challenge your own assumptions on your personal experience with gender and sexuality
- Hold Space
- Be an Advocate
- Connect people to resources
- Identify barriers in your agencies for queer youth (Gendered bathrooms, gender on intake, preferred names)
More things you can do...

- Be open
- Be curious
- Be ready to challenge your own assumptions
- Be aware of your areas of privilege and power
- Be available to have conversations around your own identities
- Remember we don’t speak for everyone in the queer community
- Everyone has their own experiences
- Experiences differ depending on age, socio-political status, gender, culture, race
- Find other cisgender and/or straight people who really get it to talk about your struggles with

What does validation look like?

- We really want to make sure and be careful that we aren’t talking down to youth
- Wow...fuck...that sucks
- I get that (if you actually get that)...I can see that is hard for you
- ....whoa oppression is really real
- I am so glad you are you!
- Thanks for sharing this stuff with me
- You’re trans!! THAT'S SO RAD...t
What Does Youth stress look like??
What stresses out young people?? LET'S MAKE A LIST!! What stresses out young people at REEL QUEER YOUTH??

Coping: Skills, Mechanisms and Behaviors

- How do you cope with stress?
- How did you cope with stress when you were a youth?
- How are these coping skills regulated and limited at Skate like a Girl?
- How do you model coping skills?
- What does self disclosure look like?
- How to support young people to support their own needs?
- SUPPORT SUPPORT SUPPORT

- We get to make our own decisions about coping!
- Youth are still learning what works for them
- Our job is to MODEL and support their coping skills
- Our job is to ASK them what the NEED
- Remain non-judgmental
- YOU ARE A COPING MECHANISM?? WHAAAT?? RAD!!
**Adultism**

- Who knows what adultism is?
- Adultism is the belief that adults know better than youth.
- Don’t make assumptions out of YOU!
- I learn from youth EVERYDAY. Literally, the reason I have my job is I listened to what the kids wanted and used my privilege to support them in getting what they wanted!
- Be aware of Power Dynamics?
- Building a learning community TOGETHER!
- How can being anti-adultist support young people?
- Intent Vs Impact
- GUIDE, LEARN, SUPPORT…. 

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**Bullying and queer youth**

- Oppression
- Racism
- Cissexism
- Misgendering
- Heteronormativity
- Microaggressions
- MACROaggressions
- Teen dating violence
- IT HAPPENS IN OUR COMMUNITY ALL THE TIME
- Prejudice vs preference
How to address Bullying

- Stop the Behavior when you see it
- NAME the behavior What did you see?
- Ask lots of questions? I am curious about this? Tell me more about what this means?
- Call in → maybe this is a check-in in front of people or maybe we have a convo off to the side. Use sandwich compliments or check in about how you feel about it or what you see
- Talk about how oppression keeps us separate
- Support the targeted person. How do they need/want support

Questions??
...Cooooooome on
Queers Supporting Queers

- I admire you
- I am so glad you are here
- This SHIT ISNT EASY
- We experience the same oppression these kids do everyday
- Supporting kids through experiencing oppression hurts my heart
- It's okay to be sad
- I have never met a heavy heart that wasn't have a phonebooth with a red cape inside

Support and Resources from each other

- What are my strengths?
- What can I offer to the community?
- Who can be relied on for different things?
- Who can I turn to for support?
- What does support mentors look like?
What are you taking from this training today?

Resources

- Trans* Resource Guide
- NW Network
- BGLAD @ YES
- POW @ Navos
- Gender Justice League
- Camp Ten Trees
- Gender Odyssey
- GO Support Groups @ children's hospital
- Reel Queer Youth
- Queer Rock Camp
- Sawyertherapy.com
- Breona Mendoza!