



## **Greater Boston PFLAG and First Event: Youth & Family Program**

### **OPENING:**

#### **Welcome! (ALL)**

Welcome for adults and youth together! Come get energized for the amazing day to come! We will also go over some logistics, introductions and resources to navigate your way through the conference and beyond.

#### **All Youth Meet-Up (YOUTH)**

This session will be dedicated to checking in about what brings you to the conference and what you'd like to get from it. We'll also do some fun interactive games to get to know each other.

#### **Connecting with Other Parents of Trans Children (of Any Age) (PARENTS/CAREGIVERS)**

All adults are welcome to come connect with other parents and guardians for camaraderie, support, resources and laughter as we share the challenges, surprises, and joys of supporting our transgender or gender non-conforming children (of any age). The workshop will be interactive, with plenty of opportunities to connect and exchange information with other parents as we navigate the world of loving and supporting our transgender children.

### **WORKSHOPS (in alphabetical order):**

#### **Blockers, Hormones, Medical Procedures – What is Best for My Trans Child? (PARENTS/CAREGIVERS)**

This workshop is geared for parents, whether they are just learning the terms or are in the midst of a medical transition with their child. You will have the opportunity to write an anonymous question as you arrive at the workshop. The panel will be comprised of medical professionals who will each give an overview of their expertise and their clinics. The panel members are: Jeremi M. Carswell MD, Mandy Coles MD, Ralph Vettors MD. The panel will also take questions from attendees. Facilitated by Athena Edmonds.

#### **Creating a Safer School for Your Child (ALL)**

Valerie Frias, Executive Director of Greater Boston PFLAG, will share strategies for working with schools to support your transgender youth. GBPFLAG does hundreds of educational outreach presentations each year in schools, communities and workplaces in Massachusetts. Valerie will discuss the elements to successful trainings, workshops and interventions with school administrators, faculty and students. Time will be allowed for questions from parents!

### **Dating and Relationships (YOUTH)**

Dating and maintaining relationships as a trans, non-binary or gender non-conforming individual can involve unique challenges. This facilitated group conversation, geared toward youth, will discuss how to maintain a healthy relationship and open doors of communication with your partner(s). Studies show that 30-50% of trans individuals experience abuse in their relationships. The spectrum of romantic and sexual attraction will be discussed (aromantic, asexual, demisexual, demiromantic, gray-sexual, gray-romantic etc.) as well as setting healthy boundaries with your partner(s). Moderated by Shane Rua-Larson with panelists Alex Poon, Gabi Serrato Marks, Katlyn Hamm and Amara Rines

### **Finding Your Voice Using Poetry (YOUTH)**

A poetry workshop for LGBTQ youth of any age and of any poetry experience level. You don't need to be academically oriented and you don't even need to like poetry! Just bring yourself to this supportive environment where we will learn to use poetry as a vehicle of self-expression. We will first read poems, then we will write our own poems imitating elements of the poems we have read, and inspired by our own lives. Then, if we choose to, we will share. Facilitated by Athena Edmonds

### **Have A Youth Going Off To College? (ALL)**

This will be an informal discussion with Ron Ardizzone, the Director of Student Systems at Bentley College, and former member of Massachusetts Commission on LGBT Youth. What questions might you ask when searching for a college? Many colleges market themselves as "diverse" or having LGBTQ pride, but what essential supports should be in place to affirm students whose gender identity is something other than cisgender? How do you work with a college to become more supportive? Come with questions!

### **Healthy Family Transitions (PARENTS/CAREGIVERS)**

Mental health professionals and coaches will each give an overview of their experience working with transgender youth and families. Some of the topics covered will include family stress, parenting, handling coming out to extended family members and friends, anxiety, and depression. Time will be allotted for questions. Panelists will include Heather O'Brien LICSW and Kathy Whithman RN, Parenting Coach. Facilitated by Carol Caravana.

### **Medical Issues -- A Safe Space to Ask Questions (YOUTH)**

This is a youth-only workshop about medical concerns involved with transitioning and trans health. You will have the opportunity to write down an anonymous question, or ask questions during the workshop. Presented by Dr. Ralph Veters, the Medical Director of the Sidney Borum Jr. Health Center, a program of Fenway Health.

### **Mental Health Concerns (PARENTS/CAREGIVERS)**

Dr. Blaise Aguirre, Assistant Professor of Psychiatry at Harvard Medical School and Medical Director at McLean Hospital's 3East DBT-Continuum

(<http://www.3east.org/>) and Maureen Mulhern LICSW, Clinical Social Worker/Therapist will provide an overview of their experience working with transgender youth and families. Parents, are you worried about suicidality, self harm, anxiety or depression? There will be time to ask questions. Anonymous questions can be written on index cards at the beginning of the session. Come learn about ways to support your child and family. Moderated by Athena Edmonds with panelists Maureen Mulhern LICSW, Clinical Social Worker/Therapist.

### **Safe Binding, Packing and Tucking (YOUTH)**

This workshop for youth will explore healthy and safe ways of chest binding, packing and tucking. There is no right way to express your gender identity, however, there are safe and unsafe ways to express yourself. Many trans, non binary or gender nonconforming individuals are unaware that the type of binding, tucking or packing methods they use could be unhealthy or cause long term damage. We'll go over what is safe and not safe for your body, and why. There will be time at the end to share any questions, comments or concerns. Facilitated by Amara Rines and Shane Rua-Larson.

### **Social and Adventure Programs (ALL)**

Representatives from Venture Out, Camp Aranu'tiq, BAGLY, and Out MetroWest will talk about their programs.

### **Youth Hangout (YOUTH)**

Just come and chill with other trans youth!

### **LUNCHEON (ALL)**

There will be a lunch buffet provided where we'll hear about the upcoming 2018 ballot question to rescind the Massachusetts Public Accommodations statute, and efforts of Freedom for for all Massachusetts to defeat that measure.

### **SUPPORT GROUPS (PARENTS/CAREGIVERS)**

- Parents of Trans Youth with Disabilities (broadly defined to include physical disabilities, learning disabilities, and emotional challenges)
- Parents of AFAB Youth (Assigned Female at Birth)
- Parents of AMAB Youth (Assigned Male at Birth)

### **PIZZA PARTY (YOUTH)**

Youth gather in Salon D for pizza party. Parents are welcome to pick up pizza on their way in to support groups!