



WORKSHOP

Aim: to work towards creating a resource that can be used in education settings on how to support children and young people who have additional needs/SEND, who are questioning their gender & sexuality, and the impact on their mental health.



Supporting CYP with SEND around gender/sexuality

- What needs/themes have come up amongst the young people you are aware of who are questioning their gender/sexuality?
- How do the complexities of SEND interplay with gender/sexuality?
- What is the impact on mental health?

Are there any common needs that you have come across in your settings? What might be the factors where there are differences in experiences?

A lot of young people searching for their identity

How to support the family and their understanding of their child's new and emerging needs and their mental wellbeing

A need for more understanding and support for staff and families

A sense of belonging for young people

People can sometimes query whether young people with SEND fully understand gender/sexuality

Learning from other settings who are further down the line of support for their CYP.

Exploring scenarios - hearing other staff's experiences

Family or parents not always respecting YPs identity. How this impacts on YPs mental health.

How am I resourcing myself to support CYP? What else do I need?

taking it to supervisions

Seeking out more ASD information for services for support
Asking for more training and linked up working with others who have experience

Keeping up to date with terminology. Being confident to ask the CYP questions if I don't understand a term that they've used. Remembering it's okay to make mistakes, it's what you do afterwards that counts! (e.g. correct yourself, go and learn)

Some here has recommended Mermaid as a resource, so I will have a look at the site.

Safe zone - lgbt ali

researching current information .Asking the YP if I do not fully understand being honest

What I use: Social Media (YouTube, Tik Tok, instagram) Books (Queerly Autistic) Discussions with peers Stonewall Training LGBTQ+ group

Speaking with the young person and how it affects them and what they'd like

What I use resource pack from county. What I need support along with the pack.

How am I resourcing myself to support CYP? What else do I need?

Learning from other settings who are further down the line of support for their CYP.

Creating a policy

What I need: How to support CYP who are leaving the service and might not have as much support outside





Spectrum: Autistic and Disabled LGBT+ Young People Speak Out

Share



They're just really supportive and know how to help.

Watch on  YouTube

Choose one or more of the themes to focus on when thinking about a possible resource for your settings.

Ask one person to take notes (Word doc/sticky note)

Consider the following:

- Theme:
- Audience:
- Format:
- What would it need to include?

Each group to share their plan in the 'Zoom chat' and invite comments

Possible resource to support CYP

Hearing the young person's voice

Add the topic to classrooms - to build acceptance

Helpline or support or community board - to explore specific situations/ needs

What we want our grandparent's to know?

Grandparents - what my fears are and what I've learnt

Keeping child focused, as well as meeting schools needs regarding information sharing

Using video/s - generational, family member's voices

Pre-recorded session for professionals - certificate once completed - question and answer space as well

Support services to access - quick reference, all in one place



WORKSHOP

This is a starting point...

We will set up a working group that can meet over the summer.

Please respond to the follow-up email we send out if you are interested in joining or want to stay informed.