

# Module 7:

## Supporting Young People's Healthy Relationships

### Objectives

1. To support emerging adults as they develop and maintain healthy personal relationships in different life domains.
2. To work with young people engaged in romantic relationships.
3. To address issues of stigmatization and its effects on relationships, including ensuring personal safety.
4. To meet the specific needs of young people who identify as Lesbian, gay, bisexual, transgender, questioning, intersex or two-spirit.

### Scenario



#### Supporting a Youth Seeking Support Regarding Gender Identity ~ Cory

As an infant girl, Cory and a sister had been adopted from Russia by a U.S. citizen but had a difficult relationship with the adoptive parent. At the age of 16, Cory was experiencing depression and was referred to a peer support project focused on enhancing self-determination. Cory engaged positively with a peer support provider, set many goals, narrowed down the goals to achievable ones, and made a list of steps to achieve these goals. As their relationship developed, Cory began to open up to the peer supporter about feelings around gender and issues of gender identity and desire to identify as a male. Cory's fears were related to how peers would react, what the parent would think, and if the sister would be angry. Cory spoke about how everyone always wanted Cory to wear a dress, do more "girly" things, and stop talking about being "confused."

## Questions for "Cory" Scenario

After reading and thinking about the scenario above, respond to the following questions:

1. How would you respond to Cory's disclosure?
  2. How might you talk with Cory about the issues Cory discussed?
  3. Cory has asked you to use gender-neutral pronouns when talking to and about Cory. What is your response to this request?
  4. What assumptions or biases do you notice in your responses?
  5. What do you think would be helpful to Cory at this time?
  6. What resources or supports might you explore?
  7. With whom might you consult?
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## Module 7 Questions

Here we offer questions to guide your exploration of how module 7 content could be applied in your work with young people:

1. What have you done to assist a young person to develop skills in forming healthy relationships in a particular setting (school, job, family, peers)?
2. Describe how you have worked to increase safety for a young person engaged in a romantic relationship with someone you considered unsafe?
3. In what situations have you seen stigmatization of youth with mental health needs and their families? What did you find was the most effective way to address stigmatization?
4. What have you done to prepare yourself to work effectively with Lesbian, gay, bisexual, transgender, questioning, intersex or two-spirit young people?
5. What has been the most effective way you have found to support a young person who identifies as Lesbian, gay, bisexual, transgender, questioning, or queer?
6. What have you learned about what is ineffective and how have you made changes?
7. What resources have been helpful to support you in your work with Lesbian, gay, bisexual, transgender, questioning, or queer young people?
8. How do your own gender identity and sexual orientation shape your responses?