



# Preventing Health Risks and Promoting Healthy Outcomes Among Lesbian, Gay, Bisexual, Transgender, and Questioning Students

A Workshop for Specialized Instructional Support Services Professionals in Middle and High Schools



The RESPECT Workshop is designed for professional preparation and in-service education for new or experienced specialized instructional support services professionals in middle and high schools who have a role in promoting students' health and mental health, including:

- school counselors
- school nurses
- school social workers
- school psychologists

Principals, district administrators, coaches, other school staff members, and community agency staff with a role in shaping policies, programs, and practices may also benefit.

## Did you know?

In 2009, only 10 states and 7 large school districts collected scientifically valid information about the health risks of LGBTQ youth. They have found...

- ✓ The average academic achievement scores of LGBTQ students are lower than other students.
- ✓ LGBTQ students are twice as likely as others to be threatened or injured with a weapon on school property.
- ✓ LGBTQ students are three times as likely as others to skip school because of feeling unsafe at school or on their way to or from school.
- ✓ LGBTQ students are three times as likely as others to become pregnant (female) or get someone pregnant (male).
- ✓ Meanwhile, in 2006 40% of all newly diagnosed cases of HIV infection among adolescents ages 15-19 were among young African-American gay and bisexual men.

**Core Elements:** The RESPECT Workshop was originally designed around four core elements that remain unchanged in the second edition. These principles incorporate current behavior change theory and evidence-based professional development practices. The workshop:

- Is grounded in the duties and responsibilities of specialized instructional support services professionals;
- Uses empirical data and research findings derived from scientifically credible sources on the health and well-being of LGBTQ students;
- Aims to influence participants' professional attitudes, norms and self-efficacy; and
- Incorporates active learning techniques and other evidence-based professional development practices.

The workshop was developed by the American Psychological Association in collaboration with a broad range of other organizations.



# More than bullying prevention

**Workshop Goal:** *Specialized instructional support services professionals will provide services and implement practices to promote sexual health and responsibility and prevent HIV infection, other sexually transmitted infections and pregnancy among students who are lesbian, gay, bisexual, transgender, or questioning.*

**Objectives:** *By the end of the workshop, participants will be able to:*

- 1. assist LGBTQ students to cope with their distinctive challenges;*
- 2. promote safe school environments that nurture healthy and successful students; and*
- 3. motivate all students to prevent HIV, STDs, and pregnancy.*



## Sample Workshop Agenda

An online (or paper) pre-workshop needs assessment can be administered in advance to help trainers prepare.

### 8:30 **Session A: Foundations**

Introductions  
Workshop philosophy  
Terms and definitions

### 10:15 **Session B: Helping Individual LGBTQ Students**

Harmful effects of pervasive stigma  
Five types of direct services for LGBTQ students  
Building self-efficacy

12:00 Lunch

### 12:45 **Session C: School-Wide Protective Strategies**

What schools can do  
Five evidence-based school-wide protective strategies  
Strategy implementation

### 2:30 **Session D: Action Planning**

Resource sharing  
Action planning  
Workshop evaluation

4:00 Adjourn

Copies of action plans developed in groups during the workshop are distributed to participants afterwards.

An online follow-up survey can be administered several months after the workshop. The rigorous evaluation design allows matching of the pre-workshop needs assessment, the end-of-workshop evaluation, and the follow-up survey to document the workshop's impact.

