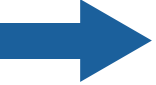



MENTORING LESBIAN, GAY, BISEXUAL, TRANSGENDER, QUESTIONING, INTERSEX, AND GENDER NONCONFORMING YOUTH

This population review serves as effective explanation of practices when mentoring LGBTQI-GNC youth. LGBTQI-GNC youth have frequent experiences with bullying, verbal and physical harassment and feel generally unsafe in school settings which can lead to depression, STIs, and other challenges later in life. However, with effective informal and in-person mentoring relationships with well-informed, caring adults, these youth can receive positive support and experiences, leading to better outcomes.


The four topics discussed by the study can be explored as follows:




1. The documented effectiveness of mentoring for LGBTQI-GNC youth is a decrease in risk factors associated with these youth. LGBTQI-GNC youth in mentoring relationships are less likely to display signs of depression, delinquency, and stress. Mentored LGBTQI-GNC youth also improve their relationships with parents and peers and are better equipped to foster their identity and give back to the LGBTQI-GNC community.



2. Factors of race, socioeconomic background, and involvement in child welfare systems shape the effectiveness of mentoring for LGBTQI-GNC youth. Intersecting oppressive forces can lead to adverse effects on the mental health of LGBTQI-GNC youth. Further, LGBTQI-GNC youth involved in the juvenile justice system and the child welfare system have different risks leading to varied experiences and challenges later in life. Lastly, With LGBTQI-GNC youth entering stages of gender and sexuality identification at earlier ages than in the past, increases their possibility to be faced with negative experiences.



3. The intervening processes that are most important in linking mentoring to outcomes for LGBTQI-GNC youth are: allowing youth to question, explore, accept, and share their identity. Equally as important are mentors of LGBTQI-GNC youth serving in advocacy roles by offering emotional, informational, and social forms of support contributing to positive outcomes.



4. Host organizations and settings have implemented high quality mentoring that has been adopted and sustained by centering LGBTQI-GNC youth and addressing prejudice and discrimination directed at these youth, eliminating the need for LGBTQI-GNC youth to “come out” to benefit from services, making youth aware of the services available to them, and increasing health resources in public schools.

The review gives these suggestions to implement in regards to LGBTQI-GNC youth:

Implications for Practice	Implications for Youth Practice
Learn the definitions behind the acronym and become culturally and linguistically competent when designing and delivering services.	Teach yourself and others the definitions and history behind the acronym and understand how services offered by a mentoring organization can be shaped to benefit your LGBTQI-GNC peers.
Make sure your program culture and materials are welcoming to this population.	Make sure you and your peers create a culture that is welcoming to your LGBTQI-GNC peers.
Consider recruiting mentors with lived experience in this area.	Consider reaching out to adults and young people with lived experience in this area.
Set (or augment) confidentiality policies to address information sharing around the topic of sexual orientation.	Look at the policies about youth confidentiality in your organization. Do they represent how you feel your information should be shared?
Train mentors working with LGBTQI-GNC youth in relevant topical areas.	Allow LGBTQI-GNC youth to speak for themselves.
Advocate for LGBTQI-GNC youth in your community AND the family.	Advocate for LGCTQI-GNC peers amongst your friends and in your life.
When possible, contribute to the research base.	When possible, contribute to the research base.