

## **OUR MISSION**

Our youth face many challenges in the world. Parents and other family members may experience and act out of fear and confusion with our issues. We may feel threatened and be at risk for physical and emotional abuse from others who are ignorant and prejudiced toward those who are different from them. Some of us may have been discouraged in our search for meaning in our lives by those who ignorantly condemn us, and others of us perhaps are in the process of searching for a genuine purpose to our existence.

These influences may make us feel lonely and unloved. Often driven to desperation, trans youth are at a high risk for depression, suicide, violent crimes, alcohol and drug abuse, homelessness, acting out with risky sexual behavior and being exploited in prostitution with the risk of HIV and other deadly sexually transmitted diseases.

Sacramento Trans Youth offers a safe alternative where young people can appreciate and value their worth and diversity, safely express themselves in their identified gender, and reach out to each other and share and learn from each other's experiences.

## **COMMUNITY ACTIVITIES**

Here are various social and support activities that are now ongoing:

### **On the individual and small group level.**

Members communicate with each other individually and in small groups through e-mail, instant messenger and telephone.

Members meet irregularly in informal small groups to develop friendships, peer support, and to discuss mutual issues.

### **On the community level.**

Members communicate with the group via message posts.

As interest develops we may start holding regular group meetings.

***We can truly experience happiness and become a positive influence on those around us when we reject the lies that we have been told, and when we fully claim the blessing of who we are as part of this beautiful and diverse world.***

***[sites.google.com/site/sacTyouth](https://sites.google.com/site/sacTyouth)***

# *Sacramento Trans Youth*



Sacramento Trans Youth is a peer support group for young people in their teens through early twenties in the Greater Sacramento area who are gender variant, transgender, or gender questioning.

## **CORE VALUE**

That everyone has a right to the decent expression of his or her gender identity free from the harassment or ridicule of others.

## OUR ON-LINE GROUPS

In 2002, a unique combination of vision, experience, spirituality and motivation gave rise to the *saveTyouth* on-line community. The founders brought experience in working with youth in the areas of counseling, ministry, and transgender health and a deep desire to reach out to others who yearn to overcome the hostile influences in the society in which we live. *saveTyouth* was founded as a safe community where youths could experience acceptance and honesty in gender expression. *sacTyouth* is the local on-line group for Sacramento Trans Youth.

Both our *saveTyouth* and *sacTyouth* on-line groups provide a supervised forum for discussion, informational resources and the ability to reach out to other like-minded individuals and to find significant supportive relationships among ourselves. Since its conception, the *saveTyouth* on-line group has grown to include youths from across the nation and abroad and continues to be a resource for all our members.

For information and to apply for membership in *sacTyouth* please visit:

**[sites.google.com/site/sacTyouth](https://sites.google.com/site/sacTyouth)**

## SOME TOPICS AND ISSUES

- developing social skills
- toxic free communication
- solicitation-free friendships
- definition of sexual identity conflict [SIC]
- positive examples of what people can and will do about a SIC
- not all questioning people need to change their sex
- how to identify/interview/qualify the appropriate Therapist or coming out to a Therapist
- the many steps of a proven, legal and ethical transition
- risks of compromising the trodden path of transition
- other risks of transition
- risk management
- how to continue as a Spiritual person during transition
- Scriptural principles
- how others view us as people with SIC issues
- how we might improve how we think or feel about ourselves
- self worth/self esteem
- coming out to parents and family
- coming out to friends
- abuse and neglect
- social services and child protection
- effects of drugs and alcohol
- AIDS and other STDs
- prostitution and acting out sexually
- life decisions: education/career vs. dependency/crime
- suicide and suicide prevention
- social/legal issues facing youth who alter their gender expression or sex
- social action
- crimes against youth with sexual identity issues
- youth with SIC issues in positions of leadership
- review of trans literature/art/music
- romantic feelings and how to manage them
- dating
- keeping a journal
- staying physically/emotionally fit
- moving beyond the SIC issues

## DISCLAIMER

Any group member or anyone representing our community must understand and agree that our community is not for the purposes of persuading or coaching a person in making a choice to live in the gender opposite their sex and/or sex role assigned at birth. We strongly recommend that any and all decisions about gender expression and choices about gender be made in the context of a well-trained and experienced licensed Sexologist or Gender Therapist. We also present a stern warning about hormone therapy or any surgical procedures, strongly urging that all decisions related to these very serious and often permanent and irreversible medical decisions be made under the direct supervision of both a licensed Therapist and the appropriate Medical Physicians.

Altering your hormones, anatomy or living in the opposite gender role is a major life decision which can bring upon you severe stress and conflicts of every imaginable kind. Therefore consider carefully every step of this journey with the wise support and counsel of the appropriate professionals. Our group and its members or representatives are not those professionals.