

*Resource compiled and written by Emily Bailey (YouthCO) and CampOUT!*

# **CAMP OUT!**

## **PARENT & CAREGIVER GUIDE**

### **2022**



[www.campout.ubc.ca](http://www.campout.ubc.ca)

# WE HAVE EVERYTHING THAT WE NEED

We are so excited to get to share with you a collection from the abundance of resources that are out there to support the parents and caregivers of queer & trans youth! We hope this offers a uniquely campy addition to the supports available and encourages folks to connect with each other to best support young folks!

We also hold true, that everything needed to build the skills and inner resources to support the children and youth in our lives, exists already in us and our communities.

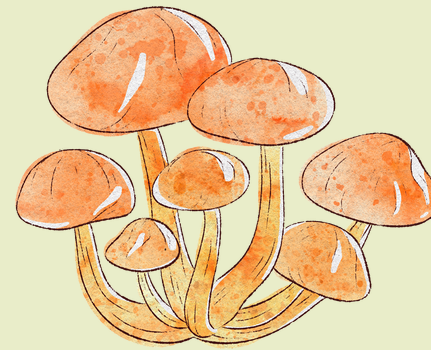




# AN ECOSYSTEM OF CARE



ART AS A GUIDE



COMMUNITY AS A GUIDE



CURIOSITY AS A GUIDE

This resource includes a collection of materials seeking to foster relationships with one or many avenues of support. We suggest moving towards the paths that bring the most ease first and secondly taking the time to reflect on what feels hard about the alternate routes. Take your time adding directions and pathways of your own, remembering that this work will continue to grow and change along our relationships with the children and youth in our lives.

# CARE ECOSYSTEM

Together we will learn where we can step into paths of learning and growing to support ourselves, our families, while centering the needs of the QT youth in our lives.

Pulling from the wisdom of our QT communities, we invite folks who choose to pick up this resource to move through its pages with care, meeting the work of all who support QT youth in our communities with grace and gratitude.

If you feel ready and open to an activity today, we invite you to explore pages 18 – 23. If you are looking to adventure into independent learning and reflection, you will find a series of resources pages 5 – 17.





# ART AS A GUIDE

Film, literature, and photography for your enjoyment!

# FIRST DAY MINI-SERIES



First Day mini-series available for free on CBC Gem. This 4 episode TV series follows 12 year-old transgender girl Hannah Bradford as she starts at a new school. It explores some of the experiences trans youth have navigating the school system, friendships, and social media. The main character is played by a trans girl.

<https://gem.cbc.ca/media/first-day/s01>



# THE GENDER BOOK



The Gender Book (portions available free online)

This book explores many different parts of gender and sex, various aspects of transitioning, pronouns, and more!

<https://thegenderbook.com/>

# TO SURVIVE THIS SHORE



A collective of photographs and interviews from trans elders by Jess T. Dugan & Vanessa Fabbre

<https://www.tosurviveonthishshore.com/about>



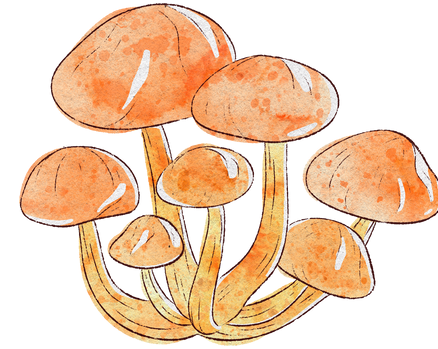
# WRITTEN WORKS OF FICTION



A list of fiction resources compiled by Mary Ann Saunders.

- UBC Professor, CampOUT! volunteer, committee member, and parent of past camper

<https://arts-campout-2015.sites.olt.ubc.ca/files/2020/07/List-of-trans-Fiction-Resources.pdf>



# COMMUNITY AS A GUIDE

Community organizations, support groups, and workshops!

The CampOUT! Committee Advisory Committee members and partners are connected by our shared commitment to community development for positive change. Here are just a few community projects to get you connecting with community!



# MYCELIUM

Mycelium is a group of queer & trans youth 16-29 across what is currently known as BC, who connect to center healing, pleasure, and justice in our lives as we envision and create a world liberated from HIV & Hep C stigma.

We are committed to reducing stigma related to HIV & Hep C and to building communities where we feel safe talking about the highs and lows of sex, drugs, relationships and all the things that bring us pleasure.

Mycelium facilitates social events, youth leadership programs, and retreats for QT youth across the province.

<https://www.youthco.org/mycelium>

More resources on QT experience, sex, and drug use:  
<https://www.youthco.org/resources>



# TWO-SPIRIT RESOURCE LIST:

Two-Spirit Resource List: “Two-Spirit” is a term used within some Indigenous communities, encompassing cultural, spiritual, sexual and gender identity. Check out this list compiled for culturally specific resources serving Two-Spirit and Indigiqueer folks.

<http://www.phsa.ca/transcarebc/gender-basics-education/terms-concepts/two-spirit>





# SOGI 123

SOGI Resources for Parents:  
information for parents about SOGI 123!  
Inclusive education and what that means  
for students; available in Mandarin,  
Punjabi, and French

<https://www.sogieducation.org/>



# OUT IN SCHOOLS

Out In Schools offers workshops for caregivers and families to learn about supporting 2SLGBTQIA+ youth. This will be a chance to unpack some of the language young people use when it comes to gender and sexuality, watch films with 2SLGBTQIA+ characters, and learn ways we can be allies.



<https://outonscreen.com/out-in-schools/book-a-presentation/>

# Qmunity "PARENTS OF TRANS KIDS"

Qmunity has a new peer support group called Parents of Trans Kids

<https://qmunity.ca/groups/>.





# QCHAT

QCHAT is an LGBTQIA2S+ peer support association that provides peer support and referral services to youth residing in British Columbia.



<https://www.qchat.ca/bc-lgbtq2s-resources>

# ***NORTH SHORE FAMILY SERVICES***

LGBTQ2S+ Support – North Shore Family Services offers programs and services to support queer, transgender, two-spirit, and/or questioning, folks as well as the parents/caregivers of gender-diverse children or youth.



<https://www.familyservices.bc.ca/find-support/lgbtq2s-support/>

# QUEEREST AND DEAREST FAMILY CAMP

Queerest and Dearest is an affirming faith-based camp for LGBTQIA2S+ people and their family members.



<https://www.queerestdearest.com/>



# FOUNDRY

Foundry is a province-wide network of integrated health and social service centres for young people ages 12–24. Foundry centres provide a one-stop-shop for young people to access mental health care, substance use services, primary care, social services and youth and family peer supports.

Foundry BC: <https://foundrybc.ca/stories/lgbtq2-identity-and-the-virtual-world/>



# TRANS CARE BC

Improving gender-affirming care across B.C.

Trans Care BC supports the delivery of equitable and accessible care, surgical planning, and peer and community support for trans people across the province.



<http://www.phsa.ca/transcarebc/child-youth>

# UBC CAMPOUT!

Checkout our resource page for new summer programs inclusive of 2SLGBTQ+ youth or province wide resources!

You may also like to checkout:

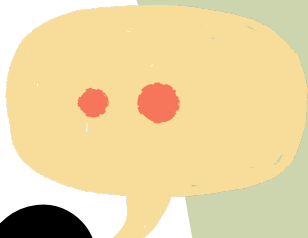
CampOUT! Parent Caregiver Session Slideshow: Tips from your Kids! !

CampOUT! Parent & Caregiver Webinar Resource List for links to podcasts, websites, information, and reading

<https://campout.ubc.ca/resources/>







# **BUILDING OUR ECOSYSTEM OF CARE**

Activity Time! You will need a piece of paper and something to write with.

**LET CURIOSITY BE OUR GUIDE AS WE MOVE THROUGH  
THIS ACTIVITY!**

# BUILDING OUR ECOSYSTEM OF CARE

We know that as parents there are so many demands on us, our time, and our attention. Supporting the ever changing growth of the QT youth in our lives, requires a range of affirming relationships in their lives and in our own.

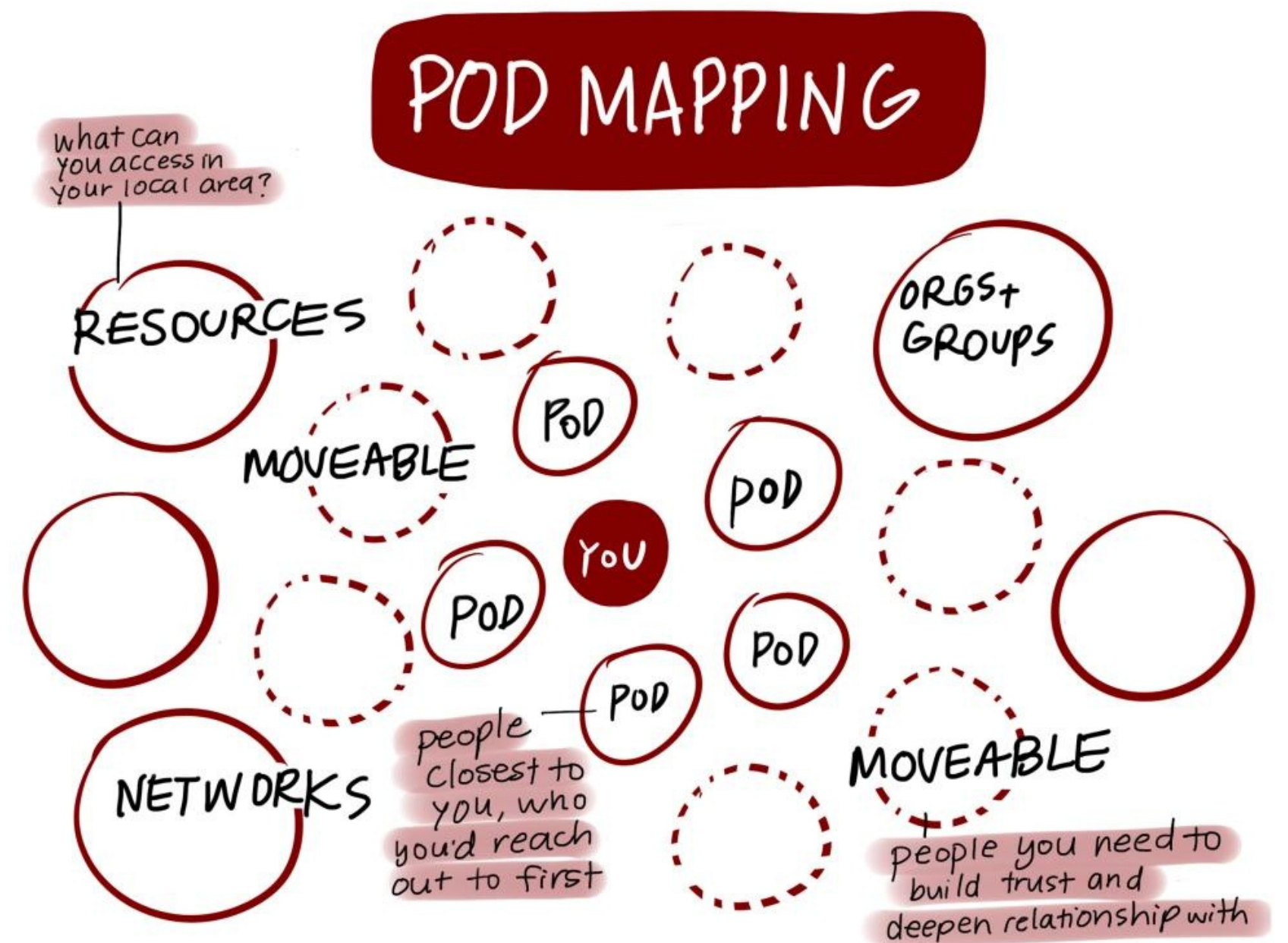
The Bay Area Transformative Justice Collective have create a tool that is designed to support us all in strengthening our understanding of the web or ecosystem of support that exists in our life. There are many reasons why our ecosystem might feel small or expansive, overwhelming, or inspiring. Whatever the circumstances of our connections, we encourage proceeding without judgement by centering curiosity as our guide.

**MORE ON THE BAY AREA TRANSFORMATIVE JUSTICE COLLECTIVE HERE:  
[HTTPS://BATJC.WORDPRESS.COM/RESOURCES/READINGS-MEDIA/](https://batjc.wordpress.com/resources/readings-media/)**

# POD MAPPING

Step 1: Write your name in the middle of your piece of paper and circle it.

Step 2: Reflect on the people that are closest to you. The people who you know and trust to reach out to without hesitation. Write their names around yours and draw closed circles around their names.

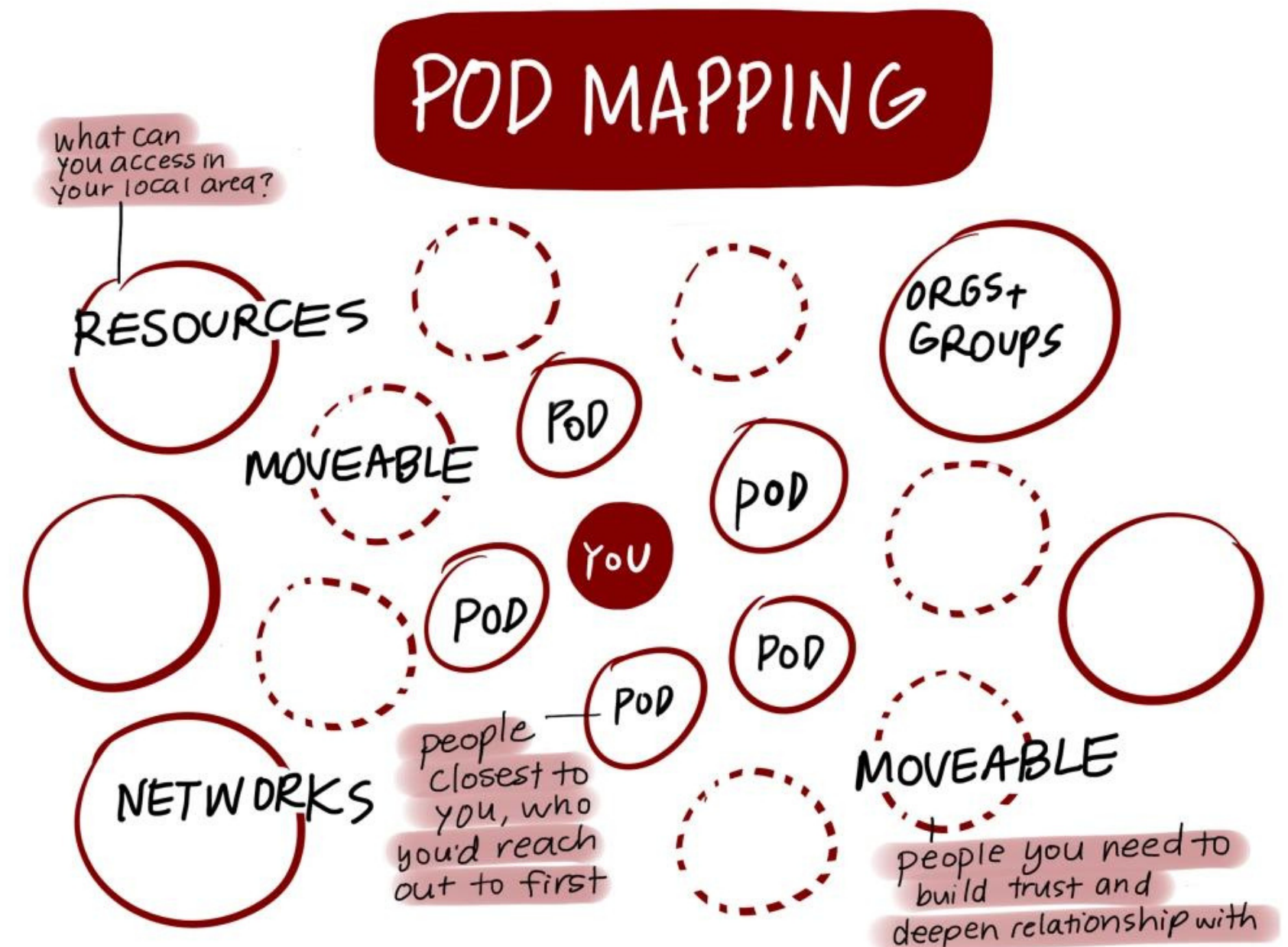




# POD MAPPING

Step 3: Next reflect on people in your life who you know are "there", however require more trust to be built before you would feel comfortable reaching out to them as you would the people from step two.

Step 4: Next, reflect on the resources that you currently know you can access for support in your life and with the work of caring for the QT youth in your life



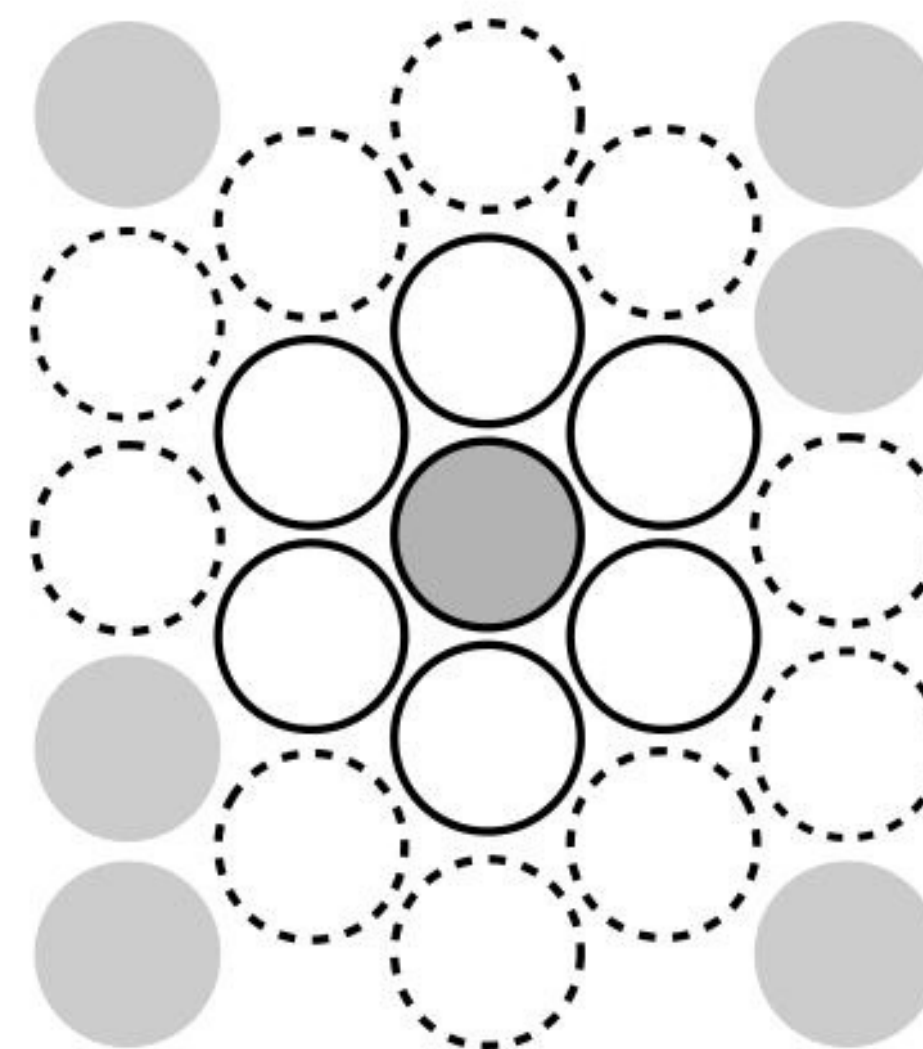
# POD MAPPING

Step 5: Take a moment to review your map.

Q1. What feelings does your map evoke?

Q2. Does your map affirm support?

Q3. Does anything surprise you about your map?



## POD MAP

1. Write your name in the middle gray circle.

2. The surrounding bold outlines are your pod. Write the names of the people who are in your pod.

3. The dotted outlines surrounding your pod are people who are 'movable'. They are people that could be in your pod, but you need to build more relationship or trust with them.

4. The gray circles at the edge are for networks, communities, or groups that could be resources for support, or people involved in those groups.

\* Your pod(s) may shift over time, as your needs and relationships change or as people's geographic locations change.

Adapted from the Bay Area Transformative Justice Collective's Pod Mapping Worksheet

# POD MAPPING = ECOSYSTEM OF CARE

Step 6: At your own pace, gently reflect on the following questions.

Q1. Is there a category where I would like to put attention to strengthening those relationships?

Q2. How can I lean on this ecosystem of care to feel held in the work of loving and caring for the QT youth in my life?

Q3. How can I extend this ecosystem to them and what areas do I need to hold close to best support them?



# THANK YOU!

On behalf of the CampOUT! Community Advisory Committee, thank you for taking the time to go through this resource and for all that you do to support the growth, care, and support of 2SLGBTQ+ children and youth in our communities!

***Resource compiled and written by Emily Bailey (YouthCO) and CampOUT!***



INDIAN RESIDENTIAL  
SCHOOL SURVIVORS  
SOCIETY

QMUNITY  
BC'S QUEER, TRANS, AND TWO-SPIRIT RESOURCE CENTRE



YOUTHCO  
YOUTH LEADING THE HIV & HEP C MOVEMENT



TRANS CARE BC  
Provincial Health  
Services Authority

UBC  
Education

[www.campout.ubc.ca](http://www.campout.ubc.ca)