Project Youth
ME TŪTURU TE WHAI ORANGA

LGBTQIA+ Youth's Experience of Project Youth

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Session overview

What is Project Youth?

Research process:

- Methodology
- Participants
- Findings

Implications

- How does this research help our understanding of the experiences of LGBTQIA+ youth who attend support groups like PY?
- What are some considerations when supporting this youth population in schools and community organisations?

LGBTQIA+
lesbian
gay
gender fluid
bisexual
trans*
takatāpui
queer
questioning
intersex
asexual

What is Project Youth (PY)?

PY is a psycho-educational, professionally led peer support programme for 13-19 years old with diverse genders and sexualities.

Weekly, two hour sessions, flexible attendance at Kāpiti Youth Support (KYS).

Referral process with formal induction.

KYS
KAPITI YOUTH SUPPORT

Session outline:

(a) sharing kai

(b) mihi: Introductions and warm up

(c) review of previous session

(d) discussion of objectives

(e) psycho-educational activity

(f) discussion

(g) individual reflection/group share

(h) closing round.

KYS
KAPITI YOUTH SUPPORT

Risks and challenges

- sexually transmitted infections
- truancy
- no community participation
- anxiety & depression
- intentional non-suicidal self-harm
- suicidal ideation
- internalised homophobia
- homophobic bullying
- alcohol/substance misuse
- reduced peer support
- lack of family support.
- positive identity development

"You get kind of pelted with these ideas in society about who you are meant to be and what you're meant to do. When you actually realise that's not what you're meant to be you start to feel like you are doing something wrong, but you don't know how to fix it. You don't know how to be normal. You start to get insecure and worry about what people think of you because you don't know how to fit in."

- Chloe, 17 years, asexual aromantic

What is known?

- Research promotes health and wellbeing for youth population.

- Quantitative - intervention efficacy of resiliency factors.

- School based programmes are a protective factor but are they safe spaces?

- Qualitative - limited nationally and internationally and has overlooked young peoples voices.

What are the experiences of youth participating in a community-based psycho-education support programme for LGBTQIA+ youth?

How does the programme influence the development and lived experience of youth?

Methodology

- Design: qualitative, intrinsic case study, appreciative enquiry, semi-structured interviews.

- Data analysis: Braun & Clarke's (2006) six phase approach

- Trustworthiness and rigour: Lincoln & Guba (1985) credibility, transferability, dependability and confirmability.

Participants (*n*=8)

Gender Trans* (1) Female (4) Gender fluid (2) Male (1) Non-binary (1)
Age (years) 16 (2) 17 (4) 18 (2)
Ethnicity Māori(1) Māori/Pākehā (5) Other European (2)
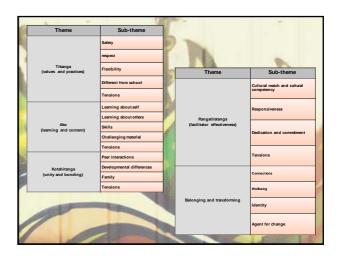**Sexuality** Aromantic (1) Asexual (2) Bisexual (5) Demisexual (2) Homoromantic (1) Pansexual (2)

Findings

Super-theme (essence): Community

"…there are always people who are willing to step in and help out…that there is always a place in the LGBT+ community for anyone….there is always going to be people and or, a group that can stand beside you and not put up with any of that crap (transphobia and homophobia)"

- Lyric, 18 years, transgender, pansexual.

Theme	Sub-theme
Tikanga (values and practices)	Safety
	respect
	Flexibility
	Different from school
	Tensions
Ako (learning and content)	Learning about self
	Learning about others
	Skills
	Challenging material
	Tensions
Kotahitanga (unity and bonding)	Peer interactions
	Developmental differences
	Family
	Tensions

Theme	Sub-theme
Rangatiratanga (facilitator effectiveness)	Cultural match and cultural competency
	Responsiveness
	Dedication and commitment
	Tensions
Belonging and transforming	Connections
	Wellbeing
	Identity
	Agent for change

Belonging and Transforming

Wellbeing

"Well it brought me happiness to go to a group that was very welcoming and friendly…it takes away the hostility, there was a lot of hostility in my life at the time, in my family…" **- Falcon.**

Social connections

"..Well it's definitely better now because I have people to talk to…..before I'd just sit in my room and do nothing…definitely a significant thing for me is finding friends at the group" **- Joseph.**

Lived experience of LGBTQIA+ youth who attend PY.

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- Mental health and wellbeing
- Social connections
- Identity development
- belonging
- validation
- self acceptance
- Agents for change in own community

Considerations for supporting LGBTQIA+ youth in schools and community organisations.

- Adult leadership
- Safety
- Responsiveness
- Profiling and awareness
- Relationship
- Flexibility
- Critical content

- Culturally appropriate resources
- Culturally competent facilitators/practitioners
- Wrap-around support and access to services
- Diversity and widening definition of inclusion.

Project Youth enquiries

KYS
KAPITI YOUTH SUPPORT
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