

Counseling News for Faculty

February 2012

Safe Zone Training is here!

~Please attend this two-part training to become an ally
for the LGBT (lesbian, gay, bisexual, transgendered) community on campus~

Learn accurate and current information about LGBT issues

LGBT allies offer students a safe, supportive, and respectful place to be heard and receive information and resources.

Allies advocate for LGBT students if necessary

February 17, 9 to noon AND February 24, 10 to noon

Wellness Center, CL 178

Please look for an email shortly, with professional development credit synonym numbers

LGBT young people can feel unsupported, isolated, and invisible.

A hostile and homophobic environment can reinforce these feelings.

Unlike other victims of oppression, LGBT individuals often cannot turn to their families for support because family may affirm the hostility of the larger environment, including forcing the young person from the home.

As such, LGBT students here at HCC might experience increased stress, which can have an adverse impact on them both emotionally and academically.

You can help to provide additional support to help these students get there from here!!

Some important statistics.

- ❖ Gay and lesbian youth are 2 to 3 times more likely to attempt suicide than heterosexual young people.
 - ❖ 84% of LGBT students report being verbally harassed (name calling, threats, etc.) because of their sexual orientation.
 - ❖ 91.5% of LGBT students report hearing homophobic remarks, such as “faggot,” “dyke” or the expression “that’s so gay” frequently or often.
 - ❖ 44.7% of LGBT youth of color report being verbally harassed because of both their sexual orientation and race/ethnicity.
- ❖ 82.9% of LGBT students report that faculty or staff never intervened or intervened only some of the time when present and homophobic remarks were made.

Transgender-specific statistics.

- ❖ 33.2% of transgender youth have attempted suicide
- ❖ 55% of transgender youth report being physically attacked
- ❖ 74% of transgender youth reported being sexually harassed at school, and 90% of transgender youth reported feeling unsafe at school because of their gender expression.

Other programs in Counseling and Career Services in February!

“International Connections”, a support group for international students, is forming! Please refer international students who are interested in meeting other international students and/or who may need support. [Thursdays beginning Feb 23. RCF 302](#)

Eating Disorders Awareness Week

Thursday February 23, noon to 2:30: Film and discussion. Join us in the Galleria to view the film **Dream Worlds 3**, a film about the messages and impact of music video on women and men.

Tuesday February 28, 12:30 to 2: Eating disorders and body image information fair. Stop by to ask questions and pick up information about eating disorders and body image concerns. Take a quiz to test your knowledge about these issues!

Food for Thought, an informal lunch conversation, 2nd and 4th Wednesdays, in the RCF 302 library from noon to 1. *Lunch is served!*

February 8: *Get Me Out of Here!* Discussion about earning your AA before you transfer

February 22: *Does Multi-tasking Really Get Things Done?*

How to Help a Friend, a monthly support meeting for friends and family members who are concerned about a loved one. Wellness Center, CL 178.

Tuesday February 9th: How to help a friend in an unhealthy relationship

Please call Suzie Friedman in Counseling and Career Services at (443) 518-1340

if you have any questions about our programming!