



WYNNS family psychology  
expert solutions for kids, teens & families



Fall 2020



## Exploring Gender Identity 8<sup>th</sup>-12<sup>th</sup> grade

School can be tough! Hormones, peer pressure, relationships, bullying, academics, social media, and navigating one's identity can feel overwhelming. Specifically, many teens may also have questions relating to their sexual orientation, gender identity, gender expression, etc. If you have a high schooler, or rising high schooler, who has expressed feeling as though their gender does not match their sex assigned at birth, that they are unclear about their romantic, physical, emotional, or sexual attraction, or are exploring various terms and how they may apply to them (i.e., transgender, non-binary, gender fluid, gender queer, bisexual, pansexual, demisexual, gay, lesbian, etc.), this group is for them. Additionally, stressors and challenges specifically related to social distancing, isolation, at-home schooling, and COVID-19 will be explored!

**During our 6-week group, using a series of discussions, exercises, role-play, and videos, your teen will talk with other teens in the exploration of sexual orientation and/or gender identity, questions, as well as seek support relating to common challenges amongst LGBT+ youth. Throughout, a psychologist will provide psychoeducation and encourage dialogue in an affirming, respectful environment. Additionally, group members will:**

- Learn, discuss, and answer questions about information relating to gender identity, sexual orientation, and gender expression
- Discuss and process challenges experienced in the home, school, and community setting
- Discuss and process actual or perceived concerns/challenges involved in the coming-out or exploration process
- Discuss and practice assertive communication strategies when asserting one's gender identity and/or sexual orientation
- Discuss and improve upon protective factors for mental health and wellness (i.e., anxiety reduction, mood regulation, improved self-esteem)
- Gain information about age-appropriate community resources for LGBT+ teens
- Allow for questions and concerns to be processed in a safe, confidential, affirming atmosphere

**When:** Wednesdays from 4:00 p.m. to 5:00 p.m.  
August 26<sup>th</sup> through September 30<sup>th</sup> 2020

**Where:** Online and Open to teens anywhere in NC!  
Log-in information will be provided by group leader one week prior to start

**Leader:** **Brittany Bate, Ph.D.**  
*Dr. Bate has significant experience and training in providing affirming care across a variety of settings and with diverse populations. Dr. Bate conducts individual and group therapy with adolescents and adults across the gender and sexual orientation spectrum. Dr. Bate is also is a member of the American Psychological Association Division 44 – Society for the Psychology of Sexual Orientation and Gender Diversity.*

***\*Each group will have co-leaders as needed, ensuring a small leader-to-student ratio***

**Grades:** 8<sup>th</sup> – 12<sup>th</sup>

**Fee:** \*\$165 for 45-minute individual consult, parent and teen (required)  
\* 6-week group prices; \$390 total (does not include consult); \$65.00 per week  
\* Deposit to hold spot: \$65 (applied to the first night of the group, non-refundable)  
\*10% Discount for paying for all 6 sessions in advance!  
\*10% Discount for returning WFP group clients!  
\*15% Discount for returning WFP Group clients and paying in full!

\*Deposits and advanced payments are non-refundable

**Register:** Call 919-467-7777 or email [groups@wynnsfamilypsychology.com](mailto:groups@wynnsfamilypsychology.com) Visit [WynnsFamilyPsychology.com](http://WynnsFamilyPsychology.com) to learn more about the practice and the group leaders.