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This resource guide was created in the Summer of 2022 and will be updated regularly. Contact Ty at the ZGYC to make sure you have the most recent copy.

ty.shae@juneau.org
(907) 586-2635

**A RESOURCE FOR TRANS STUDENTS
IN THE JUNEAU SCHOOL DISTRICT
HIGH SCHOOL EDITION**

Hey, you!

So glad you are here. Welcome to a resource for trans youth in the Juneau School District. This resource was made with love by trans adults in your community for you and your peers. We know that the world is a tricky place and as trans people, we have to face some particularly unique challenges when we encounter places that may not be quite ready for us.

School is hard enough as it is without having to worry about things like where to find a bathroom and who to talk to about changing your name. This zine will answer some common questions about your specific school and provide you with information that will make your experience a little easier.

We have also included some additional resources for support groups, scholarships, and social spaces, just for you.

The information you'll find here about JSD schools was gathered from a survey we conducted in 2022. This survey was sent to the JSD superintendent, principals, and some staff at each school. When creating this resource we aimed to stay as true as possible to what JSD staff wrote in their surveys. Some information may not feel complete, and some information may not be what you want it to be. We want to express our gratitude to the JSD staff who completed this survey. We also recognize there is more work to be done to make school both safe and easy to navigate.

The world is a better place with you in it. You are worthy of support and deserve to be able to be safe and comfortable at school and everywhere. Don't forget you are powerful, brave, and full of magic. You are not alone.

Sincerely,
Ty and Meryl

DID YOU KNOW?

The Juneau School District has a policy specifically protecting trans students and staff from discrimination!

Reading through this policy can help you know your rights and the ways in which the district is required to protect you.

It can also be a little confusing, so don't hesitate to reach out to someone you trust for clarification.*

People to know:

Bridget Weiss - Superintendent

bridget.weiss@juneauschools.org - (907) 523-1702

Beth Leban - Teen Health Coordinator

beth.leban@juneauschools.org - (907) 523-1635

What is a grievance?

A Student Grievance is the formal procedure you can use to report violation of the non-discrimination policy. You have the right to file a grievance if school staff is not following the policy. If you think you might need to file a grievance, get a trusted adult* involved to see if it's the right next step for you. A parent, guardian, or advocate can file a grievance for you, if you want. You deserve to have your rights respected!



Read the policy
here!



Find the grievance
policy here!

*Refer to page 11 for more info about supportive adults

YAAKOOSGÉ DAAKAHÍDI HIGH SCHOOL

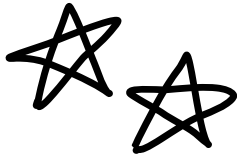
School Phone Number: (907) 523-1800

People to know:

Kristin Garot - Principal, kristin.garot@juneauschools.org

Robyn Huesmann - Counselor,
robyn.huesmann@juneauschools.org

Mary Robidoux - Front Office Admin,
mary.robidoux@juneauschools.org



Gender Support Plan

The YDHS counselor will meet with gender diverse students to develop a gender support plan. During this meeting, things like bathroom access and name change processes can be discussed directly with the counselor.

Name Changes

Your name can be changed in PowerSchool even if it is not changed legally. To do this, you can talk to the counselor or the principal. The principal will meet with you and your guardian to sign the form and go over it in detail to explain what will change and what is unable to be changed. If you are 18 or older, you will not need a guardian signature on the form. The form is then submitted to district staff who will make the change in PowerSchool.

If you would like to change the name that students and staff use for you, you can tell your advisor or the counselor and they will communicate this change to the rest of the staff.

Gender Neutral Restrooms

YDHS has a gender neutral bathroom near the front office that remains locked, but can be unlocked by any staff member. There is also a gender neutral restroom in the Teen Health Center that is unlocked when Teen Health is open (check page 13 for Teen Health hours at your school).

Locker Rooms

There are no locker rooms at YDHS. YDHS students can participate in activities at either JDHS or TMHS. You can refer to the high school at which you are participating in activities at for more information about locker rooms.

WHO SHOULD YOU TALK TO IF...

Another student is disrespecting you?

The counselor, Robyn Huesmann
The principal, Kristin Garot
or your advisor

A teacher is disrespecting you?

The counselor, Robyn Huesmann
The principal, Kristin Garot
or your advisor

The counselor, principal or other school staff is disrespecting you?

The Juneau School District
Superintendent, Bridget Weiss



Grievance

You can get information about the grievance process from the YDHS main office or on the district website. If you would like help filing a grievance, the counselor and the principal can assist. See page 3 for more information.

LOCAL RESOURCES

The Zach Gordon Youth Center

A free, drop-in center for youth. The center has a gender neutral bathroom and will ask for your name and pronouns when you sign in. There is also a pool table, foosball, art supplies, a library of free books, an Xbox, a variety of board games and a bunch more. Staff will always check in to see how you're doing, cook you food and cheer you on in life. After 6pm, you must be 14 or older to be at the center so the evenings are reserved specifically for teens. ZGYC also hosts some LGBTQ specific groups and programs:

-Queerspace, a social group for LGBTQ+ teens, Thursdays at 6pm at the Zach

-The Alliance, a drop-in, afterschool activity for LGBTQ+ middle school students to connect, weekly from 3-4:30pm, at FDMS and DHMS

-Trans Youth Support Group, this interactive psychotherapy support group is for individuals ages 12-19, who identify as transgender, gender expansive, genderqueer and non-binary. It will provide a safe, affirming space to explore, process and grow as we examine different aspects of our gender identity. Registration is required. 3rd Thursday of the month from 5-6 at the Zach

-Gender Affirming Scholarship Fund

This fund can provide gender affirming items to any youth. This can be for clothing, binders, makeup etc. Requests can be made through the ZGYC or the Teen Health Center

For more information about any of the resources, stop by the Zach Gordon Youth Center or call 586-2635.



The Teen Health Center

An in-school service that offers both medical and counseling services. Comprehensive services are free and provided either directly or by referral to other providers. Staff at Teen Health can assist with gender affirming supports.

Find out more at 907-523-1634
juneauteenhealthcenter.weebly.com/

-YDHS

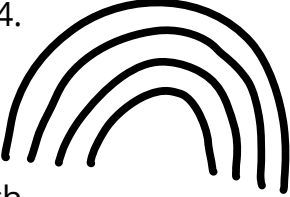
Clinic Hours: Thursdays 9-1
Counseling Hours: Monday-Thursday 8:30-3:30
Schedule an appointment by calling: 523-1634.

-JDHS

Monday - Scheduling
Tuesday - Public Health Nurse - once a month; Counseling 1-4
Wednesday -Counseling 1-4
Thursday - Counseling 1-4
Friday - Counseling 9:30-12:30
Schedule an appointment by calling: 523-1634.

-TMHS

Mondays - Counseling 10-2
Tuesdays - Public Health Nurse - once a month
Wednesdays - Counseling 10-2
Thursdays - Counseling 9:30-12:30
Fridays - Counseling 10-2
Schedule an appointment by calling 780-1973.

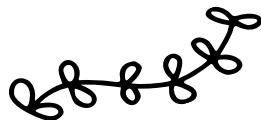


Identity Alaska (Virtual)

Q Club, teens 13-18, Thursdays from 5:30-7:30pm
identityalaska.org/calendar

JUNEAU DOUGLAS HIGH, SCHOOL: YADAA.AT KALÉ

School Phone Number: (907) 523-1501



People to know:

Paula Casperson - Principal, paula.casperson@juneauschools.org

Jennifer Knaggs - Counselor, last names A-K -
jennifer.knaggs@juneauschools.org

Natalia Bucher - Counselor, last names L-Z -
natalia.bucher@juneauschools.org

Donna Leigh - Registrar, donna.leigh@juneauschools.org

Christine Lowery - Mental Wellness Clinician,
christine.lowery@juneauschools.org

Name Changes

Any teacher can input your chosen name into the "nickname" field in PowerSchool. This will inform other teachers, but will not change your name or remove your legal name in the system. This does not require parent or guardian consent.

Your name can be changed in PowerSchool even if it is not changed legally. To do this, you can request the name change form from the registrar, Donna Leigh in the counseling office or the principal, Paula Casperson. Complete the form and return it to the principal. She will sign it and forward the form to the district office who will make the adjustment in PowerSchool. This form also allows you to update your school ID. Students under 18 must have a parent or guardian's signature on the form. Mandatory permanent records will still require a legal name.



Gender Neutral Restrooms

There are single stall restrooms near the gendered restrooms on each level of the building that are typically unlocked unless they are occupied. Locked single stall restrooms can be unlocked by a staff member. There are 2 gender neutral restrooms in the gym that are unlocked when the gym is open. There are also gender neutral restrooms in the nurse's office and Teen Health Center that are available when these offices are open (check page 13 for Teen Health hours at your school). The school nurse, your counselor or another adult that you trust* can help you navigate regular access to a bathroom.

Locker Rooms

You can use the locker room that you feel most comfortable using. If you have questions or concerns about locker room access, you can talk to the adult that is organizing or leading the activity. If you experience discrimination when using a locker room, refer to the info below to address the situation.

WHO SHOULD YOU TALK TO IF...

Another student is disrespecting you?

An adult that you trust* or someone in the main office.

A teacher is disrespecting you?

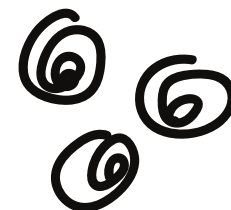
An adult that you trust*

Your counselor, principal or other school staff is disrespecting you?

An adult that you trust* and/or the superintendent, Bridget Weiss

Grievance

It is helpful to have adult support* to navigate the grievance procedure. See page 3 for more info on the grievance process.



*Refer to page 11 for more info about supportive adults

THUNDER MOUNTAIN HIGH SCHOOL

School Phone Number: (907) 780-1900

People to know:

Shawn Arnold - Principal, shawn.arnold@juneauschools.org

Kelly Stewart - Vice Principal, kelly.stewart@juneauschools.org

Gretchen Kriegmont - Counselor, last names A-K -

gretchen.kriegmont@juneauschools.org

Kristi Sycks - Counselor, last names L-Z -

kristi.sycks@juneauschools.org

Brenda English - Registrar, brenda.english@juneauschools.org

Luke Adams - Activities Director, luke.adams@juneauschools.org

Name Changes

Teachers and admin staff, such as counselors and principals, can put your preferred name in a "nickname" field in PowerSchool. This will show your preferred name to other staff, but will not remove your legal name from the system.

Your name can be changed in PowerSchool even if it is not changed legally. To do this, contact the registrar, Brenda English, in the front office. This will only apply to non legal documents. Things like official transcripts will still require your legal name.

Gender Neutral Restrooms

There is a gender neutral restroom in the library that is unlocked when the library is open. There is one single-user restroom located off of the commons by the art room that requires a code to access. You can request the code from the principal, vice principal or counselors. There is also a bathroom in the nurse's office and Teen Health Center that are available to use when those offices are open (check page 13 for Teen Health hours at your school).



Locker Rooms

If you have questions or concerns about locker room use, you can talk to the principal, Shawn Arnold, vice principal, Kelly Stewart or the activities director, Luke Adams for more information. You can also refer to the JSD anti discrimination policy using the QR code on page 3.



WHO SHOULD YOU TALK TO IF...

Another student is disrespecting you?

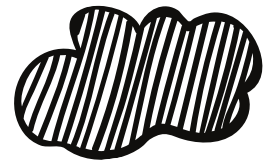
A teacher, your counselor, the vice principal, Kelly Stewart or the principal, Shawn Arnold

A teacher is disrespecting you?

A teacher, your counselor, the vice principal, Kelly Stewart or the principal, Shawn Arnold

Your counselor, principal or other school staff is disrespecting you?

The superintendent, Bridget Weiss



Grievance

Your counselor, the vice principal, Kelly Stewart or the principal, Shawn Arnold, can help you with the grievance process. See page 3 for more info.

SELF ADVOCACY TIPS

Know Your Rights

There are certain protections you are entitled to. That means that ***there are things the school district has to do to protect and support you.*** Read, and have any supportive people in your life read, the Juneau School District's ***Nondiscrimination: Transgender Student's and Employees Policy.*** Refer to this policy when you are asking for things you need at school.



Read the full policy here!

★ RECORDS On non-permanent school records or documents, the school will use the name and gender preferred by the student or employee...student ID cards should use the student's preferred name.

★ NAMES/PRONOUNS Administrators/staff should respect the right of an individual to be addressed by a name and pronoun that corresponds to their gender identity, including the use of gender-neutral terms. Legal changes aren't required.

★ GENDER SEGREGATED SPACES Upon request, the District will work with transgender students and parents (if applicable) to determine appropriate accommodations with regard to bathrooms and locker rooms...considerations can include safe and non-stigmatizing alternatives such as the addition of a privacy partition or curtain, use of a nearby private restroom or office, or a separate changing schedule.

★ Students shall be permitted to participate in any such activities or conform to any such rule, policy, or practice consistent with their gender identity.

Make A Plan

Self advocacy is about standing up for yourself and asking for, and sometimes fighting for, what you need. It can be hard, and it helps to make a plan. Write it out first!

1. What is the problem or issue?
2. What do I need to ask for? Can I pull something from the policy that relates to my need?
3. Who do I need to ask? That answer might be in this zine!
4. Who can help me ask (see notes below on trusted adults)?
5. What will I do if my need gets met? What will I do if I don't get the answer I was looking for?

Take Care of Yourself

You deserve to have support! Utilize the resources in this zine to find peers and supportive adults who can help you get what you need at school. Take care of yourself by ***finding spaces where you feel safe and comfortable being yourself-*** that might be in an in person support group, an online space, or at the ZGYC. ***There are many trans adults and youth who want to connect with you and support you.***

Lean on Adults That You Trust

Not everyone has supportive adults in their families or homes. It's important to find supportive adults who you can trust. You might find those supportive adults at your school, in the Teen Health Center, or at ZGYC. ***A supportive adult is someone you feel safe with, and someone who respects you.*** A supportive adult might go with you to a meeting at school, help you write an email, fill out a grievance with you, or talk to you about how you're feeling and be a good listener.

If you're not sure where to start, start with us! We wrote this zine and would love to help you get connected with resources.

Ty: ty.shae@juneau.org 907-586-2635
Meryl: meryl@namijuneau.org 907-463-4251



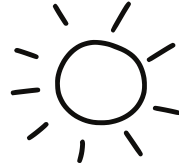
NATIONAL RESOURCES

The Trevor Project

24/7 call, text, and chat support for LGBTQ+ youth

thetrevorproject.org

1-866-488-7386



Trans Lifeline

24/7 Trans peer support, by/for Trans people

translifeline.org

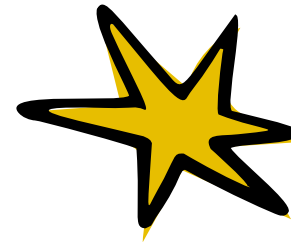
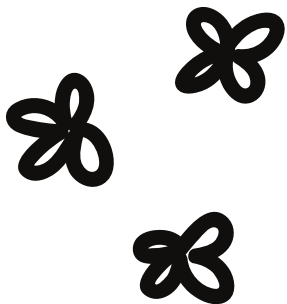
1-877-565-8860

TransFamilies

Virtual support groups for Trans youth and their families

transfamilies.org

855-443-6337



This resource was created by Ty Shae (ZGYC) and Meryl Connelly-Chew (NAMI Juneau). If you have questions about the resource or any information in it, feel free to contact us.

Ty: ty.shae@juneau.org 907-586-2635

Meryl: meryl@namijuneau.org 907-463-4251

