

NORTH STAR NAVIGATOR



Gender Basics (contributed by Danielle Macagba)

1. What does the term “gender identity” mean?
 Gender Identity is a person’s internal identification as male, female, or something in between or outside of the gender binary. Typically medical personnel “assign” an infant’s sex based primarily on the child’s genitalia. An infant’s assigned sex is typically recorded on the birth certificate, and is treated as the child’s legal gender for most purposes. Most people’s gender identity matches their assigned sex. However, some people have a gender that is different from the sex assigned to them at birth.

2. What does the term “transgender” mean?
 “Transgender” refers to people whose gender identity is different from the sex assigned to them when they were born. For example, a transgender boy is a child who was assigned female.

3. What does the term “gender expression” mean?
 “Gender expression” is the manner in which people communicate their gender to others, through their clothing, mannerisms, and hairstyle, for example. A person’s gender expression may be fluid or even situational, meaning that the person presents their gender differently in different settings. For example, a child may wear stereotypically feminine clothing at home and stereotypically masculine

clothing at school. A person’s expression of gender may be neither masculine nor feminine or may combine masculine and feminine elements.

4. What does the term “gender nonconforming” mean?
 “Gender nonconforming” describes people whose gender expression differs from the cultural norms prescribed for their assigned sex. The terms “gender expansive,” “gender diverse,” and “gender variant” are also used to describe gender nonconforming individuals. Some gender nonconforming people have an identity that is “nonbinary,” meaning their gender identity is neither male nor female. Others identify as some combination of male and female. Still others identify as either male or female, but express their gender in ways that differ from stereotypical presentations. Not all gender nonconforming people identify as transgender. Regardless of how they identify, gender nonconforming individuals are vulnerable to varying levels of mistreatment and bias simply because they transgress social norms.

5. What does the term “sexual orientation” mean?
 “Sexual orientation” describes a person’s emotional, romantic, and/or sexual attraction to people of the same or different sex. Sexual orientation falls on a spectrum that ranges

from exclusively attracted to men or women, to attraction to both men and women (“bisexual”), to attraction to people of all genders (“pansexual.”) Children may be aware of their sexual orientation as feelings of attachment or connection to others before they become sexually active. Most children are aware of sexual attraction by about age 10. Sexuality and gender are related but distinct aspects of human identity.

For example, a transgender person may identify as lesbian, gay, bisexual, or some other sexual orientation. Child welfare personnel should not conflate sexual orientation and gender identity, and should not make assumptions about either aspect of a child’s identity based simply on the child’s gender expression.

6. What do we know about the development of gender identity?
 The factors that influence the formation of a person’s gender identity are not completely understood. Existing evidence suggests that gender identity is either innate or fixed at an early age, and has a strong biological and genetic component. For this reason, it is misleading to (continued on page 4)

October Calendar

- > 10/3- Trauma Training 10am
- > 10/5- Trauma Training 5pm
- > 10/11- RFA Training 5:30
- > 10/17 Trauma Training 5pm
- > 10/19- Firebaugh Migrant Fair
- > 10/19- Trauma Training 5pm
- > 10/25- RFA Training 10am
- > 10/28- CPR/1st Aid Training

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Boys and Girls Clubs of Fresno County



ZIMMERMAN CLUB 540 N. Augusta Street Fresno, CA 93701 (559) 495-654

EAST FRESNO CLUB 1621 S. Cedar Avenue Fresno, CA 93702 (559) 266-7605

WEST FRESNO CLUB 930 Tulare Street Fresno, CA 93706(559) 237-0959

CLOVIS CLUB 2833 Helm Avenue Clovis, CA 93612 (559) 292-2036

INSPIRATION PARK

CLUB 5770 W. Gettysburg Avenue Fresno, CA 93722 (559) 621-2972

FINK WHITE CLUB 535 S. Trinity Street Fresno, CA 93706 (559) 233-7512

REEDLEY CLUB 100 East Avenue Reedley, CA 93654 (559) 743-7537

SANGER COMMUNITY CENTER 730 Recreation Avenue Sanger, CA 93657 (559) 399-3487

SELMA CLUB 1800

Sheridan Street Selma, CA 93662 (559) 318-9588

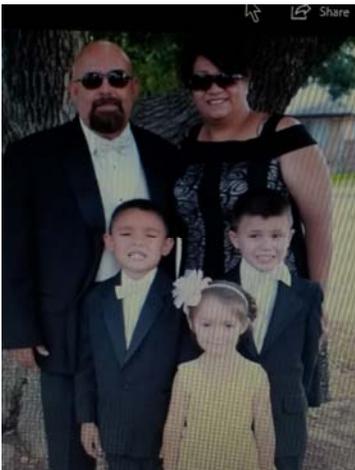
FIREBAUGH CLUB 1661 Allardt Drive #51 Firebaugh, CA 93622 (559) 659-3774

PARLIER CLUB 1040 Fett Drive #131 Parlier, CA 93648 (559) 646-5122

EL DORADO CLUB 1343 Barstow Avenue Fresno, CA 93710 (559) 222-2135

- Contributed by Rosalinda Barajas

Meet the Parents: Tina and Raul Medina



My husband and I have been Foster Parents with North Star for over five years and it has been a journey that we would not want to do with any other agency and our wonderful social worker.

My story of how I became a foster parent seems so long ago but still so fresh in my mind. I'm a child care provider and one of my families fell on hard times and the children ended up in foster care. I got a call from mom that night asking if I would take her children until everything could be resolved, and I agreed and ended up taking guardianship of my two little daycare children. A few months passed and I was having behavior problems with my three year old. I felt I had no one to call or get help so I called a number I got from a friend and the number sent me to a lady that was teaching a

PRIDE class at Fresno City College. I stated to attend this one week class every Thursday night for three hours for the next three months. At the end of my three months I found myself a foster parent. The next day when one of my parents dropped off her son, I chatted with her about my big accomplishment of becoming a foster parent (I was very proud). Then she mentioned that her aunt Mary was involved in an agency for fostering and said she would have them call me. They did call me and we set up an appointment and before you knew it I was a North Star Foster Parent.

As the years pass by my husband and I have had many children come in and out of our home but not out of our lives. I think the best part of being a foster parent is knowing these kids and caring

for them, and even after they go home we are still in contact and we are still a big part of their lives and that is so worth it. Raul and I have also found three wonderful kids that we ended up adopting and we are loving every minute of it – the good, the bad and the sometimes ugly.

I hope to see North Star grow even bigger and better with more homes that can provide a safe place to grow and learn, even if it's for a short time. I would like to see North Star keep doing what they have always done and that is provide us parents with the knowledge and support to help the children that come to us. We can't do it without our agency and our agency can't do it without us. We work together as a family and that's how Raul and I feel about North Star...it's our family! -Tina Medina

101 Fun Fall Activities for Kids (contributed by Ma Thao)

Here are 101 fun fall activities for kids:

Visit an apple orchard.
 Make apple crisp.
 Build a scarecrow stuffed with newspaper.
 Have an apple cider "tea" party.
 Bake apple chips.
 Make an apple stamp.
 Bob for apples.
 Make handprint leaves.
 Jump into a leaf pile.
 Paint wooden crafts.
 Make popcorn balls.
 Create leaf rubbings.
 Stuff leaves into bags that look like pumpkins.
 Decorate stationery with homemade leaf stamps.
 Play I Spy during a nature walk.
 Collect and identify leaves.
 Press leaves into a photo album.
 Visit a zoo.
 Check out a haunted house.
 Make a necklace with Halloween-colored beads.
 Take a hayride.

Get lost in a corn maze.
 Visit a pick-your-own pumpkin patch.
 Have a pumpkin-carving party.
 Toast the pumpkin seeds from your carved pumpkin.
 Decorate pumpkins with paint, markers or stickers.
 Enter your decorated pumpkin into a local contest, or have your own!
 Roll down hills and listen to crunching leaves beneath you.
 Create a holiday centerpiece out of gourds.
 Bake seasonal cookies.
 Make pumpkin ice cream.
 Visit a park and bring along a tree or bird guidebook.
 Take a family bike ride.
 Collect acorns and paint faces on them.
 Bake pumpkin bars.
 Coordinate family Halloween costumes.
 Decorate your yard with hay bales.

Arrange artificial autumnal flowers in festive pots.
 Make squirrels out of toilet paper tubes.
 Iron leaves between two sheets of waxed paper and hang them in the window.
 Have a Halloween-themed movie marathon (nothing too scary, of course).
 Make hot chocolate with marshmallows.
 Host a make-your-own-pizza party.
 Go on a color walk, gathering outside "treasures" in yellow, orange, red and brown.
 Have a neighborhood costume parade.
 Attend a locally sponsored Halloween party.
 Play Pin the Stem on the Pumpkin, a festive version of Pin the Tail on the Donkey.
 Make Halloween cards.
 Decorate trick-or-treating bags with spooky faces.
 Dress each other up as toilet paper mummies.
 Play CLR with leftover Halloween candy
 Attend a local football game.

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 Dress each other up as toilet paper mummies.
 Play CLR with leftover Halloween candy
 Attend a local football game.
 Play your own game of flag football in the yard.
 Use white tissues, a black marker and rubber bands to make miniature ghosts.
 Play hide-and-seek with glow sticks.
 Set up a fire pit.
 Make s'mores outside.
 Play Ghost in the Graveyard.
 Make caramel apples.
 Visit an arboretum.

Newly Certified /RFA

North Star Family Center is pleased to announce the certification/approval of our very first Resource Family:

Herlinda and Gabino Macias

Location: Fresno

Capacity: 2 children, 1 infant

Thank you to Dulia Garcia for referring the Macias family!

We have also converted two more families to Resource Family Approval this month. Congrats to Helen Ayala and Maria and Antonio Navarro for completing the process.



www.
northstarfamilycenter
.org

MISSION STATEMENT:“The mission of North Star Family Center is to protect and strengthen children and families, by addressing their diverse social needs, through community based programs and relationships”.

OUR VISION:“By using the present to deal with the past and prepare our children for their future”.

CONTACT US:
Trainer/Recruiter:
Arisveh Miranda at North Star Family Center
6760 N. West Ave. Suite 101
Fresno, CA 93711



North Star Family Center

Learn from the past, apply to today, prepare for tomorrow

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Gender Basics (cont'd)

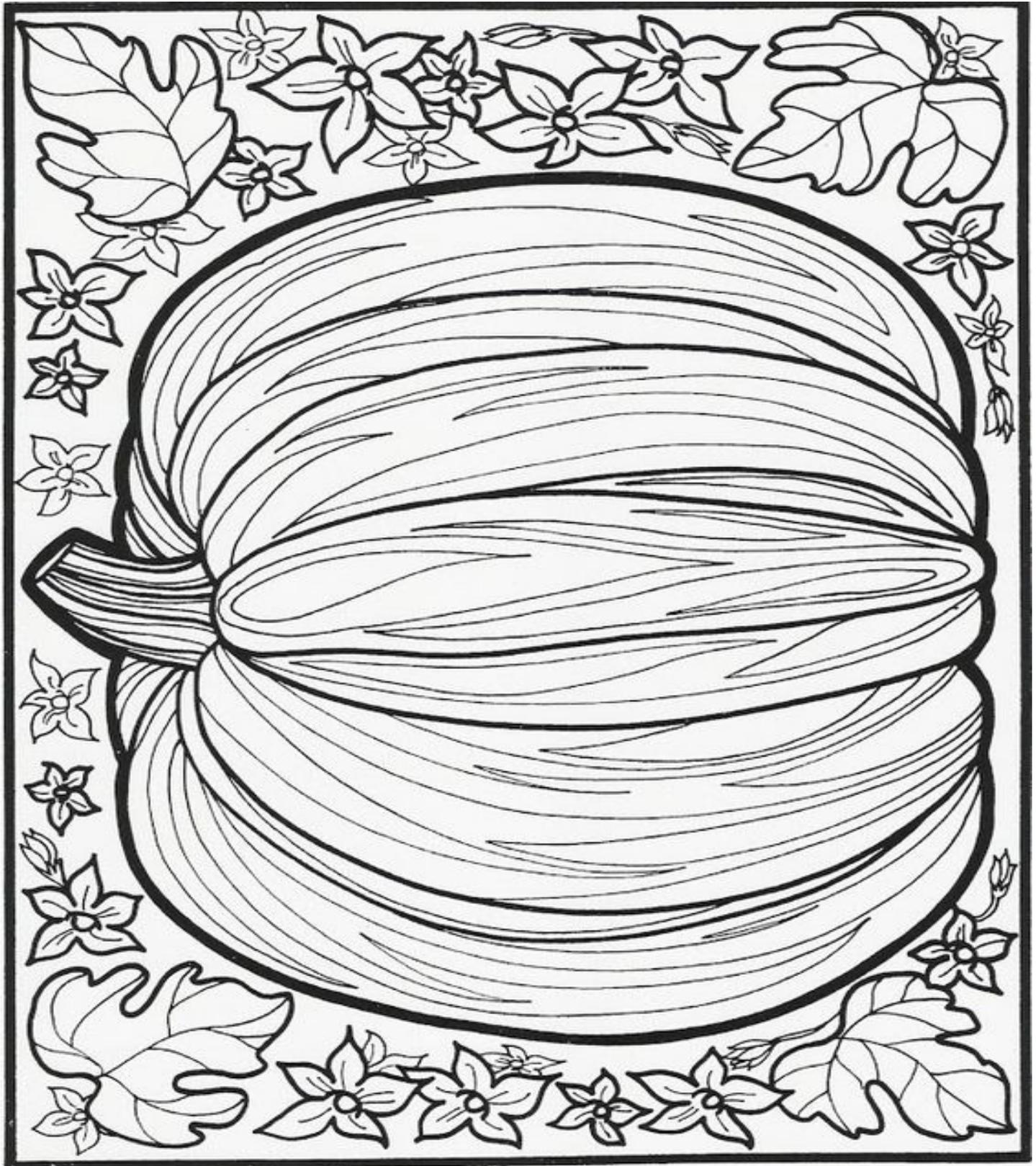
pose a distinction between a person’s gender identity and their so-called “biological sex.” A person’s gender identity is not subject to voluntary control and cannot be changed by therapy or other means. Gender identity does not follow a single developmental trajectory, and there is tremendous diversity among TGNC children. Children start to become aware of their gender identity between the ages of 18 months and 3 years. A significant number of young children exhibit gender non-conforming behavior, which may or may not persist beyond early childhood. By adolescence or young adulthood, many of these children develop a gender identity that is consistent with their assigned sex. Some of these children ultimately identify as lesbian, gay, or bisexual. By

contrast, transgender children tend to experience cross-gender identification that is “persistent, insistent, and consistent.” Some transgender children experience clinically significant distress because their gender is different from their assigned sex. The signs of distress may manifest as depression, anxiety, self-harming behaviors, or suicidality. This serious and unremitting emotional pain is referred to as “gender dysphoria,” which is a medical condition with well-established standards of care. Although there is increasing visibility of very young transgender children, many youth first experience gender dysphoria as teenagers or adults.

9. How should a care provider assess the needs of a Transgender or Gender Noncon-

forming child(TGNC)? Although a care provider can observe a child’s gender expression, a care provider cannot independently determine the child’s gender identity through observation alone. The most important source of information about a child’s gender identity is the child. Children’s capacity and willingness to discuss their gender identity varies. Some children, including some very young children, may describe their gender identity unequivocally and directly. (“I am a boy” or “I have a girl brain and a boy body.”) For other children, the process of discovering and naming their gender may be more nuanced or complex, unfolding over time. The care providers objective is not necessarily to definitively label the child’s gender identity, but to listen

to the child’s experience and to honor and support the child’s gender as that child currently describes and expresses it. The care provider should also talk to other adults who know the child and can offer insight about the child’s experiences, behavior, identity, strengths, and challenges. After talking with the child and knowledgeable adults, if the care provider is uncertain about how to support the child’s healthy gender development, they should consult with a competent clinician and community service providers who is experienced in working with TGNC children.



Kids coloring contest! Color the pumpkin and turn it in to any North Star staff member by October 15. We will announce the winner at our annual fall celebration!! (idea contributed by Vanessa Johnson)