

## **LGBTQIAA+ Definitions**

Millions of Americans identify as LGBTQ, and like any group, they have their own language to talk about both who they are and the challenges they face in a society that doesn't fully accept or protect them. Check out this story on USATODAY.com: <https://usat.ly/2suOWRA>

Guide to Allyship  
<https://guidetoallyship.com/>

## **Resource list for families with Transgender members**

### **Support and Resources**

Translife (support resources and hotline for Transgender individuals and their family)  
<https://www.translifeline.org/resources>

The Trevor Project (counseling support for LGBTQ+ youths ages 13-24- text, chat, or call):  
<https://www.thetrevorproject.org/#sm.000xz4s5x13isdnpvg1we9at1q2w>  
866-488-7386

Stand with Trans (support group & ally parents): <https://standwithtrans.org/>

Free Mom hugs (Parents & Allies who provide support and education on LGBTQ+):  
<https://www.freemomhugs.org/>

Parents & Friends of Lesbians & Gays (PFLAG- Support group): <https://pflag.org/>

Mama Bears (Parents of LGBTQ children-social media support group and resources):  
<https://www.realmamabears.org/>

The It Gets Better Project is a nonprofit organization with a mission to uplift, empower, and connect lesbian, gay, bisexual, transgender, and queer youth around the globe.  
<https://itgetsbetter.org/education/>

Point of Pride works to benefit trans people in need through gender-affirming support programs that empower them to live more authentically. Provides free chest binders, free femme shapewear, electrolysis support program, and transgender surgery fund. <https://pointofpride.org/>

Gender spectrum: Resources, online support groups, national directories:  
<https://genderspectrum.org/audiences/parents-and-family>

### **Children's Book**

"Who are You?" by Brooke Pessin-Whedbe is a judgement free book about gender that separately defines body, gender, and expression. It affirms gender fluidity of identity and emphasizes individuality. There are adult guides to help with what conversations to have with different age groups from preschool to high school.

PreK-5th Grade: Diverse Families, Bullying, Orientation and Gender Book List  
[https://yesinstitute.org/wp-content/uploads/2018/10/Pre-K\\_thru\\_5th\\_Grade\\_Book\\_List.pdf](https://yesinstitute.org/wp-content/uploads/2018/10/Pre-K_thru_5th_Grade_Book_List.pdf)  
Compiled by the Yes Institute: [www.yesinstitute.org](http://www.yesinstitute.org)

Welcoming Schools Book List: A Project of the Human Rights Campaign Foundation  
<http://www.welcomingschools.org/resources/books/>

### **Books for Teens and Adults**

Coming Out: A Handbook for LGBTQ Young People  
<https://www.thetrevorproject.org/wp-content/uploads/2019/10/Coming-Out-Handbook.pdf>

"Tomorrow Will be Different: Love, Loss and the Fight for Trans Equality" by Sarah McBride

"I promise not to Tell: Raising a Transgender Child" by Cheryl Evans

"I am Wonderfully and Purposely Made: I am Enough: A Journal All About Me" by Cheryl Evans

For transgender people from pre-teen to adult. A fun interactive journal with writing prompts, quotes, colorable images to inspire and uplift

### **Documentaries**

Gender Revolution: A Journey with Katie Couric (on Netflix)  
TV-PG 1h 30m Documentaries **Katie Couric** explores our evolving understanding of **gender** identity, speaking with transgender and intersex individuals about their experiences.

My Generation: <https://www.youtube.com/user/MyGeneration>

My Generation is an ongoing film project focusing on trans lives and trans experiences. All our content is created by trans people, about trans people, for a much wider audience.

### **Interactive website**

In their own words: Beyond the Binary by Desmond Meagley <https://yr.media/interactive/in-their-own-words-beyond-the-binary/>

In Their Own Words is an exploration of non-binary gender identity created by non-binary teens and young adults.

### **PodCast**

<https://soundcloud.com/randi-skaggs/what-is-it-like-being-trans-by-stellan>

Stellan Petto, a sixth grader at Louisville's J. Graham Brown School, was recently named a finalist in [NPR's Student Podcast Challenge](#). His podcast called "What is it like being trans?" explores how Stellan found happiness with the help of his family, and features an honest interview with his older sister, Raegan, about her thoughts on his transition at an early age. Stellan, 12, made the podcast in his digital storytelling class along with help from his teacher, Randi Skaggs.

### **Medical, Health, & Mental Health**

Transgender Health Clinic at Cincinnati Children's Hospital:

<https://www.cincinnatichildrens.org/service/a/adolescent-medicine/programs/transgender>

Eating Disorders: <https://www.cincinnatichildrens.org/health/e/eating-disorders>

E-Counseling platforms:

Pride counseling <https://www.pridecounseling.com/>

Better Help <https://www.betterhelp.com/about/>

Talk Space <https://www.talkspace.com/>

LGBT National Help Center, Teen (19 years and below) moderated online chat group:

<https://www.glbthotline.org/transteens.html>

Black Trans/Non Binary Teen (13 years to 19 years) online group:

<https://www.tfaforms.com/4831200>

### **Legal Defense/Advocacy**

Trans student Educational resources: <http://www.transstudent.org/>

Trans Student Educational Resources is a youth-led organization dedicated to transforming the educational environment for trans and gender nonconforming students through advocacy and empowerment.

Transgender Legal Defense and Fund: <http://www.transgenderlegal.org/>

Kentucky Youth Law Project <https://www.kyjp.org/legal-help.html>

The mission of the Kentucky Youth Law Project, Inc. is to enhance and protect the legal rights and entitlements of Kentucky's lesbian, gay, bisexual, transgender, queer, questioning, intersex, gender fluid, and gender non-conforming children and youth through free legal representation, education, and public policy advocacy.

KY Justice <http://kyjustice.org/node/623>

Information on changing your child's legal name and interactive petition forms

Harvard Law School LGBTQ+ Advocacy Clinic

The *Trans Youth Handbook* is a legal resource guide that covers the rights of trans youth across such a wide spectrum of situations, including identity documents, school, health care, non-affirming care environments, and work.

Lambda Legal, Resources for LGBTQ+ Youth by State:

[https://docs.google.com/document/d/1YC-iPkJAwFTexQ-huUNHep5WCQyTj12tldQj3\\_fD8Mg/edit](https://docs.google.com/document/d/1YC-iPkJAwFTexQ-huUNHep5WCQyTj12tldQj3_fD8Mg/edit)

### **Resources for Schools**

Students and Gender Identity: A toolkit for schools: <https://rossieronline.usc.edu/students-and-gender-identity/>

Gender Inclusive schools (Professional Development and consultation):

<https://www.genderinclusiveschools.org/>

Gender Spectrum: <https://genderspectrum.org/articles/educator-resources>

Trans Student Educational Resources: <https://transstudent.org/about/>

Safer Schools Program: <https://www.realmamabears.org/making-schools-safe>

### **Resources for Social Service Agencies**

Gender Spectrum: <https://genderspectrum.org/articles/social-service-resources>

Gender Spectrum, resources for faith leaders: <https://genderspectrum.org/articles/faith-resources-general>

Gender Spectrum, resources for Youth Development and Camp directors:

<https://genderspectrum.org/articles/youth-development-sports-and-camp-resources>

### **Summer Camp for Youth Who Identify as Transgender**

List of Camps for LGBTQAA+ Youth: <https://pflag.org/youthcamps>

**CAMP KALEIDOSCOPE** is an inclusive summer **camp** program, in conjunction with Cincinnati Children's Hospital, where **transgender** and gender non-conforming youth and teens can make new friends and create memories that last a lifetime. Ages 11-15. Scholarships available.

Contact Loretta Deters Bailey at [LDeters@daytonymca.org](mailto:LDeters@daytonymca.org) or 513-932-3756

## **Thinking of the future**

College and Universities that provide health insurance for gender reassignment surgeries and/or hormones: <https://www.campuspride.org/tpc/student-health-insurance/>

Proud Scholars provides university and college scholarships for LGBTQIAA+ students:  
<http://www.proudscholars.org/for-students.html>

Trans Student Educational Resources college scholarship: <https://transstudent.org/scholarships/>