

LGBTQ+ YOUTH RESOURCES

FOR PARENTS, CAREGIVERS, AND ALLIES



**You
belong
here.**

Disclaimer

This resource list is for general information purposes only and is being provided for your convenience. The list is not intended to be a complete and exhaustive list of community and national resources. The list and information provided herein may not constitute the most up-to-date information. The list and information is provided "as is" and no representations are being made that the content is error-free. Please contact the provider for verification of payment accepted and any services offered. Pitt County SADD and ECU Health do not endorse or guarantee in any way the organizations or resources listed.

Table of Contents

Click on the content desired to be taken directly to that section

Crisis Numbers

Parents and Caregivers

Allies

Faith and Religion

Mental Health

BIPOC Resources

Neurodivergent Resources

Crisis Numbers

Suicide

Trevor Project Lifeline: 1-866-488-7386

Trevor Project Text: Text START to 678-678

Text to chat: Text HOME to 741741

Trans Lifeline: 1-877-565-8860

The LGBT National Hotline: 1-888-843-4564

National Suicide Prevention Lifeline: 1-800-273-8255

National Suicide Prevention Lifeline: www.suicidepreventionlifeline.org/chat/

Crisis Text Line: www.crisistextline.org

Crisis Text: Text TALK to 741741

REAL Crisis: 252-758-4357

Mental Health and Substance Use

Mobile Crisis/Integrated Family Services: 1-866-437-1821

Integrated Family Services Crisis Chat: www.integratedfamilyservices.net/crisis-chat-service

Trillium Crisis: 1-877-685-2415

NC Crisis Solutions: www.crisissolutionsnc.org

Domestic and Partner Violence

Center for Family Violence Prevention: 252-752-3811

Parent and Caregiver Resources

Resource Name	Website Link	Overview
Parents and Family - Gender Spectrum	https://www.genderspectrum.org/audiences/parents-and-family	Our work is for all types of “family” and all adults who “parent” a child. Find all of our resources, groups, programs and more for parents and families.
Supporting Your LGBTQ Grandchild	https://www.lgbtagingcenter.org/resources/pdfs/sage-pflag-grandparents-day-2021-pdf1.pdf	This booklet offers a clear, concise guide to help you give your grandchildren the support they will need as they learn to be their authentic selves.
Talking to Kids About Sexuality Children's Hospital Pittsburgh	https://www.chp.edu/for-parents/health-tools/parent-resources/parenting-tips/positive-parenting/talking-about-sexuality	Resource for parents on talking to their young person about sexuality.
How to Talk to Your Kids About Sex	https://www.choosingtherapy.com/talk-to-kids-about-sex/	Age by Age guide to talk to your young person about sex.
Sex education and talking with children about sex: 0-8 years	https://raisingchildren.net.au/school-age/development/sexual-development/sex-education-children	Guide to talking to children 0-8 about sex.
Talking to Your Child About What It Means to Identify as LGBT	https://www.chla.org/blog/rn-remedies/talking-your-child-about-what-it-means-identify-lesbian-gay-bisexual-or-transgender	This is the first of a two-part series on how to talk to children about LGBT issues.
An Age Appropriate Guide to Sexuality Education for Parents Small Children	https://www.teenpregnancy-mo.org/wp-content/uploads/2019/06/TPPP_An-Age-Appropriate-Guide-to-Sexuality-Education-for-Parents.pdf	Age by Age guide to talk to your young person about sex.
Talking to Children About Sex while Transmitting Your Values	https://centerforparentingeducation.org/library-of-articles/healthy-communication/talking-with-children-	Most parents are uncomfortable talking about sexuality and sex specifically, this article empowers parents to navigate these conversations.

	about-sex-transmitting-your-values-and-attitudes-about-sexuality/	
Explaining Nonbinary: How to Talk to Kids About Gender	https://www.parents.com/kids/how-to-talk-to-kids-about-gender/	Instead of assuming a person's gender, shushing a child, or changing the subject, there are better ways we can be talking to our children about gender. If it feels like a tricky topic, here are some tips for starting the conversation, concepts to make it easier, and hints on how to answer your child's questions when it comes to gender.
Teaching My Preschooler About Gender Identity	https://www.plannedparenthood.org/learn/parents/preschool/how-do-i-talk-with-my-preschooler-about-identity	When it comes to gender, ideas about what it means to be a girl or a boy are everywhere, and these ideas have a big influence on your preschooler. Learn how to teach your kid that their gender doesn't limit them, how to talk about different kinds of families, how to know if your kid is transgender, and more.
What should I teach my elementary school aged child about identity?	https://www.plannedparenthood.org/learn/parents/elementary-school/what-should-i-teach-my-elementary-school-aged-child-about-identi	During the elementary school years, as kids interact more with other kids, they start to think a lot more about different family structures. They also come to understand their gender identity during elementary school. It's often when transgender and gender nonconforming identities become more clear. Learn how to talk with your kid about identity, family, gender, and more.
How do I talk with my elementary school aged child about pregnancy and reproduction?	https://www.plannedparenthood.org/learn/parents/elementary-school/how-do-i-talk-my-elementary-school-aged-child-about-pregnancy-and-reproduction	As kids get older, they can start to better understand how pregnancy happens. Preparing for these conversations can help make them easier. But the most important thing is being open and available when they want to talk.
Teaching My Middle-Schooler About Gender Identity	https://www.plannedparenthood.org/learn/parents/middle-school/what-should-i-teach-my-middle-schooler-about-identity	Middle school is when your preteen starts asking these questions and exploring their identity in all kinds of ways. The preteen years are when your kid better understands who they are in relation to other people.

Talking to your Child about Identity: A Resource for Parents	https://www.plannedparenthood.org/learn/parents/identity	Lesbian, gay, bisexual, transgender, queer, and gender nonconforming people are a part of every community and beloved members of many families. Learn how to discuss sexual orientations and gender identities with your kid, and how to support them if they're LGBTQ.
A Parent's Quick Guide for In-School Transitions	https://www.hrc.org/resources/a-parents-quick-guide-for-in-school-transitions-empowering-families-and-schools-to-support-transgender-and-non-binary-students	This guide supports parents and caregivers navigating the process of in-school social transition with their child and their child's school. The guide is intended to offer a quick reference for parents through the process, in a step-by-step manner.
Supporting Your Young Gender Non-Conforming Child	https://www.hrc.org/resources/supporting-your-young-gender-non-conforming-child	<p>This guide contains the following:</p> <ul style="list-style-type: none"> A glossary of relevant terms to better understand gender expansive identities, Advice for navigating common situations A book list for parents, caregivers and youth. Support in finding a competent and inclusive health care provider. Addressing common misconceptions about gender non-conforming children Additional resources for parents, caregivers, and youth-serving professionals.
Families National Center for Transgender Equality	https://transequality.org/issues/families	Strong families—however they are composed—support the well-being of transgender people throughout their lives. Despite the advance of marriage equality, transgender people and their families still face many challenges. Our resources focus on family rights and responding to discrimination related to family relationships.
Coming Out: Information for Parents of LGBTQ Teens	https://www.healthychildren.org/English/ages-stages/teen/dating-sex/Pages/Four-Stages-of-Coming-Out.aspx	Even if you are having trouble understanding your child's identity or feelings, not withdrawing from your role as a parent is probably one of the most important ways to help a child continue to feel a sense of being cared for and accepted.

Myths That Stigmatize LGBTQ People	https://www.strongfamilyalliance.org/parent-guide/essential-info/myths-that-stigmatize-lgbtq-people/	Negative ideas about LGBTQ individuals are often rooted in myths, stereotypes, and misinformation. Consider how your views might have been shaped by the myths discussed.
Relationships and Dating - Strong Family Alliance	https://www.strongfamilyalliance.org/parent-guide/challenges-ahead/relationship-and-dating/	A challenging area for many parents is navigating their child's dating and romantic relationships.
Our Children - PFLAG National	http://pflagnashville.org/wp-content/uploads/OUR-CHILDREN_PFLAGNational_FINAL.pdf	Questions and answers for families of lesbian, gay, bisexual, transgender, gender-expansive and queer youth and adults.
Ten Tips for Parents of a LGBTQ+	https://www.advocatesforyouth.org/media/parents-33/	These tips can also be useful for other trusted adults in the GLBT young person's life, explaining how a caring adult can be there for GLBT youth.
Freed Hearts Organization - Christian	https://www.freedhearts.org/?_ga=2.132021967.1112863870.1650234083-233131975.1650234083	If you are in the midst of deconstructing your faith; reconciling your beautiful heart and spirit with long-held religious beliefs or you are part of the LGBTQ+ community; or the parent, family member, or ally of someone who is. This is a fully affirming, inclusive, safe space.
Resources for Families of LGBTQ+ Youth -	https://www.childwelfare.gov/topics/systemwide/diverse-populations/lgbtq/lgbt-families/	Find resources in this section intended to help families support their LGBTQ+ youth; understand what to expect; and learn how to talk about a number of issues that may be impacting their youth.
Tips for Parents of LGBTQ Youth Johns Hopkins Medicine	https://www.hopkinsmedicine.org/health/wellness-and-prevention/tips-for-parents-of-lgbtq-youth	LGBTQ youth face some unique challenges that parents often feel unprepared to tackle. To help, Johns Hopkins pediatricians and adolescent medicine specialists share steps you can take to keep your kid happy and healthy.
Family Acceptance Project	https://familyproject.sfsu.edu/publications?_ga=2.132021967.1112863870.1650234083-233131975.1650234083	Key information from our research on how families can help support their lesbian, gay, bisexual and transgender (LGBTQ) children. These family education booklets have been designated as "Best Practice"

		resources for suicide prevention for LGBTQ people by the Best Practices Registry for Suicide Prevention.
What It Means When Your Teen Says They're Asexual and How to Support Them	https://www.parents.com/parenting/dynamics/lgbtq/what-it-means-when-your-teen-says-theyre-aseexual-and-how-to-support-them/	Understanding what asexual means is the first step to being there for them as a caregiver.
5 Things You Can Do Right Now to Support the Asexual Youth in Your Life	https://everydayfeminism.com/2016/01/supporting-aseexual-youth/	Ultimately, supporting asexual youth means understanding asexuality. Learn more and get resources, here.
A Parent's Guide to Asexuality	https://www.asexualityarchive.com/a-parents-guide-to-asexuality/	This guide aims to help explain what you need to know about asexuality, and what it means for you and your child.
Ways to Care for Young People Who Are Attracted to More Than One Gender	https://www.thetrevorproject.org/resources/guide/how-to-support-bisexual-youth/	An introductory educational resource that covers a wide range of topics and best practices for supporting the bisexual youth in your life.

Ally Resources

Resource Name	Website Link	Overview
<u>Allies PFLAG</u>	https://pflag.org/allies	Whether you have a close friend who identifies as lesbian, gay, bisexual, transgender, gender-expansive, or queer (LGBTQ). PFLAG is here to support you on your ally journey.
<u>Info and Resources for LGBTQ Teens and Allies</u>	https://www.plannedparenthood.org/learn/teens/lgbtq/info-and-resources-lgbtq-teens-and-allies	If you're a LGBTQ teen or ally, there are lots of resources to help you get the support and info you need.
<u>An Ally's Guide to Issues Facing LGBT Americans</u>	https://www.lgbtmap.org/file/allys-guide-issues-facing-lgbt-americans.pdf	A primer for allies that introduces the major areas in which LGBT Americans face challenges in fully participating in life.

<u>What Can I Do?: Ideas for Allies</u>	https://students673.ucr.edu/docserver/lgbt/ideas_for_allies.pdf	A Starter List of Things You Can Do to Be Supportive, Confront Homophobia, and Resist Heterosexism.
<u>When a Friend "Comes Out"</u>	https://students673.ucr.edu/docserver/lgbt/when_a_friend_comes_out.pdf	It is difficult to know what to say and do to be a supportive friend to someone who has "come out" to you. Featured are some suggestions you may wish to follow.
<u>Action Tips for Allies of Trans People</u>	https://students673.ucr.edu/docserver/lgbt/trans-tips.pdf	The following are several actions tips that can be used as you move toward becoming a better trans ally.
<u>Action Tips for Allies</u>	https://students673.ucr.edu/docserver/lgbt/BiActionTips.pdf	The following are several actions tips that can be used as you move toward becoming a better ally to Non-monosexual/Bi people.
<u>What the +?: Understanding and Supporting Expansive LGBTQ+ Identities</u>	https://pflag.org/pflag-academy-demand/what-understanding-and-supporting-expansive-lgbtq-identities-recording-training	Please join PFLAG National to learn more about terminology that goes beyond the basics. Whether you're not a member of the LGBTQ+ community or a person who is LGBTQ+ looking to understand and serve as an ally to others in this space, this session will get you started and ready for conversations.
<u>Resources - Activism and Allyship</u>	https://www.keshetonline.org/resources/topic/activism-and-allyship/	Whether you're a parent, sibling, educator, or rabbi, stepping up and speaking out as an ally has never been more important. We invite you to explore our collection of resources to help you strengthen your activism as we work together to advance LGBTQ rights
<u>Resources for Allies of LGBTQ+ People</u>	https://www.queertheology.com/allies/	Diving deeply into your support of LGBTQ+ people can actually transform your faith making it deeper and more robust than ever before. You don't have to give up

		either your faith or your loved ones. These resources will show you how.
<u>Transwhat? A Guide Towards Allyship</u>	https://www.transwhat.org/	Support for allies of trans people offering resources, information and guides.

Faith/Religious Resources

Resource Name	Website Link	Overview
How to Support Someone Who's Trans and Just Came Out to You - Jewish	https://www.keshetonline.org/resources/how-to-support-someone-whos-trans-and-just-came-out-to-you/	This guide provides ways to respond (and how not to respond) when someone comes out to you as transgender.
Faith Communities - Gender Spectrum	https://www.genderspectrum.org/audiences/faith-communities	View our collection of resources for navigating gender from several faith traditions. We have general resources for those of any faith, and also specific resources on gender for those of Christian, Muslim, Jewish, Buddhist, Confucianist and Taoist, Native Traditional and Indigenous, and Unitarian Universalist faiths.
Coming out as Queer & Spiritual – GLSEN	https://shop.glsen.org/blogs/glsen-blogs/coming-out-as-queer-spiritual	Personal editorial about a person's experience with religion and sexuality being raised in the Catholic Church.
LGBTQ and Muslim Are Not Dichotomous Identities Learning for Justice	https://www.learningforjustice.org/magazine/lgbtq-and-muslim-are-not-dichotomous-identities	Many people in United States hold the mistaken belief that LGBTQ people and Muslims are fundamentally at odds. We can teach the reality that LGBTQ Muslims exist and honor the voices of this identity group.
How to Stop Arguing About Religion but Make Your Point	https://pflag.org/pflag-academy-demand/how-stop-arguing-about-religion-make-your-point-recording-training-toolkit	This workshop's goal is to put religious arguments into perspective, not to argue. To explore strategies to defuse and redirect even

		the most difficult arguments effectively into the issues that lie beneath the religious arguments where the healing can begin.
I'm Muslim and my Gender Doesn't fit me : a resource for trans muslim youth	https://www.advocatesforyouth.org/wp-content/uploads/2019/05/Im-Muslim-My-Gender-Doesnt-Fit-Me.pdf	Resource Guide for Trans and Gender Nonconforming Muslim Youth.
Nonbinary Hebrew Project	https://www.nonbinaryhebrew.com/about-us	We are building a bigger tent for non-binary Jews through a third-gender grammar systematics for Hebrew, guided by our Torah and Talmud that teach us to rejoice that which cannot be neatly categorized.
Reformation Project - Expanding LGBTQ Inclusion in Christianity	https://reformationproject.org/the-need/	As a Bible-based, Christian organization, The Reformation Project's mission is to advance LGBTQ inclusion in the church.
LGBTQ Christian Resources - Queer Theology	https://www.queertheology.com/resources/	At Queer Theology we've developed a ton of resources over the years. On this page we've got them organized by topic so you can find exactly what you're looking for exactly when you need it. From asking if it's okay to be LGBTQ to navigating sex and relationships to reclaiming the Bible. You need support? You can find it here.
Faith-Based Organizations – StrongFamily Alliance	https://www.strongfamilyalliance.org/hopeful-voices/faith-based-organizations/?utm_source=Sumo&utm_medium=Smart	Faith-Based Organizations In almost every faith group, there are resources for support.
Beloved Arise - Christian Teen Support	https://www.belovedarise.org/	Beloved Arise is a movement to fight for the lives of queer youth of faith. We build relationships, offer support, and inspire youth to embrace life to the fullest.

Affirming/Inclusive Bible	https://www.abebooks.com/Inclusive-Bible-First-Egalitarian-Translation-Priests/VE7rICh3LawEcEAQYAiABEgLrsPD_BwE	A re-imagining of the scriptures and our relationship to them.
Muslim Youth Leadership Council	https://afy1.wpengine.com/about/our-programs/muslim-youth-leadership-council-mylc/	The Muslim Youth Leadership Council (MyLC) is a group of Muslim-identifying people ages 17-24 from across the country, working locally and nationally as activists, organizers, writers, leaders and more to promote LGBTQ rights, immigrant rights, and sexual and reproductive health and rights for Muslims.

Mental Health

Resource Name	Website Link	Overview
LGBTQI NAMI: National Alliance on Mental Illness	https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/LGBTQI	Confronting barriers <i>and</i> mental health symptoms with an LGBTQI-inclusive mental health provider can lead to better outcomes, and ultimately recovery.
Virtual Resources to Support LGBTQ Mental Health	https://equalityncfoundation.org/virtual_resources_to_support_lgbtq_mental_health/	While North Carolina schools and campuses are facilitating virtual and hybrid learning spaces, LGBTQ youth are experiencing further isolation from their peers without access to LGBTQ-specific social groups including genders and sexualities alliances (GSAs). This resource is a guide for LGBTQ youth and supportive allies to best support mental health needs during distance learning and social distancing.
Myths That Stigmatize LGBTQ People - Strong Family Alliance	https://www.strongfamilyalliance.org/parent-guide/essential-info/myths-that-stigmatize-lgbtq-people/	Negative ideas about LGBTQ individuals are often rooted in myths, stereotypes, and misinformation. Consider how your views

		might have been shaped by the myths discussed.
OUTreach Trillium Health Resources	https://www.trilliumhealthresources.org/outreach	Trillium developed Project OUTreach to share the research and tools available with our stakeholders, providers, faith-based organizations, and more. We work with North Carolina Families United to help educate our communities with the skills needed to address the specific health concerns of and abuse toward LGBTQ+ youth.
How to Protect LGBTQ Youth From the Risks and Harms of Substance Use	https://drugfree.org/how-to-protect-lgbtq-youth-from-the-risks-and-harm-of-substance-use/	Showing your love, acceptance and support is essential to promoting your child's well-being. This behavior can significantly decrease an LGBTQ+ teen's likelihood of substance use and improve their mental health.
LGBTQIA+ Friendly Drug Rehab Facilities	https://drugrehabus.org/rehabs/treatment/lgbtqa/	Locate drug rehab facilities that provide LGBTQIA+ clients with an inclusive and accepting place for addiction recovery through evidence-based treatment for substance abuse, sexual health and mental health.
LGBTQ Youth Depression SAVE	https://save.org/product/lgbtq-youth-depression/	Information about depression and suicide specific to the LGBTQ community as well as symptoms of depression and warning signs of suicide.
Helping Diverse Families - LGBTQ Equity	https://lgbtquequity.org/wp-content/uploads/2021/11/FAP-Overview_Helping-Diverse-Families.pdf	The Family Acceptance Project® (FAP) is a research, education, intervention and policy initiative to help diverse families learn to support their lesbian, gay, bisexual, transgender and queer-identified (LGBTQ) children to prevent health and mental health risks and promote well-being.

Psychiatric Resources - TFCBT FAP	https://lgbtqequity.org/wp-content/uploads/2021/09/TF-CBT-FAP_Psychiatric-Times.pdf	FAP has developed a series of research-based education materials to help parents understand the importance of family support, to guide behavioral change, and to educate extended family members as well as cultural and religious leaders.
Social and Emotional Wellness Initiative	https://www.sewi.org/lgbtq?gclid=Cj0KCQjwhL-KUBhDiARIsAMaTLnFxvdZE3c_z-jk0tiGhyAPG8gxQnSqwbqwrV3DLcjsN6irj6VfwYyYaAnGWEALw_wcB	The Social & Emotional Wellness Initiative (SEWI) is a three-prong organization which strives to better the lives of the youth we serve, along with their families, their social & emotional wellness.
National Queer and Trans Therapists of Color Network	https://nqttcn.com/en/	The National Queer and Trans Therapists of Color Network (NQTTCN) is a healing justice organization committed to transforming mental health for queer and trans people of color (QTPoC). We work at the intersection of movements for social justice and the field of mental health to integrate healing justice into both of these spaces. Our overall goal is to increase access to healing justice resources for QTPoC.
LGBTQ Youth Resources	https://www.apa.org/pi/lgbt/programs/safe-supportive/lgbt	This webpage provides fact sheets, best practices and other resources for supporting lesbian, gay, bisexual, transgender and questioning youth.
Mental Health Resources in the LGBTQ Community - Human Rights Campaign	https://www.hrc.org/resources/mental-health-resources-in-the-lgbtq-community	Compiled resources for LGBTQ+ mental health and wellness.
QTBIPOC Mental Health and Well-Being	https://www.hrc.org/resources/qtbi poc-mental-health-and-well-being	Compiled resources for QTBIPOC mental health and wellness.

<p>Questions to Help QTBIPOC Find Affirming Mental Health Providers</p>	<p>https://assets2.hrc.org/files/assets/resources/BIPOC_Inclusive_Therapist_Questions_073020.pdf?_ga=2.67166098.2013463255.1654544970-1563611569.1654544970</p>	<p>Compiled tips in the form of questions that you can ask that may help with selecting a therapist. Think of it as a therapist interview. Our hope is that asking these questions can eliminate potential stress and even save you time and money from unsuccessful therapist matches.</p>
<p>16 Mental Health Resources to Support the LGBTQ+ Community</p>	<p>https://www.verywellmind.com/16-mental-health-resources-to-support-the-lgbtq-community-5188200</p>	<p>Compiled resources for LGBTQ+ mental health and wellness.</p>
<p>True Colors United</p>	<p>https://truecolorsunited.org/</p>	<p>True Colors United implements innovative solutions to youth homelessness that focus on the unique experiences of LGBTQ young people.</p>
<p>Pride Institute</p>	<p>https://pride-institute.com/</p>	<p>Pride Institute offers inclusive and accepting recovery programs for members of the LGBTQ+ community.</p>
<p>Pride Counseling - Professional Therapy for LGBTQ Community</p>	<p>https://www.pridecounseling.com/</p>	<p>By providing online therapy to the LGBTQ community, we make help accessible and accepting of everyone. We provide a platform for people to get the help they need discreetly, affordably, and conveniently.</p>

BIPOC Resources

Resource Name	Website Link	Overview
7 Things Everyone Needs to Know About Being a Trans Minority	https://trans-cafe.squarespace.com/posts/2016/11/17/7-things-everyone-needs-to-know-about-being-trans-a-minority-1	An editorial written by a 22 year old trans-masculine student.
The Impact of Racism and Inequality on Sexual Health	https://www.advocatesforyouth.org/wp-content/uploads/2021/08/3Rs_ImpactofRacismInequalityOnSexualHealth_HighSchool_FINAL-1.pdf	By examining and discussing the impact of racism and inequality, educators can provide opportunities for awareness and advocacy that may encourage systematic change and lead to a more equitable society
Communities of Color - Human Rights Campaign	https://www.hrc.org/resources/communities-of-color	LGBTQ+ people of color, similar to their broader LGBTQ+ community, experience alarmingly high rates of mental health challenges. It disrupts their daily lives and can be life-threatening, especially for children...
Black and African American LGBTQ Youth Report -	https://www.hrc.org/resources/black-and-african-american-lgbtq-youth-report	Data collected from Black LGBTQ+ youth, shedding light on their challenges and triumphs encountered while navigating multiple, intersecting identities.
Black & LGBTQ: Approaching Intersectional Conversations	https://www.thetrevorproject.org/resources/guide/black-lgbtq-approaching-intersectional-conversations/	Approaches for before, during, and after a difficult conversation to make sure the dialogue – and your mental health – stays safe.
'Bibi' Lesson 2: Intersectionality	https://www.learningforjustice.org/classroom-resources/lessons/bibi-lesson-2-intersectionality-in-bibi-6-8	Lesson plan that explains intersectionality and how it relates to privilege and oppression.
Supporting Black LGBTQ Youth Mental Health	https://www.thetrevorproject.org/resources/guide/supporting-black-lgbtq-youth-mental-health/	Under the minority stress model, experiences of discrimination, rejection, threats, and violence are compounded, and can lead to negative mental health outcomes.

Learning Resources — LGBTQIA+ People of Color	https://www.lgbtqiahealtheducation.org/resources/in/lgbtqia-people-of-color/	Compiled learning resources for LGBTQIA+ People of color.
Coming Out Resources for African Americans	http://assets2.hrc.org/files/assets/resources/ComingOutForAAJune2014.pdf	Coming out to family is often one of the most difficult experiences for an LGBT person. And for African Americans, it may be particularly challenging, this guide offers information to assist.
Queer People of Color Heroes	https://students673.ucr.edu/docserver/lgbt/queer_people_of_color_heroes_posters.pdf	An informational collection of prominent queer people of color.
Resources for API Families PFLAG	https://pflag.org/blog/resourcesapifamilies	Asian parents voice unconditional love and support for their LGBT children. These short, beautiful videos of Asian American, South Asian, and Southeast Asian parents who love their LGBT kids aim to help diversify the faces of parents who have LGBT kids and to promote understanding and acceptance in the API community.
Supporting LGBTQ Youth of Color	https://www.glsen.org/lgbtq-youth-color	Collection of research reports exploring the experiences of AAPI, Black, Latinx, and Native & Indigenous LGBTQ youth. Also, blogs from students, educators, and advocates highlighting how to support this population of students.
A Map of Gender Diverse Cultures	https://www.pbs.org/independentlens/content/two-spirits_map-html/	Worldwide, the sheer variety of gender expression is almost limitless. Take a tour and learn how other cultures see gender diversity.

Neurodivergent Resources

Resource Name	Website Link	Overview
Dating Decision Tree The Birds and The Bees	https://asdsexed.org/2021/05/15/dating-decision-tree/	Making decisions about dating can be tough, especially if you don't really know what types of decisions to make. This graphic can be used to help steer the conversation about dating and how to make healthy decisions.
My Curriculum The Birds and The Bees	https://asdsexed.org/category/curriculum/my-curriculum-free/	Teaching human sexuality to individuals on the autism spectrum and with developmental disabilities
Why Neuro-divergence is also an LGBTQ+ topic	https://outleadership.com/insights/why-neurodivergence-is-also-an-lgbtq-topic/	The objective of our discussion was to explore the intersection of LGBTQ+ and neuro-divergence and what more can be done to address the topic in corporate culture with voices that identify as neuro-divergent.
Ambitious About Autism	https://www.ambitiousaboutautism.org.uk/what-we-do/awareness/inclusion/lgbtq	To support autistic young people in understanding themselves and others, we have worked closely with LGBTQ+ autistic young people to produce articles and visual stories, based on their own experiences.
Something to Talk About Live: LGBTQ+ Identities and Neurodiversity	https://pflag.org/blog/something-talk-about-live-lgbtq-identities-and-neurodiversity	Discussion on LGBTQ+ Identities and Neurodiversity
Gendervague: At the Intersection of Autistic and Trans Experiences	https://www.aane.org/gendervague-intersection-autistic-trans-experiences/	Editorial with the lived experience of a gender vague, autistic, trans person.
LGBTQ & Intellectual Disability	https://yournacm.com/file_download/inline/9beb6733-12ba-44d2-a776-fe7ac4a286bb	Resource that describes therapeutic interventions for supporting individuals that have an intellectual disability and identify as a sexual minority (LGBTQ). State evidence-based practices related to supporting

		individuals that have an intellectual disability and identify as a sexual minority.
Gay and on the Autism Spectrum: My Experience	https://www.respectability.org/2018/06/ericascherlgbtq/	Blog with personal narrative of one person's experience of being closeted, gay and on the autism spectrum.
Neurodiversity & Gender-Diverse Youth; An Affirming Approach to Care	https://www.lgbtqihealtheducation.org/wp-content/uploads/2020/08/Neurodiversity-and-Gender-Diverse-Youth An-Affirming-Approach-to-Care_2020.pdf	Increasingly, clinicians and researchers are seeing a correlation between gender diversity and neurodiversity among adolescents and young adults. To support, providers can offer an affirming clinical approach that validates the patient.
How to Support a Young Person with ADHD as They Explore Gender	https://www.additudemag.com/webinar/lgbtq-transgender-adhd-gender-diversity-podcast-350/	In this webinar, discuss the fundamentals of understanding gender diversity and how ADHD affects the journey.
The Double Minority Effect: The Struggles of Identifying as Autistic and LGBTQIA+	https://opendoortherapy.com/the-double-minority-effect-identifying-as-autistic-and-lgbtq/	A common misconception surrounding autism is that neurodivergent individuals are unable to express love and intimacy. This assumption is dangerous because it's simply not true. When this is assumed, parents and professionals interacting with autistic individuals may ignore important conversations about intimacy, gender, and sexuality.
Celebrating and Supporting LGBTQ+ People with Intellectual and Developmental Disabilities	https://acl.gov/news-and-events/acl-blog/celebrating-and-supporting-lgbtq-people-intellectual-and-developmental	It is an opportunity to recognize the challenges to equity and inclusion that are still faced by many in the LGBTQ+ community, which can be even greater for LGBTQ+ people of color and LGBTQ+ people with disabilities.

Content & Editing by: D’Nise Williams, Eastern Carolina Injury Prevention Program at ECU Health
Breanna Culler, Eastern Carolina Injury Prevention Program at ECU Health
Sue Anne Pilgreen, Eastern Carolina Injury Prevention Program at ECU Health

Developed: 6/24/22


**You
belong
here.**

Save a life. Be an ally.