

# LGBTQ+ YOUTH RESOURCES

*PODCAST – TED TALKS – BOOKS*



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.

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# **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/](http://www.suicidepreventionlifeline.org/chat/)*

*Crisis Text Line: [www.crisistextline.org](http://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](http://www.integratedfamilyservices.net/crisis-chat-service)*

*Trillium Crisis: 1-877-685-2415*

*NC Crisis Solutions: [www.crisissolutionsnc.org](http://www.crisissolutionsnc.org)*

## **Domestic and Partner Violence**

*Center for Family Violence Prevention: 252-752-3811*

## Podcasts/TED Talks

Resource Name	Website Link	Overview
Queer America Podcast   Learning for Justice	<a href="https://www.learningforjustice.org/podcasts/queer-america">https://www.learningforjustice.org/podcasts/queer-america</a>	<i>Queer America</i> is an exploration of the history of sexual identity and gender identity in the United States.
Podcast Talk : Lillian Rivera	<a href="https://episodes.rockwoodleadership.org/e/episode-2-lillian-rivera/?gclid=CjwKCAjw9e6SBhB2EiwA5myr9jtCFd0ET10VknH4sMA2RL5eFeqOWdPEbdLLzmxo1UHOiRWgIZfyOB0C_hMQAvD_BwE">https://episodes.rockwoodleadership.org/e/episode-2-lillian-rivera/?gclid=CjwKCAjw9e6SBhB2EiwA5myr9jtCFd0ET10VknH4sMA2RL5eFeqOWdPEbdLLzmxo1UHOiRWgIZfyOB0C_hMQAvD_BwE</a>	In this episode, Lillian Rivera, Executive Director of Hetrick-Martin New Jersey, talks about what inspires her, what brings her joy, and her hopes for our collective future
Gender Reveal Podcast	<a href="https://www.genderpodcast.com/">https://www.genderpodcast.com/</a>	Explores the vast diversity of trans experiences through interviews with a wide array of trans, non-binary and two-spirit people.
Celebrating (and deconstructing) the gender spectrum	<a href="https://www.ted.com/playlists/459/the_gender_spectrum">https://www.ted.com/playlists/459/the_gender_spectrum</a>	These talks celebrate and break down what it means to live outside society's traditional (and outdated) understanding of gender.
Queery with Cameron Esposito podcast on Earwolf	<a href="https://www.earwolf.com/show/queery/">https://www.earwolf.com/show/queery/</a>	QUEERY explores individual stories of identity, personality and the shifting cultural matrix around gender, sexuality and civil rights.
17 Magazine - 10 Podcasts Every LGBTQ Teen	<a href="https://www.seventeen.com/celebrity/g13430299/10-podcasts-every-lgbtq-teen-should-listen-to/?slide=3">https://www.seventeen.com/celebrity/g13430299/10-podcasts-every-lgbtq-teen-should-listen-to/?slide=3</a>	A collection of podcasts that could be relatable and informative for LGBTQ teens.
Outspoken Voices Podcast - Family Equality	<a href="https://www.familyequality.org/outspoken-voices-podcast/">https://www.familyequality.org/outspoken-voices-podcast/</a>	A podcast by and for LGBTQ+ parents, people with LGBTQ+ parents, grandparents and everyone else who is part of our family journeys.
LGBT - YouTube	<a href="https://www.youtube.com/playlist?list=PLOGi5-fAu8bE4Br8YJb2RW0bOkPnAQU6C">https://www.youtube.com/playlist?list=PLOGi5-fAu8bE4Br8YJb2RW0bOkPnAQU6C</a>	A collection of LGBTQ+ YouTube videos/TED Talks.

Finding Free - LGBTQ Affirmation Interview	<a href="https://directory.libsyn.com/episode/index/show/findingfreepodcast/id/16847498">https://directory.libsyn.com/episode/index/show/findingfreepodcast/id/16847498</a>	Finding Free Podcast is a place for exploration and wandering, where you can sift through your own life and faith, and uncover the truths about yourself that have been there all along
Beloved Arise: S01E21 - This Little Light of Mine	<a href="https://thislittlelightofmine.ca/podcast/beloved-arise/">https://thislittlelightofmine.ca/podcast/beloved-arise/</a>	A movement that fights for the lives of LGBTQ+ youth, particularly those who have been rejected or marginalized by their faith communities.

## Books

Resource Name	Website Link	Overview
LGBTQ+ - Social Justice Books	<a href="https://socialjusticebooks.org/booklists/lgbtq/">https://socialjusticebooks.org/booklists/lgbtq/</a>	Teaching for Change carefully selects the best multicultural and social justice books for children, young adults, and educators.
Recommended Reading: Coming Out   PFLAG	<a href="https://pflag.org/comingoutbooks">https://pflag.org/comingoutbooks</a>	Many of the titles listed cover the process both for those who are navigating a new lifetime of being out and proud and their loved ones.
Resources for Educators and Librarians   Queer Books for Teens	<a href="https://queerbooksforteens.com/resources/">https://queerbooksforteens.com/resources/</a>	The main scope of this website is to have as comprehensive a list as possible of LGBTQ YA published between 2000-2020.
Great LGBTQIA+ Books for Kids and Teens   Brightly	<a href="https://www.readbrightly.com/9-great-lgbtq-books-kids/">https://www.readbrightly.com/9-great-lgbtq-books-kids/</a>	30 Great LGBTQIA+ Books for Kids and Teens
A Plethora of Pride: LGBTQ books for teens	<a href="https://bookriot.com/lgbtq-books-for-teens/">https://bookriot.com/lgbtq-books-for-teens/</a>	A lot of great LGBTQ books for teens of all interests
Great LGBTQ+ Inclusive Picture & Middle Grade Books	<a href="https://welcomingschools.org/resources/childrens-books-lgbtq-inclusive">https://welcomingschools.org/resources/childrens-books-lgbtq-inclusive</a>	Diverse Family Books Inclusive of LGBTQ+ Families
Non-Fiction Resources for LGBT Teens Youth Families	<a href="https://www.goodreads.com/list/show/26180.Non-Fiction_Resources_for_LGBT_Teens_Youth_Families">https://www.goodreads.com/list/show/26180.Non-Fiction_Resources_for_LGBT_Teens_Youth_Families</a>	Non-Fiction Resources for LGBT Teens, Youth & Families

LGBTQ Inclusive Books for Children and Young People	<a href="https://www.stonewall.org.uk/education-resources/lgbtq-inclusive-books-children-and-young-people">https://www.stonewall.org.uk/education-resources/lgbtq-inclusive-books-children-and-young-people</a>	Welcome to the Stonewall Book List for schools, colleges, parents, and careers. We've hand-selected a wide range of LGBTQ-inclusive books for children and young people to enjoy.
Books with LGBTQ+ Characters   Common Sense Media	<a href="https://www.common Sense Media.org/lists/books-with-lgbtq-characters">https://www.common Sense Media.org/lists/books-with-lgbtq-characters</a>	From books with main characters who are lesbian, gay, bisexual, or transgender or who are exploring their gender identity or sexual orientation to stories of kids and teens with queer friends or parents, these books portray many aspects of the LGBTQ+ experience.
Young Adult Books for LGBTQ Teens and Allies	<a href="https://familyresourcesinc.org/2019/04/ya-books-for-lgbtq-teens-allies/">https://familyresourcesinc.org/2019/04/ya-books-for-lgbtq-teens-allies/</a>	There are nonfiction anthologies featuring the lives of gay people and creative prose exploring what it means to be gay as a teen. Here are our top eight picks for YA books for LGBTQ teens that are essential for your reading list.
20 Books for Parents of LGBTQ Kids	<a href="https://bookriot.com/books-for-parents-of-lgbt-kids/">https://bookriot.com/books-for-parents-of-lgbt-kids/</a>	A list of books specifically tailored to parents of LGBT kids—an LGBT 101 for parents new to the journey and wanting to learn more.
Suggested Reading - PFLAG NYC	<a href="https://www.pflagnyc.org/families/suggested-reading/">https://www.pflagnyc.org/families/suggested-reading/</a>	From the early stages of learning about an LGBTQ+ loved one or coming out, to finding out more about the LGBTQ+ community and current issues, the books listed here are helpful in becoming well-informed.
LGBTQ+ Youth & Adult Resources: Parents	<a href="https://guides.bpl.org/QUILT BAG/parents">https://guides.bpl.org/QUILT BAG/parents</a>	Books, groups, healthcare, movies, and more for those who are Queer/Questioning, Undecided, Intersex, Lesbian, Transgender/Two-Spirit, Bisexual, Asexual, Gay/Genderqueer and their allies.

The Savvy Ally: A Guide for Becoming a Skilled LGBTQ+ Advocate	<a href="https://www.amazon.com/gp/product/B08512FFSK/ref=dbs_a_def_rwt_hsch_vapi_tkin_p1_i0">https://www.amazon.com/gp/product/B08512FFSK/ref=dbs_a_def_rwt_hsch_vapi_tkin_p1_i0</a>	The Savvy Ally: A Guide for Becoming a Skilled LGBTQ+ Advocate is an enjoyable, humorous, encouraging, easy to understand guidebook for being an ally to the LGBTQ+ communities.
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**Be an ally. Save a life.**