

LGBTQ+ Community Resources

Sacramento LGBT Community Center

<https://saccenter.org>

Literature:

Lavender Library

<http://lavenderlibrary.com/>

Sacramento Public Library: Queer Reads

<http://www.saclibrary.org/pride/>

Business, Employment, and Leadership:

LGBT Guide - LGBT directory of LGBT friendly businesses, professionals and services.

<http://www.myrainbowpages.com/>

Health, Counseling, and Social Services:

One Community Health - Full service, federally qualified health center.

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

Gender Health Center - Counseling/therapy services to anyone who expresses the need as well as anyone who self identifies or is perceived to be gender variant.

<http://www.thegenderhealthcenter.org/>

GLBT National Help Center - Telephone, online private one-to-one chat and email peer-support, as well as information and resource listings across the country.

<http://youthtalkline.org/>

Golden Rule Services - Culturally competent clinic offering STD education, prevention and support services with emphasis placed on people of color, LGBT communities, injection drug users, youth, and more.

<http://www.goldenruleservicesacramento.org/>

Health Professionals Advancing LGBT Equality - Directory of affirming primary care providers, specialists, therapists, dentists and other health professionals in specific areas.

<http://www.glma.org/>

Addiction Resources - Addiction Resource raises awareness of the dangers of substance abuse among the LGBTQ community

<https://addictionresource.com/lgbtq-community/>

Strategies for Change - Organization providing substance abuse, co-occurring mental health, reentry, and related behavioral health services for youth, adults, and families.

<http://www.strategies4change.org/>

Sunburst Projects - Empowering children, youth, and families with HIV/AIDS.

<http://www.sunburstprojects.org/>

WEAVE Inc. - Providing support and services for domestic violence and sexual assault survivors with programming specific to LGBT people.

<https://www.weaveinc.org/lgbtq>

Legal:

Lambda Legal - National legal organization whose mission is to achieve full recognition of the civil rights of LGBT and those with HIV through impact litigation, education and public policy

[work.https://www.lambdalegal.org/](https://www.lambdalegal.org/)

Legal Services of Northern California - Legal firm prioritizing low income populations. LSNC hosts a free, monthly clinic at the Center every 4th Monday by appointment.

<https://lsnc.net/>

National Center for Lesbian Rights - National legal organization committed to advancing the civil and human rights of LGBT people and their families through litigation, legislation, policy, and public education.

<http://www.nclrights.org/>

Transgender Law Center - Advocates change law, policy and attitudes so that all people can live safely, authentically, and free from discrimination regardless of their gender identity or expression.

<https://transgenderlawcenter.org/>

Parents and Families:

PFLAG Chapter of Sacramento - National organization with a legacy of promoting the well-being of LGBTQ youth and their friends and family, through support, education and advocacy.

<http://www.pflagsacramento.org/>

Sacramento Area Rainbow Kids - Supportive group of families of transgender, gender variant, gender nonconforming or gender questioning children (4-18 years old).

<https://sites.google.com/site/sacramentoarearainbowkids/>

Sacramento Gay Dads - For men who have children, have grown children, planning on adopting children or have a partner with children.

<https://www.meetup.com/?allMeetups=false&keywords=lgbt&radius=25&userFreeform=Sacramento,+CA&mcId=c94203&mcName=Sacramento,+CA&sort=default>

Trans:

Gender Health Center - Healthcare organization serving transgender and gender variant communities; hormone therapy, counseling, support groups, and legal health clinic open to all.

<http://www.thegenderhealthcenter.org/>

Sutter Gender Identity Support Group - Support group for gender variant, transgender and intersex community, their significant others, parents, children, allies and helping professionals. Open, safe, and secure.

<http://www.sacgender.org/>

Transline - Crisis hotline operated by transgender people for transgender people. Free with specific hours, counselors are culturally competent to serve trans and gender nonconforming communities

<http://www.translifeline.org/>

Youth:

California Youth Crisis Line - 24/7 crisis line with trained counselors and resources database available youth 12-24 and those who care for youth; program of the California Coalition for Youth.

<http://calyouth.org/>

Trevor LGBTQIA Crisis Line - Crisis intervention and suicide prevention line to lesbian, gay, bisexual, trans, queer, and questioning youth and young adults. Online messaging during certain hours.

<https://www.thetrevorproject.org/#sm.00017p7q0ui4acq9x9d1owrhk0ud5>

We Help Youth (WHY) Sacramento - Large network of local service providers who collaborate to provide resources and solutions to youth and their families. Call or text the WHY Sac phone for assistance.

<http://www.whysac.org/>

Wind Youth Services - Six-bed, short term shelter and daily drop-in center for youth ages 12-24. Peer advocacy and resources referrals to provide youth with permanent housing solution.

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

Sacramento County Crisis & Mental Health Resources

Crime and Abuse Reporting Lines

Child Protective Services	(916) 875-5437 (KIDS)
Adult Protective Services	(916) 874-9377
Sacramento Police Department	(916) 732-0100
Sacramento County Sheriff	(916) 874-5111

Crisis Hotlines

24 hour Parent Support Line (WellSpace Health)	(888) 281-3000
Crisis Nursery (Children ages 0-5) www.kidshome.org/what-we-do/CrisisNursery.php	(916) 679-3600
Friendship Line – 24 hours	(800) 971-0016
Runaway – California Youth Crisis Line	(800) 843-5200
Runaway – National Runaway Hotline	(800) 621-4000
Suicide Prevention Crisis Line (Local)	(916) 368-3111
Suicide Prevention Crisis Line (National) www.suicidepreventionlifeline.org	(800) 273-8255 English (888) 628-9454 Spanish
Trevor Project Crisis Line – LGBTQ Youth www.thetrevorproject.org	(866) 488-7386 866-4-U-TREVOR
My Sister’s House 24 hour Multilingual Helpline (Domestic Violence, Ages 14+) www.my-sisters-house.org	(916) 428-3271
Veterans 24 hour Crisis Line (National)	(800) 273-8255
WEAVE Crisis Line (Sexual Assault/Domestic Violence) www.weaveinc.org	(916) 920-2952
Wind Youth Services – 24 hour Crisis Hotline (Emergency Shelter and Support Services, Ages 12+) www.windyouth.org	(800) 339-7177

Mental Health Urgent Care

Turning Point Mental Health Urgent Care Clinic Monday – Friday, 10 am – 10 pm Saturday, Sunday, and Holidays, 10 am – 6 pm	(916) 520-2460
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Community Resources – Non-Emergency

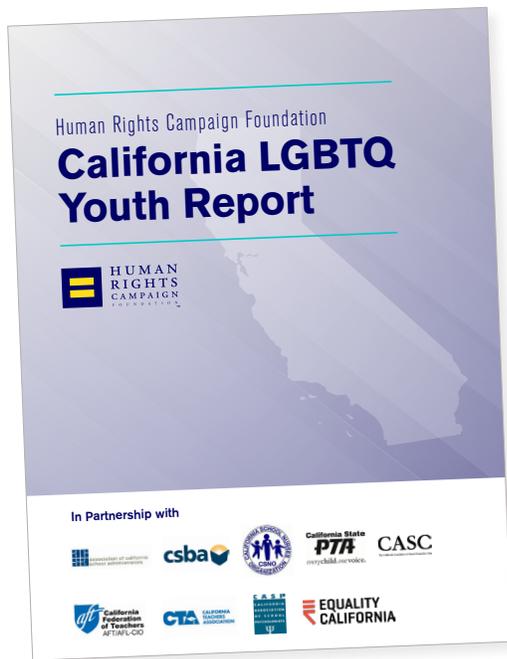
211 Sacramento (Resource Information Line)	211 or (916) 498-1000
California Relay Service (Hearing Impaired)	711
Friends for Survival, Inc.	(916) 392-0664
Gender Health Center – LGBT and Transgender Individuals	(916) 455-2391
National Alliance on Mental Illness (NAMI) - Sacramento	(916) 364-1642
National Association of Anorexia & Associated Disorders	(874) 831-3438
Sacramento County Access Mental Health	(916) 875-1055
Sacramento County Alcohol & Drug System of Care – Adult	(916) 874-9754
Sacramento County Alcohol & Drug System of Care – Youth	(916) 875-2050
Sacramento LGBT Community Center	(916) 442-0185



HUMAN RIGHTS CAMPAIGN FOUNDATION

The California LGBTQ Youth Report

is a groundbreaking resource detailing the experiences of LGBTQ students in California with guidance on how you can help. The Human Rights Campaign and researchers at the University of Connecticut found that even with California state laws explicitly protecting LGBTQ students:



- Only **10 percent** of LGBTQ youth in California say all of their school staff are supportive of LGBTQ students;
- Only **32 percent** of LGBTQ youth in California always feel safe in the classroom;
- **Half** of all respondents have been teased or bullied because of their actual or perceived sexual orientation or gender identity;
- Only **27 percent** feel comfortable talking with their school counselor about questions related to their LGBTQ identity;
- **Forty-three percent** of transgender students can NEVER use the bathroom/locker room at school that matches their gender identity.

DOWNLOAD THE FULL CALIFORNIA LGBTQ YOUTH REPORT AT HRC.IM/CAYouthReport

“What makes me more comfortable is if they have a sticker or poster that shows that they are supportive of LGBTQ people.”
- LGBTQ Student in California



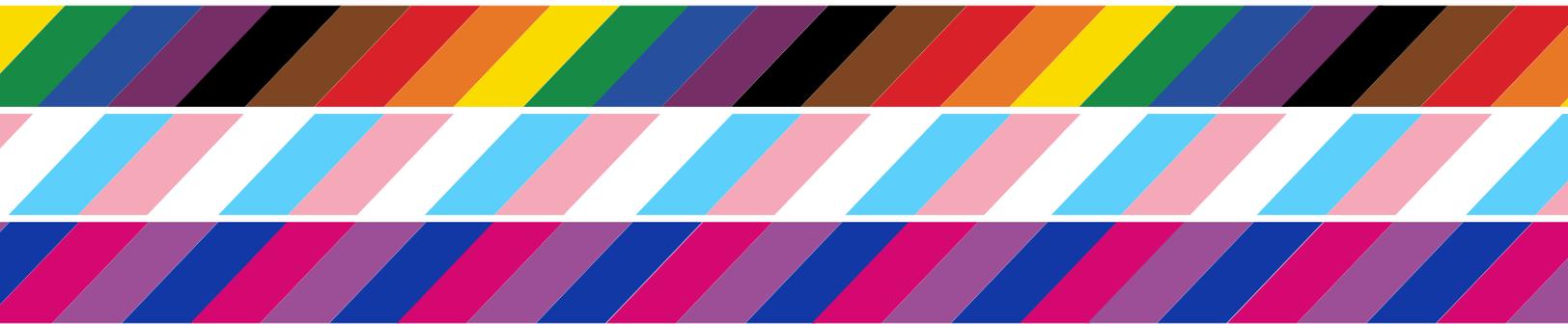
PLEASE CONSIDER displaying the back side of this page in a classroom or office to show support for LGBTQ students, staff and families. Visuals like these help LGBTQ individuals identify trusting adults and improve feelings of safety and connectedness.



DO YOU NEED SUPPORT?

→ **ASK ME!** ←

I PROUDLY AFFIRM
LGBTQ STUDENTS,
STAFF AND FAMILIES.



THE **TREVOR** PROJECT
Saving Young LGBTQ Lives



COMING OUT

*A Handbook
for LGBTQ
Young People*



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Exploring your sexual orientation and/or gender identity can bring up a lot of feelings and questions. Inside this handbook, we will work together to explore your identity, what it might be like to share your identity with others, and provide you with tools and guiding questions to help you think about what coming out means to you.

The Trevor Project's **Coming Out: A Handbook for LGBTQ Young People** is here to help you navigate questions around your identity. You know yourself and what works for you better than anyone else. Each of us has the right to share or not share different aspects of ourselves with others. No one else is entitled to information around your identities, if you do not want them to know. If you choose not to share parts of your identity with others, it does not make you any less valid than those who may choose to share their identities with other people.

“I’ve slowly been figuring out who I really am, and every step of the way I like who I find more and more.”

—Hayley, 16 (Virginia)

You may have heard people talking about “coming out” before in ways that are oversimplified, judgmental, or just plain scary. The truth is that there is no one way to “come out” or be “out.” There may be certain people in our lives with whom we want to share our sexual orientation and/or gender identity, and there may be others with whom we know that we do not feel comfortable or safe sharing. This is more than okay!

Some people may share their identity with a few trusted friends online, some may choose to share with a counselor or a trusted family member, and others may want everyone in their life to know about their identity. An important thing to know is that for a lot of people, coming out doesn't just happen once. A lot of folks find themselves coming out at different times to different people.

It is all about what works for you, wherever you are at. The things you hear about coming out may make you feel pressured to take steps that don't feel right for you, or that you don't feel prepared for. Your experience is truly unique to you. You get to decide. This handbook is here to help you think through what might be best for you.

After thinking it through, you may decide to be out to yourself, but not to anyone else — and that's okay. Many people choose not to come out to others for different reasons. You are valid and deserve support no matter who you do or do not share your identities with. This resource is for you to explore how you feel and what choices are right and safe for you.



IDENTITY

Gender identity and sexual orientation can be significant parts of who we are. And for many of us, there are lots of other aspects of ourselves that are meaningful and help make us the people we are. All of these identities help shape us into ourselves. Race, ethnicity, (dis)ability, national origin, the language(s) we speak, age, social class, religion/spirituality, and many other identity categories help us tell a larger picture about what it means to be us. Gender identity and sexual orientation can be just one piece of the puzzle. We are all complex human beings, and that is wonderful!

THE BASICS

Questioning your identity is an experience that lots of people have many times throughout their life. Identity is complicated and if you aren't sure how you identify, that's ok! You are allowed to not have everything figured out right at this moment. Taking some time to think through how you feel can be helpful in better understanding your gender identity, gender expression, and/or sexual orientation.

Many people aren't sure of the difference between gender identity, gender expression, sex assigned at birth, and sexual orientation. It isn't something many of us are taught. Instead, lots of us end up figuring out what these categories mean on our own. Let's spend some time breaking down the difference between each of these terms and exploring what they mean together.



What Is Sex Assigned at Birth?

When we are born, doctors decide whether “female” or “male” will be listed on our birth certificate. This is often one of the first instances when gender is ascribed to us. This sex assignment at birth is typically based solely on one’s genitals. Just like a lot of the concepts in this handbook, sex assignment at birth is far more intricate than meets the eye.

The label of one’s sex assignment at birth is often attributed to a child before they can speak, walk, or know for themselves what their gender identity is. As such, sex assignment does not take into account one’s true gender identity. Your true gender may be different than the gender that a doctor assigned you, which is perfectly normal, valid, and wonderful.

Additionally, there is so much diversity between bodies. For some babies, their bodies do not fit neatly into the category of “male” or “female.” These people may come to identify themselves as intersex, which is a term used for “a variety of conditions in which a person is born with a reproductive or sexual anatomy that doesn’t seem to fit the typical definitions of female or male” (Intersex Society of North America).

It is not always an easy process to figure out what your sex assignment at birth and your gender mean to you, so we want to take a moment to recognize all that it took to discover who you are.

What Is Gender?

Some people say that gender looks like this:



Others say that gender is this:



In actuality, gender often looks a lot like this:



Now, let's zoom in!

Gender Identity

Gender Identity describes our internal understanding and experience of our own gender. Each person's experience with their gender identity is unique and personal.

Some people think that there are only two gender identities possible: boy or girl. But, in fact, thousands and thousands of people experience their gender outside of this gender binary (*binary meaning made up of two things*). Some people identify as being both a boy and a girl, or being neither a boy nor a girl. Some folks identify as a gender that is different than boy or girl, or they don't experience gender at all. Non-binary is a term that refers to people who don't experience their gender(s) as completely a girl/woman or boy/man.

Think of how many different ways there are to be a boy or a girl; there are millions of different ways to be non-binary too. Throughout the course of history and all around the world, there have always been people who experience their gender(s) in diverse ways.

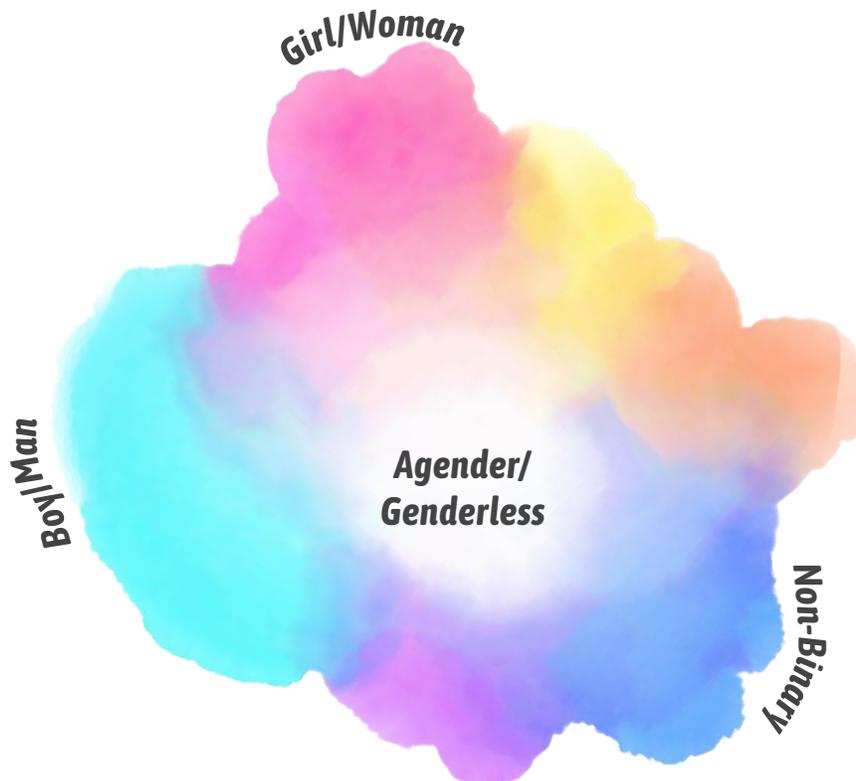
While many people identify with the sex they were assigned at birth, some people may find that their gender identity differs from the sex they were assigned at birth. Exploring your gender is normal at all ages and at any stage of life. All of these experiences are equally valid.

How do I experience my gender?

How do I feel in relation to the sex I was assigned at birth?

What does gender mean to me?

It can be helpful to visualize how you experience gender. Below is a Gender Identity map where you can mark how you identify in terms of gender identity. Maybe you can make a single dot on this graphic, maybe you place yourself using five separate dots, maybe your identity needs a circle around one large area, or more. We give you the freedom to mark the map one way today, and an entirely different way tomorrow, a month, or a year from now. Your identity may shift fluidly or stay the same. All experiences are welcome here!



Gender Expression

Gender Expression describes the way in which we present ourselves, which can include physical appearance, clothing, hairstyles, and behavior.

Gender identity is not the same as gender expression. It is important to not assume that the way that someone moves, talks, dresses, or styles their hair is indicative of how they identify their gender. There are an infinite amount of amazing ways to be a person of any gender. Some boys wear dresses, some girls have short hair, and some non-binary folks wear makeup. Gender expression is all about

how you want to present. If you are not currently able to express your gender the way that you wish you could, we stand with you. You are still you!

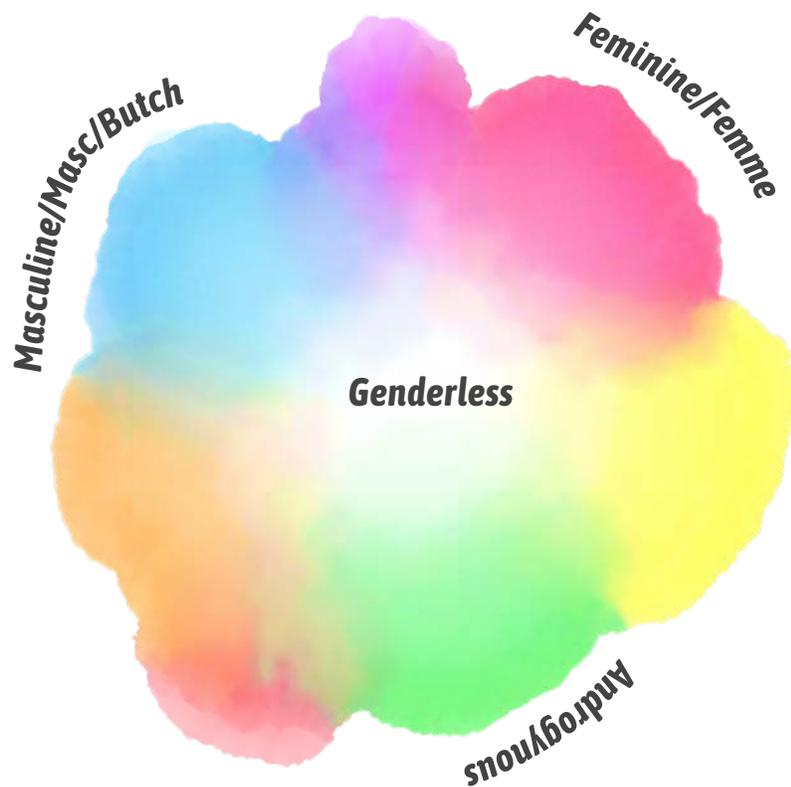
How do I like to present my gender?

In an ideal situation, how would I want to express my gender?

What aspects of gender expression make me feel happy and authentically myself?

What aspects of gender expression make me feel sad and not like myself?

If you like, you can mark on the Gender Expression Map below with how you experience your gender expression. It is always more than okay to allow room for feelings to shift over time. Maybe your gender expression stays mostly in the androgynous part of the map, or maybe it fluctuates between masculine and feminine, or somewhere in between. Maybe you prefer to express yourself in a genderless way. Your map gets to reflect the personal relationship you have with your gender expression.



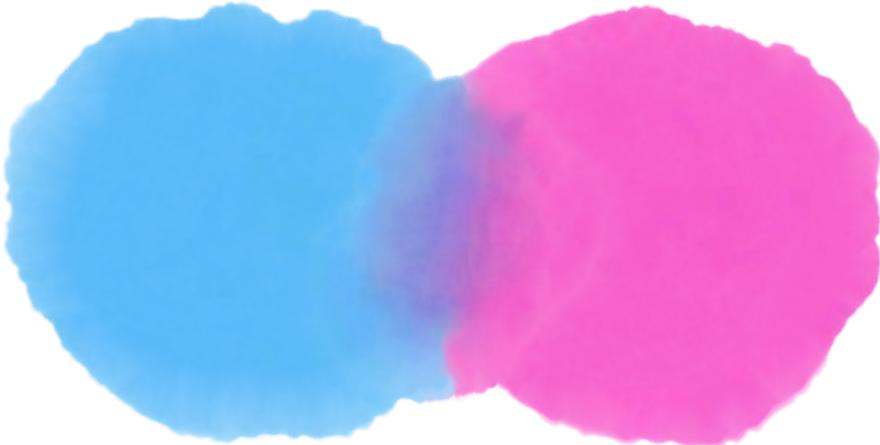
Transitioning

Some people might go through a process called transitioning. Transitioning can refer to any social, legal, and/or medical steps individuals take to affirm their gender identity or gender expression. Not everyone wants to take some or any of these steps, and that is okay — this doesn't make them any less of who they are. Transitioning for some looks like using a new set of pronouns or wearing different clothing and/or going through the process of changing one's name on legal documents or changing one's gender marker on a driver's license and/or going on hormones or getting surgery to affirm one's gender. Not all people who identify with gender(s) other than the one they were assigned at birth choose to transition. And for those who do, the process can look millions of different ways.

There is no single path to living as your true gender. You get to decide if transitioning is something that is important to you and/or how it looks for your gender, your body, and your life.

What Is Sexual Orientation?

Some people say that sexual orientation is this:



Others say sexual orientation is this:



Just like gender, sexual orientation is more expansive too.



Sexual Orientation

Sexual Orientation includes different forms of attraction, behaviors, and identities. For a long time, many people saw all forms of attraction as the same thing. As language has expanded, more and more people have come to understand that different forms of attraction can be parsed out and talked about as distinct categories.

Sexual, physical, romantic, and emotional attraction are four major ways that people have differentiated forms of desire. While these are the most commonly talked about categories describing attraction, there are other types as well, including mental, sensual, and aesthetic.

In our society, it is often assumed that each person is heterosexual (meaning they only are attracted to people of a different gender). It is also assumed that we all experience sexual/physical, romantic, and emotional attraction as the same thing. While some people find that their sexual orientation matches up with these expectations, some folks do not. It is very normal to find ourselves questioning our sexual orientation. Despite what we may have been taught, attraction can look so many amazing, unique ways. Whether you experience all of the categories of attraction as the same, or feel varying amounts of each, or no attraction at all, there are lots of other people out there feeling the same way. You also might experience attraction towards just one gender, multiple genders, or different genders of people at different times in your life. You are never too young or too old to question your sexual orientation. Your sexual orientation is real and legitimate no matter what.

Let's explore the different types of attraction in more depth below:

Sexual Attraction

Sexual Attraction is typically the first thing that comes to mind when people think about sexual orientation or attraction in general. This type of attraction is characterized by the desire to be sexually intimate with other people. Physical attraction is often considered a piece of sexual attraction. It can be described as who you find physically attractive.

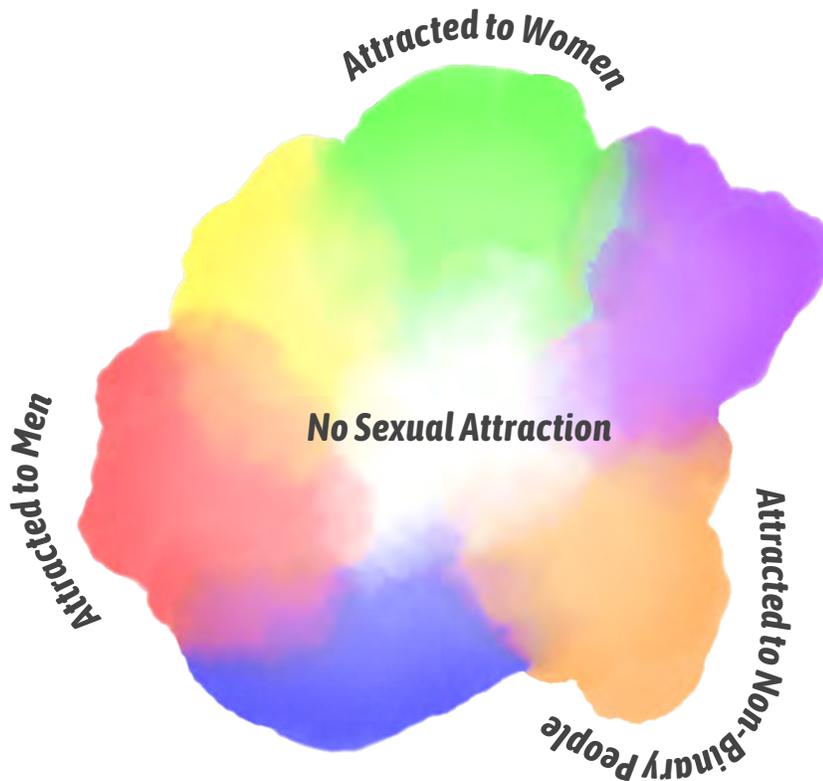
Am I interested in being sexually intimate with others?

Who am I interested in being sexually intimate with?

Who do I find physically attractive?

How often do I experience feelings of sexual/physical attraction?

Feel free to mark below with how you experience sexual/physical attraction. You can use the guiding questions above to get you thinking about where you might land on the map.



Romantic Attraction

Romantic Attraction is often described as the desire for romantic intimacy or romantic relationships with others. For some, this could mean wanting to hold hands, go on dates, kissing and/or cuddling. The list goes on, and it's all about how you personally feel around each of these expressions of romance.

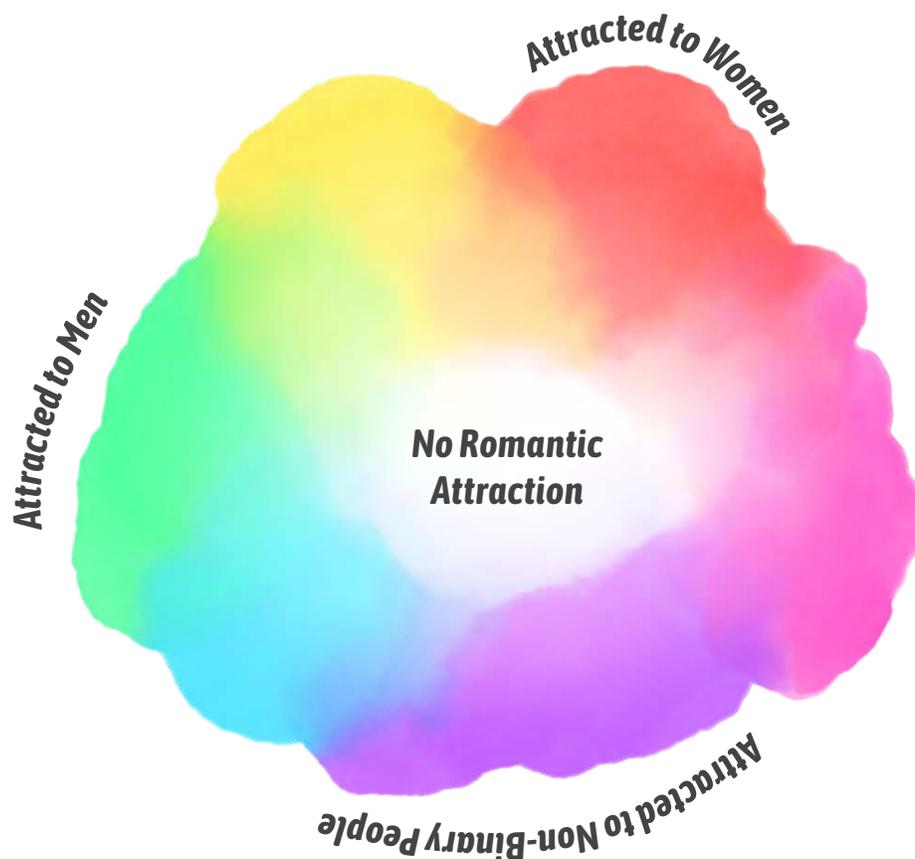
Have I ever had a crush on someone before?

Who have I had crushes on?

Who do I want to experience romantic behaviors with?

Who do I want to experience romantic relationships with?

How do you experience romantic attraction? Mark below on the Romantic Attraction Map with the ways in which you do or do not feel romantic attraction.



Emotional Attraction

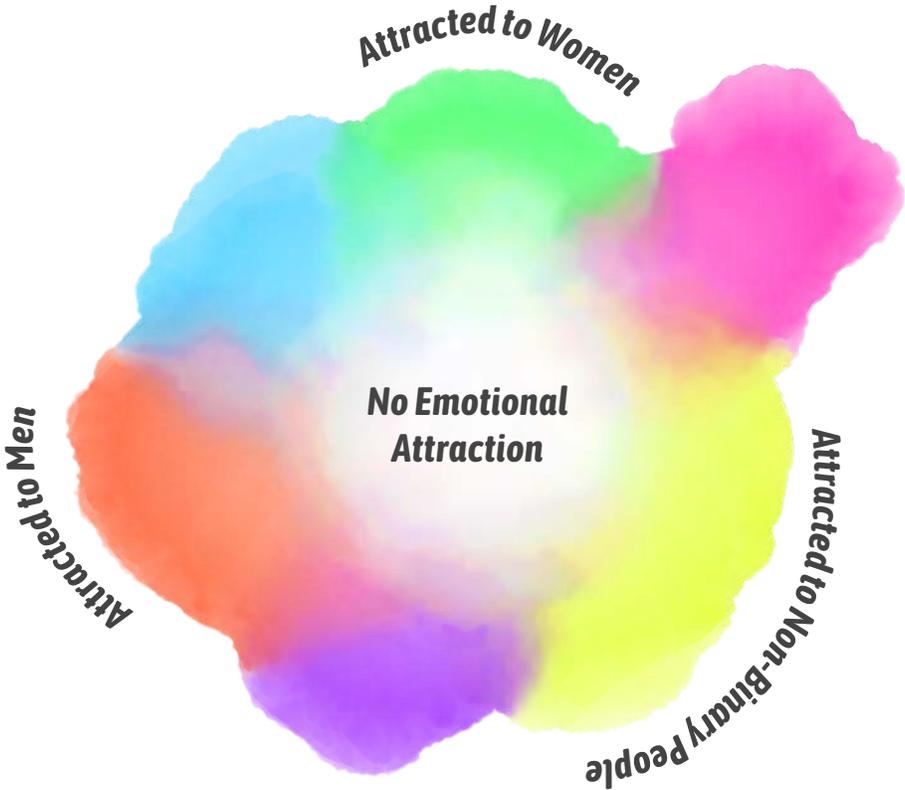
Emotional Attraction is characterized by the desire to connect with others on a deep emotional level. This could look like wanting to become best friends with someone or feeling emotionally “drawn” to someone based on their personality.

Who do I have strong desires to be emotionally close to?

Who do I feel an emotional bond towards?

Who do I want to get to know better?

We encourage you to plot out how emotional attraction looks for you below. Where do you find yourself?



COMING OUT

Coming out to yourself or someone else is an incredibly personal decision. There's no right or wrong way to do it. It's completely up to you and your relationship with who you might share it with. For those who want to come out, taking stock of who in your life supports and encourages you, and helps you feel less alone can make a big difference.

There are lots of different ways to come out! Here are just a few examples:

- Calling someone on the phone
- Sending a text
- Sending an email
- Writing a letter
- Talking with someone in person

Planning Ahead

You might decide to take some time to prepare what you want to say. Writing out how you might want to come out to someone can be useful. Practicing with supportive people can also help in figuring out what you want to say and how you want to say it.

How do I want to come out to them?

What would I say to someone I want to come out to?

What would I expect them to say?

Is there a way I would want to prepare prior to coming out?

If you are thinking about coming out, it can be important to think about the range of reactions people may have, including the good ones and the bad ones. Here are some questions to think through how they might react:

What are some of the good responses I may hear?

What are some of the bad responses I may hear?

What do I expect their reactions will be, based on what I know about the person I'm sharing with?

How do I want them to react?

Keep in mind that other people's reactions can be quite varied.

Testing The Waters

Figuring out how people feel about LGBTQ people and topics can give you an idea about how they might possibly react (though not always).

Some ways that other people have tested the waters:

Asking how they feel about an LGBTQ celebrity

Asking how they feel about marriage equality

Listening to their words: Do they put down LGBTQ people? Do they invoke LGBTQ stereotypes?

Noticing how they handle difficult emotional events, which can help you guess what reactions to be ready for

Sometimes the people we come out to ask a lot of questions. It's okay to not have all the answers; it is not your job to be the expert on your identities. If you feel comfortable, you are always welcome to answer these potential questions, but you don't owe anyone any information that you aren't comfortable sharing.

Environment

Timing

There is no perfect time to come out. In fact, the best time will probably change depending on who you want to tell. Sometimes it is helpful to wait for a time when the person you tell feels relaxed, open, and willing to listen. Other times, you may need to share at a random moment. It is about whenever it feels right to you. Here are some questions to think through to explore timing that might work for you:

What time works best for me to come out?

What time of day feels like a good time to share? (before school, after work, during dinner, etc.)

What time of year feels like a good time to share? (school season, summer, holidays, etc.)

What time works best for the person I want to come out to?

Location

Like timing, there is also no perfect place to come out. Some places might be safer or more comfortable for you than others.

Would I rather be in a public or private space?

Does home feel like a safe place to talk?

Where would we both be comfortable talking?

Is there a location special to me and the person I'm talking with?

School

Coming out at school can be a great way for some to connect with other LGBTQ classmates. School can also be an unsafe space for many people. When thinking about coming out at school, make sure to keep your safety and wellness in mind. You may want to make a safety plan for school if you feel like you might face some tough times.

How would being out at school make me feel?

Who would I want to share with at school?

Are there supportive faculty members, counselors, teachers or adults at my school?

Is there a Gender & Sexuality Alliance (GSA) or similar club/community that I feel comfortable attending?

Are there anti-bullying rules that protect LGBTQ students that are enforced?

Will coming out put my safety at risk? If so, what steps can I take to stay safe?

Support

Think about people in your life who would support you no matter what.

Who do I feel safe with?

Who do I feel comfortable sharing about my life with?

Who in my life has my back no matter what?

Who in my life builds up my confidence?

These supportive people could be:

- Real-life and online friends, classmates
- Team members, school club members, online communities
- Teachers, counselors, doctors, co-workers
- Family members, caretakers, parents, siblings, cousins, neighbors
- Religious or spiritual leaders

Safety Around Coming Out

Unfortunately, coming out doesn't always go according to our hopes and plans. If people don't react the way we wish, it does not reflect on the realness of our identities, and it is not our fault. You deserve to be accepted with open arms, care, and love. In situations where things are feeling unsafe or you expect that they might be, it could make sense to prepare a back-up plan for housing, food, school, and/or transportation, just in case. Your safety and well-being are of the utmost priority. And The Trevor Project is always here for you and has your back.

Check out the Resources section in the back for local and/or online resources that can be a support before, during, and after coming out.

HEALTHY RELATIONSHIPS

As you explore your identity and coming out, a very important part of that process can be the consideration of dating and/or starting a relationship with special someone(s). With that can come a great deal of excitement and even a bit of anxiety as you get to know someone new.

While navigating this process, it is important to know the difference between a healthy relationship and one that might be unhealthy. Only you can define your expectations, boundaries, and needs. Remember, you reserve the right to express when something doesn't feel right, and we all deserve to feel safe and secure with people we are dating.

- Healthy relationships can be characterized by trust, honesty, mutual respect, open communication and most importantly feeling safe and secure.
- Unhealthy relationships may be characterized by elements of control, sometimes manifesting physically, emotionally, and/or sexually. Violence, coercion, or force of any kind is not healthy and does not create a safe, respectful space for all partners.
- Consent to engage in sexual, physical, and/or romantic intimacy is extremely important and must be enthusiastically and freely given by each person. You always have the right to say no or stop an intimate experience, no matter the reason, no matter if you've been intimate with that person before, and no matter if you consented to another behavior earlier. This goes for the person/people you are being intimate with as well. Everyone must consent.



SELF-CARE

Coming out and learning more about yourself can sometimes feel like a roller coaster — full of emotional ups and downs. To stay healthy, it's important to discover what helps you feel cared for, relaxed, and able to cope with everything that's going on. This is called "self-care," and it's about taking care of YOU. Coming up with some go-to self-care ideas can be a helpful way to make your mental and physical health a priority. Sometimes we all need a little extra self-care when times are tough. Checking in on how you're feeling mentally, emotionally, and physically is a great way to help keep track of when this might be needed for you.

Here are some ideas for a self care plan:

1. Call, text, or chat with a friend for support
2. Talk to a supportive person in your life if you're feeling sad or unsafe
3. Identify safe places you can go to if you need to get away from a stressful situation
4. Connect with a trained counselor via TrevorLifeline, TrevorText, or TrevorChat
5. Log on to TrevorSpace.org to connect with other LGBTQ young people
6. Focus on your interests: Do something you enjoy. Write your thoughts out in a journal or create an art project to express your feelings
7. Connect with your body: Take deep breaths. Take a shower or bath. Some people find movement like yoga, walking, or running helpful. You know your body best and what feels good for you
8. Put on headphones and listen to your favorite music
9. Watch your favorite TV show and relax
10. Remind yourself that you are a valuable person exactly as you are

When I'm having a hard time, what do I do to cope?

What helps me stay healthy, relaxed and positive?

Who could I call, text, or chat with if I need support?

What are my favorite things to do?

What are my goals for the future?

What are some self-care activities I want to try out?

“Most of the time, I relieve my stress by writing. Also, I make sure to laugh and have fun, despite my difficult situations.”

—Brad, 18 (California)

Checking in on Your Mental Health

Warning Signs

Feeling sad or alone can be overwhelming, especially if people in your life are unsupportive. While these feelings are completely normal, it’s important to keep an eye out for warning signs of larger mental health struggles. You are not alone and asking for help is a sign of strength.

Have You Felt...?

Unimportant
Trapped and/or Hopeless
Overwhelmed and/or Unmotivated
Alone
Angry and/or Irritable
Impulsive
Suicidal

Have You Been...?

Using drugs or alcohol more than usual
Acting differently than usual
Giving away your most valuable possessions
Losing interest in your favorite things to do
Planning for death by writing a will or letter
Eating or sleeping more or less than usual
Feeling more sick, tired, or achy than usual

Do You...?

Not care about the future
Put yourself down (and think you deserve it)
Plan to say goodbye to important people
Have a specific plan for suicide

If you answered yes to any/several of these questions, you can reach out to a trained crisis counselor for support by calling TrevorLifeline (866.488.7386), texting “START” to 678678 for TrevorText, or by visiting TrevorChat.org — we’re here for you 24/7. *You are not alone.*

RESOURCES

Family Acceptance Project (research, intervention, education and policy initiative that works to prevent health and mental health risks for LGBTQ children and youth): familyproject.sfsu.edu

Gay, Lesbian, and Straight Education Network (organization working to create safe and affirming schools for all, regardless of sexual orientation, gender identity, or gender expression): GLSEN.org

Gender Spectrum (organization working to help create gender sensitive and inclusive environments for all children and teens): genderspectrum.org

GLBT Near Me (database of LGBTQ resources, offers a national hotline and a youth talkline): glbtnearme.org

GSA Network (trans and queer youth uniting for racial and gender justice): gsanetwork.org

HelpPRO (national search for social workers, mental health counselors, and psychologists, with the ability to search for providers who serve specifically LGBTQ populations): helppro.com

Human Rights Campaign (largest civil rights organization working to achieve equality for LGBTQ Americans): hrc.org

It Gets Better Project (creating media sharing stories around the resilience of LGBTQ people across the globe): itgetsbetter.org

Lambda Legal (American civil rights organization focusing on equality for LGBTQ people): lambdalegal.org

National Suicide Prevention Lifeline (national network of local crisis centers that provide free and confidential emotional support to people in suicidal crisis or emotional distress 24/7): suicidepreventionlifeline.org, 800.273.8255

Scarleteen (inclusive, comprehensive, supportive sexuality and relationships info for teens and emerging adults): scarleteen.com

TransLifeLine (peer support hotline run by and for trans people, providing microgrants around legal name changes or updating IDs): TransLifeLine.org, 877.565.8860

Parents, Families and Friends of Lesbians and Gays (nation's largest family and ally organization): PFLAG.org

The Institute for Welcoming Resources (international organization working to make churches become welcoming and affirming spaces for all congregants regardless of sexual orientation and gender identity): welcomingresources.org

Trans Youth Family Allies (partnering with educators, service providers and communities, to develop supportive environments in which gender may be expressed and respected): imatyfa.org

TREVOR PROGRAMS



TrevorLifeline

If you're thinking about suicide, you deserve immediate help.
Call us anytime.

866.488.7386



TrevorText

Talk to a Trevor counselor via text message.

Text "START" to 678678



TrevorChat

Online instant messaging with a TrevorChat counselor.

TrevorChat.org



TrevorSpace

A social networking site for LGBTQ youth under 25, and their friends & allies.

TrevorSpace.org



Suicide Prevention & General Info

Information on suicide prevention and FAQs on sexual orientation, gender identity and other topics can be found at:

TheTrevorProject.org/resources

Map Your Own Identity

You can download and print The Gender Identity and Sexual Orientation "Map" and fill it out based on how you personally feel right now. It's okay to not have everything figured out. It's also okay if you change your mind and find yourself feeling differently tomorrow, next week, or next year.

TRVR.org/IdentityMap



Defining LGBTQ Words for Children



[Download PDF](#)

When children ask questions about LGBTQ words, it is often best to offer simple and direct answers. You might choose to answer a student's question with another question to figure out what they are really asking -- is it about name-calling, a classmate's two dads or something they saw on the internet. Listening first helps you respond.

Here are a few items to keep in mind when defining terms for children:

- Use examples to help children understand definitions.
- Ask questions about LGBTQ words to help students to understand differences and treat others with respect.
- If a student uses an LGBTQ term in a derogatory way, ask them if they know what it means. If they don't, give a short definition and explain how using an identity as a slur is mean and emphasize that the word is not a bad word.

The following list can serve as a starting place for educators to respond to questions about LGBTQ words. These suggested definitions can help to ensure that you feel confident in your own knowledge and ability to communicate these ideas to students. Use your own expertise to modify definitions based upon the age of your students.

Gender

Cisgender: When your gender identity (how you feel) is the same as what doctors/midwives assigned to you when you were born (girl/boy or sex assigned at birth).

Gender Binary: A way of seeing gender as two distinct and opposite groups—girl and boy. This idea doesn't include all the ways we can have a gender identity

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 girl, boy, both or neither.

Gender Identity: How you feel. Girl, boy, both or neither. Everyone has a gender identity.



theirs.

Sex Assigned At Birth: When a baby is born, a doctor or midwife looks at the baby’s body/anatomy and says they are a boy, girl or intersex.

Transgender or Trans: When your gender identity (how you feel) is different than what doctors/midwives assigned to you when you were born (girl/boy or sex assigned at birth).

Who You Love

Bisexual: People who love people of two genders. [In grades 3 – 5, you might say people who love or are attracted to people of two genders.]

Gay: People who love people of the same gender. [In grades 3 – 5, you might say people who love or are attracted to people of the same gender.]

Heterosexual: People who identify as women who only love [or are attracted to] people who identify as men. Also, people who identify as men who only love [or are attracted to] people who identify as women.

Lesbian: People who love people of the same gender. Two women. [In grades 3 – 5, you might say people who love or are attracted to people of the same gender.]

Sexual Orientation: Who you love. [In grades 3 – 5, you might say who you love or are attracted to.]

Gender and Who You Love

LGBTQ: Acronym for lesbian, gay, bisexual, transgender and queer.

Queer: People use this word as a way to identify with and celebrate people of all gender identities and all the ways people love each other. When used in a mean way, it is a word that hurts.



Welcoming Schools

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LGBTQ STUDENT RIGHTS



Do I have a right to be out at school?

YES. You have the right to be out about your identity and to be yourself at school.

Do I have the right to keep my LGBTQ identity private?

YES. School staff cannot out you to other students or other school staff without your permission, except under very limited circumstances. Schools should not out you to your parents or guardians, but be aware that schools have done this in the past.

Do I have the right to express myself and speak out about LGBTQ issues?

YES. This includes wearing LGBTQ-positive t-shirts, stickers and bracelets, accessing information about LGBTQ issues on school computers, and bringing same-sex dates to prom.

Can I start a Gay-Straight Alliance (GSA) club at my school?

YES. If your school has even one other extracurricular club, the school must allow you to start a GSA and cannot treat the GSA differently than any other club.

Do I have the right to be free from bullying and harassment at school?

YES. All students have the right to be treated equally and to be free from bullying, harassment and discrimination, regardless of sexual orientation, gender identity or gender expression.ⁱ

Do I have the right to unbiased and LGBTQ inclusive instruction?

YES. Your school should teach LGBTQ inclusive historyⁱⁱ and sexual health educationⁱⁱⁱ, and should never allow bias in the classroom.^{iv}

Do I have the right to assert my gender identity at school?

YES. Regardless of your gender presentation, you have the right to assert your gender identity at school. You do not need any medical diagnosis or treatment to have your identity recognized by your school. However, we recommend talking to and working with your school if possible, especially if you transition while in school.

Do I have the right to be addressed by the name and pronouns that correspond with my gender identity?

YES. This is true even if your name and gender are not legally changed. Your school should use your chosen name and pronouns on everything possible—your student ID, class attendance rosters, yearbook, and more. Your legal name should only appear on your official file.

Do I have the right to dress in a way that aligns with my gender identity?

YES. You have the right to wear clothing that expresses your gender identity. If your school has a policy that says what boys and girls may wear to school or for special events, then your school must allow you to wear the clothing that corresponds to your gender identity.

LGBTQ STUDENT RIGHTS



CONTINUED

Do I have the right to participate in sports and PE classes that match my gender identity?

YES. Your school must allow you to participate in sports and PE classes that align with your gender identity.^v

Do I have the right to use the facilities that match my gender identity?

YES. Your school must allow you to use restrooms and locker rooms that align with your gender identity.^{vi} If you desire more privacy and prefer to use a more private restroom or changing area, your school should accommodate that. But your school cannot force you to use a private restroom (such as in the nurse's office).



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ⁱ California Education Code §200-220

ⁱⁱ California Education Code §51204.5 and §60040

ⁱⁱⁱ California Education Code §51930- §51939

^{iv} California Education Code §51500

^v California Education Code §221.5(f)

^{vi} California Education Code §221.5(f)

THE **TREVOR** PROJECT
Saving Young LGBTQ Lives

The Trevor Project focuses on ending suicide among LGBTQ youth.
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