



Alliance for

SUICIDE PREVENTION

of Larimer County

LGBTQ+ Continuing Education Resources

This guide is a starting place for further education about LGBTQ+ topics. It includes some resources that provide further details on topics that were mentioned in ASPLC's ABCs of LGBTQ+ presentation. This is not a comprehensive document.

The Trevor Project:

[Guides & Educational Resources](#)

[Suicide Hotlines & Chat](#)

LGBTQ+ Education Resources in Spanish

[Videos geared towards Spanish-speaking families of LGBTQ+ youth](#)

Transgender Q&A:

[asktransgender](#)

Elementary Educational Resources:

[GLSEN Elementary Resources](#)

On the Word Queer:

[them. Magazine](#)

[Planned Parenthood](#)

[Columbia Journalism Review](#)

On Pronouns:

******[App where you can practice pronouns](#)

[A website you can link in your email signature next to your pronouns](#)

[UWM's Pronoun Guide](#)

(Note that this guide says to *never* call someone by "it." This is a good general rule, but some people are beginning to reclaim it/its pronouns. If someone asks to be called by those pronouns, you should respect that.)

[A brief history of the singular “they” – Oxford English Dictionary](#)
[Gendered Pronouns & Singular “They” – Purdue Owl](#)
[A light blog with good sources on singular “they” and singular “you”](#)

Intersex

[Advocates for Intersex Youth](#)

LGBTQ+ Broader Community

[GLBT? LGBT? LGBTQIA+? What's in a Name?](#)
[How does the ‘T’ fit within LGBT+?](#)

On Nonbinary Genders

[National Center for Transgender Equality](#)
[Wikipedia](#)
[Nonbinary Wiki's List of Nonbinary Identities](#)
[Why I use Enby and not NB](#)

Compulsory Heterosexuality

[Equality Archive](#)
[Am I a Lesbian Masterdoc](#)

(This document is primarily aimed at women/lesbianism, but many of the ideas apply across the board.)

Literature Reviews Conducted by Cornell:

[What We Know Main Page](#)
[The Effect of Gender Transition on Transgender Well-Being](#)

Summary: “We conducted a systematic literature review of all peer-reviewed articles published in English between 1991 and June 2017 that assess the effect of gender transition on transgender well-being. . . This search found a robust international consensus in the peer reviewed literature that gender transition, including medical treatments such as hormone therapy and surgeries, improves the overall well-being of transgender individuals. The literature also indicates that greater availability of medical and social support for gender transition contributes to better quality of life for those who identify as transgender.”

[The Effects of Discrimination on the Health of LGBT People?](#)

Summary: “We conducted a systematic literature review of all peer-reviewed articles published in English before October 2018 that assessed the effects of discrimination on the health of lesbian, gay, bisexual, and transgender (LGBT) people in the United States. We identified 300 studies that reported primary research on this topic. . . Out of 300 peer reviewed studies assessing the link between anti-LGBT discrimination and well-being, 286 studies (95%) found that discrimination is associated with mental and physical health harms for LGBT people.”