

# LGBTQ+ Resources for Dallas ISD & Surrounding Communities

Compiled by: Devyn Box, LMSW, Dianne Bippert, LCSW-S, Dr. Poonam Dubal, PhD, Licensed Psychologist, LSSP, and Mahoganie Gaston, Coordinator for DISD LGBTQ+ Support Services

*\*All resources in this guide are free unless otherwise noted*

*\*To suggest additions or modifications to this document, or to report broken links, email Devyn Box at [dbox@dallasisd.org](mailto:dbox@dallasisd.org)*

## Summary of upcoming additions:

- MHS LGBTQ+ ally group list
- Spanish-language resources
- More resources geared towards LGBTQ+ BIPOC youth
- LGBTQ+-friendly housing resources
- FAQs

## Table of Contents

- I. [Mental Health Support](#)
- II. [Youth Peer Support and Connection](#)
- III. [Support for Family Members & Loved Ones](#)
- IV. [Coming Out](#)
- V. [Transgender & Gender-Expansive Resources](#)
- VI. [Housing Resources](#)- Coming Soon
- VII. [Learning Resources](#)
  - A. [Recommended Readings](#)
  - B. [Multimedia Resources](#)
- VIII. [Advocacy Resources & Opportunities](#)
- IX. [Policy Resources](#)
- X. [Dallas ISD Resources](#)
  - A. [Dallas ISD Gay-Straight Alliances \(GSAs\)](#)
- XI. [Other Resources](#)
  - A. [Mobile Apps](#)
- XII. [Glossary of Terms](#)

## Mental Health Support

- [Dallas ISD Mental Health Services](#)- The MHS department focuses on the provision of services (crisis intervention, short & long-term counseling, medication management, physical health, etc.) that promote healthy physical and mental health. Referrals to services can be made by parents/guardians, students, DISD staff, and community partners at [this link](#). [<https://www.dallasisd.org/mentalhealth>; referrals link: <https://studentservicesreferral.dallasisd.org/MentalHealthServices/Campus/ReferralFormEntry.aspx>, 972-502-4190]
- [The Trevor Project](#) - National organization that provides crisis support services for LGBTQ youth in need. [[www.thetrevorproject.org](http://www.thetrevorproject.org)]
  - The Trevor Lifeline- 1-866-488-7386- a crisis intervention and suicide prevention phone service available 24/7
  - TrevorChat- confidential online instant messaging with a Trevor counselor, available 24/7
  - TrevorText- text START to 678-678- confidential text messaging with a Trevor counselor, available 24/7/365 *\*standard text messaging rates apply*
- [Resource Center of Dallas](#) - offers Intensive Outpatient Program (IOP), individual and couples counseling, gender-affirming assessment and clearance letters (18+), and YouthFirst Texas and adult support groups. [[www.myresourcecenter.org](http://www.myresourcecenter.org), 214-393-3640]

## Youth Peer Support & Connection

### Local

- [Resource Center of Dallas](#) - several LGBTQ+ youth programs and services, including support groups and education, social programming, creative self-expression and community involvement, and behavioral health services. *\*Due to COVID-19, until further notice, all Youth First programming and social activities are currently VIRTUAL via an online video and chat room platform.* [[www.myresourcecenter.org](http://www.myresourcecenter.org), 214-393-3640]
- [DFW Trans Kids & Families](#)- Social and peer support group for trans kids and their families. [<https://dfwtkf.com/>; 972-850-8405]

### Online & National

- [TrevorSpace.org](#)- affirming international community for LGBTQ young people ages 13-24
- [GenderSpectrum.org](#)- free online groups, including groups for teens ages 13-19; Black trans, non-binary and gender expansive teen group; POC trans, non-binary and gender expansive teen group, and pre-teen group (ages 10-12)
- [TransLifeline.org](#) (hotline- 877-565-8860) - peer support phone service run by trans people for trans and questioning peers

- [QChatSpace.org](https://qchat.space) - online discussion groups for LGBTQ+ teens ages 13 to 19 (not a forum- it is live and chat based; there is no video or audio. Everyone is chatting during the same pre-scheduled time.) Conversations are facilitated by experienced staff who work at LGBTQ+ centers around the country. Q Chat Space facilitators are NOT mental health professionals.

## Support for Family Members & Loved Ones

- [DFW Trans Kids & Families](https://dfwtkf.com/)- Local support and social group for trans kids and their families [<https://dfwtkf.com/>; 972-850-8405]
- [GSA Toolkit for Parents](https://www.txgsa.org/toolkits/2019/6/17/toolkit-information-for-parents-of-gsa-members)- list of resources for parents of LGBTQ+ youth who are involved in GSAs [<https://www.txgsa.org/toolkits/2019/6/17/toolkit-information-for-parents-of-gsa-members>]
- [Gender Spectrum- peer support groups \(online\)](https://genderspectrum.org/articles/gender-spectrum-groups)- free online groups for pre-teens, teens, parents, caregivers, and other family members and adults. [<https://genderspectrum.org/articles/gender-spectrum-groups>]
- [Family Acceptance Project](https://familyproject.sfsu.edu/sites/default/files/FAP_English%20Booklet_pst.pdf) - research based booklet for families to help strengthen families with LGBTQ+ youth, and to help families provide support and to decrease LGBTQ+ youth's risk for serious health and mental health problems in adulthood. [[https://familyproject.sfsu.edu/sites/default/files/FAP\\_English%20Booklet\\_pst.pdf](https://familyproject.sfsu.edu/sites/default/files/FAP_English%20Booklet_pst.pdf)]
- [Hotline | Trans Lifeline](https://translifeline.org/hotline/#familyandfriendshotline) - parent/family member hotline [<https://translifeline.org/hotline/#familyandfriendshotline>]
- [PFLAG Dallas | PFLAG](https://pflag.org/chapter/pflag-dallas)- PFLAG is the nation's largest family and ally organization, with chapters across the country. Link to Dallas chapter. [<https://pflag.org/chapter/pflag-dallas>]
- [TransKids Purple Rainbow Foundation](https://transkidspurplerainbow.org/)- TKPRF aims to enhance the lives of transgender and gender non-conforming youth and their families. We strive to create more acceptance and understanding in society through a message of unconditional love, awareness, and tolerance. (Extensive resources for trans and gender-expansive kids and their families.) [<https://transkidspurplerainbow.org/>]
- [Trans-cendence International](http://www.transcendint.org)- Local peer support group for trans and gender-diverse people and their loved ones [[www.transcendint.org](http://www.transcendint.org)]

## Spanish Resources

- [Somosfiliabay.org/](http://www.somosfiliabay.org/) - online support for Latinx families and LGBTQ youth with tools for basic understanding and advocacy of LGBTQ issues. [[www.somosfiliabay.org](http://www.somosfiliabay.org/)]
- San Francisco State University Family Acceptance Project Information Booklet for Family Support of LGBTQ+ youth [[https://familyproject.sfsu.edu/spanish\\_brochure](https://familyproject.sfsu.edu/spanish_brochure)]

## Coming Out

- *Coming Out: A Handbook for LGBTQ Young People*- resource that covers a wide range of topics to support LGBTQ young people in exploring what coming out safely can mean for them.

[\[www.thetrevorproject.org/wp-content/uploads/2019/10/Coming-Out-Handbook.pdf\]](http://www.thetrevorproject.org/wp-content/uploads/2019/10/Coming-Out-Handbook.pdf)

The handbook includes:

- Basics of gender: gender identity, gender expression, and transitioning
- Basics of sexual orientation: physical attraction, romantic attraction, and emotional attraction
- Coming out: planning ahead, testing the waters, environment, support systems, and safety
- Healthy relationships, self-care, mental health, and warning signs of negative mental health outcomes such as seriously considering suicide
- *Be True and Be You- A Basic Mental Health Guide for LGBTQ Youth*:  
[\[https://emmresourcecenter.org/system/files/2017-07/Be%20True%20Be%20You%20LGBTQ%20Booklet-DIGITAL.pdf\]](https://emmresourcecenter.org/system/files/2017-07/Be%20True%20Be%20You%20LGBTQ%20Booklet-DIGITAL.pdf)
- *Human Rights Campaign Resource Guide for Coming Out*: Extensive resource guide for coming out as gay, bisexual, and/or transgender, as well as cultural/ethnicity-specific resources. [\[https://assets2.hrc.org/files/assets/resources/resource\\_guide\\_april\\_2014.pdf\]](https://assets2.hrc.org/files/assets/resources/resource_guide_april_2014.pdf); [https://www.hrc.org/news/a-resource-guide-to-hrcs-tools-for-coming-out\]](https://www.hrc.org/news/a-resource-guide-to-hrcs-tools-for-coming-out)
- *A Guide for Understanding, Supporting, and Affirming LGBTQI2-S Children, Youth, and Families*:  
[\[https://www.socialworkers.org/LinkClick.aspx?fileticket=jjq0-NcZIU0%3D&portalid=0\]](https://www.socialworkers.org/LinkClick.aspx?fileticket=jjq0-NcZIU0%3D&portalid=0)
- *Coming Out - Transgender Teen Survival Guide*: list of resources for coming out.  
<https://transgenderteensurvivalguide.com/comingout>

## Transgender & Gender-Expansive Resources

### General

- [Point of Pride Resources](https://pointofpride.org/get-support/)- extensive list of resources for trans people, including Black-centered, BIPOC-centered, and BIPOC-led resources  
[\[https://pointofpride.org/get-support/\]](https://pointofpride.org/get-support/)
- [Trans Pride Initiative](http://www.tpride.org)- Texas-based nonprofit working to provide assistance and support for transgender and gender diverse persons in areas of healthcare, housing, employment, education, and public accommodations. [\[www.tpride.org\]](http://www.tpride.org)
- [Resources | Trans Lifeline](https://translifeline.org/resources/) - comprehensive resource guide for trans & gender expansive people and their loved ones and allies [\[https://translifeline.org/resources/\]](https://translifeline.org/resources/); 877-565-8860
- [TransCendence International](https://www.transcendint.org/)- peer support group for trans and gender-expansive people and their loved ones. Local groups available, founded by a trans man in the DFW community. [\[https://www.transcendint.org/\]](https://www.transcendint.org/)

- [TransgenderTeenSurvivalGuide.com](http://www.transgenderteensurvivalguide.com)- extensive list of resources related to social and medical transition, coming out, exploring gender identity, and more. [[www.transgenderteensurvivalguide.com](http://www.transgenderteensurvivalguide.com)]
- [TransStudent.org](http://www.transstudent.org)- youth-led organization dedicated to transforming the educational environment for trans and gender non-conforming students through advocacy and empowerment. [[www.transstudent.org](http://www.transstudent.org)]
- [GenderCool.org](http://www.gendercool.org)- great resource for seeing positive representation of trans and gender-expansive youth. From their website: The GenderCool Project is a youth-led movement bringing positive change to the world. The Champions are helping replace misinformed opinions with positive experiences meeting transgender and non-binary youth who are thriving. [[www.gendercool.org](http://www.gendercool.org)]
- *Trans Allyship Workbook: Building Skills to Support Trans People in Our Lives* by Davey Shlasko
- [Understanding Non-binary People: How to Be Respectful and Supportive](http://www.transequality.org/issues/resources/understanding-non-binary-people-how-to-be-respectful-and-supportive)- non-binary 101 resource [[www.transequality.org/issues/resources/understanding-non-binary-people-how-to-be-respectful-and-supportive](http://www.transequality.org/issues/resources/understanding-non-binary-people-how-to-be-respectful-and-supportive)]
- [The Gender Spectrum: A Scientist Explains Why Gender Isn't Binary](https://cadehildreth.com/gender-spectrum/?fbclid=IwAR2qsWS1CwoHwpIN4YDK2yeVmXbbJ1JaCQH0CqmckuAzjleooowDhzOKNNw)- educational resource for understanding the difference between sex and gender, and the concept of the gender spectrum [<https://cadehildreth.com/gender-spectrum/?fbclid=IwAR2qsWS1CwoHwpIN4YDK2yeVmXbbJ1JaCQH0CqmckuAzjleooowDhzOKNNw>]
- [100 Ways to Make the World Better for Non-binary People](https://www.vice.com/en_us/article/evkwm4/how-to-be-an-ally-to-non-binary-gender-non-conforming-people-support)- [[https://www.vice.com/en\\_us/article/evkwm4/how-to-be-an-ally-to-non-binary-gender-non-conforming-people-support](https://www.vice.com/en_us/article/evkwm4/how-to-be-an-ally-to-non-binary-gender-non-conforming-people-support)]
- [Tips for Allies of Transgender People | GLAAD](https://www.glaad.org/transgender/allies)- GLAAD'S tip sheet for trans allies [<https://www.glaad.org/transgender/allies>]
- [Transgender Map](https://www.transgendermap.com/)- extensive and comprehensive resource guide for trans people and their loved ones [<https://www.transgendermap.com/>]
- [Schuyler Bailar](https://pinkmantaray.com/)- webpage for Schuyler Bailar, a trans athlete and advocate for the community; features resources for the trans community and their allies [<https://pinkmantaray.com/>]
- [GenderQueer.Me](https://genderqueer.me/)- trans and non-binary resources [<https://genderqueer.me/>]

## Pronouns

- [MyPronouns.org Resources on Personal Pronouns](http://www.mypronouns.org)- all you need to know about personal pronouns [[www.mypronouns.org](http://www.mypronouns.org)]
- [Pronoun Etiquette](https://www.robot-hugs.com/comic/pronoun-etiquette/)- visual on pronoun etiquette (do's and don'ts) [<https://www.robot-hugs.com/comic/pronoun-etiquette/>]
- [They/them pronoun tutorial](https://jeanieaustin.com/they-them-pronouns-module/?fbclid=IwAR1a9XUhBLNULyGHlzmUGMP58C38ao5lXXqgsaq5Yhqj4w5Q0i_h5o1OZ2A)- online tutorial to increase familiarity with they/them pronouns [[https://jeanieaustin.com/they-them-pronouns-module/?fbclid=IwAR1a9XUhBLNULyGHlzmUGMP58C38ao5lXXqgsaq5Yhqj4w5Q0i\\_h5o1OZ2A](https://jeanieaustin.com/they-them-pronouns-module/?fbclid=IwAR1a9XUhBLNULyGHlzmUGMP58C38ao5lXXqgsaq5Yhqj4w5Q0i_h5o1OZ2A)]

## For Parents, Caregivers, and Family Members

- [PFLAG: Our Trans Loved Ones](https://pflag.org/sites/default/files/Our%20Trans%20Loved%20Ones.pdf)- extensive guide on everything parents, caregivers, and family members need to know about their trans loved ones [https://pflag.org/sites/default/files/Our%20Trans%20Loved%20Ones.pdf]
- [Trans 101 for Parents/Guardians](https://transgenderteensurvivalguide.com/forparentsguardians)- quick and easy 101 guide for parents and guardians of trans youth [https://transgenderteensurvivalguide.com/forparentsguardians]
- [Gender Odyssey](http://www.genderodyssey.org/)- Provides education and support for families with transgender and gender diverse children and youth. [http://www.genderodyssey.org/]
- [Gender Spectrum Parenting Resources](https://www.genderspectrum.org/articles/parenting-resources)- list of resources for parents of gender-expansive and trans youth [https://www.genderspectrum.org/articles/parenting-resources]

## Myths & Facts About Trans Youth

- [10 Myths About Transgender Youth](https://sacwellness.com/10-myths-about-transgender-youth/)- [https://sacwellness.com/10-myths-about-transgender-youth/]
- [Debunking the Myths Surrounding Puberty Blockers and Trans Kids](https://www.gendergp.com/debunking-the-myths-surrounding-puberty-blockers-trans-kids/)- [https://www.gendergp.com/debunking-the-myths-surrounding-puberty-blockers-trans-kids/]

## Legal transition steps (name & gender marker changes)

- [Movement Advancement Project](https://www.lgbtmap.org/equality-maps/identity_document_laws)- identity documents laws and policies by state [https://www.lgbtmap.org/equality-maps/identity\_document\_laws]
- [Trans Pride Initiative \(TPI\) guide](https://tpride.org/resources.php#identityDocuments)- includes templates for documents needed [https://tpride.org/resources.php#identityDocuments]
- Lambda Legal Resources:
  - Identity Document FAQ- <http://www.lambdalegal.org/know-your-rights/transgender/identity-document-faq>
  - Know Your Rights- <http://www.lambdalegal.org/know-your-rights>
- ID Documents Guide from National Center for Transgender Equality- <http://www.transequality.org/documents>
- Name change FAQ and resource links- <http://renee-baker.com/transgender-counseling-dallas/transgender-name-change/>
- Texas-specific name and gender marker change resources- <https://www.transgendermap.com/resources/usa/texas/>

## Social Transition

- [Binding Resource Guide](https://fenwayhealth.org/wp-content/uploads/Binding_Resource_Guide.pdf)- tips for trans masculine people on safe practices for chest binding [https://fenwayhealth.org/wp-content/uploads/Binding\_Resource\_Guide.pdf]
- [Point of Pride Chest Binders](https://pointofpride.org/)- chest binder donation program (request or donate a binder) [https://pointofpride.org/]

## Medical & Health Resources

### Health Resources

- [Fenway Health Transgender Health Resource Guides](#)- guides on topics such as hormone replacement therapy (HRT), self-injection guidance, and general medical and mental health resources [<https://fenwayhealth.org/care/medical/transgender-health/>]

### Gender-affirming care

- [Genecis Clinic at Children's Medical Center Dallas](#)- provides comprehensive, gender-affirming care to transgender and gender-diverse youth in a supportive and safe environment. Treatments and services include hormone therapy, puberty suppression, menstruation suppression, social work support, and mental health services. They do not perform gender affirming surgery. [<https://www.childrens.com/specialties-services/specialty-centers-and-programs/endocrinology/programs-and-services/genecis-program>; 214-456-0262]
- [Resource Center of Dallas](#)- provides gender-affirming hormone replacement therapy (HRT), health screenings, and HIV and STI testing in a culturally competent and inclusive environment for trans and gender non-conforming community, age 18+ [<https://www.myresourcecenter.org/health/gender-affirming-health-services/>; 214-540-4462]

### General Medical Care

- [Resource Center of Dallas](#)- offers a variety of health and wellness programs in a culturally competent environment, including sexual health and prevention, PrEP care program, LGBTQ primary medical care, HIV/AIDS services, gender-affirming services, and behavioral health services. [<https://www.myresourcecenter.org/health/>]

## Tips on Screening Potential Providers for LGBTQ+-inclusiveness

*It is critical that LGBTQ+ youth have access to affirming and inclusive care with medical providers. The following questions may be used to screen potential providers to determine if the provider is right for the needs of the LGBTQ+ patient. These questions were obtained from The National Child Traumatic Stress Network ([www.nctsn.org](http://www.nctsn.org)) webinar entitled "Affirming Care for Transgender and Gender Expansive Youth".*

1. Do you serve cis and trans individuals?
2. How long have you been serving trans clients?
3. Do you conduct and read lab work on site or do you refer out for services?
4. What type of training do your front desk/nursing staff receive?

5. Are the providers in the facility taking leave anytime soon?
6. What type of insurance do they take?
7. Any providers in your area that do free walk-in work?
8. How many trans/gender-expansive youth have you worked with?
9. Will this be your first trans client?
10. Does the facility have gender neutral bathrooms?
11. What kind of electronic records do these organizations have so that the client doesn't get misgendered or dead-named when they come there?
12. Do you have a non-discrimination policy? Does it cover gender identity?





# TRANS-COMPETENT HEALTHCARE CHECKLIST

Finding healthcare providers competent in providing affirming care to trans & gender-expansive folks can be challenging. Here are some questions to ask a potential provider to assess their competence. \*The terms gender-expansive, non-binary, and gender diverse are used interchangeably throughout

by Devyn Box, MA, LMSW

## 1 EXPERIENCE

- Do you serve cis and trans individuals? Do you serve non-binary or gender-expansive individuals?
- How long have you been serving gender diverse clients?
- Will this be your first trans or non-binary client?
- How many trans & gender-expansive clients have you worked with?

## 2 TRAINING

- What type of training does your front desk/nursing staff receive?
- Are you familiar with WPATH Standards of Care?
- What type of ongoing training does your practice receive?

## 3 ACCESS TO CARE

- What type of insurance do you take?
- Do you have sliding scale or free options? Are there providers in your area that do free walk-in work?
- Do you conduct and read lab work on site or do you refer out for services?

## 4 WELCOMING ENVIRONMENT

- Does your facility have gender-neutral restrooms?
- What kind of electronic records management system do you have to ensure the client doesn't get misgendered or dead-named when they come there?
- Do your intake forms list only 'male' or 'female', or are they inclusive of all genders?

## 5 POLICIES

- Do you have a non-discrimination policy? Does it cover gender identity?
- What policies are in place to ensure that if a client is misgendered or deadnamed, this mistake will not continue to occur?



## Housing Resources (Coming soon!)

## Learning Resources

### General

- [GenderSpectrum.org](http://www.genderspectrum.org) - extensive resources in the format of articles, events, stories, and videos, for parents, educators, and more [[www.genderspectrum.org](http://www.genderspectrum.org)]
- [PFLAG Online Academy](http://pflag.org/onlineacademy)- PFLAG is a national support organization (with local chapters) made up of parents, family, friends, and allies of LGBTQ+ people. This resource features a number of online training and educational opportunities. [<http://pflag.org/onlineacademy>]
- [Ourshelves.com](http://www.ourshelves.com) - monthly book subscription box with books featuring LGBTQ+, racially and ethnically diverse, and feminist characters and families, among other traditionally under-represented identities in children's book [[www.ourshelves.com](http://www.ourshelves.com)]
- LGBTQ-Affirming Children's Book (list curated by Texas CASA)- [[http://lgbtnetwork.org/sites/default/files/LGBTFamilies\\_25BookList.pdf](http://lgbtnetwork.org/sites/default/files/LGBTFamilies_25BookList.pdf)]
- [LGBTQ+ Books for Parents and Children - Family Equality](https://www.familyequality.org/family-support/lgbtq-books/)- comprehensive book list of LGBTQ+ books for the whole family. [<https://www.familyequality.org/family-support/lgbtq-books/>]

### Supporting Transgender and Gender Expansive Youth:

- [The Trevor Project- Guide to Being an Ally to Transgender and Nonbinary Youth](http://www.thetrevorproject.org/resources/trevor-support-center/a-guide-to-being-an-ally-to-transgender-and-nonbinary-youth/) [<http://www.thetrevorproject.org/resources/trevor-support-center/a-guide-to-being-an-ally-to-transgender-and-nonbinary-youth/>]
- [Human Rights Campaign \(HRC\)- Transgender Children and Youth: Understanding the Basics](http://www.hrc.org/resources/transgender-children-and-youth-understanding-the-basics) [<http://www.hrc.org/resources/transgender-children-and-youth-understanding-the-basics>]
- [Fact Sheet on Transgender Children-](https://www.apadivisions.org/division-44/resources/advocacy/transgender-children.pdf) [<https://www.apadivisions.org/division-44/resources/advocacy/transgender-children.pdf>]
- [Fact Sheet on Transgender Adolescents-](https://www.apadivisions.org/division-44/resources/advocacy/transgender-adolescents.pdf) [<https://www.apadivisions.org/division-44/resources/advocacy/transgender-adolescents.pdf>]
- [Trans 101: Transgender People in Everyday Work and Life! | Division of Prevention Science](http://prevention.ucsf.edu/transhealth/education/trans101#How-To-Be-an-Ally) [<http://prevention.ucsf.edu/transhealth/education/trans101#How-To-Be-an-Ally>]
- *Beyond the Gender Binary* (book) by Alok Vaid-Menon

## Resources for LGBTQ+ Youth of Color

- [GLSEN Guides to Supporting LGBTQ+ Youth of Color](https://www.glsen.org/lgbtq-youth-color)- research reports, blogs, and articles [<https://www.glsen.org/lgbtq-youth-color>]
- [Forward Together](https://forwardtogether.org/)- nonprofit organization focusing on advocacy through an intersectional lens [<https://forwardtogether.org/>]
- [Black Trans Advocacy](https://blacktrans.org/)- provides referral services, case management, and direct services through national advocacy network and state chapter coalitions [<https://blacktrans.org/>]

## For Educators, Professionals, & Clinicians

- [GLSEN Guide for Educators](http://www.glsen.org/article/educators-support-trans-and-gnc-students) - resources for supporting trans and gender-expansive students in school environments [<http://www.glsen.org/article/educators-support-trans-and-gnc-students>]
- [Schools in Transition- Guide for Supporting Transgender Students K-12](http://assets2.hrc.org/files/assets/resources/Schools-In-Transition.pdf)- guide for educators, administrators, and school staff on supporting trans students K-12 [<http://assets2.hrc.org/files/assets/resources/Schools-In-Transition.pdf>]
- [GLSEN Webinars & Workshops](https://www.glsen.org/resources/webinars-and-workshops)- impactful trainings for educators, professionals, and clinicians working with LGBTQ+ youth [<https://www.glsen.org/resources/webinars-and-workshops>]
- [Promoting School Safety for LGBTQ and All Students in Texas](http://storiesandnumbers.org/wp-content/uploads/2019/03/stories-and-numbers-policy-brief-full-report.pdf)- research report on promoting school safety for LGBTQ+ students in Texas [<http://storiesandnumbers.org/wp-content/uploads/2019/03/stories-and-numbers-policy-brief-full-report.pdf>]
- [Gender Spectrum- Training Resources](https://www.genderspectrum.org/audiences/educators-and-education-professionals)- comprehensive training for schools and organizations working with children and teens. Training includes education on gender identity and gender expression for teachers, administrators, parents, and students. Guidance to help organizations develop inclusive policy. [<https://www.genderspectrum.org/audiences/educators-and-education-professionals>]
- [LGBTQ+ Allyship and You Training](https://www.driep.org/lgbtq-training)- free self-paced online course [<https://www.driep.org/lgbtq-training>]
- [Fenway Institute LGBTQIA+ Health Resources](https://www.lgbtqihealtheducation.org/resources/)- includes webinars on mental health issues and trauma-informed care for LGBTQIA+ individuals [<https://www.lgbtqihealtheducation.org/resources/>]
- [Trevor Project 2020 LGBTQ+ Youth Mental Health Survey](https://www.thetrevorproject.org/survey-2020/)- research findings from the latest LGBTQ+ mental health survey [<https://www.thetrevorproject.org/survey-2020/>]
- [Texas GSA Toolkit](https://www.txgsa.org/toolkits/2019/4/29/toolkit-useful-websites-for-your-gsa)- Texas GSA's toolkit of useful websites for your GSA [<https://www.txgsa.org/toolkits/2019/4/29/toolkit-useful-websites-for-your-gsa>]
- [GSA Network](https://gsanetwork.org/)- national GSA website [<https://gsanetwork.org/>]
- [Q+ Edu](#)- Q+ EDU imagines what the world would look like if schools actually met the needs of LGBTQIAP2+ students. This interactive virtual experience is designed to connect, inform, and empower LGBTQIAP2+ and ally students, parents, and educators. Content will cover queer life, student leadership, parent support, education advocacy, and queer sex and relationships. This project has been organized by individuals from

the Central Texas GSA Coalition, the Texas GSA Network, and Out Youth.

[\[https://qplusedu.org/\]](https://qplusedu.org/)

- [National Quality Improvement Center for LGBTQ+ Youth In Foster Care](#)- research organization on LGBTQ+ youth in foster care <https://www.qiclgbtq2s.org/>
- [The Williams Institute](#)- The Williams Institute is the leading research center on sexual orientation and gender identity law and public policy. [\[https://williamsinstitute.law.ucla.edu/\]](https://williamsinstitute.law.ucla.edu/)

## Recommended Readings

### For Youth

#### Elementary

##### Books

- *Morris Micklewhite and the Tangerine Dress* by Christine Baldacchino, illustrated by Isabelle Malenfant
- *Julian is a Mermaid* by Jessica Love
- *When Aidan Became a Brother* by Kyle Lukoff, illustrated by Kaylani Juanita
- *Who Are You? The Kid's Guide to Gender Identity* by Brook Pessin-Whedbee, illustrated by Naomi Bardoff
- *The Boy and the Bindi* by Vivek Shraya, illustrated by Rajini Perera
- *Peanut Goes for the Gold* by Jonathan Van Ness, illustrated by Gillian Reid
- *They, She, He easy as ABC* by Maya and Matthew Smith-Gonzalez
- *The Moon Within* by Aida Salazar
- *It Feels Good to Be Yourself* by Theresa Thorn
- *My Princess Boy* by Cheryl Kilodavis
- *The Gender Wheel: A Story About Bodies and Gender for Everybody* by Maya Christina Gonzalez
- *I Am Human: A Book of Empathy* by Susan Verde, illustrated by Peter H. Reynolds

#### Middle school

##### Books

- *Zenobia* by Lisa Bunker
- *Being Jazz: My Life as a (Transgender) Teen* by Jazz Jennings
- *Freeing Finch* by Ginny Rorby
- *Wandering Son* by Shimura Takako

#### High school

##### Books

- *Trans Mission: My Quest to Grow a Beard* by Alex Bertie
- *Pet* by Akwaeke Emezi
- *Symptoms of Being Human* by Jeff Garvin

- *Stage Dreams* by Melanie Gillman
- *Beyond Magenta: Transgender Teens Speak out* by Susan Kuklin
- *Birthday* by Meredith Russo
- *If I Was Your Girl* by Meredith Russo
- *Something Like Gravity* by Amber Smith
- *Beast* by Brie Spangler
- *Parrotfish* by Ellen Wittlinger
- *Trans Plus: Love, Sex, Romance, and Being You* by Karen Rayne and Katheryn Gonzales

## Additional Reading Resources

### Books

- *The New Queer Conscience* by Adam Eli
- *Beyond the Gender Binary* by Alok Vaid-Menon

### Book Lists

- [Recommended Reading for Trans Kids and Families](https://dfwtkf.com/recommended-books/)- book list from DFW Trans Kids & Families [<https://dfwtkf.com/recommended-books/>]
- [Books on Coming Out](https://pflag.org/comingoutbooks/)- PFLAG's recommended readings on coming out [<https://pflag.org/comingoutbooks/>]
- [TransgenderMap book list](https://www.transgendermap.com/resources/books/)- list by Andrea James of TransgenderMap.com [<https://www.transgendermap.com/resources/books/>]
- [Milwaukee Moms Read With Pride Book List](https://milwaukeeemom.com/for-mom/lgbtq-books-for-adults-and-kids/?fbclid=IwAR2vqBFuzOKpBWs6f_Ba5DQG7TIZaz_oBTLqDgDttKBtIjol-n8gBLUhfj)- 100 books for LGBTQ+ adults and kids [[https://milwaukeeemom.com/for-mom/lgbtq-books-for-adults-and-kids/?fbclid=IwAR2vqBFuzOKpBWs6f\\_Ba5DQG7TIZaz\\_oBTLqDgDttKBtIjol-n8gBLUhfj](https://milwaukeeemom.com/for-mom/lgbtq-books-for-adults-and-kids/?fbclid=IwAR2vqBFuzOKpBWs6f_Ba5DQG7TIZaz_oBTLqDgDttKBtIjol-n8gBLUhfj)]

## Academic Journal Articles

### For Clinical Professionals

- Case, K. A., & Meier, S. C. (2014). Developing allies to transgender and gender-nonconforming youth: Training for counselors and educators. *Journal of LGBT Youth*, 11:62-82.  
doi:10.1080/19361653.2014.840764
- Singh, A. A., & Burnes, T. R. (2014). Shifting the counselor role from gatekeeping to advocacy: Ten strategies for using the competencies for counseling with transgender clients for individual and social change. *Journal of LGBT Issues in Counseling*, 37-41.  
doi:10.1080/15538605.2010.525455
- Singh, A. A. (2016). Moving from affirmation to liberation in psychological practice with transgender and gender nonconforming clients. *American Psychologist*, 71(8), 755-762.  
doi:10.1037/amp0000106

## Multimedia Resources

### Films, Videos, & Television Shows

- Disclosure- A look at Hollywood's depiction of transgender people and the impact of this on American culture [on Netflix]
- We Exist: Beyond the Binary- A firsthand account of navigating the world as a non-binary individual [view at [www.weexist.co](http://www.weexist.co) for free or purchase on Amazon]
- Pose- an American drama television series about NYC's African-American and Latino LGBTQ and gender-nonconforming drag ball culture scene in the 1980s and 1990s [on Netflix]
- "How Microaggressions Are Like Mosquito Bites"- explanation of microaggressions in an easy-to-understand format <https://www.youtube.com/watch?v=hDd3bzA7450>
- "Why Gender Pronouns Matter"- trans students explain why pronouns are important <https://www.youtube.com/watch?v=9iKHjl5xAaA&t=6s>
- Parenting Non-binary Kids- <https://www.youtube.com/watch?v=z-22q5PwKTs>
- Trans YouTube Channels- <https://www.transgendermap.com/resources/social-media/youtube/>
- "What Is A True Ally?" <https://youtu.be/gtALM4fOy0E>
- "What Does It Mean To Be A True LGBTQ Ally?" <https://youtu.be/4PJ80p19M64>
- "Effective Allyship: A Transgender Take on Intersectionality: Transform Your Perspective" <https://youtu.be/3EcuDfDjUd8>

### Magazines & Online Publications/Articles

- [Them](https://www.them.us)- next-generation community platform, chronicles and celebrates the stories, people and voices that are emerging and inspiring all of us, ranging in topics from pop culture and style to politics and news, all through the lens of today's LGBTQ community [<https://www.them.us>]
- [Wear Your Voice Magazine](https://wearyourvoicemag.com/)- LGBTQIA BIPOC digital magazine [<https://wearyourvoicemag.com/>]

### Visual Stories

- [American Boys photo project](https://www.them.us/story/american-boys-transmasculine-photos?fbclid=IwAR1X88cTVHTTmIPIDT2E-mXU--abcPZndMlxWOV375CB6CSMWANTL29BWyl)- 12 portraits of transmasculine people across the U.S. [<https://www.them.us/story/american-boys-transmasculine-photos?fbclid=IwAR1X88cTVHTTmIPIDT2E-mXU--abcPZndMlxWOV375CB6CSMWANTL29BWyl>]
- GLAAD'S Trans Microaggressions Photo Project- <https://www.glaad.org/blog/glaad-launches-trans-microaggressions-photo-project-transw>  
[k](https://www.glaad.org/blog/glaad-launches-trans-microaggressions-photo-project-transw)

## Advocacy Resources & Opportunities

### General Advocacy Organizations and Resources

- The Trevor Project: crisis intervention volunteer opportunities  
<https://www.thetrevorproject.org/get-involved/volunteer/>

### Legislative Advocacy & Policy Resources

#### Local & State-Level Organizations

- [EqualityTexas](#)- advocacy organization fighting for the equal rights of LGBTQ+ Texans. Sign up for newsletter to receive email alerts on legislation impacting LGBTQ+ Texans and action steps to join in the fight for equal rights [\[www.equalitytexas.org\]](http://www.equalitytexas.org)
- [Human Rights Campaign- DFW Chapter](#)- Dallas chapter of the Human Rights Campaign, a national organization fighting for equal rights for LGBTQ+ people in the U.S. [\[www.dfwfederalclub.org\]](http://www.dfwfederalclub.org)
- [ACLU Texas](#)- Texas chapter of national organization, ACLU, which aims to protect individual rights and liberties, including legal advocacy for the civil rights of LGBTQ persons [\[https://www.aclutx.org/en/issues/lgbtq-equality\]](https://www.aclutx.org/en/issues/lgbtq-equality)

#### National Resources

- [Transgender Law Center](#)- largest national trans-leg organization advocating for the self-determination of all people [\[www.transgenderlawcenter.org\]](http://www.transgenderlawcenter.org)
- [ACLU Lesbian and Gay Rights Project](#)- National organization to protect individual rights and liberties, including legal advocacy for the civil rights of LGBTQ persons [\[https://www.aclu.org/issues/lgbtq-rights\]](https://www.aclu.org/issues/lgbtq-rights)
- [LGBTQ Youth Project - National Center for Lesbian Rights](#)- National non-profit law firm focusing on lesbian civil rights and legal rights for LGBTQ persons, including school-based victimization of LGBTQ youth, through impact litigation, public policy advocacy, public education, and direct legal services [\[www.nclrights.org\]](http://www.nclrights.org)
- [Lambda Legal Defense and Education Fund](#)- National organization that focuses on civil rights for LGBTQ persons and people with HIV/AIDS, including school-based victimization of LGBTQ youth, through impact litigation, education, and public policy work. [\[www.lambdalegal.org\]](http://www.lambdalegal.org)
- [NGLTF – National Gay and Lesbian Task Force](#)- National organization to promote LGBTQ+ civil rights. National conference, political action, local and state advocacy, policy and publications. [\[www.nglftf.org\]](http://www.nglftf.org)
- PFLAG: resources to help you with advocacy, teach you about lobbying, and share all about PFLAG National's legislative priorities. [\[https://pflag.org/advocacy-101\]](https://pflag.org/advocacy-101)
- Equality Federation- a national network of state equality organizations. [\[https://www.equalityfederation.org\]](https://www.equalityfederation.org)
- See Snapshot: LGBTQ Equality by State to research the status of equality policies at the state and municipal levels [\[https://www.lgbtmap.org\]](https://www.lgbtmap.org)

- Williams Institute: Independent research on sexual orientation and gender identity law and public policy. [<https://williamsinstitute.law.ucla.edu>]
- American Civil Liberties Union: Legislation affecting LGBT rights across the nation:
  - <https://www.aclu.org/legislation-affecting-lgbt-rights-across-country>
  - <https://www.aclu.org/issues/lgbt-rights>
- APA's site on policy issues affecting LGBTQ+ individuals, with resources on grassroots and state-level advocacy (Umbrella Resource) [<https://www.apa.org/pi/lgbt/resources/policy/issues/index>]
- Legislative Tracker- tracking LGBT-related legislation nationwide [<https://freedomforallamericans.org/legislative-tracker/>]
- Learn what is going on in your state legislature. [<https://www.congress.gov/state-legislature-websites>]
- GLBTQ Legal Advocates and Defenders- [<https://www.glad.org>]
- Human Rights Campaign: See Laws & Legislation to research the status of equality policies at the state and municipal levels. [<https://www.hrc.org>]
- National Center for Transgender Equality (NCTE)- [<https://transequality.org>]
- Lambda Legal: Lambda Legal, a 501(c)(3) nonprofit, is a national organization committed to achieving full recognition of the civil rights of lesbians, gay men, bisexuals, transgender people and everyone living with HIV through impact litigation, education and public policy work. [<https://www.lambdalegal.org>]
- National Center for Trans Equality- comprehensive guide to policies affecting trans people [[www.transequality.org/issues](http://www.transequality.org/issues)]

#### Talking Points on LGBTQ+ issues: Transgender Exclusion Bills

- Banning sexual orientation and gender identity change efforts: [<https://www.apa.org/pi/lgbt/resources/policy/issues/sexual-orientation-change>]
- Opposing criminalizing gender affirmative care with minors: [<https://www.apa.org/pi/lgbt/resources/policy/issues/gender-affirmative-care>]
- Opposing religious exemption bills: [<https://www.apa.org/pi/lgbt/resources/policy/issues/religious-exemption-employment>]
- Supporting local universal restroom ordinances: [<https://www.apa.org/pi/lgbt/resources/policy/issues/all-gender-restrooms>]

#### Relevant Articles

- American Progress: Advancing LGBTQ Equality Through Local Executive Action [<https://www.americanprogress.org/issues/lgbtq-rights/reports/2017/08/25/437280/advancing-lgbtq-equality-local-executive-action/>]
- Texas Democrats attempt to ban conversion therapy and enact statewide nondiscrimination laws



<https://www.texastribune.org/2021/02/15/texas-democrats-LGBTQ-protections/>

Stay informed by following these trans activists:

- Chase Strangio @chasestrangio on Twitter and Instagram
- Raquel Willis @raquelwillis\_ on Twitter, @raquel\_willis on Instagram
- Schuyler Bailar @sb\_pinkmantaray on Twitter, @pinkmantaray on Instagram
- Chris Mosier @thechrismosier on Twitter and Instagram

## School Policy Resources- Know Your Rights

- Dallas ISD Policies
  - LGBTQ Youth Policy Overview- <https://www.dallasisd.org/Page/56989>
  - DISD policies that protect students and staff against discrimination:
    - Student Welfare Freedom from Discrimination, Harassment, and Retaliation-  
[https://pol.tasb.org/Policy/Download/361?filename=FFH\(LOCAL\).pdf](https://pol.tasb.org/Policy/Download/361?filename=FFH(LOCAL).pdf)
    - Student Welfare Freedom from Bullying-  
[https://pol.tasb.org/Policy/Download/361?filename=FFI\(LOCAL\).pdf](https://pol.tasb.org/Policy/Download/361?filename=FFI(LOCAL).pdf)
    - Special Programs other Instructional Initiatives-  
[https://pol.tasb.org/Policy/Download/361?filename=EHBK\(LOCAL\).pdf](https://pol.tasb.org/Policy/Download/361?filename=EHBK(LOCAL).pdf)
    - Student Rights and Responsibilities / Student and Parent Complaints/Grievances-  
[https://pol.tasb.org/Policy/Download/361?filename=FNG\(LOCAL\).pdf](https://pol.tasb.org/Policy/Download/361?filename=FNG(LOCAL).pdf)
    - Educator's Code of Ethics-  
[https://pol.tasb.org/Policy/Download/361?filename=DH\(XHIBIT\).pdf](https://pol.tasb.org/Policy/Download/361?filename=DH(XHIBIT).pdf)
    - Employee Standards of Conduct-  
[https://pol.tasb.org/Policy/Download/361?filename=DH\(LOCAL\).pdf](https://pol.tasb.org/Policy/Download/361?filename=DH(LOCAL).pdf)
    - Employee Welfare Freedom from Discrimination, Harassment, and Retaliation-  
[https://pol.tasb.org/Policy/Download/361?filename=DIA\(LOCAL\).pdf](https://pol.tasb.org/Policy/Download/361?filename=DIA(LOCAL).pdf)
    - Admissions/Interdistrict Transfers-  
[https://pol.tasb.org/Policy/Download/361?filename=FDA\(LOCAL\).pdf](https://pol.tasb.org/Policy/Download/361?filename=FDA(LOCAL).pdf)
    - Community Relations Conduct on School Premises-  
[https://pol.tasb.org/Policy/Download/361?filename=GKA\(LOCAL\).pdf](https://pol.tasb.org/Policy/Download/361?filename=GKA(LOCAL).pdf)
    - Term Contract Renewals-  
[https://pol.tasb.org/Policy/Download/361?filename=DFBB\(LOCAL\).pdf](https://pol.tasb.org/Policy/Download/361?filename=DFBB(LOCAL).pdf)
- ACLU & GLSEN Know Your Rights Guide for Transgender & Gender Non-conforming Students-  
[https://www.glsen.org/sites/default/files/2020-04/070616-tqncstudentkyr\\_brochure.pdf](https://www.glsen.org/sites/default/files/2020-04/070616-tqncstudentkyr_brochure.pdf)
- US Department of Labor Guidelines:  
<https://www.dol.gov/agencies/oasp/resources/lgbt-workers>
- 1984 Equal Access Rights for GSAs-  
<https://gsanetwork.org/resources/federal-equal-access-act/>

- Title IX Federal Policy- [https://www2.ed.gov/about/offices/list/ocr/docs/tix\\_dis.html](https://www2.ed.gov/about/offices/list/ocr/docs/tix_dis.html)

## Dallas ISD Resources

- Dallas ISD Support Services for LGBTQ+ Youth
  - Webpage: <https://www.dallasisd.org/Page/56986>
  - Social media: Instagram @dallasisdgbtqyouth / Twitter @DallasISDLGBTQY
  - Contact info: [supportlgbtqyouth@dallasisd.org](mailto:supportlgbtqyouth@dallasisd.org) / 972-925-3516
  - Mahoganie Gaston (she/her/hers), Coordinator, Support Services for LGBTQ Youth, [mgaston@dallasisd.org](mailto:mgaston@dallasisd.org), 972-925-3516

## List of Dallas ISD Gay-Straight Alliances (GSAs) & Sponsors

### High School GSAs

Campus Name	Sponsors	Contact #	Contact email
Bryan Adams	Ruben Diaz, Hugo Negrete	972-502-5029, 972-502-3681	<a href="mailto:rudiaz@dallasisd.org">rudiaz@dallasisd.org</a> , <a href="mailto:hnegrete@dallasisd.org">hnegrete@dallasisd.org</a>
Booker T. Washington	Genevive May'et	972-925-1277	<a href="mailto:gmayet@dallasisd.org">gmayet@dallasisd.org</a>
Molina	Barbara Gotcher	972-502-7417	<a href="mailto:bgotcher@dallasisd.org">bgotcher@dallasisd.org</a>
Sunset	Adam Stanley	972-749-1346	<a href="mailto:astanley@dallasisd.org">astanley@dallasisd.org</a>
Woodrow Wilson	Morgan Merriman, Jody Martin	972-502-4532, 972-502-4412	<a href="mailto:momerriman@dallasisd.org">momerriman@dallasisd.org</a> , <a href="mailto:jodmartin@dallasisd.org">jodmartin@dallasisd.org</a>
Kimball	Susan Mauldin	972-502-2130	<a href="mailto:smauldin@dallasisd.org">smauldin@dallasisd.org</a>
Thomas Jefferson	Michael Peabody Dixon	972-502-7370	<a href="mailto:mdixonpeabody@dallasisd.org">mdixonpeabody@dallasisd.org</a>
Skyline	Janey Barron, Daniel Taylor	972-502-3416, 972-502-3422	<a href="mailto:janbarron@dallasisd.org">janbarron@dallasisd.org</a> , <a href="mailto:dantaylor@dallasisd.org">dantaylor@dallasisd.org</a>
Townview	Elizabeth Simpson	972-925-6357	<a href="mailto:elsimpson@dallasisd.org">elsimpson@dallasisd.org</a>
Spruce	Heather Mackenzie	972-892-5681	<a href="mailto:hmackenzie@dallasisd.org">hmackenzie@dallasisd.org</a>
W.H. Adamson	Rosie Curts	972-749-1447	<a href="mailto:rcurts@dallasisd.org">rcurts@dallasisd.org</a>
City Lab	Alexander Price	972-749-2704	<a href="mailto:alprice@dallasisd.org">alprice@dallasisd.org</a>
Roosevelt	Deron Scott	972-925-6810	<a href="mailto:derscott@dallasisd.org">derscott@dallasisd.org</a>
Seagoville	Lindsey Roach	972-892-6559	<a href="mailto:lroach@dallasisd.org">lroach@dallasisd.org</a>

Conrad	Sarah Johnson; Poonam Dubal	972-502-4748, 214-932-5228	<a href="mailto:sarahjohnson1@dallasisd.org">sarahjohnson1@dallasisd.org</a> , <a href="mailto:pdubal@dallasisd.org">pdubal@dallasisd.org</a>
North Dallas	Christina Rodriguez, AP	972-749-1341	<a href="mailto:chrisrodriguez@dallasisd.org">chrisrodriguez@dallasisd.org</a>
South Oak Cliff	Julia Whipple	214-932-7050	<a href="mailto:jwhipple@dallasisd.org">jwhipple@dallasisd.org</a>
Irma Rangel	Diana O'Connor, Kristopher Wright	972-749-5215, 972-749-5229	<a href="mailto:do2552@dallasisd.org">do2552@dallasisd.org</a> , <a href="mailto:krwright@dallasisd.org">krwright@dallasisd.org</a>
Trinity Garza	Chealsie Sanchez, AP	214-932-5906	<a href="mailto:chesanchez@dallasisd.org">chesanchez@dallasisd.org</a>

### Middle School GSAs

Campus Name	Sponsors	Contact #	Contact email
Tasby	Chanley Wickboldt	972-502-2096	<a href="mailto:cwickboldt@dallasisd.org">cwickboldt@dallasisd.org</a>
Irma Rangel	Barbara Chappuis	972-925-1575	<a href="mailto:bchappuis@dallasisd.org">bchappuis@dallasisd.org</a>
Comstock	Deidre Sanchez	972-581-4689	<a href="mailto:deisanchez@dallasisd.org">deisanchez@dallasisd.org</a>
E.D. Walker	Adam Lamont, Julie Sibley	972-502-6128, 972-502-6116	<a href="mailto:alamont@dallasisd.org">alamont@dallasisd.org</a> , <a href="mailto:jusibley@dallasisd.org">jusibley@dallasisd.org</a>
Long	Amy Story	972-502-4789	<a href="mailto:astory@dallasisd.org">astory@dallasisd.org</a>

### Elementary School GSAs

Campus Name	Sponsors	Contact #	Contact email
Harry Stone Montessori	Jeremy Bennett, Alex Wakefield	972-794-3471, 972-794-3476	<a href="mailto:jbennett@dallasisd.org">jbennett@dallasisd.org</a> , <a href="mailto:alwakefield@dallasisd.org">alwakefield@dallasisd.org</a>
Solar Prep	Chad Burrus	972-502-4791	<a href="mailto:cburrus@dallasisd.org">cburrus@dallasisd.org</a>
Saldivar	Edgar Jaramillo (Principal), Elizabeth Donato	972-794-2038, 972-794-2072	<a href="mailto:ejaramillo@dallasisd.org">ejaramillo@dallasisd.org</a> , <a href="mailto:ldonato@dallasisd.org">ldonato@dallasisd.org</a>

## Coming Soon- DISD Mental Health Services LGBTQ+ Ally Contacts

## Other Resources

### Mobile Apps

#### LGBTQ+ Specific

- **Refuge Restrooms** [iOS, Android; age 4+]- maps safe restrooms for transgender, intersex, and gender nonconforming individuals. Users can add locations with details. Accessible via web as well.
- **Solace LGBT** [iOS, Android; age 17+]- geared towards transgender individuals, as well as parents and guardians of trans youth, which enables users to plot out their transition, access credible information for how to accomplish their legal, medical, and lifestyle goals, track their progress, and stay informed about news that may impact their goals. News feed function provides a summary of current issues impacting the trans community with a link to the original source.
- **Sowlmate: LGBT Courses & Diary** [iOS, Android; age 12+]- self-care focused app created by LGBTQ psychologists, featuring mood tracker and diary, guided meditations, self-care exercises, audio courses relevant to LGBTQ+ issues, and specialized LGBTQ+ programs

#### General Apps for Mental Health Support (non-LGBTQ+ Specific)

- **CalmHarm** [iOS, Android; age 12+]- provides tasks to help manage the urge to self-harm. Includes password protection, personalization options, and tracking functionality.
- **DreamyKid Meditation** [iOS; age 4+]- meditation for kids ages 3-17. Includes everyday meditations, issue-based meditations, healing activities, guided journey, affirmations, sleep stories and meditations, sound healing, and sleep sounds
- **Moshi: Sleep & Meditation** [iOS, Android; age 4+]- app for younger children geared towards reducing bedtime stress and anxiety and promoting mindfulness. (Limited version with in-app purchases or a free introductory trial with subscription.)

## Glossary of Terms

\*Obtained from the Human Rights Campaign (HRC) at [Glossary of Terms - HRC & https://www.lgbtqihealtheducation.org/wp-content/uploads/LGBT-Glossary\\_March2016.pdf](https://www.lgbtqihealtheducation.org/wp-content/uploads/LGBT-Glossary_March2016.pdf)

**Ally** | A term used to describe someone who is actively supportive of LGBTQ people. It encompasses straight and cisgender allies, as well as those within the LGBTQ community who support each other (e.g., a lesbian who is an ally to the bisexual community).

**Aromantic** | An orientation that describes a person who experiences little or no romantic attraction to others and/or a lack of interest in forming romantic relationships.

**Asexual** | The lack of a sexual attraction or desire for other people.

**Biphobia** | The fear and hatred of, or discomfort with, people who love and are sexually attracted to more than one gender.

**Bisexual** | A person emotionally, romantically or sexually attracted to more than one sex, gender or gender identity though not necessarily simultaneously, in the same way or to the same degree. Sometimes used interchangeably with pansexual.

**Cisgender** | A term used to describe a person whose gender identity aligns with those typically associated with the sex assigned to them at birth.

**Coming Out** | The process in which a person first acknowledges, accepts and appreciates their sexual orientation or gender identity and begins to share that with others.

**Drag** | The performance of one or multiple genders theatrically. Those who perform are called Drag Kings and Drag Queens.

**Gay** | A person who is emotionally, romantically or sexually attracted to members of the same gender. Men, women and non-binary people may use this term to describe themselves.

**Gender dysphoria** | Clinically significant distress caused when a person's assigned birth gender is not the same as the one with which they identify.

**Gender-expansive** | A person with a wider, more flexible range of gender identity and/or expression than typically associated with the binary gender system. Often used as an umbrella term when referring to young people still exploring the possibilities of their gender expression and/or gender identity.

**Gender expression** | External appearance of one's gender identity, usually expressed through behavior, clothing, body characteristics or voice, and which may or may not conform to socially defined behaviors and characteristics typically associated with being either masculine or feminine.

**Gender-fluid** | A person who does not identify with a single fixed gender or has a fluid or unfixed gender identity.

**Gender identity** | One's innermost concept of self as male, female, a blend of both or neither – how individuals perceive themselves and what they call themselves. One's gender identity can be the same or different from their sex assigned at birth.

**Gender non-conforming** | A broad term referring to people who do not behave in a way that conforms to the traditional expectations of their gender, or whose gender expression does not fit neatly into a category. While many also identify as transgender, not all gender non-conforming people do.

**Genderqueer** | Genderqueer people typically reject notions of static categories of gender and embrace a fluidity of gender identity and often, though not always, sexual orientation. People who identify as "genderqueer" may see themselves as being both male and female, neither male nor female or as falling completely outside these categories.

**Gender transition** | A process some transgender people undergo to match their gender identity more closely with their outward appearance. This can include changing clothes, names or pronouns to fit their gender identity. It may also include healthcare needs such as hormones or surgeries.

**Heteronormativity** | The assumption that everyone is heterosexual, and that heterosexuality is superior to all other sexualities.

**Homophobia** | The fear and hatred of or discomfort with people who are attracted to members of the same sex.

**Intersectionality** | The idea that identities are influenced and shaped by race, class, ethnicity, sexuality/sexual orientation, gender/gender identity, physical disability, national origin, etc., as well as by the interconnection of all of those characteristics.

**Intersex** | Intersex people are born with a variety of differences in their sex traits and reproductive anatomy. There is a wide variety of difference among intersex variations, including differences in genitalia, chromosomes, gonads, internal sex organs, hormone production, hormone response, and/or secondary sex traits.

**Lesbian** | A woman who is emotionally, romantically or sexually attracted to other women. Women and non-binary people may use this term to describe themselves.

**LGBTQ** | An acronym for “lesbian, gay, bisexual, transgender and queer.”

**Non-binary** | An adjective describing a person who does not identify exclusively as a man or a woman. Non-binary people may identify as being both a man and a woman, somewhere in between, or as falling completely outside these categories. While many also identify as transgender, not all non-binary people do. Non-binary can also be used as an umbrella term encompassing identities such as agender, bigender, genderqueer or gender-fluid.

**Outing** | Exposing someone’s lesbian, gay, bisexual transgender or gender non-binary identity to others without their permission. Outing someone can have serious repercussions on employment, economic stability, personal safety or religious or family situations.

**Pansexual** | Describes someone who has the potential for emotional, romantic or sexual attraction to people of any gender though not necessarily simultaneously, in the same way or to the same degree. Sometimes used interchangeably with bisexual.

**Queer** | A term people often use to express a spectrum of identities and orientations that are counter to the mainstream. Queer is often used as a catch-all to include many people, including those who do not identify as exclusively straight and/or folks who have non-binary or genderexpansive identities. This term was previously used as a slur, but has been reclaimed by many parts of the LGBTQ movement.

**Questioning** | A term used to describe people who are in the process of exploring their sexual orientation or gender identity.

**Same-gender loving** | A term some prefer to use instead of lesbian, gay or bisexual to express attraction to and love of people of the same gender.

**Sex assigned at birth** | The sex (male or female) given to a child at birth, most often based on the child's external anatomy.

**Sexual orientation** | An inherent or immutable enduring emotional, romantic or sexual attraction to other people. Note: an individual’s sexual orientation is independent of their gender identity.

**Transgender** | An umbrella term for people whose gender identity and/or expression is different from cultural expectations based on the sex they were assigned at birth. Being transgender does not imply any specific sexual orientation. Therefore, transgender people may identify as straight, gay, lesbian, bisexual, etc.

**Two-Spirit** | A contemporary term that connects today's experiences of LGBT Native American and American Indian people with the traditions from their cultures.

***Additional abbreviations commonly used:***

**BIPOC** | Black, Indigenous, and People of Color

**QPOC / QTPOC** | Queer People of Color / Queer & Trans People of Color

**Glossary of terms in Spanish:**

<https://www.lgbtqihealtheducation.org/wp-content/uploads/2018/03/National-LGBT-Health-Education-Center-Glossary.SPANISH-2018.pdf>

*Frequently Asked Questions (FAQs)- Coming Soon!*