

LEAD with Love

Additional Resources for Parents and Youth

Information and resources for parents of gay, lesbian, bisexual, and transgender children:

Parents, Families, and Friends of Lesbians and Gays (PFLAG)

www.pflag.org

Phone: 202 467-8180

Email: info@pflag.org

National organization that promotes the health and well-being of lesbian, gay, bisexual, and transgender individuals, as well as providing support for their families and friends. The PFLAG website has great resources and information and contains links to local chapters of PFLAG in every state where parents can get personal support through their child's coming out process (<http://community.pflag.org/Page.aspx?pid=803>).

GLBT Near Me: The GLBT National Resource Database

www.glbtnearme.org

Great online resource where parents and kids can find local gay, lesbian, bisexual, and transgender resources and services. Find the closest local LGBT social and support resources, community centers, youth groups, health care providers, and much more.

Gay and Lesbian Medical Association (GLMA)

www.glma.org

Phone: 415 255-4547

Email: info@glma.org

GLMA works to ensure equality in health care for lesbian, gay, bisexual, and transgender individuals. Parents can locate local LGBT-affirmative health care providers on GLMA's website (<http://www.glma.org/index.cfm?fuseaction=Page.viewPage&pageId=939&grandparentID=534&parentID=938&nodeID=1>).

Advocates for Youth: GLBTQ Information

<http://www.advocatesforyouth.org/index.php/glbtc-issues-home.html>

Phone: 202 419-3420

Advocates for Youth is a national organization that champions efforts that help young people make informed and responsible decisions about sexual health. Their website contains information for and about GLBTQ young people, with a section devoted to resources and information for parents of GLBTQ children (<http://www.advocatesforyouth.org/index.php/glbtc-issues-info-for-parents.html>).

Family Acceptance Project

<http://familyproject.sfsu.edu/>

Email: fap@sfsu.edu

The Family Acceptance Project is a community research, intervention and education initiative to study the impact of family acceptance and rejection on the health, mental health and well-being of lesbian, gay, bisexual and transgender (LGBT) youth. Their website offers a downloadable booklet that contains key information on how families can help support their LGBT child (<http://familyproject.sfsu.edu/supportivefamiliesbooklet>)

Transgender resources:

TransYouth Family Allies (TYFA)

www.imatyfa.org/

Phone: 888 462-8932

Email: info@imatyfa.org

TYFA is a support organization for families of transgender youth. TYFA has a great website with lots of resources, such as recommended reading material for parents and youth as well as a parents' forum, including stories shared by parents of transgender youth.

Gender Spectrum

www.genderspectrum.org

Phone: 510 567-3977

Email: info@genderspectrum.org

Gender Spectrum provides education and support to help create a gender sensitive and inclusive environment for all children and teens. Gender Spectrum focuses on helping families, educators, and professionals understand the concepts of gender identity and gender expression.

PFLAG Transgender Network (TNET)

<http://community.pflag.org/Page.aspx?pid=380>

TNET focuses on support for transgender people and their parents, families, and friends. It provides education on some issues unique to the transgender community, and focuses on issue advocacy to ensure equal rights for the transgender community at local and national levels.

Bisexuality resources:

Bisexual Resource Center (BRC)

www.biresource.net

Phone: 617 424-9595

Email: brc@biresource.net

BRC provides support to the bisexual community and raises public awareness about bisexuality and bisexual people. The BRC website contains links to many resources on bisexuality, including information for local groups all over the world.

BiNet USA

www.binetusa.org

Phone: 800 585-9368

Email: binetusa@binetusa.org

BiNet USA facilitates the development of a cohesive network of bisexual communities, promotes bisexual visibility, and collects and distributes educational information regarding bisexuality. BiNet USA's website contains links to bisexual support groups all over the country.

Information and resources for LGBT youth:

The Trevor Project

www.thetrevorproject.org

Phone (Crisis Lifeline): 866 4-U-TREVOR (866 488-7386)

Email (non-crisis): info@thetrevorproject.org

The Trevor Project is determined to end suicide among LGBT and questioning youth by providing life-saving and life-affirming resources including our nationwide, 24/7 crisis intervention lifeline, digital community and advocacy/educational programs that create a safe, supportive and positive environment for everyone.

GLBT National Help Center: Youth Talkline

<http://www.glnh.org/talkline/index.html>

Phone (Talkline): 800 246-PRIDE (800 246-7743)

Email: youth@glbtnationalhelpcenter.org

The GLBT National Youth Talkline provides telephone and email peer-counseling, as well as factual information and local resources for cities and towns across the United States.

National Suicide Prevention Lifeline

<http://www.suicidepreventionlifeline.org>

Phone (Lifeline): 800 273-TALK (8255)

Free 24-hour hotline available to anyone in suicidal crisis or emotional distress.

Youth Guardian Services

www.youth-guard.org/youth

Youth Guardian Services provides YOUTH Lists. These email mailing lists offer online support for gay, lesbian, bisexual, or transgendered youth in a safe and supportive environment.

Resources for family challenges not specific LGBT youth

Stop Family Violence

www.stopfamilyviolence.org/help

Stop Family Violence offers resources, including abuse hotlines, for anyone experiencing abuse within their family.

National Domestic Violence Hotline

www.thehotline.org

Phone (Hotline): 800 799-SAFE (7233)

National hotline that provides crisis intervention, safety planning, information about domestic violence, and referrals to local service providers.

Child & Adolescent Depression Resource Center

<http://www.aacap.org/cs/Depression.ResourceCenter>

This American Academy of Child & Adolescent Psychiatry Resource Center provides information about the signs, symptoms, causes, and course of child and adolescent depression.

Preventing Teen Suicide: American Academy of Pediatrics

<http://www.aap.org/advocacy/childhealthmonth/preventeensuicide.htm>

This resource helps parents to better understand adolescent suicide, including risk factors, warning signs, and preventative actions to take.

Adolescent Substance Abuse Knowledge Base (ASK)

<http://www.adolescent-substance-abuse.com/resources.html>

Phone: 866 870-6948

The ASK website offers information for parents about adolescent alcohol and drug use.

Focus Adolescent Services

www.focusas.com

Phone: 410 341-4216

Focus Adolescent Services offers information and referral services for families with troubled teens. Their website also includes links to resources addressing child and adolescent abuse, depression, suicide, and alcohol and drug use.

Resources for people interested in advancing LGBT rights

National Youth Advocacy Coalition (NYAC)

www.nyacyouth.org

Phone: 800 541-6922

Email: nyac@nyacyouth.org

NYAC is a social justice organization that advocates for an end to discrimination against LGBT youth and works to ensure their physical and emotional well-being. NYAC is committed to representing the voices of young LGBT people.

Human Rights Campaign (HRC)

www.hrc.org

Phone: 800 777-4723

The Human Rights Campaign is America's largest civil rights organization working to achieve lesbian, gay, bisexual and transgender equality. By inspiring and engaging all Americans, HRC strives to end discrimination against LGBT citizens and realize a nation that achieves fundamental fairness and equality for all.

National Center for Lesbian Rights (NCLR)

www.nclrights.org

Phone: 415 392-6257

Email: info@nclrights.org

The National Center for Lesbian Rights is a national legal organization committed to advancing the civil and human rights of lesbian, gay, bisexual, and transgender people and their families through litigation, public policy advocacy, and public education.

Lambda Legal

www.lambdalegal.org

Phone: 212 809-8585

Lambda Legal is a national organization committed to achieving full recognition of the civil rights of lesbians, gay men, bisexuals, transgender people and those with HIV through impact litigation, education and public policy work. Their website contains contact information for Lambda regional offices all over the country.

The Gay and Lesbian Alliance Against Defamation (GLAAD)

www.glaad.org

Email: info@glaad.org

GLAAD amplifies the voice of the LGBT community by empowering real people to share their stories, holding the media accountable for the words and images they present, and helping grassroots organizations communicate effectively. By ensuring that the stories of LGBT people are heard through the media, GLAAD promotes understanding, increases acceptance, and advances equality.

School Advocacy:

Gay, Lesbian, and Straight Education Network (GLSEN)

www.glsen.org

Phone: 212 727-0135

Email: glsen@glsen.org

GLSEN strives to assure that each member of every school community is valued and respected regardless of sexual orientation or gender identity/expression. GLSEN seeks to develop school climates where difference is valued for the positive contribution it makes in creating a more vibrant and diverse community. The GLSEN website contains links to chapters all over the country.

Gay-Straight Alliance Network

www.gsanetwork.org

Phone: 415 552-4229

Email: info@gsanetwork.org

Gay-Straight Alliance Network empowers youth activists to develop Gay-Straight Alliance clubs in their schools and improve their educational environment for people of all sexual orientations.

The Safe Schools Coalition

www.safeschoolscoalition.org

Phone: 206 451-SAFE (7233)

The Safe Schools Coalition offers resources as a starting point for educators, parents/guardians, and youth who want to reduce bias-based bullying and violence in schools.

Scholarly Research Articles and Books about LGBT Adolescents and their Parents:

Goldfried, M. R., & Goldfried, A. P. (2001). The importance of parental support in the lives of gay, lesbian and bisexual individuals. *Journal of Clinical Psychology/In Session: Psychotherapy in Practice*, 57, 681-693.

Ryan, C., Huebner, D., Diaz, R. M., & Sanchez, J. (2009). Family rejection as a predictor of negative health outcomes in White and Latino lesbian, gay, and bisexual young adults. *Pediatrics*, 123, 346-352.

<http://pediatrics.aappublications.org/cgi/reprint/123/1/346>

Saltzburg, S. (2004) Learning That an Adolescent Child Is Gay or Lesbian: The Parent Experience. *Social Work, 49-1*, 109-118.

<http://www.calstatela.edu/faculty/mauwal/comm477/Saltzburg--Learning%20that%20an%20adolescent%20child%20is%20gay.pdf>

Ryan, C., Russel, S. T., Huebner, D. M., Diaz, R. M., & Sanchez, J. (2010). Family acceptance in adolescence and the health of LGBT young adults. *Journal of Child and Adolescent Psychiatric Nursing, 23*, 205-213.

http://familyproject.sfsu.edu/files/FAP_Family%20Acceptance_JCAPN.pdf

Espelage, D. L., Aragon, S. R., Birkett, M., Koenig, B. W. (2008). Homophobic teasing, psychological outcomes, and sexual orientation among high school students: What influence do parents and schools have? *School Psychology Review, 37-2*, 202-216.

<http://www.nasponline.org/publications/spr/pdf/spr372espelage.pdf>

Brill, Stephanie and Pepper, Rachel. (2008) *The Transgender Child: A Handbook for Families and Professionals*. Cleis Press: San Francisco, CA.