



# UNDERSTANDING AND SUPPORTING LGBTQIA+ YOUTH *RESOURCES*

## For schools:

- [The Safe Zone Project](#)
- [It Gets Better Project](#) | Free-to-download EduGuides
- [Welcoming Schools](#) | A Checklist for a Welcoming and Inclusive School Environment
- [Welcoming Schools](#) | Gender Support Checklist for Transgender & Non-Binary Students
- [Welcoming Schools](#) | Diverse Books to Create LGBTQ+ Inclusive Classrooms & Schools
- [CA Dept of Education](#) | Educator Excellence: Supporting LGBTQ+ Students

## For everyone:

- [Community Counseling & Supportive Services CCSS | Orange County, California Health Care Agency](#)
- [LGBTQ Center Orange County](#) | Offers social events, groups, mental health services, and parent support (including a support group for Spanish-speaking caregivers). Also has a free binder clinic, name/gender change legal clinic, immigration resources, and more.
- [The Trevor Project](#) | A Guide to Being an Ally to Transgender and Nonbinary Youth

## For parents and caregivers:

- [Family Acceptance Project®](#) | Educational material that highlights the importance of family support of LGBTQ youth
- [healthychildren.org | Gender-Diverse & Transgender Children](#) | American Academy of Pediatrics
- [PFLAG](#) | Support and information for parents and families of LGBTQ+ people
- [Gender Spectrum](#) | Information, virtual groups and discussion forums for parents

## Legal:

- [National Center for Transgender Equality](#)
- [Transgender Law Center](#)
- [Lambda Legal](#)



## For youth:

- ✚ [Q Chat Space](#) | Online groups and resources for LGBTQ+ youth
- ✚ [Gender Spectrum](#) | Online discussions for adults and youth
- ✚ [TrevorSpace](#) | An affirming international community for LGBTQ young people ages 13 & older
- ✚ [The Trevor Project](#) | The Coming Out Handbook
- ✚ [The Trevor Project](#) | Resource Center

## For supporting LGBTQ+ youth of color and their families:

- ✚ [GLSEN](#) | Supporting LGBTQ+ Students of Color
- ✚ [NQAPIA](#) | Supporting LGBTQ Asian American, South Asian, Southeast Asian, and Pacific Islanders
- ✚ [PFLAG](#) | Resources for API Families (available in English, Vietnamese, Mandarin, Cantonese, Korean, Japanese, Indonesian, Thai, Khmer, Hmong, Lao, Arabic, Hindi, Bengali and more)
- ✚ [Somos Familia](#) | Information, groups, and videos in English and Spanish
- ✚ [Latino Equality Alliance](#)
- ✚ [National Queer and Trans Therapists of Color Network](#)
- ✚ [NBJC](#) | National Black Justice Coalition

## Faith-based:

- ✚ [PFLAG National Faith Resources](#) | LGBTQ-affirming resources related to Islam, Christianity, Judaism, and interfaith communities
- ✚ [Transgender Care Listings](#) | Buddhist Trans Community Resources
- ✚ [National LGBTQ Task Force](#) | Find a welcoming Christian congregation (International)
- ✚ [GALVA-108](#) | International organization for LGBTI Hindus and Vaishnavas
- ✚ [Sarbat Sikhs](#) | Volunteer-led group addressing LGBT+ issues from a Sikh perspective

