

LGBTQIA+ Resource Guide for Youths
FCPS FAMILY RESOURCE CENTER
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The resources listed here are provided for informational purposes only. They do not reflect recommendations or endorsements by Fairfax County Public Schools (FCPS) or the FCPS Family Resource Center. Updated 1/2024

<https://www.fcps.edu/resources/family-engagement/parent-resource-center>

For questions, contact the Parent Resource Center at 703-204-3941 or prc@fcps.edu.

Health and Wellness

Youth Tech Health: LGBTQ Youth Health

<https://yth.org/resources/lgbtq-youth-health/>

These resources offer training and webinars on how to provide optimal health services and health programs for LGBTQ youth, information on the health disparities experienced by LGBTQ youth, and resources regarding social support and advocacy relevant to LGBTQ youth.

US Department of Health and Human Resources: Protecting the Rights of Lesbian, Gay, Bisexual, Transgender, Queer, and Intersex (LGBTQI+) People

<https://www.hhs.gov/ocr/lgbtqi/index.html>

1-800-368-1019

OCR is the law enforcement agency within HHS that is responsible for guaranteeing that people are free from discrimination based on race, color, national origin (including primary language), disability, age, religion, and sex (including pregnancy, sexual orientation, and gender identity) by certain health care and human services. OCR also enforces a range of civil rights and health information privacy laws.

Children's National Hospital: Youth Pride Clinic

<https://childrensnational.org/departments/adolescent-and-young-adult-medicine/youth-pride-clinic>

202-476-5744

The Youth Pride Clinic provides primary and specialty care services to lesbian, gay, bisexual, transgender and questioning/queer (LGBTQ) patients throughout the greater Washington, D.C., region.

The National LGBT Cancer Network

<https://cancer-network.org/>

212-675-2633

The National LGBT Cancer Network works to improve the lives of LGBT cancer survivors and those at risk through education and the importance of screening and early detection. They also provide training for healthcare providers to offer more culturally-competent, safe and welcoming care.

Inova Pride Clinic

<https://www.inova.org/locations/inova-primary-care/pride-clinic>

703-522-1175

The clinic provides the full range of preventive care, health screenings and chronic disease management. Their primary care doctors and team members are experienced in all LGBTQ+ specific healthcare needs.

Hotlines

- **National Suicide Prevention Hotline for LGBTQ+ Community:** 1-800-273-TALK (8255)
- **The Trevor Project Lifeline:** 1-866-488-7386 The leading national organization focused on crisis and suicide prevention efforts among lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth. *The nation's only 24/7 crisis intervention and suicide prevention lifeline for lesbian, gay, bisexual, transgender and questioning young people ages 13 to 24.*
- **TrevorChat** is a confidential online instant messaging with a Trevor counselor, available 24/7 at <http://trevorproject.org/get-help-now/>
- **TrevorText** is a confidential text messaging with a Trevor counselor, available 24/7/365, by texting START to 678678.
- **Stomp Out Bullying Helpchat Line:** 1-877-NOBULLY (877-602-8559)
- **National Runaway Safeline** is a federally designated national communication system for runaway and homeless youth, available 24/7/365, providing access to resources and listening professionals. 1-800-Runaway (786-2929)
- **The LGBT National Help Center Hotline:** 1-888-THE-GLNH (888-843-4564)
- **The LGBT National Help Center Youth Talkline:** 1-800-246-PRIDE (800-246-7743)
- **SAMHSA's National Helpline:** 1-800-662-HELP (4357)
- **Trans Lifeline** — 1-877-565-8860 Trans Lifeline provides a hotline — staffed by transgender people, for transgender people — to provide individual support for the needs of members of the community.

Mental Health and Substance Abuse

Addictions.com: 25 LGBTQ Addiction and Mental Health Support Resources

<https://www.addictions.com/lgbtq-addiction-mental-health-resources/>

1-800-926-9037

Provides information for the unique challenges for LGBTQ+ community members.

Mental Health America: LGBTQ+ Communities and Mental Health

<https://mhanational.org/issues/lgbtq-communities-and-mental-health>

1-800-969-6642

Discusses mental health issues that LGBTQ+ people may experience and provides resources.

The Trevor Project

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

1-866-488-7386

The Trevor Project is the world's largest suicide prevention and crisis intervention organization for LGBTQ (lesbian, gay, bisexual, transgender, queer, and questioning) young people.

Association of Gay and Lesbian Psychiatrists

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

This organization is a community of psychiatrists that advocates and educates on LGBTQ+ mental health concerns. The site includes a page of resources specifically for the LGBTQ+ community.

Children's Health: Mental Health in LGBTQ Youth

<https://www.childrens.com/health-wellness/mental-health-in-lgbtq-youth>

1-844-424-4537

Ways you can support mental health in LGBTQ children and teens.

LGBTQ and Trauma

<https://nomatterwhatrecovery.com/trauma-and-the-lgbt-community/>

323-797-5464

They provide a resource page to educate families, schools, and communities on mental health issues they're faced with and ways in which they can support them.

NAMI: National Alliance on Mental Health

<https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/LGBTQ/>

703-524-7600

Resources for the Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Intersex (LGBTQI*) community.

Legal Services and Supports

Advocates for Youth

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

202-419-3420

Advocates for Youth champions efforts that help young people make informed and responsible decisions about their reproductive and sexual health.

American Civil Liberties Union

<https://www.aclu.org/issues/lgbt-rights>

212-549-2500

Summary of ACLU publications and cases related to LGBTQ issues.

The National Center for Transgender Equality

<http://transequality.org/>

202- 642-4542

The National Center for Transgender Equality (NCTE) is a 501(c)3 social justice organization dedicated to advancing the equality of transgender people through advocacy, collaboration, and empowerment.

National Gay and Lesbian Task Force (NGLTF)

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

202-393-5177

NGLTF was the first national lesbian, gay, bisexual, and transgender (LGBT) civil rights and advocacy organization. It remains a leading voice for freedom, justice, and equality.

Sylvia Rivera Law Project

<http://srlp.org>

212-337-8550

Works to guarantee that all people are free to self-determine gender identity and expression, regardless of income or race, and without facing harassment, discrimination, or violence.

Transgender Law and Policy Institute

<https://transgenderlawcenter.org/>

510-587-9696

A non-profit organization dedicated to engaging in effective advocacy for transgender people in society.

Intersex Campaign for Equality

<https://www.intersexequality.com/>

Advocates equality and human rights for intersex people, particularly the rights to physical integrity, self-determination, legal recognition and de-pathologization.

Hamkae Center

<http://hamkaecenter.org/>

703-256-2208

Hamkae Center organizes Asian Americans in Virginia for social, racial, and economic justice.

Trans Legal Advocates of Washington

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

TransLAW aims to meet these needs by serving trans clients for free in a clinic setting with our partnership with Whitman-Walker Health, by providing financial assistance to clients who might otherwise be unable to afford to change their name and gender markers on identity documents, and by training legal services organizations and legal professionals.

DASH District Alliance for Safe Housing

<https://dashdc.org/housing-resource-center/find-safe-housing/lgbtqi/>

202-636-1646

Provides housing resources for LGBTQI Domestic and Sexual Violence survivors.

Legal Services of Northern Virginia

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

703-778-6800

LSNV is the largest legal aid organization in Virginia, helping thousands of clients each year in civil legal matters. We partner closely with other legal aid organizations, state, and local bar associations, as well as the courts to serve the region's low-income and neediest populations.

Support Groups

MAGIC (Metro Area Gender Identity Coalition)

<http://www.magicdc.org>

A peer-facilitated transgender support group. Meets on the 3rd Friday of each month at 8 pm.
Falls Church Presbyterian Church
225 E. Broad St., Falls Church, VA

PFLAG Arlington

<http://pflagdc.org/?event=arlington>

202-638-3852

2nd Tuesday, 7:30-9:00 pm,

Unitarian Universalist Church of Arlington,

4444 Arlington Boulevard (intersection of South George Mason Drive and Route 50),

Arlington, VA

PFLAG Fairfax

<http://pflagdc.org/?event=fairfax>

202-638-3852

1st Tuesday, 7:30-9:00 pm,

Unitarian Universalist Congregation of Fairfax, Program Building,

2709 Hunter Mill Rd, Oakton, VA

Fairfax Trans Families (PFLAG)

<https://bit.ly/3HEMA8L>

202-638-3852

3rd Sunday, 3:00-5:00 pm,

Metropolitan Community Church,

10383 Democracy Lane,

PFLAG Loudoun,

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

202-638-3852

4th Sunday, 4:00-6:00 pm,

Unitarian Universalist Church of Loudoun,

20460 Gleedsville Road,

Leesburg, VA

Transgender Education Association (TGEA)

<https://tgea.org/>

(703)371-3622

TGEA offers Second Friday for transgender community connection and support. Transgender, Gender Non-Binary, Gender Queer individuals, as well as Significant Others, Friends, Family, and Allies are welcome. TGEA offers separate breakout sessions for Parents of Transgender, Gender Non-Binary, and Gender Queer children, regardless of the age of the children. TGEA also offers separate sessions for teens and tweens, children, and transmasculine individuals. Please view the site for information on individual breakout sessions.

2nd Friday, 7:00-8:30 pm,

Metropolitan Community Church,

10383 Democracy Lane,

Fairfax, Virginia

DC & Maryland**The DC Center for the LGBT Community**

<http://www.thedccenter.org>

202- 682-2245

The Center's mission is to celebrate, strengthen, and support community among the LGBT residents and organizations of Metropolitan Washington, DC.

2000 14th St NW, Suite 105

Washington, DC 20009

Family and Parenting Resources**Johns Hopkins Health: Tips for Parents of LGBTQ Youth**

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/tips-for-parents-of-lgbtq-youth>

Johns Hopkins pediatricians and adolescent medicine specialists share steps you can take to keep your kid happy and healthy.

American Academy of Pediatrics: Coming Out: Information for Parents of LGBTQ Teens

<https://www.healthychildren.org/English/ages-stages/teen/dating-sex/Pages/Four-Stages-of-Coming-Out.aspx>

Resources for families to support their children as they begin to discuss their sexuality.

American Academy of Pediatrics: Gender-Diverse and Transgender Children

<https://www.healthychildren.org/English/ages-stages/gradeschool/Pages/Gender-Diverse-Transgender-Children.aspx>

Resources for families to support their children with gender-diverse identities.

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

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

PFLAG's support and coming out pages provide support to help both family and friends of gay, lesbian, bisexual, and transgender (GLBT) people, and GLBT people themselves.

PFLAG Triangle

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

An all-volunteer, not-for-profit organization dedicated to helping parents and their gay, lesbian, bisexual, transgender and questioning (lgbtq) children understand each other.

Movement Advancement Project: Family Support: Resources for Families of Transgender and Gender Diverse Children

<https://www.lgbtmap.org/advancing-acceptance-for-parents>

303-578-4600

Explains the importance of family acceptance in supporting transgender youth's mental health. This page also provides research and practical tips for supporting gender diverse children and youth.

The Family Acceptance Project

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

The Family Acceptance Project[®] is a research, intervention, education, and policy initiative to prevent health and mental health risks and to promote well-being for lesbian, gay, bisexual, transgender and queer-identified (LGBTQ) children and youth, including suicide, homelessness, drug use and HIV — in the context of their families, cultures and faith communities.

Healthychildren.org: Gender-Diverse and Transgender Children

<https://www.healthychildren.org/English/ages-stages/gradeschool/Pages/Gender-Diverse-Transgender-Children.aspx>

Defines terms and provides recommendations for parenting gender-diverse children and youth, including how to respond to identity disclosures and recognizing signs of mental health challenges.

Kidshealth.org: Sexual Attraction and Orientation

<https://www.kidshealth.org/en/parents/sexual-orientation.html>

Information for parents on how youth experience sexual attraction and orientation, as well as how you as a parent or guardian may feel about and deal with youth on this topic.

Arlington TransParent USA

<https://www.facebook.com/TransParentArlingtonVA/>

TransParent is a volunteer-led national not-for-profit based out of St. Louis providing connection, (for parents of transgender kids).

Planned Parenthood

<https://www.plannedparenthood.org/learn/parents/identity>

1-800-230-7526

Learn how to discuss sexual orientations and gender identities with children, and how to support them if they are LGBTQ.

Organizations

Northern Virginia

AGLA – Serving NoVA LGBTQ and Allies

<https://agla.org/>

Founded in 1981, AGLA is a 501(c)(3) nonprofit that serves Northern Virginia’s LGBTQ and Allies. It’s a nonpartisan organization open to all lesbian, gay, bisexual, transgender, queer or questioning (LGBTQ) people and allies. AGLA provides socials, fosters civic awareness, and engages in community service. Regardless of where you reside, AGLA welcomes you.

BiNet USA

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

BiNet USA (officially Bi/Net USA, The Bisexual Network of the USA Inc.^[3]) was an American national nonprofit [bisexual community](#) whose mission was to "facilitate the development of a cohesive network of bisexual communities, promote bisexual visibility, and collect and distribute educational information regarding [bisexuality](#)."

Equality Loudon

<https://www.eqloco.com/>

Equality Loudoun is a non-profit organization that advocates, educates, defends, and builds community to support LGBTQ+ equality in Loudoun County.

Equality Prince William County

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

Equality Prince William is committed to recognizing the diversity of the Greater Prince William community.

Equality Stafford

<https://www.facebook.com/EqualityStafford/>

Equality Stafford is a community of parents, students, and allies in VA seeking inclusive policies for all.

NOVA Pride

<https://www.facebook.com/novapride/>

Northern VA Pride (NOVA Pride) - LGBTQ+ Pride for the Greater Northern Virginia area
Facebook

Anti-Violence Resources

Alexandria Safe Place

<https://www.findhelp.org/city-of-alexandria--alexandria-va--alexandria-safe-place/5750597137989632>

703-746-5400

Safe Place is a national youth outreach and prevention program for young people in need of immediate help and safety. As a community-based program, Safe Place designates businesses and organizations as Safe Place locations, making help readily available to youth in communities across the country. Locations include libraries, YMCA's fire stations, public buses, various businesses, and social service facilities.

Asian and Pacific Islander Queers United for Action (AQUA) DC

<https://apiquadc.wordpress.com/>

The primary mission of the DC Anti-Violence Project (DCAVP) is to work to reduce violence against Lesbian, Gay, Bisexual and transgender (LGBT) individuals (and those perceived as LGBT) through community outreach, education, and monitoring cases to ensure that the rights and dignity of LGBT victims are respected and protected. DCAVP also seeks to assist victims of anti-LGBT violence by advocating on their behalf, encouraging reporting, and providing a community of support.

Safe Space NOVA

<http://safespacenova.org/>

Safe Space NOVA is dedicated to providing a safe, accepting, and supportive environment to combat social stigmas, bullying, and other challenges faced by LGBTQ+ youth.

Education

Resources for LGBTQI+ Students us Department of Education

<https://www2.ed.gov/about/offices/list/ocr/lgbt.html>

The mission of the U.S. Department of Education's Office for Civil Rights (OCR) is to ensure equal access to education and to promote educational excellence through vigorous enforcement of civil rights in our nation's schools. To serve this mission, OCR enforces civil rights laws to protect all students from unlawful discrimination and harassment based on race, color, national origin, sex, disability, and age.

Gay, Lesbian, and Straight Education Network

<http://www.glsen.org>

212-727-0135

GLSEN is a national education organization ensuring safe schools for all lesbian, gay, bisexual and transgender students.

Campus PrideNet

<http://www.campuspride.net/>

704-277-6710

Campus PrideNet is a national online community and resource network committed to student leaders and campus organizations who work to create a safer campus environment free of homophobia, biphobia, transphobia, heterosexism and genderism at colleges and universities.

Human Rights Campaign: LGBTQ+ Inclusive Schools

<https://welcomingschools.org/resources/lgbtq>

Resources to help make schools more inclusive.

Human Rights Campaign: LGBTQ+ Welcoming Schools Signs

<https://welcomingschools.org/resources/welcoming-schools-safe-school-signs>

Posters for schools to promote inclusivity.

Healthy Lesbian, Gay and Bisexual Students Project

<https://www.apa.org/pi/lgbt/programs/safe-supportive>

The Safe and Supportive Schools Project promotes safe and supportive environments to prevent HIV and other sexually transmitted infections among adolescents.

Just the Facts: A Primer for Principals, Educators, and School Personnel

<http://www.apa.org/pi/lgbt/resources/just-the-facts.aspx>

202-336-5500

Just the Facts provides information and resources for principals, educators and school personnel who confront sensitive issues involving gay, lesbian and bisexual students.

Los Angeles Public Library

<https://www.lapl.org/teens/books/young-adult-books-lgbt-parents>

LGBTQIA - Young Adult Books with LGBTQIA Parents.

Best Colleges

<https://www.bestcolleges.com/features/best-colleges-for-lgbt-students/>

This ranking, in partnership with Campus Pride, looks at the top 25 LGBTQ+-friendly colleges. These institutions rank among the best in their efforts to support and provide academic, financial, and social resources for LGBTQ+ students.

NASP: National Association of School Psychologists

<https://www.nasponline.org/x56401.xml>

A Guide for educators and parents/guardians on supporting LGBTQ students with an IEP or 504 plan.

University of Illinois Chicago's Division of Specialized Care for Children (DSCC)

<https://dsc.uic.edu/resources-for-lgbtq-youth-with-disabilities-and-their-families/>

1-800-322-3722

Resources for LGBTQ+ Youth with Disabilities and Their Families

Employment

TransTech Social Enterprises

<https://transtechsocial.org/>

A social enterprise that provides education, support, and jobs for trans people facing high levels of discrimination.

Gay Center

<https://gaycenter.org/career-services/>

212-620-7310

Center Works helps LGBTQ+ young adults ages 18+ to confidently enter the job market, advance their careers, and become financially stable, all while building community with their peers.

Human Rights Campaign

<https://www.hrc.org/resources/lgbt-professional-recruitment-events>

202-628-4160

LGBTQ+ professional recruitment events.

Minnesota State University

https://www.minnstate.edu/careerexploration/documents/FINAL_LGBTQ.pdf (pdf)

LGBTQ Career Planning Resources: In this section, you will find resources and organizations that support lesbian, gay, bisexual, transgender, and queer (LGBTQ) individuals with their job.

Oberlin College

<https://www.oberlin.edu/sites/default/files/content/office/career-center/documents/findinglgbtqcareerresources.pdf> (pdf)

Finding LGBTQ Career Resources: Out and Equal Workplace Advocates: www.outandequal.org. National organization devoted to the lesbian, gay, bisexual, and transgender (LGBT) community in the workforce.

Other Guides Available from the Family Resource Center

- LGBTQ+ Resource Guide for Adults
- Family Support Resource Guide
- Summer Camp Guide
- Respite Care Guide
- Adapted Sports and Recreation
- Family Resource Center Digital Resource Guide
- Military Families Resource Guide