

LGBTQ+ YOUTH RESOURCES

Responding to the needs of congregations, families and kids

Advocacy Resources

ACLU - American Civil Liberties Union www.aclu.org

Transgender Legal Defense & Education Fund
www.transgenderlegal.org

LambdaLegal
www.lambdalegal.org

Garden State Equality,
www.gardenstateequality.org

Sylvia Rivera Law Project
www.srlp.org

National Center for Transgender Equality www.transequality.org

Human Rights Campaign
www.hrc.org

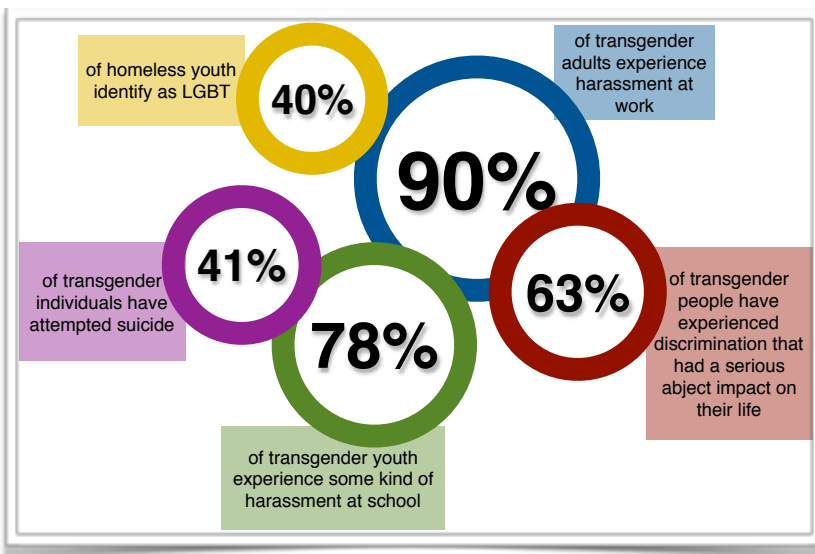
Information and Research

TransYouth Project- Most current research on gender non-conforming and transgender children.
www.depts.washington.edu/transyp

Family Acceptance Project- research, education and policy initiative for health and mental health risks for LGBT children & youth.
www.familyproject.sfsu.edu

Conferences

Philadelphia Trans-Wellness Conference, the largest conference in the country related to trans issues for people of all ages and is completely FREE.
www.mazzonicenter.org/trans-health



Faith Based Resources

- Reconciling Works - Lutherans for Full Participation
www.reconcilingworks.org
- Reconciling Ministries Network - United Methodist Reconciling Community www.rmnetwork.org/newrmn
- Extraordinary Lutheran Ministries www.elm.org
- The Institute for Welcoming Resource www.welcomingresources.org
- The Naming Project A faith - based summer camp and youth group safe and welcoming to youth of all sexual and gender identities.
www.thenamingproject.org
- Austen Hartke - transgender Christian theologian
www.austenhartke.com
- Heartland Proclamation www.heartlandproclamation.org
- Transfaith is a a multi-tradition, multi-racial, multi-gender organization working to support transgender spiritual/cultural workers and their leadership in community. www.transfaithonline.org
- Queer Theology www.queertheology.com
- The Religious Institute religiousinstitute.org

Conferences cont.

Gender Conference NYC
www.genderconference.nyc

NJ Trans Youth Forum
www.njtyf.org

NJ GSA Forum -
www.rustincenter.org/gsaforum

Support Groups

Rad Kids, Rad Kids is a social and educational group for gender-fluid/gender-creative and transgender children fifth grade and younger (and their parents)
www.northjerseypride.org/about/rad-kids

Hudson Pride Connections Center - Youth Connect, a space for LGBTQ youth (Jersey City, NJ)
www.hudsonpride.org/programs-services/pride-connections/lgbt-youth-young-adults

The Pride Center of NJ - Youth programs (Highland Park, NJ)
www.pridecenter.org/lgbtyouth

Club Good Vibes LGBTQ Youth Group <https://clubgoodvibes.com/>

HiTops Youth and Community Groups www.hitops.org/youth/lgbtq-support-group

Crisis Resources

Translifeline.org : a crisis hotline staffed by transgender people for transgender people
877-565-8860

The Trevor Project - Crisis resources for LGBTQ youth staffed by trained professionals including hotline, text message, and webchat options.
www.thetrevorproject.org

Books

The Gender Creative Child: Pathways for Nurturing and Supporting Children who Live Outside Gender Boxes by Diane Ehrensaft

Gender Born, Gender Made: Raising Healthy Gender-nonconforming Children by Diane Ehrensaft

The Transgender Child: A Handbook for Families and Professionals by Stephanie Brill

The Transgender Teen: A Handbook for Parents and Professionals Supporting Transgender and Non-binary Teens by Stephanie Brill

Raising the Transgender Child: A Complete Guide for Parents, Families, and Caregivers by Michele Angelo and Alissa Bowman

Raising Ryland: Our Story of Parenting a Transgender Child with No Strings Attached by Hillary Whittington

Beyond Magenta: Transgender Teens Speak Out by Susan Kuklin

Being Jazz: My Life as a (transgender) Teen by Jazz Jennings

Transforming: The Bible and the Lives of Transgender Christians by Austen Hartke

Outside the Lines: How Embracing Queerness Will Transform Your Faith by Mihee Kim-Kort

A Brief Guide to Ministry with LGBTQIA Youth by Cody Sanders

Everything You Ever Wanted to Know about Trans (But Were Afraid to Ask) by Brynn Tannehill

Tomorrow Will Be Different By Sarah McBride

Queer Virtue: What LGBTQ People Know About Life and Love and How It Can Revitalize Christianity by Elizabeth Edman

This is a Book for Parents of Gay Kids by Kristin Russo and Danielle Owens-Reid

Books for Children and Youth

I am Jazz by Jessica Herthel and Jazz Jennings

Red: A Crayon's Story by Michael Hall

George by Alex Gino

The Other Boy by M. G. Hennessey

Julian's a Mermaid by Jessica Love

It's Okay to Sparkle by Avery Jackson

A Family Is a Family Is a Family by Sara O'Leary

It's okay to be different by Todd Parr

The House You Pass on the Way by Jacqueline Woodson

Support for Families, Schools, and Communities

PFLAG, The extended family of the LGBTQ community made up of LGBTQ individuals, family members and allies. They offer support, education, and advocacy through the national organizations and local chapters. There are a number of NJ chapters with their own sites. They can be found through the main site. www.pflag.org

Trans Youth Equality Foundation
www.transyouthequality.org

GLAAD www.glaad.org

GLSEN Creating safe and affirming schools for all regardless of sexual orientation, gender identity, or gender expression. Local chapter available. www.glsen.org

Gender Spectrum, Extensive resources for helping to create gender sensitive and inclusive environments for all children and teens. Good general FAQ about gender identity.
www.genderspectrum.org

Schools in Transition - A Guide for Supporting Transgender Students in K-12 schools
www.genderspectrum.org/studenttransitions

Trans Student Educational Resources www.transstudent.org

Medical & Community Support Resources

Children's Hospital of Philadelphia - Gender and Sexuality Development Clinic www.chop.edu/centers-programs/gender-and-sexuality-development-clinic

Mazzoni Center for LGBTQ health and well-being (health services, education and school trainings, leadership programs and peer support) www.mazzonicenter.org

Callen-Lorde Community Health Center - NYC www.callen-lorde.org

Gender and Family Project at the Ackerman Institute in NYC (mental health services & educations and trainings) www.ackerman.org/gfp

Triad House, a 24-hour residential group home for youth ages 16-21 with emotional, chronic health and behavioral challenges. Triad House specializes in working with youth who identify as LGBTQ; and fosters an environment that is open and accepting of all youth.
www.lifeties.org/our-programs/triad-house

Trinity Place Shelter for homeless LGBTQ youth and young adults in New York City www.trinityplaceshelter.org

Proud Family Health Clinic at Robert Wood Johnson www.rwjbh.org/rwj-university-hospital-somerset/treatment-care/proud-family-health/

NJ Synod Resources



NJ Synod Ministry to LGBT Persons Task Team
Team leader Mimi Confer at mimglo@aol.com or
The Rev. Sara Lilja at selilja@leamnj.org.
www.njsynod.org/lgbt-task-group

Blog written by Jamie Bruesehoff, personal story and resources.
www.iamtotallythatmom.blogspot.com

Jamie is a writer, speaker, educator, advocate for LGBTQ Youth.
www.jamiebruesehoff.com

Faith, Hope & Love: Building Safe and Welcoming Congregations for LGBTQ Youth.

A Training Event for Youth, Pastors, Youth Leaders, Parents, and other Congregational Leaders

Date for 2020 TBD www.njsynod.org/faith-hope-love



This Resource Guide

Is available online with direct links to each resource and as a downloadable PDF document at: www.njsynod.org/lgbtqyouth

SOGI SPECTRUM

(Sexual Orientation and Gender Identity)

At the moment someone gives birth, there is a new-born, a doctor, and a question: "Is it a girl or a boy?" The birth certificate has two boxes, and only one can be checked. This is an example of the gender binary system, where there are two, and only two, very distinct options. It is one or the other, male or female. And the way that question is answered has ramifications throughout one's entire life. Future options, expectations, and opportunities all hinge on which box is checked. And interestingly, notice that the very question – "Is it...?" – withholds personhood until a gender is assigned.

Sex, gender identity, and gender expression can be experienced on a continuum, creating a nearly infinite combination of identities. The binary gender system says that there are only two genders. Here, we can see that gender is truly far more complex than this binary system.



SEX is assigned at birth based on external genitalia, reproductive organs, chromosomes, and hormones. People with ambiguous genitalia or other biological complexities (such as an unusual chromosomal pattern or hormonal shifts) may identify as intersex.

GENDER IDENTITY



GENDER IDENTITY refers to a person's innate, deeply felt psychological identification as a man, woman or another gender, which may or may not correspond to the sex assigned to them at birth. Gender identity is different from the term "gender", which is typically used with reference to social and cultural differences rather than biological ones.

GENDER EXPRESSION



GENDER EXPRESSION refers to the external characteristics and behaviors that are socially defined as either masculine or feminine, such as dress, grooming, mannerisms, speech patterns and social interactions. These norms vary culturally.

SEXUAL ORIENTATION



SEXUAL ORIENTATION is the term used to describe what gender(s) someone is physically and/or emotionally attracted to. Lesbian, gay, bisexual, pansexual, queer, and straight are all examples of sexual orientations. A person's sexual orientation is distinct from a person's gender identity and expression.

Our lives are more complex than checkboxes.

These continua are an important reminder of putting people over definitions and practicing our Lutheran tradition of practicing hospitality and welcoming our neighbors.