

## **Resources for Parents and Families of LGBTQ Individuals**

*Compiled by Marian Mays, Programming Librarian at the Butte-Silver Bow Public Library*

### **BINET USA Bisexual Community Presentation**

[http://www.binetusa.org/BiNetUSA\\_Bisexual\\_Community\\_Issues\\_Presentation\\_AUG\\_2014.pdf](http://www.binetusa.org/BiNetUSA_Bisexual_Community_Issues_Presentation_AUG_2014.pdf)

As an umbrella organization and voice for bisexual people, BiNet USA facilitates the development of bisexual communities, promote bisexual visibility, advocates for bisexual community interests, and collects and distributes educational information regarding bisexuality. This community presentation provides a history of bisexuality and in-depth information concerning bisexuals and bisexuality.

### **CDC Guide - Parents' Influence on the Health of Lesbian, Gay, and Bisexual Teens: What Parents and Families Should Know**

[http://www.cdc.gov/healthyouth/protective/pdf/parents\\_influence\\_lgb.pdf](http://www.cdc.gov/healthyouth/protective/pdf/parents_influence_lgb.pdf)

This guide contains information concerning how parents can make a difference in their teen's life, specific actions for parents, listening suggestions, and information about how to stay involved. It also includes links to many other relevant resources.

### **COLAGE**

<http://www.colage.org/about/>

COLAGE unites people with lesbian, gay, bisexual, transgender, and/or queer parents into a network of peers and supports them as they nurture and empower each other to be skilled, self-confident, and just leaders in our collective communities. Their website offers an array of information including online support groups, print resources, and an online blog for kids of LGBTQ parents.

### **Family Acceptance Project**

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

The Family Acceptance Project™ is a research, intervention, education and policy initiative that works to prevent health and mental health risks for lesbian, gay, bisexual and transgender (LGBT) children and youth, including suicide, homelessness and HIV – in the context of their families, cultures and faith communities. They provide a research based, culturally grounded approach to help ethnically, socially, and religiously diverse families to support their LGBT children. They have many professional publications and a powerful documentary series surrounding real life families. They also provide links to many pertinent resources on their page.

### **Family Equality Council**

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

Family Equality Council connects, supports, and represents the three million parents who are lesbian, gay, bisexual, transgender and queer in this country and their six million children. We are changing attitudes and policies to ensure that all families are respected, loved, and celebrated—including families with parents who are LGBTQ. Their site offers a place for individuals to share their story, sign up for email alerts, view their upcoming events, and get resources.

### **Gender Spectrum Parenting and Family Resources**

<https://www.genderspectrum.org/explore-topics/parenting-and-family/#more-340>

Gender Spectrum provides a wealth of information for parents and families concerning the complexities of gender, parenting considerations, parenting practices, and transitioning. Other resource topics on their site include information about education, medical services, mental health, legal services, social services, and faith.

### **Healthychildren.org Facts for Teens and Parents**

<http://www.healthychildren.org/English/ages-stages/teen/dating-sex/Pages/Gay-Lesbian-and-Bisexual-Teens-Facts-for-Teens-and-Their-Parents.aspx>

Healthychildren.org provides beginning information for questioning teens and their parents including definitions of sexual orientation, how to communicate, the coming out process, and specific parent information. They also provide links to other similar resources.

### **Human Rights Campaign - Gay Parenting**

[http://www.hrc.org/topics/parenting?gclid=CjwKEAjwnKCrBRCm1YuPrtWW0QMSJAC-5UYkcNMmi8cidVG9gRgBksOuPfPr00cTJVVXqSIwobtRURoCX3Dw\\_wcB](http://www.hrc.org/topics/parenting?gclid=CjwKEAjwnKCrBRCm1YuPrtWW0QMSJAC-5UYkcNMmi8cidVG9gRgBksOuPfPr00cTJVVXqSIwobtRURoCX3Dw_wcB)

The Human Rights Campaign's Gay Parenting page provides a wealth of information and resources concerning adoption, foster parenting, assisted reproduction, growing up LGBTQ in America, and how to keep your kids safe at school. You can also sign up to receive the latest HRC family news delivered to your inbox.

### **Lambda Legal**

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

Founded in 1973, Lambda Legal is the oldest and largest national legal organization whose mission is to achieve 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. As they are a nonprofit organization, they do not charge their clients for legal representation or advocacy, and they receive no government funding. LL's website provides information about your legal rights, ways to get involved, and a legal help desk.

### **National Center for Transgender Equality - Families**

<http://transequality.org/issues/families>

NCTE lists many resources for families including publications, blogs, news updates, and legal information.

### **PFLAG Coming Out Help for Families, Friends, and Allies**

<http://community.pflag.org/page.aspx?pid=539>

Parents, Families, and Friends of Lesbians and Gays offers support to families in many ways. This website lists a national chapter finder in which parents and families can find their closest support group. It also provides reading material including the PFLAG Family Story Center, frequently asked questions about LGBTQ individuals, terminology information, tips for the holidays, and more.

### **Planned Parenthood Guide to Parenting LGBT and Questioning Kids**

<http://www.plannedparenthood.org/parents/parenting-lgbt-and-questioning-kids>

Planned Parenthood lists valuable information for parents about how to support their children, how to come to terms with their own feelings, and how to keep children safe.

### **Stopbullying.gov Resources for Parents**

<http://www.stopbullying.gov/what-you-can-do/parents/index.html>

Stopbullying.gov provides resources for parents concerning preventing and responding to bullying behaviors.

### **Substance Abuse and Mental Health Services Administration Practitioner's Guide for Helping Families to Support their LGBT Children**

<http://store.samhsa.gov/shin/content/PEP14-LGBTKIDS/PEP14-LGBTKIDS.pdf>

This intensive guide provides useful information for parents and families including basic facts and terminology surrounding LGBTQ individuals and information about the critical role of families in reducing risk and promoting well-being. It also includes many professional references that parents can refer to.

### **Trevor Project Education and Resources for Adults**

<http://www.thetrevorproject.org/section/education-training-for-adults>

The Trevor Project offers online adult trainings including ally trainings and Trevor CARE Trainings, which help adults who work with youth learn to help youth in crisis.

### **True Colors Sexual Minority Youth and Family Services**

<http://www.ourtruecolors.org/Resources/Reading/straight-parents.html>

True Colors provides a wealth of reading material for parents of LGBTQ individuals including memoirs, anthologies, and stories of support and experience.

### **World Professional Association for Transgender Health**

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

As an international multidisciplinary professional Association the mission of The World Professional Association for Transgender Health (WPATH) is to promote evidence based care, education, research, advocacy, public policy and respect in transgender health. Visitors to the site will find a variety of resources, publications, news, and can search for local health care providers.

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