LGBTQ+ Youth Happy, Healthy, and at Home

Expanding Resources for Families and Preventing System Involvement

LGBTQ+ Youth Resource List

Highlighted Resources

The National SOGIE Center: https://sogiecenter.org/

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American Bar Association Litigation Section Children's Rights Litigation Committee, Lambda Legal, *Let's Talk About You* (2025): https://lambdalegal.org/lets-talk-about-you-project-home/

Lambda Legal, Child Welfare Nondiscrimination Maps (2024): https://lambdalegal.org/child-welfare

Lambda Legal, Juvenile Justice Nondiscrimination Maps (2024): https://lambdalegal.org/juvenile-justice/

Participant Organizations

1999 Collective, https://www.1999collective.org/
Ackerman Institute, https://www.ackerman.org/
Alexis Project, https://www.alexisproject.org/
Anthony Pritzker Family Foundation, https://apritzkerfoundation.org/
Arizona Department of Child Safety, https://dcs.az.gov/
Baker McKenzie, https://www.bakermckenzie.com/en
CAMBA, https://camba.org/
Casey Family Programs, https://www.casey.org/

Center for the Study of Social Policy, https://cssp.org/

Children's Law Center of California, https://www.clccal.org/

Chinese-American Planning Council, https://www.cpc-nyc.org/

Clark County Family Services,

https://www.clarkcountynv.gov/residents/family_services/

Colorado Office of the Child's Representative,

https://coloradochildrep.org/

Colorado Department of Human Services, https://cdhs.colorado.gov/

Corinne Wolfe Center for Child and Family Justice,

https://childlaw.unm.edu/

University of Colorado at Denver, https://www.ucdenver.edu/

Family Builders, https://familybuilders.org/

Fostering Advocates Arizona,

https://www.fosteringadvocatesarizona.org/

FYI+ Services, https://fyiplusnm.org/

Illinois Department of Children and Families, https://dcfs.illinois.gov/

Los Angeles Juvenile Court,

https://www.lacourt.ca.gov/pages/lp/juvenile-division

Lambda Legal, https://lambdalegal.org/

Lawrence Hall, https://lawrencehall.org/

LGBTQ Center of Southern Nevada, https://thecenterlv.org/

Los Angeles LGBT Center, https://lalgbtcenter.org/

Michigan Department of Health & Human Services,

https://www.michigan.gov/mdhhs

Michigan Court System, https://www.courts.michigan.gov/

National Association of Counsel for Children, https://naccchildlaw.org/

New York Office of Children & Family Services,

https://ocfs.ny.gov/main/

New Mexico Children, Youth, & Families Department,

https://www.cyfd.nm.gov/

New Mexico Office of Family Representation & Advocacy,

https://www.ofra.nm.gov/

One Colorado, https://www.one-colorado.org/

Philadelphia Department of Human Services,

https://www.pa.gov/agencies/dhs

Pima County Office of Children's Counsel,

https://www.pima.gov/819/Office-of-Childrens-Counsel

Pima County Superior Court – Juvenile Division,

https://www.sc.pima.gov/pima-county-juvenile-court/

Prevent Child Abuse Arizona, https://pcaaz.org/

Rainbow Resource Network, https://www.rainbowresource.com/

Raise the Future, https://www.raisethefuture.org/

Rebecca Jones Gaston Consulting, https://rebeccajonesgaston.com/

The National SOGIE Center, https://sogiecenter.org/

Unicorn Solutions, https://www.unicornsolutions.org/

Utah Department of Child and Family Services, https://dcfs.utah.gov/

Tips and Resources for Supporting LGBTQ+ Youth in Out-of-Home Care

- 1. Practice supporting name and pronoun use. For example, tell stories to yourself about a person to create opportunities to practice and correct yourself if needed.
- 2. Share your name and pronouns when you introduce yourself to young people and other adults: make it the norm/standard.
 - a. The adult (attorney/caseworker/judge) can introduce themself to the minor, with a statement such as, "I am [Name], and I look forward to working with you and your family as the [judge/attorney/caseworker] in this case. My pronouns are [pronouns]. How do you want to be addressed?" Using a person's correct pronouns signals respect, creates a more welcoming environment, validates identity, and supports autonomy and control for youth who often have little of either. Moreover, using proper pronouns, which are deeply tied to our sense of identity, support a young person's mental health.
 - b. Caveat: Always be aware that youth should be able to "come out" and disclose either sexual orientation or gender identity at their own pace. Disclosure to the wrong individuals and/or at the wrong time can create unnecessary stress and may even place the youth at risk of physical and/or emotional harm.
 - c. Don't make assumptions, young people may be in different stages of their transition social or otherwise. Discuss with them what pronouns they are comfortable using in different settings. Accept changes to their name or pronouns as they might happen. That is also a part of some people's journeys.
- 3. Don't over apologize as it brings attention and puts pressure on a young person to comfort you and it's about them and how THEY feel. Correct yourself, even if they don't say anything or if you don't think they heard.
- 4. Once you have discussed with a young person, use their name and pronouns all the time even when they can't hear you or you are thinking in your head or referring to something from the past.
- 5. Correct other people (again be aware in what settings and in front of whom a young person is comfortable being out). Tone is important be pleasant and respectful.
- 6. Join a parent support group = education, support, understanding. https://onenten.org/for-parents
- 7. Attorneys and judges can request youth be appointed a Court Appointed Special Advocate who is knowledgeable/sensitive to issues experienced by LGBTQ+ youth.
- 8. Ensure your facility has gender-inclusive restroom facilities.

- 9. Create/join a taskforce to support identifying best practices when working with LGBTQ+ youth.
- 10. Ensure your organization's forms are expansive, *e.g.*, revise forms to include those in gay and lesbian partnerships; include and expand pronoun/name options, etc.
- 11. Empathy. Using a person's name and pronouns is a basic way of showing respect. How would you feel if you were misgendered?
- 12. The data (<u>www.trevorproject.org</u>) is VERY clear: youth who are supported regarding their names and pronouns are more likely to have positive outcomes and lower rates of suicide attempts.

Recommendations From Trans and Nonbinary Youth and Young Adults with Lived Experience¹

- 1. It is vital to let youth have a say in their care, in their lives, and in their existence. Take the time to listen to peoples lived experience and put this into action. Get comfortable asking (respectful) questions.
- 2. Provide training and education to staff, caregivers, and families so people understand us and can support us well.
 - a. Foster families should accept services that will support their child, *i.e.* family support of LGBTQ+ youth
- 3. Uphold stricter guidelines around religious placements and what they can or cannot do.
 - a. Don't scare youth with church/religion
 - b. Instead of taking youth to church as a primary activity option, give them alternative spaces to go that share their representation and culture
- 4. Create clear policies for staff to follow when supporting LGBTQ+ youth. Step by step.
- 5. Go out into the LGBTQ+ community keep youth connected to community for example, resource centers and groups, tables at pride festivals to recruit foster parents and staff.
- 6. Ensure more and better access to care and doctors, especially doctors who specialize and have specific training on this population. Helpful to have access to quality knowledge about the process.
 - a. Therapy in all settings but noting how helpful this could be in the Juvenile legal setting.
- 7. Provide more support while in systems, especially from staff, and folks who hold others

¹ With gratitude to our Safe Havens II (safehavensreport.org) planning committee members and Emilio, Jaxsyn, Paris, Kayden, Gina, Tyler, and Shawn.

who cause harm accountable. Protect us, ask us what we want and need, stand up for us.

- 8. Push to ensure we leave systems with supports in place. We would like to be more connected to adults and youth similar to ourselves.
- 9. Queer specific housing should be an option for folks, maybe a designated unit. Don't assume where TNGD youth will feel best being housed ask them, have a conversation. Keep asking us and checking in is this where you want to be/the best fit?
- 10. Provide more specialized service options for LGBTQ+ youth. Not enough resources have led to inconsistent access to services, we are lucky to stumble upon something that fits or even a person that works well for us.
- 11. Let us be who we are.

LGBTO+ Youth – Research and Resources

Please note that many of these resources have been removed or otherwise made inaccessible as organizations lose funding and/or comply with government mandates on diversity, equity, and inclusion. When possible, archival links or alternate links are provided to resources that are no longer available on their parent site. These links are marked with an asterisk (*).

LGBTQ+ Youth in the Child Welfare System

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Statements from Professional Associations Supporting LGBTQ People

Lambda Legal, Professional Organization Statements Supporting Transgender People in Health Care (updated July 12, 2017):

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What the Experts Say:

https://www.lambdalegal.org/sites/default/files/what the experts say 2015.pdf

Nationwide Groups for LGBTQ+ Youth

SMYAL (Sexual Minority Youth Assistance League), https://smyal.org/youth

Gender Spectrum, www.GenderSpectrum.org

Trans Families, https://transfamilies.org

North Shore Alliance of GLBTQ Youth, https://www.nagly.org

LGBTQ Center OC, https://www.lgbtqcenteroc.org

Lambert House, http://www.lamberthouse.org

Lambda Legal Help Desk: https://www.lambdalegal.org/helpdesk

LGBTQ+ Youth Parent/Caregiver Resource List

Parent/Guardian Support Groups

PFLAG, https://www.pflag.org

Support Network for Parents of Trans Kids, https://www.facebook.com/groups/parentsoftrans

Parents of LGBTQ+ Children, https://www.facebook.com/groups/ParentsOfLGBTChildren

@monicatheteacher on TikTok

Educational Websites

Seatle Childrens Gender Clinic – Patient and Family Education, https://www.seattlechildrens.org/clinics/gender-clinic/patient-family-resources

Gender Spectrum, https://www.genderspectrum.org

PFLAG, https://www.pflag.org/transgender

San Francisco State University – Welcome to the Family Acceptance Project, https://familyproject.sfsu.edu

Trans-Parenting, https://www.trans-parenting.com

LA Gender Center, https://www.lagendercenter.org/

TransYouth Family Allies, http://www.imatyfa.org

Ackerman Institute for the Family – Gender and Family Project, https://www.ackerman.org/gfp

Trans Youth Equality Foundation, http://www.transyouthequality.org

Minus 18, Trans 101 - The Basics - YouTube

TEDx Talk: The revolutionary truth about kids and gender identity https://www.ted.com/talks/angela_kade_goepferd_the_revolutionary_truth_about_kids_and_gender-identity

Info about Non-Binary Identity

GenderQueer.me, https://genderqueer.me

PFLAG has several good articles/blogs that may be helpful in calling parents/guardians into this journey, https://pflag.org/resource/nonbinary-resources/

Angela Cabotaje, *How to Support Your Transgender or Nonbinary Child*, Right as Rain by UW Medicine, https://rightasrain.uwmedicine.org/life/parenthood/transgender-nonbinary-youth

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Educating Caregivers of Trans and Non-Binary People Facebook Group, https://www.facebook.com/groups/parentsofnonbinarykids

Enfsy Book, *Your adult child just came out as non-binary. Now what?*, Major Arqueerna (2020) (Article that includes link for further parent ed in case loved one is an adult), https://majorarqueerna.com/your-adult-child-just-came-out-as-nonbinary-now-what

School Support

A Parent's Quick Guide for In-School Transitions, https://www.hrc.org/resources/a-parents-quick-guide-for-in-school-transitions-empowering-families-and-schools-to-support-transgender-and-non-binary-students

Hormone Blockers & Gender Dysphoria Articles

Mayo Clinic, Puberty Blockers for Transgender and Gender-Diverse Youth, https://www.mayoclinic.org/diseases-conditions/gender-dysphoria/in-depth/pubertal-blockers/art-20459075

*Children's Hospital St. Louis, Puberty Blockers, https://web.archive.org/web/20230403222631/https://www.stlouischildrens.org/conditions-treatments/transgender-center/puberty-blockers

Trans Families, Understanding Transitions, The basics, https://transfamilies.org/understanding-transitions/#1605463688522-01e0527c-75db.

Employment

Trans workers employment site. Topics such as finding Trans friendly workplaces, pronouns on your resume, and legal rights are sadly neglected. This resource can help job seekers find a positive work environment and decrease job hunting anxiety: https://www.zippia.com/job-search/lgbtq-jobs/trans-job-seeker-guide

Books

PFLAG, Recommended Reading: Coming Out, https://pflag.org/comingoutbooks

The Gender Creative Child by Diane Ehrensaft, PhD (2016)

The Conscious Parent's Guide to Gender Identity by Darlene Tando, LCSW (2016)

The Transgender Child by Stephanie Brill and Rachel Pepper (2008)

The Transgender Teen: A Handbook for Parents and Professionals Supporting Transgender and Non-Binary Teen *By Stephanie Brill and Lisa Kenney (2016)*

Raising Ryland: Our Story of Parenting a Transgender Child with No Strings Attached by Hillary Whittington (2016)

Becoming Nicole: The Transformation of an American Family by Amis Ellis Nutt (2016)

Transitions of the Heart: Stories of Love, Struggle and Acceptance by Mothers of Transgender and Gender Variant Children by Rachel Pepper (2012)

Inclusive sex-ed websites for LGBTQ+ youth

Scarleteen, https://www.scarleteen.com

UN|HUSHED, https://unhushed.org/

Amaze, https://amaze.org/

LGBTQ+ Youth HeLP, https://www.youthhelp.net

Sex, etc., https://sexetc.org

Legal Challenges to Anti-LGBTQ+ Legislative Attacks

Just Security, Litigation Tracker (2025):

Bans on Gender Affirming Medical Care for Transgender Youth

L.W. v. Skrmetti (Tennessee), https://lambdalegal.org/case/lw-v-skrmetti/

Boe v. Marshall (Alabama), https://www.glad.org/cases/boe-v-marshall/

Brandt v. Rutledge (Arkansas), https://www.aclu.org/cases/brandt-et-al-v-rutledge-et-al

Doe v. Ladapo (Florida), https://www.glad.org/cases/doe-v-ladapo/

Koe v. Noggle (Georgia), <a href="https://www.acluga.org/en/cases/emma-koe-et-al-v-caylee-noggle-et-al-v-cayle

Poe v. Labrador (Idaho), https://www.aclu.org/cases/poe-v-labrador

K.C. v. Medical Licensing Board of Indiana (Indiana), https://www.aclu.org/cases/k-c-v-medical-licensing-board-of-indiana

Doe v. Thornbury (Kentucky), https://www.aclu-ky.org/en/cases/doe-v-thornbury-challenge-trans-health-care-ban

Noe v. Parson (Missouri), https://lambdalegal.org/case/noe-v-parson/

Van Garderen v. State of Montana (Montana), https://lambdalegal.org/case/van-garderen-v-state-of-montana/

Planned Parenthood of the Heartland v. Hilgers (Nebraska), <a href="https://www.aclu.org/cases/planned-parenthood-of-the-heartland-parenthood

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Poe v. Drummond (Oklahoma), https://lambdalegal.org/case/poe-et-al-v-drummond-et-al/

Loe v. Texas (Texas), https://lambdalegal.org/case/loe-v-texas/

Doe v. Abbott (Texas), https://lambdalegal.org/case/doe-v-abbott/

PFLAG v. Abbott (Texas), https://lambdalegal.org/case/pflag-v-abbott/

Dekker v. Weida (Florida, Medicaid), https://lambdalegal.org/case/dekker-v-marstiller/

Voe v. Mansfield (North Carolina), https://lambdalegal.org/case/voe-v-mansfield/

Bans on Transgender Youth Participation in Sports

B.P.J. v. West Virginia State Board of Education (West Virginia), https://lambdalegal.org/case/bpj-v-west-virginia-state-board-of-education/

L.E. v. Lee (Tennessee), https://lambdalegal.org/case/le-v-lee/

Don't Say Gay/Trans

Cousins v. The School Board of Orange County (Florida), https://lambdalegal.org/case/cousins-et-al-v-the-school-board-of-orange-county-et-al/

Iowa Safe Schools v. Reynolds (Iowa), https://lambdalegal.org/case/iowa-safe-schools-v-reynolds/

Restrictions on Drag Performances

Blount Pride, Inc. v. Desmond (Tennessee), https://www.aclu-tn.org/en/cases/blount-pride-inc-v-desmond

Friends of George's, Inc. v. Mulroy (Tennessee), https://clearinghouse.net/case/44081/

Imperial Sovereign Court v. Knudsen (Montana), https://www.aclu.org/cases/the-imperial-sovereign-court-of-the-state-of-montana-v-knudsen

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Fulton v. City of Philadelphia, https://legacy.lambdalegal.org/in-court/cases/fulton-v-city-of-philadelphia#:~:text=The%20Third%20Circuit%20Court%20ruled,public%20function%20with%20public%20funds

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