

Resources to Support LGBTQIA+ Youth

Updated January 2024



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Professional Development Opportunities and Trainings for School and District Staff

Professional Development (PD) and Training	Associated Costs
<p>CDC Creating Safe Schools for LGBTQ+ Youth https://www.cdc.gov/healthyouth/safe-supportive-environments/PD-LGBTQ.htm</p> <p>Offers schools and school districts learning objectives that can be embedded into PD offerings to equip educators and other school staff on how to best support LGBTQ youth.</p>	Free.
<p>Center of Excellence – LGBTQ+ Behavioral Health Equity Professional Development https://lgbtqequality.org/learn/</p> <p>Geared more for school-based mental health professionals, offers live sessions, recorded sessions, and self-paced e-learning modules.</p>	Free.
<p>Garden State Equality 1408 Main Street Asbury Park, NJ 07712 Phone: 973-509-5428 https://www.gardenstateequality.org/ hello@gardenstateequality.org</p> <p>Safe Schools & Inclusive Curriculum Offers quality workshops and trainings on LGBTQ+ cultural competency, policy, and inclusive curriculum.</p>	Trainings are at cost.
<p>Gender Spectrum training@genderspectrum.org https://www.genderspectrum.org/quick-links/trainings/</p> <p>Offers school-based professional development to assist educators in gaining the skills and knowledge.</p>	Associated costs depending on services.
<p>GLSEN Sign up with your local chapter to be informed about upcoming trainings. GLSEN Northern New Jersey: https://www.glsen.org/chapter/northern-new-jersey GLSEN Central New Jersey: https://www.glsen.org/chapter/central-new-jersey GLSEN Southern New Jersey Chapter: https://www.glsen.org/chapters/southern-new-jersey</p>	Most resources are free; Some may have associated costs dependent on services.

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<p><u>GLSEN Resources</u></p> <ul style="list-style-type: none"> Resources for educators including educator guides and lesson plans. Resources for Students on programs and actions such as with LGBTQ student-led clubs. Policy – Federal, state, and local. Professional development for educators via webinars and workshops. <ul style="list-style-type: none"> Four Supports to Create Safe Schools Four research-based recommendations for creating safe and supportive schools for LGBTQ students. 2021 National School Climate Survey Report Findings on the experiences of middle and high school LGBTQ youth. Starting a Gender and Sexuality Alliance (GSA) at Your School Provides guidance to GSAs on successful and inclusive organizing practices. Safe Space Kit Provides guidance to educators on creating safe learning environments for LGBTQ youth. 	<p>Most resources are free; Some may have associated costs dependent on services.</p>
<p><u>HiTops</u> 300 Witherspoon St., Suite 204 Princeton, NJ 08540 Phone: 609-453-2555 Email: info@hitops.org http://www.hitops.org/</p> <p><u>Trainings for Professionals</u> (HiTops) http://www.hitops.org/programs-and-training/staff-in-service/</p>	<p>Associated costs depending on services.</p>
<p>Mental Health Technology Transfer Center Network (MHTTC)</p> <p><u>LGBTQ+ Youth Mental Health</u> https://mhttcnetwork.org/centers/southeast-mhttc/lgbtq-youth-mental-health</p> <p>Offers webinars, e-learning offerings, and other resources for school mental health providers and school personnel.</p>	<p>Free.</p>
<p><u>National PTA Webinars</u> https://www.pta.org/home/run-your-pta/Diversity-Equity-Inclusion/lgbtq-community-inclusivity-in-pta</p> <p>Offers three webinars on:</p> <ul style="list-style-type: none"> Welcoming LGBTQ Parents to PTA Supporting LGBTQ Students: Bullying Prevention 	<p>Free.</p>

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<ul style="list-style-type: none"> • Creating Inclusive Communities for LGBTQ+ Youth 	
<p>The Trevor Project https://www.thetrevorproject.org/public-education/ Provides youth-serving professionals trainings and tools to help prevent suicide amongst LGBTQ young people.</p>	Free or honorarium.
<p>Welcoming Schools https://welcomingschools.org/resources/training Provides Pre-K – 12 educators with bias-based LGBTQ+ and gender inclusive bullying prevention professional development training.</p>	May have associated costs.

Resources for K-12 Administrators and Educators

Resources for K-12 Administrators and Educators	Associated Costs
<p>ACLU LGBT Youth and Schools Resources and Links https://www.aclu.org/documents/library-lgbt-youth-schools-resources-and-links</p> <p>This site includes information and resources on the following topic areas to assist in cultivating safe and welcoming school spaces:</p> <ul style="list-style-type: none"> • General Resources • Equal Access Act/Gay-Straight Alliances • Harassment • Free Speech/Free Expression/Prom • Privacy • Transgender/Gender Nonconforming Student Resources • Help for Youth Considering Suicide • Web Filtering at Your School • Info for LGBT College Students 	Free.
<p>American Psychological Association (APA) http://www.apa.org/pi/lgbt/programs/safe-supportive/lgbt/</p> <p>APA provides LGBT Youth Resources categorized within the following sections:</p> <ul style="list-style-type: none"> • Promoting safe and supportive school policies for all children and youth. 	Free.

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<ul style="list-style-type: none"> • Protecting the right to privacy around sex, sexual orientation and gender identity for children and youth in schools. • Collecting data on sexual orientation and gender identity in schools. • Developing anti-bullying efforts within schools. • Developing programs to increase school engagement for sexual orientation and gender identity minority children and youth. • Increasing access to facilities and programs for youth and children based on their gender identity, not their assigned gender. • Research on LGBTQ youth and school engagement and additional recommendations. 	
<p>Anti-Defamation League (ADL) https://www.adl.org/resources/tools-and-strategies/lgbtq-pride-month-and-education-resources Provides a list of relevant K-12 curriculum, children’s books, and other resources in supporting LGBTQ+ Pride Month within schools and classrooms.</p>	Resources are free. Listed books would have to be purchased to utilize.
<p>CDC Resources for LGBTQ+ Youth Resources https://www.cdc.gov/lgbthealth/youth-resources.htm</p> <ul style="list-style-type: none"> • Protective Factors for LGBTQ+ Youth: Information for Health and Education Professionals • Creating Safer Spaces in Schools for LGBTQ Youth The Trevor Project The Trevor Project is a national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning (LGBTQ) young people under 25. • HIV/AIDS and Young Men Who Have Sex with Men [PDF] Learn more about how HIV disproportionately affects young men who have sex with men. • Welcoming Schools The Human Rights Campaign Foundation’s Welcoming Schools is a comprehensive bullying prevention program, providing training, lesson plans, booklists, and resources. 	Free.
<p>Center of Excellence – LGBTQ+ Behavioral Health Equity Supporting Trans Youth https://lgbtqequity.org/supporting-trans-youth/</p>	Free.

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Resources and peer-reviewed articles (geared more for school-based mental health specialists) to better meet the needs of young trans people.	
<p><u>Garden State Equality – Resources</u> https://www.gardenstateequality.org/our-work/resources/</p> <ul style="list-style-type: none"> • Transgender Equality Task Force • Transgender Student Rights in NJ • Resources for Parents, Teachers, and Administrators 	Most resources are free.
<p>Gender Spectrum <u>Gender Inclusive Puberty and Health Education</u> https://genderspectrum.org/articles/puberty-and-health-ed Provides five principles of gender-inclusive puberty education.</p>	Free.
<p><u>GLAAD</u> https://www.glaad.org/</p> <ul style="list-style-type: none"> • <u>GLAAD Transgender Media Program</u> Working with the media to raise transgender awareness and to fairly and accurately tell the stories of transgender lives. • <u>Glossary of Terms: LGBTQ</u> • <u>Transgender Resources</u> • <u>Transgender FAQ</u> 	Free.
<p>GLSEN</p> <ul style="list-style-type: none"> • <u>Elementary Resources</u> - https://www.glsen.org/elementary-resources • <u>Resources for Administrators</u> - https://www.glsen.org/resources-for-supportive-administrators 	Most resources are free; some may have associated fees.
<p><u>PFLAG</u> https://www.pflag.org/</p> <ul style="list-style-type: none"> • <u>Cultivating Respect: Safe Schools for All</u> • <u>Top 10 Ways to Make Schools Safer for All Students</u> 	Most resources are free.
<p><u>Lambda Legal</u> https://www.lambdalegal.org/</p> <ul style="list-style-type: none"> • <u>Transgender Rights Toolkit</u> - Resource and advocacy tool designed to educate and empower. 	Free.

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<ul style="list-style-type: none"> • Publications 	
<p>Learning for Justice</p> <p>Best Practices for Serving LGBTQ Students https://www.learningforjustice.org/magazine/publications/best-practices-for-serving-lgbtq-students</p> <p>This guide was created to assist school leaders in ensuring inclusivity and a positive school climate for all students.</p>	Free.
<p>NJ School Boards Association (NJSBA) https://www.njsba.org/wp-content/uploads/2017/02/Gender-Identify-and-Expression.pdf</p> <p>NJSBA developed a sample school board policy on Gender Identity and Expression prior to the issuance of the May 2016 federal guidance document.</p>	Free.
<p>New Jersey Interscholastic Athletic Association (NJSIAA) https://www.njsiaa.org/schools/transgender-information</p> <ul style="list-style-type: none"> • Transgender Policy • Transgender FAQ 	Free.
<p>National Parent Teacher Association (PTA)</p> <p>LGBTQ Community Inclusivity in PTA https://www.pta.org/home/run-your-pta/Diversity-Equity-Inclusion/lgbtq-community-inclusivity-in-pta</p> <ul style="list-style-type: none"> • PTA Advocates for LGBTQ Youth • PTA Position Statements & Resolutions • Support for LGBTQ Students and Families • PTA Resources on mental health; healthy, safe, relationships; and their partnership in the Human Rights Campaign's - Project Thrive. 	Free.
<p>NJ Association of School Psychologists</p> <p>Find a psychologist for LGBTQ population: http://www.psychologynj.org/find-a-psychologist#/</p>	Free to utilize site; associated services are at-cost.
<p>New Jersey Department of Education</p> <ul style="list-style-type: none"> • Transgender Student Guidance for School Districts https://www.nj.gov/education/safety/sandp/climate/docs/Guidance.pdf 	Free.

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<p>Provides direction to schools in establishing policies and procedures that ensure a supportive and nondiscriminatory environment for transgender students.</p> <ul style="list-style-type: none"> LGBTQIA+ Resources 	
<p>Trans Student Educational Resources (TSER) https://transstudent.org/graphics/</p> <p>TSER is a youth-led organization acting in support and empowerment of transforming the educational environment for trans and gender nonconforming students. Their services include an infographic series that can be utilized as needed.</p>	<p>Graphics resources are free but other services including speaking events may have fees.</p>
<p>U.S. Department of Education – Office for Civil Rights (OCR) https://www2.ed.gov/about/offices/list/ocr/lgbt.html</p> <p>Resources for LGBTQI+ Students:</p> <ul style="list-style-type: none"> U.S. Department of Education Toolkit: Creating Inclusive and Nondiscriminatory School Environments for LGBTQI+ Students. Title IX Regulations and Information. Fact Sheet on Supporting Intersex Students Supporting Transgender Youth in School Confronting Anti-LGBTQI+ Harassment in Schools: A Resource for Students and Families 	<p>Free.</p>
<p>Youth.gov</p> <p>June is LGBT Pride Month https://youth.gov/feature-article/june-lgbt-pride-month</p>	<p>Free.</p>

Resources to Support LGBTQIA+ Youth

Curricula and Lesson Plans

Curricula and Lesson Plans	Grade Levels Served	Associated Costs
Garden State Equality LGBTQ-Inclusive Lessons & Resources	Grades 2, 5-12	Free.
GLSEN <ul style="list-style-type: none"> • Lesson Plans • Inclusive Curriculum 	Grades 6-12	Lesson plans are free; curricula and paper resources may have associated costs.
Learning for Justice Bibi https://www.learningforjustice.org/classroom-resources/film-kits/bibi Bibi is an 18-minute film that provides space for conversations about identity, culture, family, and belonging. Includes three lessons for each grade band served.	Grades 6-8; 9-12	Free.
PBS Understanding LGBTQ+ Identity: A Toolkit for Educators Classroom Resources https://why.pbslearningmedia.org/collection/lgbtq-identity/t/lgbtq-resources/	Grades 6-8; 9-12	Free.
Welcoming Schools Offers lesson plans on gender, family, LGBTQ+ inclusivity, and bullying.	Grades K-8	Free.

LGBTQ-Themed Books and Texts for Schools

All Grades: K-12

- [2023 Rainbow Book List](#)
<https://glbtrt.ala.org/rainbowbooks/archives/1444>
 Each year the Rainbow Round Table of the American Library Association releases a Rainbow Book List for young readers (birth to age 18) that showcases stories and identities representing LGBTQIA+ youth.
- [GLSEN's National Student Council 2021 Book Recommendations](#)
<https://www.glsen.org/activity/national-student-council-book-recommendations>

Resources to Support LGBTQIA+ Youth

Includes three booklists (elementary, middle, and high school) focused on diverse stories of LGBTQ+ characters.

- [National Education Association – Find Your Book](https://www.nea.org/professional-excellence/student-engagement/read-across-america/find-your-book?theme=426&)
<https://www.nea.org/professional-excellence/student-engagement/read-across-america/find-your-book?theme=426&>

For Elementary Students

- [Welcoming Schools: Elementary Booklists](https://welcomingschools.org/resources/elementary-booklists)
<https://welcomingschools.org/resources/elementary-booklists>
Includes eight booklists designed to help educators create classrooms, libraries, and schools that are LGBTQ+ affirming.

For Middle School and High School Students

- [Welcoming Schools: Secondary Booklists](https://welcomingschools.org/resources/secondary-booklists)
<https://welcomingschools.org/resources/secondary-booklists>
Includes six booklists for middle and/or high schools to help educators create LGBTQ+ affirming classrooms, libraries, and schools.

For Educators & Caregivers

- [Child Welfare Information Gateway – Resources for Families of LGBTQ+ Youth](https://www.childwelfare.gov/topics/systemwide/diverse-populations/lgbtq/lgbt-families/)
<https://www.childwelfare.gov/topics/systemwide/diverse-populations/lgbtq/lgbt-families/>
Resources intended to assist families support their LGBTQ+ youth and improve communication with them.
- **GLSEN – Rainbow Library**
<https://www.rainbowlibrary.org/about-us/>
A program that sends LGBTQ+ affirming text sets to schools across the country for free. Request a Rainbow Library at the link above.
- [PFLAG: Recommended Reading on Coming Out](https://pflag.org/resource/comingoutbooks/)
<https://pflag.org/resource/comingoutbooks/>
Texts to support individuals' coming out journey as well as for their family, friends, and allies.
- [Welcoming Schools: Recommended Books for Adults](https://welcomingschools.org/resources/educators-caregivers-booklists)
<https://welcomingschools.org/resources/educators-caregivers-booklists>

Resources to Support LGBTQIA+ Youth

This booklist provides information for educators and caregivers on LGBTQ+ topics within schools, supporting transgender and non-binary youth, and racial equity and anti-racism.

Service Resources and Support Groups for Youth

[NJ Children's System of Care – PerformCare](#)

Offers resources on counseling, hotline, peer-to-peer support, housing, school, and engagement for LGBTQIA+ youth.

[PRIDE Center](#)

The NJ PRIDE center offers youth groups to provide a fun, safe, and supportive environment for serving the youth population.

[Kaleidoscope](#)

Kaleidoscope offers in-person and virtual monthly meetings for teens (12-17) and young adults (18-24) throughout New Jersey. The group's goal is to empower LGBTQIA+ teens to lead healthy, productive lives.

[HiTOPS](#)

HiTOPS provides a wide range of support for LGBTQ+ youth, young adults, and their caregivers throughout New Jersey. A variety of youth support groups are offered to serve youth and young adults aged 11-24.

Disclaimer: This document's provided resources are for informational purposes only. Neither the Department of Education nor its officers, employees, agents, or consultative state agency partners, specifically endorse, recommend, or favor these resources or the organizations that created them. All resources must meet the New Jersey Department of Education's (NJDOE) accessibility guidelines. Currently, the Department aims to conform to Level AA of the Web Content Accessibility Guidelines ([WCAG 2.1](#)). However, the Department does not guarantee that linked external sites conform to Level AA of the WCAG 2.1. .