

Resources to Support LGBTQIA+ Youth

Resources and Professional Development Opportunities for School and District Staff

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<p>GLSEN - PO Box 261 Hightstown, New Jersey 08520 Phone: 609-448-5215 Email: cnj@njlgsen.org Follow us @GLSENCentralNJ</p> <p>GLSEN Resources GLSEN Central New Jersey: https://www.glsen.org/chapters/centralnj/resources GLSEN Southern New Jersey Chapter: https://www.glsen.org/chapters/southern-new-jersey</p> <ul style="list-style-type: none"> • Educator guides • LGBTQ-inclusive curriculum • Lesson plans on bullying, bias and diversity for elementary, middle and high school • Professional development for educators via webinars and workshops • Four-Steps to Create Safe Schools Four research-based recommendations for creating safe schools for LGBT students. • 2015 National School Climate Survey Report Findings on the experiences of middle and high school LGBT youth. • Jump-Start Guide for GSAs Provides guidance to GSAs on successful and inclusive organizing practices. • Safe Space Kit Provides guidance to educators on creating safe learning environments 	<p>Some resources are free, others have fees</p>
<p>PFLAG https://www.pflag.org/</p> <ul style="list-style-type: none"> • Cultivating Respect: Safe Schools for All • Top 10 Ways to Make Schools Safer for All Students • Title IX Guidance for Transgender Students 	<p>Some resources are free, others have fees</p>

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<p>HiTops – 21 Wiggins Street, Princeton, NJ 08540 Phone: 609-683-5155 http://www.hitops.org/</p> <p>Trainings for Professionals (HiTops) http://www.hitops.org/programs-and-training/staff-in-service/</p>	<p>Fee for Resources</p>
<p>GLAAD https://www.glaad.org/</p> <ul style="list-style-type: none"> • GLAAD Transgender Media Program Working with the media to raise transgender awareness and to fairly and accurately tell the stories of transgender lives. • Transgender Glossary of Terms • Transgender Resources • Transgender FAQ 	<p>Free</p>
<p>Garden State Equality http://www.gardenstateequality.org/ contact@gardenstateequality.org</p> <p>GSE is the largest lesbian, gay, bisexual, and transgender (LGBT) organization in New Jersey. With approximately 500,000 LGBT individuals in the State, our mission is to provide programs and services that meet the needs of the LGBT community. GSE also focuses on developing a successful school reform initiative that is creating safe and inclusive learning communities at schools across the State. Under Teach and Affirm, GSE provides needs assessments, policy assistance, student workshops for different grade levels, and professional development trainings. Educators can learn more about our specific trainings. Other youth and educational programming includes:</p> <ul style="list-style-type: none"> • Youth Caucus: a leadership development program for middle school and high school students to enrich the social experiences of LGBT youth and their peers. • Library Series: The series incorporates a wider variety of hands-on activities, digital resources, and workshops that reinforce positive messages about diversity and inclusion. • Educators for Equality: Brings LGBT and LGBT-friendly teachers and administrators together to advocate for positive changes at their districts. Educators have opportunities to share personal stories and receive support from our Safe Schools Coordinators in applying materials discussed at our EFE meetings to classroom settings. 	<p>Some resources are free, others have fees.</p>

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<p>Lamda Legal https://www.lambdalegal.org/</p> <ul style="list-style-type: none"> • Transgender Rights Toolkit - Resource and advocacy tool designed to educate and empower. • Publications & Resources 	Free
<p>NJ School Boards Association</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> <p>Associated link: https://www.njsba.org/wp-content/uploads/2017/02/Gender-Identify-and-Expression.pdf</p>	Free
<p>New Jersey Interscholastic Athletic Association (NJSIAA)</p> <p>The Committee voted to accept a new Transgender Policy, updating a first-of-its-kind policy established in 2009. Under the new regulations, a transgender student is defined simply as a student whose gender identity differs from that student’s birth sex. Transgender students will be eligible to participate in accordance with either their birth sex or in accordance with their gender identity, but not both. Medical consultation is no longer required.</p> <p>NJSIAA Transgender Policy: http://www.njsiaa.org/sites/default/files/document/NJSIAATransgenderPolicy.pdf</p>	Free
<p>NJPTA</p> <p>National PTA has established a partnership with The Human Rights Campaign to develop resources to help our members better understand how to support and welcome students and families from the LGBTQ community.</p> <ul style="list-style-type: none"> • Discussion Guide • Embracing Family Diversity: Welcoming LGBTQ Families • Supporting LGBTQ Students: Bullying Prevention <p>Child-in-Focus-Leadership-Series-LGBTQ (https://www.pta.org/home/events/About-Every-Child-in-Focus/Every-Child-in-Focus-Leadership-Series/Every-Child-in-Focus-Leadership-Series-LGBTQ)</p>	Free
<p>NJ Association of School Psychologists</p> <p>Find a psychologist for LGBTQ population: http://www.psychologynj.org/find-a-psychologist#/</p>	Associated Fees.

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<p>CDC Resources for Educators and School Administrators https://www.cdc.gov/lgbthealth/youth-resources.htm</p> <p>Advocates for Youth (AFY): LGBTQ Resources for Professionals Lesson plans, tips and strategies, background information, and additional resources to help youth-serving professionals create safe space for young people of all sexual orientations and gender identities.</p> <p>Bullied: A Student, a School and a Case That Made History: Teaching materials for educators “Bullied” is designed to help administrators, teachers and counselors create a safer school environment for all students, not just those who are gay and lesbian.</p> <p>Gay, Lesbian & Straight Education Network (GLSEN): Educator Resources GLSEN educator guides and lessons to support your curriculum and practices.</p> <p>Genders and Sexualities Alliance (GSA) Network: Transforming Schools GSA clubs can make schools safer and more welcoming for LGBTQ youth.</p> <p>HIV/AIDS and Young Men Who Have Sex with Men[PDF – 526 KB] Learn more about how HIV disproportionately affects young men who have sex with men.</p> <p>Questions and Answers: LGBTQ Youth Issues Questions and answers on sexual orientation, gender identity, and risks or challenges some LGBTQ youth may experience.</p> <p>The Trevor Project: Education and Resources for Adults The Trevor Project’s “Trainings for Professionals” include in-person Ally and CARE trainings designed for adults who work with youth. These trainings help counselors, educators, administrators, school nurses, and social workers discuss LGBTQ-competent suicide prevention.</p>	<p>Free</p>
<p>American Psychological Association (APA) Resources</p> <ul style="list-style-type: none"> ○ Healthy Lesbian, Gay and Bisexual Students Project 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 Just the Facts provides information and resources for principals, educators and school personnel who confront sensitive issues involving gay, lesbian and bisexual students. ○ Understanding Sexual Orientation and Gender Identity Accurate information for those who want to better understand sexual orientation. 	<p>Free</p>

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<p>ACLU</p> <ul style="list-style-type: none"> • LGBT Youth and Schools Resources and Links: https://www.aclu.org/library-lgbt-youth-schools-resources-and-links • 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)</p> <p>APA LGBT Youth Resources: http://www.apa.org/pi/lgbt/programs/safe-supportive/lgbt/</p> <ul style="list-style-type: none"> • Promoting safe and supportive school policies for all children and youth • 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 	Free
<p>Anti-Defamation League (ADL)</p> <p>Discussing Transgender and Gender Non-Conforming Identity and Issue (PDF): https://www.adl.org/sites/default/files/documents/discussing-transgender-and-gender-non-conforming-identity-and-issues.pdf</p>	Free

**Discussing Transgender and Gender Non-Conforming Identity and Issues
Resources for K-12 Teachers**

Resources for K to 12 Teachers	Associated Costs
<p>The Human Rights Campaign’s Welcoming School’s Initiative http://www.welcomingschools.org/resources/</p> <p>School Resources</p> <ul style="list-style-type: none"> • Creating LGBTQ-Inclusive Schools • Ending Bias-Based Bullying • Embracing Family Diversity • Understanding Gender • Recursos en español de Escuelas Acogedoras <p>Diverse Lesson Plans for Your School</p> <ul style="list-style-type: none"> • Lessons to Create LGBTQ-Inclusive Schools • Lessons to Embrace Family Diversity • Lessons to Prevent Bias-Based Bullying • Lessons to Understand Gender 	Free
<p>Supporting LGBTQ Youth – Harvard University Graduate School of Education https://mcc.gse.harvard.edu/files/gse-mcc/files/lgbtq_resource_list_0.pdf</p> <p>Best Practices and Guidelines</p> <ul style="list-style-type: none"> • <i>GLSEN’s Back-To-School-Guide for Creating LGBT Inclusive Environments</i> GLSEN http://glsen.org/sites/default/files/back_to_school_guide_0.pdf • <i>Working With LGBT Students of Color</i> GLSEN http://glsen.org/sites/default/files/LGBT_studentsofcolor.pdf • <i>Girl’s Best Friend & Advocates for Youth’s Toolkit for Creating Safe Space for GLBTQ Youth</i> Advocates for Youth www.advocatesforyouth.org/storage/advfy/documents/safespace.pdf • <i>Teaching Tolerance’s Best Practices: Creating an LGBT-Inclusive School</i> Teaching Tolerance www.tolerance.org/sites/default/files/general/LGBT%20Best%20Practices_0.pdf 	Fee for Resources

Curricula and Lesson Plans

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<ul style="list-style-type: none"> • GroundSpark's Respect for All Project GroundSpark http://groundspark.org/respect-for-all/curricular-resources • GLSEN & MTV's True Life: I'm Coming Out, Teacher's Guide MTV www.mtv.com/partners/cic/Coming_Out_LP.doc • GLSEN's Think Before You Speak GLSEN http://glsen.org/sites/default/files/Guide%20to%20ThinkB4YouSpeak.pdf • Advocates for Youth's Lesson Plans for Building Allies for GLBTQ Youth Advocates for Youth www.advocatesforyouth.org/publications/publications-a-z/608-creating-safe-space-for-glbtc-youth-a-toolkit#lessonplans • Live Out LOUD https://www.liveoutloud.info/resources/lesson-plans/ Lesson Plans Resources for Educators 	Free

Trainings Available

Training	Associated Costs
<ul style="list-style-type: none"> • Rutgers Education- ANSWER Sex Education https://answer.rutgers.edu/course/108 • GLSEN: Professional Development Workshops https://www.glsen.org/educate/professional-development/workshops • Rutgers – LGBTQ and Diversity Resource Center http://lgbt.newark.rutgers.edu/ • Teach for America: LBGTW Initiative https://www.teachforamerica.org/about-us/our-initiatives/lgbtc-initiative • The Trevor Project: Training https://www.thetrevorproject.org/education/trainings-for-youth-serving-professionals/#sm.0001uua4k5koce8iwxn1rax7kzw4w 	Some events are free, but additional training will have costs associated

- [The Out Alliance](http://www.gayalliance.org/programs/education-safezone/speakout-providing-successful-lgbtq-education/)
http://www.gayalliance.org/programs/education-safezone/speakout-providing-successful-lgbtq-education/
- [The Center for Social Justice Education and LGBT Communities](http://socialjustice.rutgers.edu/safer-space-training-program/)
http://socialjustice.rutgers.edu/safer-space-training-program/
- [Gender Spectrum](https://www.genderspectrum.org/quick-links/trainings/)
https://www.genderspectrum.org/quick-links/trainings/

Books and Texts for Schools

LGBTQ-Themed Books for Elementary Students

[LGBTQ Resources for K to 12 Students \(PDF\)](#)

- ***10,000 Dresses***, Ewert, Marcus, 2000 (K to 2)
Bailey dreams every night of beautiful dresses but her parents are not supportive. People tell Bailey that she shouldn't dream of dresses because Bailey was designated male at birth. But Bailey keeps on dreaming and one day she meets a girl who helps make all of her dreams come true!
- ***All I Want to Be is Me***, Rothblatt, Phyllis, 2011
Illustrated children's book that reflects the diverse ways that young children experience their gender identity.
- ***And Tango Makes Three***, Richardson, Justin, and Parnell, Peter, Simon and Schuster, 2005, (K to 3)
This tale based on a true story about a charming penguin family living in New York City's Central Park Zoo will capture the hearts of penguin lovers everywhere. Roy and Silo, two male penguins, are "a little bit different." They cuddle and share a nest like the other penguin couples, and when all the others start hatching eggs, they want to be parents, too.
- ***Antonio's Card***, González, Rigoberto, 2005 (K to 3)
Antonio loves his mom's partner, Leslie, but struggles with her appearance, fearing what other kids may think about her.
- ***Are You a Boy or a Girl?*** Jiménez, Karleen P, 2000, (K to 2)
A book to open the conversation about what it means to be a boy or a girl and the many possibilities of expressing oneself.
- ***Asha's Mums***, Elwin, Rosamund, and Pause, Michele, Women's Press, 1990 (K to 3)
Asha is told she cannot go on a fieldtrip because her form is filled out incorrectly – it says she has two moms. Her classmates debate the issue and defend her. Asha's mom's talk to the school and resolve the problem.
- ***Be Who You Are***, Carr, Jennifer, Authorhouse, USA, 2010 (Grade 3 to 6)
Nick was born a boy but knows that she is really a girl. This story tells of Nick sharing this information with her family and ultimately transitioning with their support.
- ***Boy Who Cried Fabulous***, The, Newman, Leslie, 2007 (K to 3)
A rhyming tale endorsing exuberance, this book offers a refreshing, optimistic message about appreciating the little things in life.

- ***Duke Who Outlawed Jellybeans and Other Stories***, Valentine, Johnny, 2004 (K to 7)
In these five action-filled intensive tales, many young heroines and heroes, and lesbian and gay parents, are given prominent roles. In some stories, young girls assume a very feminist stance and save the day in each situation.
- ***Families: A Celebration of Diversities***, Commitment, and Love, Jenness, Aylette (1990) (K to 7 read-aloud)
This book depicts families via black-and-white photographs. Children and teenagers talk about their single-parent, adoptive, foster, extended, bi-racial, same-gender, traditional and step-parent families, and also describe their hobbies, family life and activities.
- ***Holly's Secret***, Garden, Nancy, 2000 (4 to 7)
After moving from a big city to the country, Holly tries to change her name and to hide that fact that she has two lesbian mothers. She finds that her plan is a lot more difficult in practice than in theory and that it hurts the people who matter the most to her.
- ***Popularity Papers***, The, Ignatow, Amy, 2010, (Grade 4 to 6)
Best friends Lydia and Julia embark on a scrapbook project to study the behavior of the popular girls at their elementary school so that they too will be able to fit in with the right crowd. Julie's parents are both male.

LGBTQ Resources for Middle School and High School Students

- ***Vigil for Joe Rose***, Whatling, Michael (2009)
Personal stories about being out in high school.
- ***Absolutely Positively Not***, Larochelle. David (2005)
A funny look at a regular (gay) boy who's finding out what it takes to be a real man.
- ***Almost Perfect***, Katcher, Brian (2010) Grade 8 to 12
The story of a boy who falls for a girl who is actually a boy.
- ***Annie on My Mind***, Garden, Nancy, Square Fish, 2007 Grade 9 to 12
Liza and Annie are two 17-year-old New Yorkers who meet, become friends, and slowly realize that their feelings encompass more than friendship. They are confused, curious, tentative, and intense with each other. "No single work has done more for young adult LGBT fiction than this classic about two teenage girls who fall in love." - |School Library Journal
- ***Another Kind of Cowboy***, Juby, Susan, HarperTeen, 2007
For Alex Ford, dressage is an oasis. In the stable, he can slip into his riding pants, shed the macho cowboy image, and feel like himself for a change. For Cleo O'Shea, dressage is a fresh start. She's got a new boarding school, absentee parents, and, best of all, no one to remember her past. . . . They're an unlikely pair. Cleo's looking for love, but Alex has a secret he's not ready to give up, and a flirtation with Cleo is the last thing on his mind. But you can't find romance before you know real friendship, and sometimes the last person you'd ever think of as a friend ends up being the one you need the most. Susan Juby's trademark humor brings life and laughter to this remarkable story of relationships, mixed signals, and the soul-searching that sometimes takes two.
- ***Ash***, Lo, Malinda (2010) Grade 7 to 12
Torn between her emerging love for the King's mysterious huntress and the ethereal draw of a fairy prince, Ash discovers the strength of her own identity in this bisexual retelling of Cinderella.

- ***Baby Be-Bop***, Block, Francesca L., 1995 Grade 8 to 12
One of a series of books that follow the adventures of a group of friends. The main character, Dirk, has always known he was gay; we share in his coming out to his friends and grandmother, as well as portraying his hopes for love.
- ***Beyond Magenta***, Kuklin, Susan, 2014 Grade 9 to 12
Author and photographer Susan Kuklin met and interviewed six transgender or gender-neutral young adults and used her considerable skills to represent them thoughtfully and respectfully before, during, and after their personal acknowledgment of gender preference. Portraits, family photographs, and candid images grace the pages, augmenting the emotional and physical journey each youth has taken. Each honest discussion and disclosure, whether joyful or heartbreaking, is completely different from the other because of family dynamics, living situations, gender.
- ***Born This Way: Real Stories of Growing Up Gay***, Vitagliano, Paul, 2012, Quirk Books
Born This Way shares 100 different memories of growing up LGBTQ. Childhood photographs are accompanied by sweet, funny, and at times heartbreaking personal stories. Collected from around the world and dating from the 1940s to today, these memories speak to the hardships of an unaccepting world and the triumph of pride, self-love, and self-acceptance. This intimate little book is a wonderful gift for all members of the LGBTQ community as well as their friends and families. Like Dan Savage's It Gets Better Project, *Born This Way* gives young people everywhere the courage to say, "Yes, I'm gay. And I was born this way. I've known it since I was very young, and this is my story."
- ***Feeling Wrong in Your Own Body***, Seba, Jamie H.
Understanding what it means to be transgender.
- ***Freaks and Revelations***, Hurwin, Davida (2009) Grade 9 to 12
Tells, in alternating fictional voices, of events leading up to a true 1980's incident in Los Angeles in which a fourteen-year-old homeless gay youth was beaten and left for dead by a seventeen-year-old skinhead. The two met again, years later, and now give talks together about overcoming hatred.
- ***Full Spectrum: A New Generation of Writing About Gay, Lesbian, Bisexual, Transgender, Questioning, and Other Identities***, The, Merrell, Billy, and Levithan, David, 2006, Random House Children's Books
A collection of original poems, essays, and stories by young adults in their teens and early 20s. *The Full Spectrum* includes a variety of writers-gay, lesbian, bisexual, straight, transitioning, and questioning-on a variety of subjects: coming out, family, friendship, religion/faith, first kisses, break-ups, and many others.
- ***Gay America: Struggle for Equality***, Alsenas, Linus (2008) Grade 7 to 12
A well-illustrated and engaging history of gay and lesbian life in the United States, with a focus on the twentieth century.
- ***GLBTQ: The Survival Guide For Gay, Lesbian, Bisexual, Transgender, And Questioning Teens***, Huegel, Kelly, 2011, Free Spirit Publishing
Issues-based information and advice address coming out, prejudice, getting support, staying safe, making healthy choices, and thriving in school. This frank, sensitive book is written for young people who are beginning to question their sexual or gender identity, those who are ready to work for GLBTQ rights, and those who may need advice, guidance, or reassurance that they are not alone.
- ***How Beautiful the Ordinary***, Cart, Michael (editor) 2004
A collection of twelve LGBT-themed short stories with three focused on transgender characters.

- ***How It Feels to Have a Gay or Lesbian Parent: A Book by Kids for Kids of All Ages***, Snow. Judith E., all grades

This book gives voice to the thoughts, feelings, and experiences of children, adolescents, and young adults who have a gay or lesbian parent. In their own words, they talk openly and candidly about how and when they learned of their parent's sexual orientation and the effect it had on them—and their families. Their stories echo themes of prejudice and harassment, conflict and confusion, adaptation and adjustment, and hope for tolerance and a family that can exist in harmony.

Please be advised that these resources are provided for informational purposes only. Neither the New Jersey Department of Education, nor its officers, employees, nor agents, specifically endorse these resources or the entity hosting these resources. Please note that the New Jersey Department of Education has not validated the materials related to these resources.