

True Colors  
Sexual Minority Youth and Family Services

# 2012-2013 RESOURCE GUIDE

# **True Colors, Inc.**

Sexual Minority Youth and Family Services  
576 Farmington Ave  
Hartford, CT 06105  
860-232-0050

## **With YOUR support, True Colors:**

### **Empowers Youth**

- CT's only LGBTQ Mentoring Program
- Youth Activist Institutes and Trainings
- Gay/Straight Alliance summits and forums

### **Builds Cultural Competency**

- Values Clarification Training
- Professional and Case Consultation

### **Advocates for Systemic Change**

- Working for Youth in the 'System'
- Policy Recommendations and Development

**WE can't do it without YOU!**

**Call (860) 232-0050 or visit us on line at  
[www.ourtruecolors.org](http://www.ourtruecolors.org) to find out how YOU can help.**

True Colors works to create a world where youth of all sexual orientations and gender identities are valued and affirmed. We challenge all forms of oppression through education, training, advocacy, youth leadership development, mentoring and direct services to youth and those responsible for their well-being.

# Table of Contents

## RESOURCES

School Based Gay/Straight Alliances	page 3-5
Community Based LGBT Youth Groups	page 6
Safe Zones Stickers, True Colors Activist Institute, GSA Network	page 7
GSA Program Ideas	page 8-9
GLSEN Resources	page 10
College and University Groups (CT)	page 11
Fact Sheets, Tool Kits and Pamphlets	page 12-13
General Resources (Hotlines, Sexual Assault, Magazines, etc.)	page 14
Inclusive Spiritual/Faith Communities	page 15
LGBT and ally Youth Scholarships	page 16
Internet Resources	page 17
Tips for being safe on the 'net'	page 18
Intersex Resources (on-line)	page 19
Posters/Videos/Stickers	page 20
Regional Resources (Community and Health Centers)	page 21
Regional Resources (Support Groups, LGBT Athletes, Transgender Adults)	page 22
Regional Resources (General Family, OB/GYN, Pediatricians, Endocrinology)	page 23-24
Regional Resources (Parents, Families and Friends of LGBT folks)	page 25
Regional Resources (LGBT parents and their children)	page 26
Substance Abuse Issues and Resources	page 27
Therapists	page 28
Transgender Resources for Youth	page 29
How to Ally for Transgender Youth	page 30

## FOUNDATIONAL INFORMATION/ RESOURCES

Summary of LGBT Legal Rights in Schools	page 31
Steps for Filing a Discrimination Complaint	page 32
Making a Difference: Immediate and Environmental Action Steps	page 33
Making a Difference: Agency Level Action Steps	page 34
Definitions (English)	page 35
A Short LGBT history	page 36
Sexual Minority Youth Risk Factors	page 37
Sexual Minority Youth Protective Factors	page 38
American Psychological Association Questions and Answers	page 39-40
Reconsidering models of coming out	page 40
Questions to consider before "Coming Out"	page 41
Respuestas a Sus Preguntas Acerca de la Orientacion Sexual y la Homosexualidad	page 42-44
Definiciones (Español)	page 45
Saliendo del Closet	page 46-47
Recursos en Español	page 47-48

## BIBLIOGRAPHY (Organized by Audience)

Bisexuality	page 49	Children of LGBT Parents	page 49
Child Welfare, Mental Health	page 50	Educators	page 52
General Interest	page 53	Journals	page 53
LGBT History	page 54	LGBT Parents	page 54
Youth Non-Fiction	page 55	Youth Fiction	page 57
Parents of LGBT youth	page 58	LGBT People of Color	page 58
Public Health	page 60	People w/ Disabilities	page 60
Religion, Spirituality	page 60	Substance Abuse	page 61
Transgender	page 62		

<b>BENEFACTORS: Co-sponsors, Advertisers</b>	<b>page 63 -</b>
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# School Based Sexual Minority Youth/Ally Groups

## Public School Gay Straight Alliances

Academy for Information Technology (Stamford)  
 A.I. Prince Technical School (Hartford)  
 American School for the Deaf  
 Amity Regional High School (Woodbridge)  
 Ansonia High School  
 Avon High School  
 Bacon Academy (Colchester)  
 Bassick High School  
 Berlin High School  
 Bethel High School  
 Big Picture High School  
 Bolton High School  
 Branford High School  
 Bridge Academy  
 Brien McMahon High School  
 Bristol Central High School  
 Bristol Eastern High School  
 Brookfield High School  
 Bulkeley High School (Hartford)  
 Bullard Havens (Bridgeport)  
 Bunnell High School (Stratford)  
 Canton High School  
 Capital Preparatory Magnet School (Hartford)  
 Central High School (Bridgeport)  
 C.E.S. Trumbull  
 Cheshire Academy  
 Cheshire High School  
 Coginchaug High School (Durham)  
 Common Ground High School (New Haven)  
 Conard High School (West Hartford)  
 Connecticut International Baccalaureate Academy  
 Coventry High School  
 Crosby High School  
 Danbury High School  
 Daniel Hand High School (Madison)  
 Darien High School  
 Derby High School  
 E. C. Goodwin: New Britain Youth Services  
 E. C. Goodwin Technical High School  
 E. O. Smith High School (Storrs)  
 East Granby High School  
 East Hampton High School  
 East Hartford High School  
 East Haven High School  
 East Lyme High School  
 Eli Whitney V-T School  
 Ellington High School  
 Emmett O'Brien V-T School (Ansonia)  
 Enfield Youth Services  
 Enrico Fermi High School (Enfield)  
 Ethel Walker School  
 Explorations (Winsted)  
 Fairfield Ludlowe High School  
 Fairfield Warde High School  
 Farmington High School  
 Fitch Senior High School (Groton)  
 Francis T. Maloney High School (Meriden)  
 Glastonbury High School  
 Granby Memorial High School  
 Grasso Technical High School  
 Greenwich High School  
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# School Based Sexual Minority Youth/Ally Groups

## Public School Gay Straight Alliances

Griswold Middle School  
 Griswold Senior High School  
 Guilford High School  
 H. C. Wilcox V-T School  
 H. H. Ellis V-T School  
 Haddam-Killingworth High School  
 Hamden High School  
 Harding High School  
 Hartford Public High School  
 Henry Abbott V-T School (Danbury)  
 High School in the Community (New Haven)  
 Hill Regional Career High School (New Haven)  
 Hillhouse High School (New Haven)  
 Housatonic Valley Reg. High School (Falls Village)  
 Howell Cheney V-T School (Manchester)  
 Joel Barlow High School (Redding)  
 John F. Kennedy High School  
 Jonathan Law High School (Milford)  
 Joseph A. Foran High School (Milford)  
 Kent School  
 Killingly High School (Danielson)  
 Ledyard High School  
 Lewis S. Mills High School (Burlington)  
 Loomis-Chaffee  
 Lyman Hall High School (Wallingford)  
 Lyman Memorial High School (Lebanon)  
 Lyme-Old Lyme High School  
 Manchester High School  
 Mark T. Sheehan High School  
 Masuk High School  
 Metropolitan Learning Center  
 Middletown High School  
 Montville High School  
 Naugatuck High School  
 New Britain High School  
 New Canaan High School  
 New Fairfield High School  
 New London High School  
 New Milford High School  
 Newington High School  
 Newtown High School  
 Nonnewaug High School  
 North Branford High School  
 North Haven High School  
 Northwestern Regional High School  
 Norwalk High School  
 Norwich Free Academy  
 Norwich V-T School  
 Old Saybrook High School  
 Oliver Wolcott V-T School  
 Palmer Academy (Montville)  
 Parish Hill High School (Chaplin)  
 Pathways to Technology Magnet Schools  
 Plainfield High School  
 Plainville High School  
 Portland High School  
 Putnam High School  
 RHAM High School  
 Ridgefield High School  
 Rockville High School  
 Rocky Hill High School  
 Rumsey Hall School (Washington)

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# School Based Sexual Minority Youth/Ally Groups

## Public School Gay Straight Alliances

Seymour High School  
 Shelton High School  
 Shepaug Valley High School  
 Simsbury High School  
 Somers High School  
 Sound School  
 Southington High School  
 South Windsor High School  
 Stafford High School  
 Stamford High School  
 Staples High School (Westport)  
 Stratford High School  
 Suffield High School  
 Synergy High School (East Hartford)  
 Terryville High School  
 Thames Academy  
 The Bridge Academy  
 The Depot  
 The Gilbert School  
 Thomaston High School  
 Tolland High School  
 Torrington High School  
 Tourtellotte Memorial High School (N. Grosvenordale)  
 Trumbull High School  
 University High School of Science and Engineering  
 Valley Regional High School (Deep River)  
 Vinal V-T School (Middletown)  
 W. F. Kaynor V-T School (Waterbury)  
 Wamogo Regional High School  
 Waterford High School  
 Weaver High School (Hartford)  
 West Haven High School  
 Westbrook High School  
 Westhill High School  
 Weston High School  
 Wethersfield High School  
 Wheeler High School (North Stonington)  
 Wilbur Cross High School (New Haven)  
 William H. Hall High School  
 Wilton High School  
 Windham High School  
 Windham V-T High School  
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 Windsor Locks High School  
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 Wolcott High School

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## Independent School GSAs

American School for the Deaf  
 Cheshire Academy  
 Choate Rosemary Hall (Wallingford)  
 Ethel Walker School (Simsbury)  
 Hopkins School (New Haven)  
 Kent School  
 Kingswood-Oxford (W. Hartford)  
 Miss Porter's School (Farmington)  
 St. Luke's School (New Canaan)  
 Watkinson School (Hartford)  
 Wooster School (Danbury)  
 Woodstock Academy

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 (860) 409-3500  
 (203) 801-4888  
 (860) 236-5618 ex. 169  
 (203) 438-2693  
 (860) 928-0413

# Community Based Youth Groups

## **Collors of Love**

**(203) 994-1972**

Meets from 6:30 – 8:00 PM on Tuesday nights in Bridgeport at the Bridgeport Innovation Center, 955 Connecticut Ave, Suite 5008B, Bridgeport. For information: email: [collorsoflove@aol.com](mailto:collorsoflove@aol.com)

## **GASP (Gay and Straight People)**

**(203) 245-5645**

GASP is an anti-bias group focusing on the reduction of homophobia, heterosexism and bias in schools and communities. The group meets on the last Tuesday of the month after school at Madison Youth Services, 7:30 PM. The meeting is facilitated by Taffy Bowes.

## **New Haven Youth Group (Center Youth)**

**(203) 387-2252**

Facilitated by Tom Murphy, LCSW, this is a social support group intended for gay, lesbian, bi-sexual, transgender, intersex youth and their straight allies meets on occasionally at the New Haven LGBT Community Center, 14 Gilbert Street, West Haven. Call for more information about meeting times.

## **Out Now**

**1-888-429-9990**

Social and support group for LGBT youth, ages 22 and under in the Greater Springfield area. Meets on Fridays from 4-6 PM, 125 Main Street, Springfield, MA 01105. Funded in part by the MA Dept of Public Health & The Governor's Commission on Lesbian & Gay Youth.

## **OutSpoken Norwalk**

[www.ctgay.org](http://www.ctgay.org)

**Toll Free 1-866-86CTGAY or**

**(203) 227-1755**

OutSpoken meets every Sunday from 4:00 to 6:00 PM at the Triangle Community Center, 16 River Street, Norwalk. The group which is evenly divided between male and female, high school and college age young people, has five co-facilitators and is designed to provide a safe place for GLBT and questioning youth to meet for support and social activities. You may also reach them by email at [dwoog@optonline.net](mailto:dwoog@optonline.net) or [www.ctoutspoken.com](http://www.ctoutspoken.com)

## **RainbowRoom**

**(860) 278-4163**

This group meets on Sundays from 3-6 PM in the green room at the Hartford Gay and Lesbian Health Collective, 1841 Broad Street, Hartford. Parking is available in the lot next to the building or anywhere on the street. During social/activity time, LGBTQ teens and young adults (13-21) can network with others, participate in activities, use arts and crafts, play board games, read a book or a magazine, listen to music, dance, watch a movie or just hang out with friends. Impromptu discussions give participants a chance to share personal experiences in an affirming and supportive environment. In addition, bi-monthly educational programming provides for lively, informative and honest discussions about coming out, relationships, school, health and other issues which relate to being an LGBTQ teen or young adult. Contact Jamie Bassell at the number above for info. Facebook: <http://www.facebook.com/HGLHCRainbowRoom>

## **Shoreline Teen Pride**

**(860) 399-9239**

Although this group is no longer meeting regularly, their facilitator is a good resource in the area. Please call Jonathan Dean at the number above for more information.

## **Translation (14-17)**

**(203) 376-8089**

Strictly for trans youth only! Based in New Haven. Contact Tony by phone or email: [snart\\_art@yahoo.com](mailto:snart_art@yahoo.com) for meeting details. A parent group, a sibling group and an art group for trans and gender non-conforming youth between the ages of 8 and 13 are also running. Please call Tony for more information on any of these groups or see his website at [www.tonyferraiolo.com](http://www.tonyferraiolo.com)

## **True Colors**

**(860) 232-0050 x 306**

True Colors offers WEEKLY social activities and groups for LGBT identified youth in various locations across Connecticut. Some events are monthly (such as game nights and Wii tournaments), some are six week sessions (such as Graffiti as Art, cooking on a budget, self-defense, spoken word, etc.) and others are periodic. Feel free to call to find out what is happening in your area or contact Alison at [alison@ourtruecolors.org](mailto:alison@ourtruecolors.org)

## **YourSpace**

**(203) 389-5010 x306**

This group is for gay, lesbian, bisexual, transgender, intersex and questioning youth ages 12 – 21. It meets on Fridays at 5:30 at the Women and Families Center, 183 Colony Street, Meriden, CT 06451. For more information, contact Elise at the number above.

Note: Meeting times and places are subject to change. Please call contact number to confirm.

## To order LGBT “Safe Zone” or other Stickers:

**Donnelly-Colt: Buttons, Bumper Stickers, Safe Zone Stickers and much more**

**Phone: (860) 455-9621 / Fax line: 1-800-553-0006**

**E-mail address: [clay@connellycolt.com](mailto:clay@connellycolt.com)**

**Website: <http://donnellycolt.com/catalog/core.shtml>**

**Queer Gear** (stickers, diversity posters, T-Shirts, etc.)

[www.queer-gear.com](http://www.queer-gear.com)

## True Colors Activist Institute

With the generous support of the Perrin Family Fund and the Beatrice Fox Auerbach Foundation Fund, True Colors is delighted to offer a **FREE, on-site at your school, six week Activist Institute**. Each one hour, interactive session is fun, targets a specific skill and gives students time for hands-on practice. Students learn to manage conflict, to facilitate effective meetings, deal with distractions and obstacles, use their stories to affect change, use the power of groups for action, and plan their own change project. For more information or to schedule a session at your school, email: [gsa@ourtruecolors.org](mailto:gsa@ourtruecolors.org) or call (860) 232-0050 and ask to speak to the GSA Coordinator.

## GSANETWORK.ORG Resources

Gay-Straight Alliance Network is an online youth leadership organization that connects school-based Gay-Straight Alliances (GSAs) to each other and community resources. Through peer support, leadership development, and training, GSA Network supports young people in starting, strengthening, and sustaining GSAs and builds the capacity of GSAs to:

Create safe environments in schools for students to support each other and learn about homophobia and other oppressions, educate the school community about homophobia, gender identity, and sexual orientation issues, and fight discrimination, harassment, and violence in schools

**Some of what you will find at this site:**

- ◆ How to Facilitate a Meeting
- ◆ Beyond the Binary: A Toolkit for Gender Identity Activism in Schools
- ◆ What Every Super-Rad Straight Ally Should Know
- ◆ Building Anti-Racist GSAs

## Advocate/Ally Resources

- |  |  |
|--|--|
| • <b>GLSEN: Gay, Lesbian, &amp; Straight Education Network</b><br>Ensuring safe schools for all students | (203) 288-2399<br><a href="http://www.glsen.org/connecticut">www.glsen.org/connecticut</a> |
| • <b>Safe Zone Program</b>   | <a href="http://www.safezoneforall.com">www.safezoneforall.com</a>                         |
| • <b>Safe Schools Coalition</b>  | <a href="http://www.safeschoolscoalition.org">www.safeschoolscoalition.org</a>             |
| • <b>Ally Action</b>   | <a href="http://www.allyaction.org">www.allyaction.org</a>                                 |

## Stonewall Speakers Association:

[www.stonewallspeakers.org](http://www.stonewallspeakers.org)

**(860) 523-5799**

Stonewall Speakers is a speaker's bureau comprised of lesbian, gay, bisexual, and transgender people and allies. Engagements generally include two or more panelists and combine personal life stories with a question and answer session. We speak with thousands of youth and adults annually in high school classes, GSA's, faculty meetings, college classes, or any group that asks for us.



# Getting a GSA started

**Find** an advisor who believes in what you are doing

**Choose** a time and place to hold your meetings

The first rule of organizing: If you **feed** them, they will come...

**ADVERTISE** EVERYWHERE! Use posters, announcements, etc.

**Inform** supportive teachers, school social workers and guidance counselors, etc.

**Come up with ideas** for the first two or three meetings to get things started

## Activities and Change Projects for GSA Meetings

### Starting and Stopping:

Every meeting should start with an icebreaker and end with a chance for everyone to give feedback

### Sample Ground Rules:

One mic...  
No dissing....  
Elmo (Enough let's move on)...  
Step up, step back  
No side conversations

### Some Meeting Topics:

Gender... What makes a man a man; a woman a woman...  
LGBT history... Group topics (put in a hat and people draw one out)...  
PRIDE... Coming out as LGBT or an ally...  
dealing with homo/bi/trans phobia...

### Some Activity Ideas:

Watch a LGBT film... Bring in outside speakers... Plan theme dances... Make safe zone stickers or posters... Participate in the Day of Silence (April) or National Coming Out Day (October) or No Name Calling Week (January)... Plan a GSA summit or other joint activity with nearby schools... Make a movie... Raise money to come to the True Colors conference in March... Have a bring a friend day... role play ways of interrupting intolerance...

**Hold** a Rally... **Write** and perform a skit for an assembly or faculty meeting

**Mentor** middle school students

**Meet** with your local, state and/or federal representatives

**Ally** for another social justice issue and join in their actions: immigration rights; anti-racism; universal health care, etc.

**Put up flyers and posters** during LGBT history month (October), highlighting LGBT African Americans during Black History month (February); LBT women during women's history (March); Latino/a LGBT folks during Hispanic Heritage month (September) or transgender folks during the National Day of Remembrance (November)

**Mobilize** parents to support your project... **Set up** a social media page to support an action for change

**Create** a petition... **Update** or challenge school policies related to orientation, gender, dress codes... **Write** letters to the editor for your school, community or local newspapers

## Tools & Tips for GSA Leaders

**Don't** TALK TOO much

**Make sure** everyone has a chance to talk at every meeting

**Use a 'check-out'** at the end of every meeting: What worked, what didn't work for you about the meeting; What is one thing you learned today that you can use; What was your favorite part of the meeting? Etc.

**Allow** some (but not too much) time for people to socialize at every meeting

**Have the group** come up with a word that you can use when someone is monopolizing the conversation or taking you off topic

**Remind** the group about your chosen ground rules at every meeting to help new people fit in

**Break up cliques** and make that every new person feels welcome and included

**Ask Questions.** Let the group decide and be responsible for its own success

**Talk about** how to resolve a conflict within the group BEFORE it happens

**Have** an agenda for every meeting but be flexible in how you follow it.

### Fundraising Ideas:

Art Exhibition and Sale

Concert

Super Rummage Sale

Bake Sale

Drag show

Dance-offs

Party/Dance

Dog Walking

Gift Wrapping

Walkathons (skate-athons),

Can or Bottle Drive

Be creative and have fun!!!

Car Wash

Movie Premieres

Flower Sale

Polar bear water swims

Dress Down Day

Ally Chain

## Youth and Family Service Bureaus Services

Connecticut's Youth Service Bureaus offer a variety of services and programs for children and youth. They are committed to providing safe and inclusive services to all the youth they serve. Some offer LGBT specific programming and some do not. Each Youth Service Bureau is distinct and different. While an individual Youth Service Bureau may not offer the service you want, all Youth Service Bureaus will welcome your call and locate that service for you. To find out about what is available in your area check out their website at: [www.ctyouthservices.org](http://www.ctyouthservices.org)

## Youth Sexuality Resources:

**National Campaign to Prevent Teen Pregnancy-** (202) 478-8518, or [www.teenpregnancy.org](http://www.teenpregnancy.org)

**Sexuality Information & Education Council Of The United States (SIECUS)-** 90 John Street, Suite 704, New York, NY 10038; (212) 819-9770 or [www.siecus.org](http://www.siecus.org)

**Unitarian Universalist Association & United Church Of Christ/ Our Whole Lives-** 25 Beacon Street, Boston, MA 02108; (617) 742-2100 x301 or [www.uua.org](http://www.uua.org)

## GLSEN Resources:

**Ally Week** ([www.allyweek.org](http://www.allyweek.org)) occurs in October and is a week for students to identify, support, and celebrate allies against anti-LGBT language and bullying and harassment.

**Day of Silence** ([www.dayofsilence.org](http://www.dayofsilence.org)) is on April 20, 2012. Students take a vow of silence in an effort to encourage schools and classmates to address the problem of anti-LGBT behavior.

**GLSEN Policy Reports** ([www.glsen.org/policy](http://www.glsen.org/policy))

- Bridging the Gap in Federal Law: Promoting Safe Schools and Improved Student Achievement by Preventing Bullying and Harassment in Our Schools
- Safe Schools Improvement Act Action Kit
- Tools for Developing and Implementing a Safe Schools Campaign
- States with Safe Schools Laws

**GLSEN Research Reports** ([glsen.org/research](http://glsen.org/research))

- 2009 National School Climate Survey: Nearly 9 out of 10 LGBT Students Experience Harassment in School
- From Teasing to Torment: School Climate in America - A National Report on School Bullying
- Harsh Realities: The Experiences of Transgender Youth in Our Nation's Schools,
- Involved, Invisible, Ignored: The Experiences of Lesbian, Gay, Bisexual and Transgender Parents and Their Children in Our Nation's Schools
- The Principal's Perspective: School Safety, Bullying and Harassment,
- Research Brief: The Experiences of Lesbian, Gay, Bisexual and Transgender Middle School Students
- Research Brief: Gay-Straight Alliances: Creating Safer Schools for LGBT Students and Their Allies
- Shared Differences: The Experiences of Lesbian, Gay, Bisexual and Transgender Students of Color in Our Nation's Schools

**No Name Calling Week** ([www.nonamecallingweek.org](http://www.nonamecallingweek.org)) occurs in January and is a middle school initiative aimed at ending name-calling and bullying of all kinds in schools.

**Safe Space Kits** ([www.safespacekit.com](http://www.safespacekit.com)) and **Jump-Start Guide for GSAs** ([www.glsen.org](http://www.glsen.org)) are designed to help educators and students create a safe space for LGBT youth in schools.

**Tackling LGBT Issues in School** ([www.glsen.org/connecticut](http://www.glsen.org/connecticut)) is a comprehensive resource module with curricular and extra-curricular activities and resources

**ThinkB4YouSpeak.com** provides tips on how to support LGBT issues and the opportunity for visitors to take a stand against anti-LGBT language through an interactive pledge form that will allow teens to "say something original" by sharing alternatives to "that's so gay."

**TO ADD A RESOURCE, OR TO PURCHASE AN AD  
FOR THE 2013 GUIDE, PLEASE CALL  
TRUE COLORS  
860-232-0050, EXT 301**

# College and University Groups

**Albertus Magnus College:** Outspoken Gay/Straight Alliance; c/o Campus Activities, 700 Prospect Street, New Haven

**Central Connecticut State University:** PRIDE; Contact: Cali Babey (860) 832-3545; Website:

<http://ccsu.collegiatelink.net/organization/pride/about>; Email: [ccsupride@gmail.com](mailto:ccsupride@gmail.com)

**Connecticut College:** SOUL; (860) 439-2238, Director: Jennifer Manion; Website: [www.lgbtq.conncoll.edu](http://www.lgbtq.conncoll.edu)

Email: [lgbtq@conncoll.edu](mailto:lgbtq@conncoll.edu)

**Eastern Connecticut State University:** Pride Alliance; Advisors: Suzanne Dowling, (860)465-5204; Cara Bergstrom-Lynch, (860) 465-0016; Email: [pridealliance@my.easternct.edu](mailto:pridealliance@my.easternct.edu)

Website: [http://nutmeg.easternct.edu/studentactivities/clubs\\_orgs/pridealliance.htm](http://nutmeg.easternct.edu/studentactivities/clubs_orgs/pridealliance.htm)

**Fairfield University:** Alliance; Advisor: Meredith Marquez, Email: [mmarquez@fairfield.edu](mailto:mmarquez@fairfield.edu); [fairfieldualliance@hotmail.com](mailto:fairfieldualliance@hotmail.com); Safe Space Program; Website: [www.fairfield.edu/student/sd\\_programs.html](http://www.fairfield.edu/student/sd_programs.html)

**Housatonic CC:** Gay/Straight Alliance; Linda Wolfson, (203) 332-5181 Email: [lwolfson@hcc.commnet.edu](mailto:lwolfson@hcc.commnet.edu)

**Manchester CC:** MCC PRIDE; Co-Advisors Jody Bailey, (860) 512-3384; Jason Scappaticci, (860) 512-3224

**POST:** Rainbow Alliance, Advisor: Luran Ferrara, (203) 593-4677

**Norwalk CC:** Gay/Straight Alliance; Advisor: Cindy Casper, (203) 857-3328; [ccasper@ncc.commnet.edu](mailto:ccasper@ncc.commnet.edu)

**Northwestern Community College:** Randi Camirand, (860) 738-6321

**Quinnipiac University:** G.L.A.S.S.; Contact: Julie Robens, [julierobens@quinnipiac.edu](mailto:julierobens@quinnipiac.edu)

**Sacred Heart University:** Gay/Straight Alliance or SHUGSA; Student Activities Department: (203) 371-7969;

Email: [Ummahk@sacredheart.edu](mailto:Ummahk@sacredheart.edu)

**Southern Connecticut State University (SAGE):** [www.southernct.edu/officeofstudentlife/organizationlist/](http://www.southernct.edu/officeofstudentlife/organizationlist/);

Email: [sagecenter@southernct.edu](mailto:sagecenter@southernct.edu); Prism Club; Advisor: Rosalyn Amenta, (203) 392-5864; Email: [prism@southernct.edu](mailto:prism@southernct.edu)

**Three Rivers CC:** GSA; Advisor: Philip Mayer, (860) 892-5749; Email: [pmayer@trcc.commnet.edu](mailto:pmayer@trcc.commnet.edu)

**Trinity College:** GLBT Safe Zone or EROS; Queer resource Center; (860) 987-6273; Website:

[www.trincoll.edu/orgs/eros](http://www.trincoll.edu/orgs/eros); Email: [EROS@trincoll.edu](mailto:EROS@trincoll.edu)

**Tunxis CC:** SLGBT Alliance; Advisor: Charles Cleary; Email: [ccleary@txcc.commnet.edu](mailto:ccleary@txcc.commnet.edu)

**University Of Connecticut:** The Rainbow Center; Director: Fleurette King, (860) 486-5821, Email:

[Fleurette.King@uconn.edu](mailto:Fleurette.King@uconn.edu); Website: <http://www.rainbowcenter.uconn.edu>; Email: [rainbowcenter@uconn.edu](mailto:rainbowcenter@uconn.edu) There are a number of LGBT and ally programs within the auspices of the Rainbow Center.

**University of Hartford:** Spectrum; (860) 768-5108, Email: [Spectrum@Hartford.edu](mailto:Spectrum@Hartford.edu)

**University of New Haven:** Pride; Email: [glbsa@newhaven.edu](mailto:glbsa@newhaven.edu); Advisor: James Ayers; Email: [jayers@newhaven.edu](mailto:jayers@newhaven.edu)

**Wesleyan University:** Queer Resource Center, SPECTRUM; (860) 685-2425, Contact: Nina Barrett, x 4044;

Website: [www.wesleyan.edu/queer/](http://www.wesleyan.edu/queer/); Email: [qrc@wesleyan.edu](mailto:qrc@wesleyan.edu)

**Western Connecticut State University:** Gay Straight Alliance; (203) 837-9062; Email: [gsa@student.wcsu.edu](mailto:gsa@student.wcsu.edu);

Advisor: Don Gagnon; Email: [gagnond@wcsu.edu](mailto:gagnond@wcsu.edu)

**Yale University Undergraduate:** LBGT Cooperative; (203) 436-4868; Website: <http://www.yale.edu/lgbt/>

Email: [lgbt@yale.edu](mailto:lgbt@yale.edu)

**Yale University Graduate:** Outland; Website: [www.yale.edu/outland](http://www.yale.edu/outland); Email: [outland-core@contra.punctus.net](mailto:outland-core@contra.punctus.net)

**Yale University Law School:** Outlaws; Website: [www.law.yale.edu/stuorgs/ylsoutlaws.htm](http://www.law.yale.edu/stuorgs/ylsoutlaws.htm) Email: [yls.outlaws@yale.edu](mailto:yls.outlaws@yale.edu)

## Other College Resources

**Queer Students Campus Diversity Project**

[www.usstudents.org](http://www.usstudents.org)

**Consortium of Higher Education LGBT Resource Professionals**

Provides a full directory of colleges and universities with LGBT resource centers. [www.lgbtcampus.org](http://www.lgbtcampus.org)

**The Advocate College Guide for LGBT Students:** Read a Review at:

<http://www.glsen.org/cgi-bin/iowa/all/library/record/2054.html>

**Pride Summer Leadership Camp (MD)**

[www.campuspride.org/camp.asp](http://www.campuspride.org/camp.asp)

**Campus Pride**

[www.campuspride.org/](http://www.campuspride.org/)

# Fact Sheets, Tool Kits, Pamphlets

**Advocates for Youth:** Rights, Respect, Responsibility. A general youth information site that includes articles, resources, information targeting LGBT youth as well as LGBT youth of color. [www.advocatesforyouth.org](http://www.advocatesforyouth.org)

**The Ali Forney Center: Housing for Homeless LGBT Youth** (not specific to CT) [www.aliforneycenter.org/resources.html](http://www.aliforneycenter.org/resources.html)

**American Civil Liberties Union:** Lesbian and Gay Rights, information for GSAs, etc. [www.aclu.org](http://www.aclu.org)

**American Medical Student Association:** [www.amsa.org/AMSA/Homepage/About/Committees/GenderandSexuality.aspx](http://www.amsa.org/AMSA/Homepage/About/Committees/GenderandSexuality.aspx)

**American Psychological Association:** Lesbian & Gay Parenting: Theoretical & Conceptual Examinations Related to Lesbian & Gay Parenting [www.apa.org/pi/lgbt/resources/parenting.aspx](http://www.apa.org/pi/lgbt/resources/parenting.aspx)

**Bending the Mold: An Action Kit for Transgender Youth:** Is a Lambda Legal and NYAC Publication. It is available for download at [www.lambdalegal.org/publications/bending-the-mold.html](http://www.lambdalegal.org/publications/bending-the-mold.html)

**Center for Aids Prevention Studies (CAPS) Technology and Information Exchange (TIE) Core:**  
[www.caps.ucsf.edu/resources/fact-sheets/](http://www.caps.ucsf.edu/resources/fact-sheets/)

**The Center for HIV Law and Policy (CHLP)** released the first legal report and guide on the rights of youth in detention and foster care facilities to comprehensive sexual health care, including sexual medical care, sexuality education, and staff training on sexual orientation and the needs and rights of lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth. A full version of the report is available for download at: [www.hivlawandpolicy.org/resources/view/565](http://www.hivlawandpolicy.org/resources/view/565)

**Child Welfare League of America: Sexual Orientation LGBTQ Youth Issues** [www.cwla.org/programs/culture/glbqtq.htm](http://www.cwla.org/programs/culture/glbqtq.htm)

**CT Clearinghouse** has a number of very inexpensive pamphlets and brochures targeting LGBT youth and families.  
[www.ctclearinghouse.org](http://www.ctclearinghouse.org) or 1-800-232-4424

**CT TransAdvocacy Coalition:** Working for Freedom and Empowerment in Gender Identity and Expression. (Anti-discrimination Info) [www.transadvocacy.org/?cat=58](http://www.transadvocacy.org/?cat=58)

**CT Women's Education and Legal Fund (CWEALF):** offers a number of publications including Legal Rights of Lesbians, Gay Men, and Bisexuals in CT. (860) 247-6090 [www.cwealf.org](http://www.cwealf.org)

**Gay and Lesbian Medical Association:** Great population specific (Gay, Lesbian, Bisexual, Transgender, Intersex) health care information [www.GLMA.org](http://www.GLMA.org)

**GLSEN (Gay, Lesbian, Straight Education Network)** see resources on Page 15

**Groundspark: Respect for All Project:** Challenge stereotypes, promote respect and equality and create inclusive community environments through film and professional training. [www.groundspark.org/respect-for-all](http://www.groundspark.org/respect-for-all)

**GSA Networks:** These are great resources with information on how to set up and maintain GSAs; legal resources; building an anti-racist GSA [www.gsanetwork.org](http://www.gsanetwork.org) [www.gaystraightalliance.org/](http://www.gaystraightalliance.org/)

**Help Starts Here: Youth Development Current Trends- Risk Factors and Intervention Strategies for Gay, Lesbian, Bisexual and Transgender Youth (NASW supported website)** [www.helpstartshere.org/kids-and-families/youth-development/youth-development-current-trends-risk-factors-and-intervention-strategies-for-gay-lesbian-bisexual-and-transgender-youth.html](http://www.helpstartshere.org/kids-and-families/youth-development/youth-development-current-trends-risk-factors-and-intervention-strategies-for-gay-lesbian-bisexual-and-transgender-youth.html)

**Just the Facts:** Sexual Orientation & Youth, A Primer for Principals, Educators and School Personnel  
[www.apa.org/pi/lgbt/publications/just-the-facts.html](http://www.apa.org/pi/lgbt/publications/just-the-facts.html)

**Lambda Legal Defense and Education Fund:** Has a variety of great pamphlets, tool kits and fact sheets available for download at [www.lambdalegal.org](http://www.lambdalegal.org)

**The Leadership Conference:** The nation's premier civil and human rights coalition. Information sites on different LGBT Youth needs <http://www.civilrights.org/lgbt/youth>

**National Black Justice Coalition (NBJC):** provides leadership at the intersection of mainstream civil rights groups and mainstream lesbian, gay, bisexual, and transgender (LGBT) organizations, advocating for the unique challenges and needs of the African-American LGBT community [www.nbjc.org](http://www.nbjc.org)

## Fact Sheets, Tool Kits, Pamphlets, cont.

**National Center for Lesbian Rights (NCLR)** they offer toolkits including talking points for schools boards, transgender specific inclusion, organizing and policies and more. [www.nclrights.org/site/PageServer](http://www.nclrights.org/site/PageServer) “**Toolkit on LGBTQ youth in Foster Care and Juvenile Justice**” [www.nclrights.org/site/PageServer?pagename=press\\_ab458\\_020204](http://www.nclrights.org/site/PageServer?pagename=press_ab458_020204)

**National Lesbian and Gay Journalist Association Journalists** ([www.nlgja.org](http://www.nlgja.org)): “Toolbox: How to Cover LGBT People: Education and Resources for Journalists”. [www.nlgja.org/resources/toolbox.html](http://www.nlgja.org/resources/toolbox.html)

**Planned Parenthood: Health Info and Services.** General Information and Definitions  
<http://www.plannedparenthood.org/health-topics/sexual-orientation-gender/sexual-orientation-26529.htm>

**Safe Schools Coalition:** Resource for Parents, Guardians and Family members of LGBT Youth. (Ethnic/religiously sensitive chat groups) [www.safeschoolscoalition.org/RG-glb\\_youth\\_of\\_color.html](http://www.safeschoolscoalition.org/RG-glb_youth_of_color.html)

**Sexuality Information and Education Council of the United States (SIECUS)** Public Policy Fact Sheet for LGBTQ Youth, [http://www.siecus.org/\\_data/global/images/lgbtq\\_fs.pdf](http://www.siecus.org/_data/global/images/lgbtq_fs.pdf)

**Unity Coalition: Leading Latino LGBT Civil-Rights Resource** [www.coalicionunida.org](http://www.coalicionunida.org) or [www.unitycoalition.org](http://www.unitycoalition.org)

**“What Does Gay Mean? How to Talk with Kids about Sexual Orientation and Prejudice”** Lynn Ponton, M.D. National Mental Health Association. 800-969-6642 or [www.nmha.org/whatdoesgaymean](http://www.nmha.org/whatdoesgaymean)



**Did you know that True Colors offers nationally recognized cultural competency training for various professional groups including clinical and direct service staff, educators, health care providers, social service and child welfare providers?**

**For more information or to schedule a training for your team, call us at 888.565.5551, ext 302.**

# General Resources

## Hotline Numbers:

<b>InfoLine (CT)</b> - Suicide/crisis intervention	211 (24 hr referrals)
<b>National Help Center</b> - Peer counseling, M- F evenings, Saturday afternoon, <a href="http://www.glbtnationalhelpcenter.org">www.glbtnationalhelpcenter.org</a>	(888) 843-4564
<b>Youth Talk Line</b> - M- F, 5- 9pm	(800) 246-7743
<b>The Trevor Project</b> - LGBT youth suicide/ crisis intervention	(866) 4.U.Trevor (24 hrs)
<b>Fenway Peer Listening Line</b> - M-F, 5- 10 PM	(800) 399-PEER
<b>Fenway Helpline</b> - M-F, 6-11 PM	(888) 340-4528
<b>The Safe Network</b> - Ending abuse in LGBT communities	(617) 742-4911
<b>Safe Passage (Northampton, MA)</b> - <a href="http://www.safepass.org">www.safepass.org</a>	(888) 345-5282

## Sexual Assault or Intimate Partner Violence Resources

<b>Connecticut Sexual Assault Crisis Services (CONNSACS)</b> 96 Pitkin Street, East Hartford, CT 06108	<a href="http://www.connsacs.org">www.connsacs.org</a> (860) 282-9881
<b>24-hour, Toll-Free Sexual Assault Crisis Hotline</b>	(888) 999-5545 (English) (888) 568-8332 (Español)
<b>Connecticut Coalition Against Domestic Violence (CCADV)</b> 90 Pitkin Street, East Hartford, CT 06108	<a href="http://www.ctcadv.org">www.ctcadv.org</a> (860) 282-7899
<b>24-hour, Toll-Free Domestic Violence Hotline</b>	(888) 774-2900
<b>Gay Men's Domestic Violence Project</b> -	(617) 354-6056 (Business), (800) 832-1901 (Crisis), <a href="http://www.gmdvp.org">www.gmdvp.org</a>

## News Magazines: (Note: Many of these magazines target an adult audience and may contain adult material.)

<b>Young Gay America (YGA)</b> - <a href="mailto:mail@ygamag.com">mail@ygamag.com</a>
<b>Metroline (CT)</b> - (860) 233-8334, <a href="http://www.metroline-online.com">www.metroline-online.com</a>
<b>Bay Windows</b> - (617) 266-6670, <a href="http://www.baywindows.com">www.baywindows.com</a>
<b>The Advocate</b> - <a href="http://www.advocate.com">www.advocate.com</a>
<b>Curve, The Best Selling Lesbian Magazine</b> - (800) 705-0070, <a href="http://www.curvemag.com">www.curvemag.com</a>
<b>Hot Spots Magazine</b> - <a href="http://www.hotspotsmagazine.com">www.hotspotsmagazine.com</a>
<b>United Lesbians of African Heritage (ULOAH)</b> - Provides an online monthly national newsletter with kid's corner, community events, articles, arts and entertainment, <a href="http://www.uloah.com">www.uloah.com</a>
<b>POZ Magazine</b> - News and information for people living with HIV/AIDS; <a href="http://www.poz.com">www.poz.com</a>
<b>Echelon Magazine</b> - For LGBT business professionals; <a href="http://www.echelonmagazine.com">www.echelonmagazine.com</a>
<b>Out</b> - <a href="http://www.out.com">www.out.com</a>
<b>Instinct</b> - <a href="http://www.instinctmagazine.com">www.instinctmagazine.com</a>

## Miscellaneous Resources:

<b>Bloodroot Bookstore &amp; Café</b> - 85 Ferris Street, Bridgeport; (203) 576-9168, <a href="http://www.bloodroot.com">www.bloodroot.com</a>
<b><a href="http://www.gayfriendlysource.com">www.gayfriendlysource.com</a></b> (News, editorials, events, extensive gay-friendly business & organization directory)
<b>GLBT National Help Center</b> - M- F, 4- 12 PM, S 12- 5 PM, <a href="http://www.glbtnationalhelpcenter.org">www.glbtnationalhelpcenter.org</a>
<b>Hartford Gay &amp; Lesbian Health Collective</b> - (860) 278-4163 (Referrals); <a href="http://www.hglhc.org">www.hglhc.org</a>
<b>LGBT Alcoholics Anonymous, Narcotics Anonymous, or other 12- Step Programs</b> - <a href="http://www.ct-aa.org">www.ct-aa.org</a>
<b>National Lesbian &amp; Gay Journalists Association</b> - <a href="http://www.nlgja.org">www.nlgja.org</a>
<b>OUT in Comics (queer comics with bios and contact info)</b> - <a href="http://www.prismcomics.org">www.prismcomics.org</a>
<b>Straight Spouse Network</b> - (201) 825-7763; <a href="http://www.ssnetwk.org">www.ssnetwk.org</a>
<b>Out &amp; Equal Workplace Advocates</b> - Champions for safe and equitable workplaces for LGBT people, (415) 694-6500; <a href="http://www.outandequal.org">www.outandequal.org</a>
<b>Unid@s The National Latina/o LGBT Human Rights Organization</b> <a href="http://www.unidoslgbt.com/">www.unidoslgbt.com/</a>

# Inclusive Spiritual Communities

**A Common Bond-** International online support network for current/former LGBTQA Jehovah's Witnesses; [www.gayxjw.org](http://www.gayxjw.org)

**Affirmation-** Support network for LGBTQA Mormons; (323) 255-7251; PO Box 46022, LA, CA 90046; [www.affirmation.org](http://www.affirmation.org)

**Always Our Children-** A support group/ministry for families and friends of LGBTQA meets in the Community Room of the convent behind Sacred Heart Church (395 Chestnut Street, Springfield, MA) at 7 PM, 1<sup>st</sup> Tuesday; (617) 736-6803; (617) 592-8670

**Association of Welcoming & Affirming Baptists-** Online resource and news source for LGBTQA Baptists; members meet at three CT locations: Farmington, New Britain, Noank; PO Box 259257, Madison WI, 53725; (608) 255-2155; [www.wabaptists.org](http://www.wabaptists.org)

**Brethren/ Mennonite Council for Lesbian & Gay Concerns-** (612) 722-6906; [www.bmclgbt.org](http://www.bmclgbt.org)

**Congregation Beth El- Keser Israel-** open-&-affirming conservative synagogue; 85 Harrison Street, New Haven; [www.beki.org](http://www.beki.org)

**Christian Community-** An organization that promotes religious/ church acceptance of LGBTQ people in places of worship; 6404 South Calhoun Street, Fort Wayne, IN 46807; (219) 774-6510; [www.churchstuff.com](http://www.churchstuff.com)

**Christian Gays-** An online support network for Christian gays; (905) 239-1444; [www.christiangays.com](http://www.christiangays.com)

**Dignity, USA-** A support system for LGBTQ Catholics; (202) 861-0017; [www.dignityusa.org](http://www.dignityusa.org)

**Fellowship of Reconciling Pentecostals International-** A network of and for Pentecostals that promotes inclusivity of people of all (including sexually diverse) backgrounds; [www.rpifellowship.com](http://www.rpifellowship.com)

**Fortunate Families-** Dedicated primarily to Catholic families of LGBTQ people; (585) 698-6100; [www.fortunatefamilies.com](http://www.fortunatefamilies.com)

**Friends for LGBT & Q Concerns-** An open and affirming North American Quaker community; [www.quaker.org/flgbtqc](http://www.quaker.org/flgbtqc)

**Gay Jews Organization-** A site focused on Orthodox LGBTQ issues, with links to Jewish LGBTQ resources; [www.glbtejews.org](http://www.glbtejews.org)

**Gay & Lesbian Arabic Society-** Provides networking for LGBTQ people of Arabic descent; [www.glas.org](http://www.glas.org)

**Gay And Lesbian Acceptance (GALA)-** An organization associated with the Community of Christ and welcoming of people of all sexual orientations and gender identities; [www.galaweb.org](http://www.galaweb.org)

**Gay, Lesbian, & Affirming Disciples (GLAD) Alliance-** Affiliated with the Christian Church/ Disciples of Christ; (202) 624-5435; [www.gladalliance.org](http://www.gladalliance.org)

**GraceUnfolding: SisterFriends Together-** An online lesbian support system for Christians; [www.sisterfriends-together.org](http://www.sisterfriends-together.org)

**Greater Hartford Interfaith Coalition for Equity & Justice-** A faith based organization committed to effecting systemic change in regards to racism, sexism, homophobia and other social detriments; [www.hartfordinterfaith.org](http://www.hartfordinterfaith.org)

**Huc Institute for Judaism & Sexual Orientation-** Resource for LGBTQA Jews; [www.huc.edu/ijso](http://www.huc.edu/ijso)

**Institute for Welcoming Resources (IWR)-** An ecumenical coalition dedicated to bringing about a paradigm shift in which all churches accept all people- regardless of sexual or gender orientation; [www.welcomingresources.org](http://www.welcomingresources.org)

**Integrity, USA-** A collection of open-and-affirming Episcopalian churches; [www.integrityusa.org](http://www.integrityusa.org)

**Jewish Mosaic-** An organization dedicated to supporting LGBTQ Jews & their families; <http://www.jewishmosaic.org>

**Kinship International-** Support organization for Seventh Day Adventists; (949) 248-1299; [www.sdakinship.org](http://www.sdakinship.org)

**LGBT Religious Archives Network-** Details the history of LGBTQ religious movements; [www.lgbtran.org](http://www.lgbtran.org)

**Lutherans Concerned/North America (LC/NA)-** dedicated to complete inclusivity; (612) 330-1202; [www.lcna.org](http://www.lcna.org)

**Metropolitan Community Churches-** Dedicated to addressing important human rights issues including homophobia; various locations throughout the country; [www.ufmcc.com](http://www.ufmcc.com)

**More Light Presbyterians-** Dedicated to the religious inclusivity of LGBTQ people; (505) 820-7082; [www.mlp.org](http://www.mlp.org)

**Queer Muslims-** A listing of various resources for queer Muslims and Arabs; [www.angelfire.com/ca2/queermuslims](http://www.angelfire.com/ca2/queermuslims)

**The Rainbow Center-** An ecumenical support network for LGBTQ people; [www.therainbowcenter.org](http://www.therainbowcenter.org)

**Rainbow Christian Youth Ministry-** An analysis of Christian scripture used to condemn LGBTQ people; [www.rcym.org](http://www.rcym.org)

**Reconciling Ministries Network-** A network of United Methodists seeking an inclusive Church; [www.rmnetwork.org](http://www.rmnetwork.org)

**Soulforce, Inc.** A nonviolent movement against the religious oppression of LGBTQ people; (469) 867-5725; [www.soulforce.org](http://www.soulforce.org)

**Transgender Faith Online-** An online network dedicated to increasing awareness, education, and acceptance of transpeople in faith communities; [www.transfaithonline.org](http://www.transfaithonline.org)

**Unitarian Universalist Office of BGL&T Concerns-** (617) 742-2100; [www.uua.org/lgbt/](http://www.uua.org/lgbt/)

**United Church of Christ Coalition for LGBT Concerns-** Provides national open and affirming communities of faith resources; (800) 653-0799; [www.ucccoalition.org](http://www.ucccoalition.org)



# LGBT and Ally Youth Scholarships

**Astraea Lesbian Foundation For Justice-** Individual writers and visual artists are funded through the **Lesbian Writers Fund** and the **Astraea Visual Arts Fund**. **Margot Karle Scholarship Fund** provides grants to women enrolled in the City University of New York who work for social, racial, economic, political, and/or environmental justice. [www.astraeafoundation.org](http://www.astraeafoundation.org)

**The Deaf Queer Resource Center (DQRC)-** a new fund that awards scholarships to deserving self identified Deaf Lesbian, Gay, Bisexual, Transgender, and Intersex college- bound youth. [www.deafqueer.org/communities/youth/scholarships](http://www.deafqueer.org/communities/youth/scholarships)

**Fern Berman Mini-Grant Scholarship:** Designed to support anti-homo/bi and trans phobia in schools, this mini-grant program offers \$250 - \$1,000 to schools to support a youth-run change project. [www.ourtruecolors.org/programs/scholarships](http://www.ourtruecolors.org/programs/scholarships)

**Hartford Gay & Lesbian Health Collective-** \$500 - \$1,000 scholarships to CT LGBT and Ally Youth [www.hglhc.org](http://www.hglhc.org)

**Helen & Bob Brill Scholarship-** Presented by Hartford PFLAG and True Colors, \$500 - \$1,000 scholarships to Connecticut LGBT and Ally Youth. [www.ourtruecolors.org/Programs/scholarships](http://www.ourtruecolors.org/Programs/scholarships) or [www.pflaghartford.org/brill](http://www.pflaghartford.org/brill)

**Horatio Alger Connecticut Scholarship Program-** The Horatio Alger Connecticut Scholarship Program provides financial assistance to students in the State of Connecticut who have exhibited integrity and perseverance in overcoming personal adversity and who aspire to pursue higher education.” [www.horatioalger.org/scholarships/program\\_connecticut.cfm](http://www.horatioalger.org/scholarships/program_connecticut.cfm)

**Horatio Alger National Scholarship Program-** National Scholars receive an all expenses paid trip to Washington D.C. in the spring of their senior year for the National Scholars Conference. [www.horatioalger.org/scholarships/program\\_national.cfm](http://www.horatioalger.org/scholarships/program_national.cfm)

**Human Rights Campaign-** Scholarships for LGBT & Allied Students. For a list of scholarships, fellowships and grants for LGBT and allied students at both the undergraduate and graduate-level: [www.hrc.org/issues/youth\\_and\\_campus\\_activism](http://www.hrc.org/issues/youth_and_campus_activism)

**LEAGUE at AT&T Foundation Scholarships-** Are available to lesbian, gay, bisexual or transgender U.S. high school seniors who have demonstrated achievements in: a cumulative grade point average of 3.0 on a 4.0 scale; significant involvement in community service; - acceptance to an accredited U.S. college or university; League offers \$1500 scholarships and several special \$2500 scholarships in honor of Matthew Shepherd and Laurel Hester. [www.leaguefoundation.org/](http://www.leaguefoundation.org/)

**Live Out Loud (New York, CT, NJ):** Gives five \$5,000 scholarships for LGBT students who have shown exceptional leadership, courage and achievement. [www.liveoutloud.info/wp/programs/scholarship](http://www.liveoutloud.info/wp/programs/scholarship)

**Maylon- Smith Scholarship-** For graduate students studying psychology, the Maylon-Smith scholarship annually awards up to \$1000 to graduate students in the field of psychology to advance research in the psychology of sexual orientation and gender identity. [www.apadivision44.org/honors/malyon-smith.php](http://www.apadivision44.org/honors/malyon-smith.php)

**Milton Fisher Scholarships-** Offers multiple awards of up to \$20,000 (up to \$5000 per year for four years) for exceptionally innovative and creative high school juniors, seniors, and college freshmen. Due date: April 30, 2012. [www.rbffoundation.org](http://www.rbffoundation.org)

**National Gay & Lesbian Journalists Association-** Leroy F. Aarons Scholarship Award is for LGBT students pursuing a career in journalism. [http://nljja.org/education/aarons\\_scholarship.htm](http://nljja.org/education/aarons_scholarship.htm)

**Pride Center (New Haven, CT)** \$500 for LGBTQ or Ally CT residents or non-residents attending school in CT. <http://www.newhavenpridecenter.org/bm/helpus/scholarship/index.html>

**The Point Foundation** provides not only money for tuition, books room and board, but also has a leadership program to help LGBT scholars succeed. Their focus is on students who have lost the financial and social support of their families and/or communities as a result of revealing their sexual orientation or gender identity. [www.pointfoundation.org/scholarships.html](http://www.pointfoundation.org/scholarships.html)

**Queer Foundation:** A yearly essay contest for queer youth could yield you \$1000 towards college. And best of all, if your essay is selected, it could end up in high school English classes across the country as a way to promote acceptance of lesbian, gay, bisexual, transgender and queer issues. [www.queerfoundation.org/documents/scholarship\\_fund.html](http://www.queerfoundation.org/documents/scholarship_fund.html)

**Transgender Scholarship and Education Legacy Fund (TSELF):** The TSELF is for students who have identified themselves as transgender and are pursuing careers in religion, social services, healthcare, law, or teaching are eligible for these scholarships which are sponsored by the International Foundation for Gender Education. [www.tself.org](http://www.tself.org)

**Triangle Community Center(Norwalk)-**\$1,000. For CT LGBT/Ally youth. Due May: [www.ctgay.org/scholarship.htm](http://www.ctgay.org/scholarship.htm)

**Whitman-Brooks:** This fund provides financial assistance to gay, lesbian, and bisexual students involved in the community. The scholarship amount varies and depends on financial need. The deadline is mid-September for the current school year.” [www.washburn.edu/sobu/broach/flags.txt](http://www.washburn.edu/sobu/broach/flags.txt)

# Internet Resources

Please note that some websites may contain links to other sites with adult content. Youth should always be supervised when surfing the net. It is estimated that 41% of young adults have been targeted by one of their peers online, and of these 25% have experienced repeated bullying.

*Youth are particularly vulnerable to scammers: Here is a link to a list of common 'scams':*

*[www.50plus.com/money/stop-scammers-from-targeting-your-teens/239/](http://www.50plus.com/money/stop-scammers-from-targeting-your-teens/239/)*

*Acronym Help for the technologically impaired:*

*[www.safesurfingkids.com/chat\\_room\\_internet\\_acronyms.htm](http://www.safesurfingkids.com/chat_room_internet_acronyms.htm)*

## PLEASE SEE BELOW FOR INTERNET SAFETY TIPS.

### World Wide Web: On-Line Internet Addresses (For Transgender Specific Resources, See Page 29)

- ❖ [www.youthresource.com](http://www.youthresource.com) (Includes Trans, Bi, African American, Latina(a) youth communities)
- ❖ [www.ambientejoven.org](http://www.ambientejoven.org) (website for Latino/Latina YMSM and GLBTQ youth)
- ❖ [www.MySistahs.org](http://www.MySistahs.org) (created by and for young women of color to provide holistic sexual health information)
- ❖ [www.gsanetwork.org](http://www.gsanetwork.org) (see page 7 for more information)
- ❖ [www.gaystraightalliance.org](http://www.gaystraightalliance.org) (on line GSA support, also see [www.GLSEN.org](http://www.GLSEN.org) )
- ❖ [www.biresource.net](http://www.biresource.net) (offers extensive resources for bi youth, adults and families)
- ❖ [www.bisexual.org](http://www.bisexual.org) (chat rooms, conferences, research, books, etc. hosted by the American Institute of Bisexuality)
- ❖ [www.binetusa.org](http://www.binetusa.org) (lots of bi-specific contacts, pamphlets, etc.)
- ❖ [www.deafqueer.org](http://www.deafqueer.org) (Queer Deaf community, also has a E-News service that includes CT listings)
- ❖ [www.psychology.ucdavis.edu/rainbow/index.html](http://www.psychology.ucdavis.edu/rainbow/index.html) (good source of facts and articles)
- ❖ [www.siecus.org](http://www.siecus.org) (sexuality information and education. Good source of accurate information)
- ❖ [www.kap.samhsa.gov/products/manuals/pdfs/lgbt.pdf](http://www.kap.samhsa.gov/products/manuals/pdfs/lgbt.pdf) (clearing house for LGBT Alcohol and Drug Information)
- ❖ [www.gmad.org](http://www.gmad.org) (Gay Men of African Decent)
- ❖ [www.freedomtomarry.org](http://www.freedomtomarry.org) (the gay and non-gay partnership working to win marriage equality nationwide)

### Connecticut Based Pages:

- ❖ [www.OurTrueColors.org](http://www.OurTrueColors.org) (True Colors)
- ❖ [www.ctgay.org](http://www.ctgay.org) (Triangle Community Center)
- ❖ [www.hglhc.org](http://www.hglhc.org) (Health Collective)
- ❖ [www.gayfriendlysource.com](http://www.gayfriendlysource.com) (LGBT friendly referral source)
- ❖ [www.newhavenpridecenter.org/](http://www.newhavenpridecenter.org/) (New Haven Pride Center)
- ❖ [www.glsen.org/connecticut](http://www.glsen.org/connecticut) (Connecticut Chapter of GLSEN)

### National Organizations (provide a variety of services and resources)

<a href="http://www.thetaskforce.org">www.thetaskforce.org</a>	<a href="http://www.hrc.org">www.hrc.org</a>	<a href="http://www.nbjc.org">www.nbjc.org</a>
<a href="http://www.lambdalegal.org">www.lambdalegal.org</a>	<a href="http://www.advocatesforyouth.org">www.advocatesforyouth.org</a>	<a href="http://www.nclrights.org">www.nclrights.org</a>
<a href="http://www.pflag.org">www.pflag.org</a>	<a href="http://www.glsen.org">www.glsen.org</a>	<a href="http://www.outbeatyouth.org">www.outbeatyouth.org</a> (radio)
<a href="http://www.colage.org">www.colage.org</a>	<a href="http://www.gsanetwork.org">www.gsanetwork.org</a>	<a href="http://www.glad.org">www.glad.org</a>
<a href="http://www.glaad.org">www.glaad.org</a>	<a href="http://www.lgbtcenters.org">www.lgbtcenters.org</a>	<a href="http://www.familyequality.org">www.familyequality.org</a>
<a href="http://www.glma.org">www.glma.org</a>	<a href="http://www.immigrationequality.org">www.immigrationequality.org</a>	<a href="http://www.logcabin.org">www.logcabin.org</a>
<a href="http://www.mautnerproject.org">www.mautnerproject.org</a>	<a href="http://www.lgbthealth.webolutionary.com">www.lgbthealth.webolutionary.com</a>	<a href="http://www.transequality.org">www.transequality.org</a>
<a href="http://www.nglcc.org">www.nglcc.org</a>	<a href="http://www.outandequal.org">www.outandequal.org</a>	<a href="http://www.outforwork.com">www.outforwork.com</a>

## Some Internet Safety Tips:

**The internet** is both a great place to hang and a perfect place to get hurt – especially if you can't tell anyone who you are talking to or why

The Internet is a great source of support for LGBT teens. For some, it is may be the only support. It's a place where you can find and make friends, find acceptance and be yourselves, get advice, read magazines, talk to friends, form activist groups and more. Unfortunately, not everyone you meet on the 'net' has such innocent intentions. Sometimes, you can become the perfect 'prey' – especially if you would be afraid to tell your parents if something happened because it would mean coming out to them.

**People are not always who or what they say they are.** Appearances can be deceiving and people may try to talk you into doing things you might feel badly about later. Trust your instincts. If you catch someone in one lie, chances are there are others. Be careful how much information you provide about yourself in your profile

**People** are not always who or what they say they are

**Privacy matters.** Treat everything you write on the internet as if everyone – and their mother – can see it -- Chances are, they can

**Maintain your privacy.** Do not give out or post your name, address, phone number, what school you go to, or any other private information. Keep in mind that all information on the internet is available to everyone. **Computers log every website you visit.** Keep this in mind especially on public access computers. **Think before you click.** Before posting something online, check and make sure it says what you wanted it to say, can't be misconstrued and is being posted at the right place or sent to the right person. Think about the person on the other side. Many cyber-wars start with a careless message.

**Be careful if you decide to meet.** It can be a BAD idea to meet face-to-face with someone you only know on-line. Meet in a public place a few times first, before deciding to go to a more private location. **Always** tell someone where and with whom you are going! Make sure you use your own or public transportation in case things don't go as you planned and you want to make an earlier exit

**Meet ONLY in Public Places!**  
And make sure someone knows where you are going and what time you should be back

**Protect** your computer

**Make sure you have a good firewall** and an automatically updated anti-virus program installed on your computer. While you're at it, get a good spyware or adware blocker too. Be careful about downloading or opening files sent to you, even from people you know. Many viruses masquerade as someone you know. Hacking tools and programs (such as Trojan horses) can give someone a backdoor to your computer, all your passwords and banking information

**Don't be a victim of a "phishing" scheme.** Phishing is when an ID thief sends millions of emails or IMs pretending to be your bank, or online service, like PayPal. They look real and try to scare you into reacting without thinking. They claim that someone has broken into your account, or that changes were made to your account. They ask you to login using the link in the email. The link takes you to their site, but you think you're at your bank's site. You type in your login and password. A page pops up telling you that your account is secure and thanking you. Your real account is accessed and emptied within minutes.

**Phishers** look real and are everywhere!

**You have the right to expect respect.** If something happens to you that you think is harassment, assault or rape, then you need to take action. Tell someone you trust. Call the police. Call a hotline. You deserve respect and care.

Trust **your** instincts

**Remember your body is yours and yours alone.** You have a right to stop things whenever you feel uncomfortable – even if the other person doesn't want to. You have the right to say NO! **Trust Your Instincts.** If you feel unsafe, you probably are. **Act on your feelings and get out.**

# Online Intersex/DSD Resources

**All website descriptions are taken directly from the website as direct quotes. Note: the term DSD (differences of sex development) is controversial and we only use it here because the resources cited use on their web sites.**

**Accord Alliance:** [www.accordalliance.org/](http://www.accordalliance.org/)

Accord Alliance's mission is to promote comprehensive and integrated approaches to care that enhance the health and well-being of people and families affected by DSD by fostering collaboration among all stakeholders

**American Psychological Association:** [www.apa.org/topics/sexuality/intersex.aspx](http://www.apa.org/topics/sexuality/intersex.aspx)

Answers to your questions about individuals with intersex conditions (provides easily accessible information including definitions, resources, challenges people may face, information about how to be supportive of individuals and families, etc.

**Advocates for Informed Choice:** [www.aiclegal.org/](http://www.aiclegal.org/)

AIC is the first organization in the U.S. to undertake a coordinated strategy of legal advocacy for the rights of children with intersex conditions or DSDs (differences of sex development)

**Bodies Like Ours:** [www.bodieslikeours.org/forums/](http://www.bodieslikeours.org/forums/)

On-line Forum - Information and Peer support

**GUPPE Clinic**                      Jill Bernstein, MD, FAAP; Priya Phulwani, MD                      (860) 545 9520 (Hartford)  
(Please specify that you wish to have a GUPPE appointment)

The GUPPE clinic is located at the Department of Urology 2G, Connecticut Children's Medical Center, 282 Washington St., Hartford CT 06106. The GUPPE clinic is dedicated to providing care and support to infants, children and adolescents with gender identity disorder (GID) or disorders of sexual differentiation (DSDs) such as ambiguous genitalia, congenital adrenal hyperplasia, gonadal dysgenesis and androgen insensitivity.

**Intersex Initiative:** [www.intersexinitiative.org/index.html](http://www.intersexinitiative.org/index.html)

(IPDX) is a Portland, Oregon based national activist organization working to end the medical abuse of children born with intersex conditions. We also challenge the medical and social erasure of intersex existence through raising the awareness of issues faced by intersex people. In addition to Portland, Oregon area, we have bases in the San Francisco Bay Area and in Japan, and work with various national organizations.

**Intersex Society of North American:** [www.isna.org/](http://www.isna.org/)

Has now closed, but their web-site still has good information.

**The Survivor Project:** [www.survivorproject.org](http://www.survivorproject.org)

Survivor Project is a non-profit organization dedicated to addressing the needs of intersex and trans survivors of domestic and sexual violence through caring action, education and expanding access to resources and to opportunities for action.

## **Some additional support groups:**

- Androgen Insensitivity Syndrome Support Group (AISSG)  
[www.AISSG.org](http://www.AISSG.org)
- Congenital Adrenal Hyperplasia  
[www.caresfoundation.org/productcart/pc/overview\\_cah.html](http://www.caresfoundation.org/productcart/pc/overview_cah.html)
- Klinefelter Syndrome and Associates  
[www.genetic.org](http://www.genetic.org)
- Hypospadias & Epispadias Association  
[www.heainfo.org](http://www.heainfo.org)
- The Turner Syndrome Society of the United States  
[www.turnersyndrome.org](http://www.turnersyndrome.org)

# Videos

**LGBT Family Resources:** [www.familyequality.org](http://www.familyequality.org) [www.colage.org](http://www.colage.org)

**Videos:** [www.groundspark.org](http://www.groundspark.org) [www.newday.com](http://www.newday.com) [www.wmm.com](http://www.wmm.com) [www.frameline.org](http://www.frameline.org) [www.outofthebluefilms.com](http://www.outofthebluefilms.com)

**Posters:** [www.safeschoolscoalition.org/RG-posters.html](http://www.safeschoolscoalition.org/RG-posters.html) [www.reachandteach.com/store](http://www.reachandteach.com/store) [www.donnellycolt.com](http://www.donnellycolt.com)

**All God's Children** (25 min). This is a documentary by and about gay and lesbian African Americans and the church. It targets High School + [www.womanvision.org](http://www.womanvision.org)

**A Question of Equality** is a public television series which documents the LGBT struggle for civil rights from the Stonewall riots of 1969 to the mid 1990's. There are 4 tapes, 55 minutes each. The set is available from [www.amazon.com](http://www.amazon.com)

**Before Stonewall: The Making of a Gay and Lesbian Community.** (87 min). This is a documentary about gay life before 1969. Available at [www.amazon.com](http://www.amazon.com) High School +

**Both My Moms' Names are Judy: Children of Lesbians and Gays Speak Out** (10 Min) Children 7-11 describe their experiences growing up in same sex headed households (intermediate grades) (415) 522-8773 [www.glsen.org/cgi-bin/iowa/all/booklink](http://www.glsen.org/cgi-bin/iowa/all/booklink)

**Daddy and Papa** (2002) (68 minutes). Persistent Films: (510) 205-6606; [info@persistent-visions.com](mailto:info@persistent-visions.com); [daddyandpapa.com](http://daddyandpapa.com)

**Different and the Same Video Series** These are short discussion starters targeting Elementary students. (800) 228-4630

**Gay Youth:** (2006) (30 minutes) This video for high schools and colleges, with 16 page study guide, focuses on the difference that support makes through the lives of two teens with very different experiences. [www.newday.com/films/gay-youth.html](http://www.newday.com/films/gay-youth.html)

**Gender Poster: For every girl** who is tired of acting weak when she is strong, there is a boy tired of appearing strong when he feels vulnerable. [www.crimethinc.com/tools/posters/gender\\_subversion\\_front.pdf](http://www.crimethinc.com/tools/posters/gender_subversion_front.pdf)

**In My Shoes: Stories of Youth with LGBT Parents** (2005) 5 young people give you a chance to walk in their shoes and to hear their views on marriage, making change and what it means to be a family. [colage.org/inmyshoes](http://colage.org/inmyshoes)

**"That's a Family!" "Let's Get Real;" "Straightlaced;" "It's Elementary- Talking about Gay Issues in School"; "Straightlaced: How Gender Has Us Tied up in Knots"** These videos teach elementary/middle/high school children and parents, teachers and others about diverse families and seek to reduce homophobia. Website: [www.groundspark.org](http://www.groundspark.org) or 415-641-4616. Many are available with Spanish Subtitles.

**Love Makes a Family: Gay Parents in the 90's** (1991) (16 minutes) Showcases various LGB parents talking about their lives. Fanlight Productions. (800) 937-4113 [www.fanlight.com/catalog/films/116\\_lmaf.php](http://www.fanlight.com/catalog/films/116_lmaf.php)

**Out of the Past.** (1998) (64 Minutes) Sundance Audience award winning film featuring historic photos, clips, celebrity voice-overs that details the hurdles that determined teenager Kelli Peterson had to confront when she decided to organize a Gay-Straight Alliance at her Utah high school in 1996.

**Scouts Honor.** Told mainly through the eyes of a 13 year old boy and a 70 year old man both of whom are seeking to change the course of scouting history and end the oppression of gay men and boys. [www.newday.com/films/scouts\\_honor.html](http://www.newday.com/films/scouts_honor.html)

**Straight From the Heart: Stories of Parent's Journeys to a New Understanding of Their Gay and Lesbian Children** (24 min) [www.womanvision.org/straight-from-the-heart.html](http://www.womanvision.org/straight-from-the-heart.html)

**Teaching Respect for All:** A curriculum based teaching guide for eachers, administrators and parents (51 min) Call GLSEN: (212) 727-0135 [www.glsen.org/cgi-bin/iowa/all/booklink/record/1510.html](http://www.glsen.org/cgi-bin/iowa/all/booklink/record/1510.html)

**One Wedding and a REVOLUTION** (2004) (19 minutes) explores the day San Francisco City Hall Said "I Do". [www.newday.com/films/OneWedding.html](http://www.newday.com/films/OneWedding.html)

**Our House:** Sugar Pictures, 259 W. 30<sup>th</sup> Street, 14<sup>th</sup> Floor, NY, NY 10001 (212) 279-1461 This video documentary looks at the experiences of youth growing up in an LGBT family) [www.sugarpictures.com/Films/OurHouse.html](http://www.sugarpictures.com/Films/OurHouse.html)

**Out of My Parent's Closet:** (1994) This play was written and performed by the adolescent and adult children of LGBT parents. (ages 18+) COLAGE and Piper Dreams Productions. (415) 861-5437

**Degrading Ethnic, Racial, Sexist or Homophobic Remarks Not Acceptable Here:** Norwest Center for Equity and Diversity, Edmonds Community College. (poster) 2000 68th Ave., W. Lynnwood, WA 98036 (425) 640-1067

# Regional Resources (Community & Health Centers)

**Please call True Colors at 860-232-0050 to add or edit resources**

Also check [www.gayfriendlysource.com](http://www.gayfriendlysource.com) a comprehensive resource offering current and archived gay and gay-friendly news and editorials. The site also offers insights from gay men, women, and youth about what it is like to be gay, to grow up gay, and to live as a gay man, lesbian or youth. Read rich and anecdotal stories from and about those who are gay and from those who are not who share their experiences about being gay and about sharing in each other's lives

## Community and Health Centers in CT\*:

### Diverse Connections

504 Whalley Avenue, New Haven, CT 06511

LGBT Community Center offers a safe place to make connections to people, resources and supports.

(203) 668-6976

### Hartford Gay and Lesbian Health Collective

1841 Broad Street, Hartford, CT 06114

(860) 278-4163

[www.hglhc.org](http://www.hglhc.org)

### New Haven Pride Center

14 Gilbert Street, West Haven, CT 06516-1639

(203) 387-2252

[www.nhglcc.org](http://www.nhglcc.org); [hglcc@gmail.com](mailto:hglcc@gmail.com)

### Rainbow Center at UCONN

1315 Storrs Road, U-4096, Storrs, CT 06269

(860) 486-5821

[www.rainbowcenter.uconn.edu](http://www.rainbowcenter.uconn.edu)

### Triangle Community Center

16 River Street, Norwalk, CT 06855

(203) 853-0600

[www.ctgay.org](http://www.ctgay.org)

### Women's Center of South Eastern CT (Norwich)

225 Main Street, Norwich, CT 06360

(860) 886-4370

### Women's Center of South Eastern CT (New London)

16 Jay Street, New London, CT 06320

(860) 701-6000

### Women's Center of Greater Danbury (offers a Lesbian support group)

2 West Street, Danbury 06810

(203) 731-5200

[www.womenscenterofgreaterdanbury.org](http://www.womenscenterofgreaterdanbury.org)

## New England Community and Health Centers

### Fenway Community Health Center (MA)

1340 Boylston Street, Boston, MA 02215

[www.fenwayhealth.org](http://www.fenwayhealth.org)

(888) 242-0900

### Stonewall Center (MA)

256 Sunset Ave. Office, Crampton House/ SW, UMASS, Amherst 01003.

(413) 545-4824

[www.umass.edu/stonewall](http://www.umass.edu/stonewall)

### Callen/ Lourde Community Health Center (NY)

256 W 18<sup>th</sup> Street, New York, NY 10011

(212) 271-7200

[www.callen-lorde.org/](http://www.callen-lorde.org/)

### Community Services Center (NY)

208 W. 13<sup>th</sup> Street, New York, NY 10011

(212) 620-7310

[www.gaycenter.org](http://www.gaycenter.org)

### Hetrick-Martin Institute (NY)

2 Astor Place, New York, NY 10003

(212) 674-2400

[www.hmi.org](http://www.hmi.org)

### The Loft (NY)

180 East Post Road, Lower Level, White Plains, NY 10605

(914) 948-2932

[www.loftgaycenter.org](http://www.loftgaycenter.org)

### Center Lane (NY) - center for LGBT questioning adolescents

Jewish Community Center, 845 North Broadway, White Plains, NY.

(914) 761-0600

[easher@wjcs.com](mailto:easher@wjcs.com)

## LGBT Youth Job Support

### Job Corps - Residential academic and vocation education

A great alternative to foster care or shelters when appropriate space is not available

Website: <http://www.ctdol.state.ct.us/jobcorps/index.html>

New Haven: (203) 397-3775

Hartford: (800) 733-JOBS

## Regional Resources, Cont. (Support)

### LGBT Social and Support Groups

#### Conn-Bi-Nation

(860) 280-6701

A statewide educational, political, and social organization for bisexuals and our allies. Meets the 2<sup>nd</sup> Sunday of every month from 7:00-8:30 PM at the Hartford Gay and Lesbian Health Collective. Contact: Mike, Email: [bicbnguy@yahoo.com](mailto:bicbnguy@yahoo.com)  
For info or to request a speaker. Website: [www.conn-bi-nation.org](http://www.conn-bi-nation.org)

#### Diverse Connections

(203) 668-6976

Offers community conversations, book clubs, movie nights and more

#### Rainbow Support Group - For people with developmental disabilities

(203) 387-2252

The Rainbow Support Group meets on the second Monday of the month at the New Haven Gay and Lesbian Community Center, 14 Gilbert Street, West Haven, beginning at 5:30 PM. Contact: John Allen

#### Positive Attitudes - HIV Support Group

(203) 387-2252

Meets on the 2<sup>nd</sup> Sunday of every month at 1 PM at the New Haven Gay and Lesbian Community Center; Contact Bob

#### My Pride, My Soul - Social and discussion group designed specifically for Lesbian Women of Color meets once a month

(203) 854-0325

[www.mypridemysoul@yahoo.com](http://www.mypridemysoul@yahoo.com)

#### Massachusetts Area South Asian Lambda Association (MASALA)

Boston-based social group that provides support for LGBTQ South Asians

[www.bostonmasala.com](http://www.bostonmasala.com)

### Resources for Athletes

#### It Takes A Team! Women's Sports Foundation

(516) 542-4700

An educational program designed to end homophobia in sports  
1899 Hempstead Turnpike, Suite 400, East Meadow, NY 11554

(800) 227-3988

[www.ittakesateam.blogspot.com](http://www.ittakesateam.blogspot.com)

#### Gay and Lesbian Sports Association

18 Eglinton Square, PO Box 51017, Scarborough, ON M1L4T2, Canada

[info@glisa.org](mailto:info@glisa.org)

[www.glisa.org](http://www.glisa.org)

#### Gay and Lesbian Athletic Foundation

PO Box 425034, Cambridge, MA 02142

(617) 588-0600

[www.glaf.org](http://www.glaf.org)

#### World Out Games

celebrate talents and contributions of LGBT men and women from every corner of the globe.

[www.games-cologne.de/en](http://www.games-cologne.de/en) We

#### Federation of Gay Games:

[www.gaygames.net/](http://www.gaygames.net/)

### Regional & CT Resources for Transgender Folks 18+ (see page 29 for youth specific trans resources)

**CT Outreach Society.** P.O. Box 163, Farmington, CT 06034 [www.ctoutreach.org](http://www.ctoutreach.org) (860) 604-6363 provides social activities, peer support and community education

**Connecticut Trans Advocacy Coalition** [www.transadvocacy.com](http://www.transadvocacy.com) The Connecticut TransAdvocacy Coalition [CTAC] Equal rights organization regarding Trans and gender non-conforming individuals and communities

**XX Club** 125 Parklawn Drive, Waterbury, CT 06708 [twentyclub@gmail.com](mailto:twentyclub@gmail.com) [www.twentyclub.net](http://www.twentyclub.net) peer support

**East Coast Female to Male Support Group** [betpower@aol.com](mailto:betpower@aol.com); P.O. Box 60585, Florence, MA 01062

**International Foundation for Gender Education** [www.ifge.org](http://www.ifge.org) (781) 889-2212 Waltham, MA 02454

**Gateway Program Westchester Medical Center** Vahalla, NY (914) 493-1753 Provides LGBT youth, group, couple and family therapy. LGBT specific substance abuse counseling, with expertise in transgender issues.

**Sylvia Rivera Transgender Law Center** [www.srlp.org](http://www.srlp.org) (212) 337-8550 Offers a variety of informational legal services, including a legal clinic, dealing with discrimination and transitioning on the job, etc. ([info@srlp.org](mailto:info@srlp.org))

**Tiffany Club of New England** ([www.tcne.org](http://www.tcne.org)), social activities, online information, calendar of events

# Regional Resources, Cont. (General Family)

## Foster Care, Adoption and Home Study Resources (LGBT-Affirming):

Rainbow Adoptions International, Inc.	<a href="http://www.rainbowadoptions.org">www.rainbowadoptions.org</a>	(860) 677-0032 (Avon)
Jewish Family Services	<a href="http://www.jfshartford.org">www.jfshartford.org</a>	(860) 236-1927 (West Hartford)
The Village	<a href="http://www.villageforchildren.org">www.villageforchildren.org</a>	(860) 236-4511 (Hartford)
The Institute of Professional Practice, Inc.	<a href="http://www.IPPI.org">www.IPPI.org</a>	(203) 389.6956 (HRC Accredited)
Klingberg Family Center/ Foster Care/Adoption	<a href="http://www.klingberg.org">www.klingberg.org</a>	(860) 224-9113 (New Britain)
DCF Office of Foster Care & Adoption Services	<a href="http://www.ctfosteradopt.com/">www.ctfosteradopt.com/</a>	(860) 550-6307 (Statewide)

**Birth Centers:** Since the passage of various legislation in CT, most birth centers support or allow same sex partners to participate fully in the birth experience. Some are explicitly LGBT affirming, many allow birth plans and some allow partners to stay overnight. When choosing a midwife or doctor, be sure to find out which hospital they are able to use and to check with the facility to ensure that your family will be welcome there.

**Chiropractors:** Colburn Chiropractic, LLC (860) 730-2996 (Vernon)

**Day Care:** Rainbow Center for Children & Families (860) 529-5229 (Wethersfield)

**Fertility/Surrogacy:**

UConn Center for Reproductive Services (860) 679-4580 (Farmington)

CT Fertility Associates (203) 373-1200 (Bridgeport)

[www.connecticutfertility.com](http://www.connecticutfertility.com) (203) 855-1200 (Norwalk)

(203) 799-1200 (Orange)

American Fertility Association (888) 917-3777 [www.theafa.org](http://www.theafa.org)

Growing Generations & Fertility Futures (323) 965-7500 (Los Angeles, CA)

[www.growinggenerations.com](http://www.growinggenerations.com)

Surrogate Agency/Gestational Carriers (201) 505-0078 (New Jersey)

[info@reproductivepossibilities.com](mailto:info@reproductivepossibilities.com); [www.reproductivepossibilities.com](http://www.reproductivepossibilities.com)

**Gateway Program,** Westchester Medical Center, Valhalla, NY (914) 493-1753 (New York)

(Provides LGBT youth, group, family and couple therapy, LGBT specific substance abuse counseling, with an expertise in transgender experience)

**Healing Energy/Meditation:** Jocelyne Lebowitz (860) 830-1115 (Manchester)

Marlow Shami, Natural Sense (860) 491-2067 (Goshen)

**Health Care:** Hartford Health Collective (860) 278-4163 (Hartford) [www.HGLHC.org](http://www.HGLHC.org)

Planned Parenthood (PPCT): (800) 230-PLAN

PPCT provides affordable reproductive health care services to all genders

**Homeopathic/Naturopathic:** Robin Ritterman, N.D. (203) 288-8283 (Hamden)

Natural Health Association (203) 230-2200 (Hamden)

Merri Korn (Acupressure, Herbal) (860) 242-0105 (Hartford)

[mk@chineseherbshop.net](mailto:mk@chineseherbshop.net)

Nancy White, N.D. (860) 236-2166 (West Hartford)

**Legal Resources:** CWEALF (information & referral) (800) 479-2949 (Hartford) [www.cwealf.org](http://www.cwealf.org)

Greater Hartford Legal Assistance (860) 541-5000 (Hartford) [www.ghla.org](http://www.ghla.org)

Murphy, Murphy, Ferrara & Nugent (203) 787-6711 (New Haven)

Victoria T. Ferrara (203) 255-9877 (Fairfield)

Vincent A. Liberti, Jr. (203) 795-2840 x 104 (Orange)

Joseph P. Rigoglioso (203) 922-8100 (Shelton)

Jan Carol Rosenthal, JD (860) 666-1300 (West Hartford)

GLAD [www.glad.org](http://www.glad.org) (617) 426-1350 (Boston, MA)

Lambda Legal (212) 809-8585 (New York, NY)

GayLawNet.com(Directory of GLBT issue attorneys)



## Regional Resources, Cont. (General Family)

### OB-GYNS:

Dr. Ljiljana Plisic	(203) 488-8306 (Branford)
*Dr. Howard Simon	(203) 315-7071 (Branford)
Dr. Victoria Biondi	(860) 584-4240 (Bristol)
CCOG Women's Health Group	(860) 276-6800 (Bristol)
Dr. Amy Breakstone	(860) 584-4240 (Bristol)
Dr. Frederick Rau	(860) 246-8568 (Hartford))
Hartford Gynecological Center	(860) 525-1900 (Hartford)
S.H.E. Medical	(860) 236-5431 (Hartford, Enfield)
Birth and Beyond, Nurse Midwives	(203) 318-8884 (Madison)
Rachel Donovan, CNM	(860) 930-0315 (Glastonbury)
Dr. Julie Flaggs	(860) 344-9993 (Middletown)
*Vanessa Pomarico-Denino, APRN	(203) 234-1891 (North Haven)

\* Transgender Expertise

### Pediatricians/Family Practice:

Patrick Alvino, MD	(203) 481-7008 ((Branford/Clinton)
*Robert Nolfo, MD	(203) 453-5235 (Guilford)
Asylum Hill Family Practice	(860) 714-4212 (Hartford)
*Aric Schichor, MD	(860) 714-5687 (Hartford)
Susan Wiskowski, MD	(860) 714-2913 (Hartford)
*Minh Han, MD, Family Practice	(860) 646-7178 (Manchester)
*Katy Tierney, APRN	(860) 224-5672 (New Britain)
*Kate Litwin, MD	(860) 331-4212 (Rocky Hill)
Jay Sutay, MD	(860) 644-5458 (South Windsor)
*Sarah Mullane, APRN	(203) 378-3696 (Stratford)
Jerome Lahman, MD	(860) 871-2102 (Vernon)
Nima Patel, MD	(860) 521-4044 (West Hartford)
*Sydney Spiesel, MD	(203) 397-5211 (Woodbridge)
Henry Todd, M.D.	(860) 673-1869 (Unionville)
Susan Levine, M.D.	(860) 673-1869 (Unionville)
*Peter Davis Smith, M.D.	(860) 673-1869 (Unionville)
Kendra Lawrence, M.D.	(860) 673-1869 (Unionville)
*Aleah Nesteby, APRN	(413) 794-1316 (Springfield)

\* Transgender Expertise

### \*GUPPE Clinic

Jill Bernstein, MD, FAAP	(860) 545 9520 (Hartford)
Priya Phulwani, MD	(Please specify that you wish to have a GUPPE appointment)

The GUPPE clinic is located at the Department of Urology 2G, Connecticut Children's Medical Center, 282 Washington St, Hartford CT 06106. The GUPPE clinic is dedicated to providing care and support to infants, children and adolescents with gender identity disorder (GID) or disorders of sexual differentiation (DSDs) such as ambiguous genitalia, congenital adrenal hyperplasia, gonadal dysgenesis and androgen insensitivity.

\* Transgender Expertise

### Endocrinologists (with transgender expertise)

Ilja Hulihsy	(203) 379-4490 (West Haven)
Cem Cemirci	(860) 545-9370 (Hartford)

### Speech Therapist (with transgender expertise)

Alida Enegl	(203) 397-3224 (New Haven)
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## For Parents of LGBT Youth

For more information regarding programs or resources in your region, or to add your group to our existing resources database, please call us at 1-888-565-5551 or visit us on the web at: [www.OurTrueColors.org](http://www.OurTrueColors.org)

**PFLAG National (Parents, Families and Friends of Lesbians and Gays):** [www.pflag.org](http://www.pflag.org)

**PFLAG, Hartford**

1335 Main Street, Glastonbury, CT 06033  
[hfdpflag@aol.com](mailto:hfdpflag@aol.com)

[www.pflaghartford.org](http://www.pflaghartford.org)

(860) 633-7184

(860) 633-5111

(860) 231-8582 Transgender Issues

Meets the 3<sup>rd</sup> Wednesday of the month at the Immanuel Congregational Church, 10 Woodland Street in Hartford at 7:30 PM. Members publish a bi-monthly newsletter, provide Helpline services, offer informational pamphlets, books and tapes, maintain a speaker's bureau and work within the Greater Hartford Area for affirming families, safe schools, inclusive faith communities and informed lawmakers.

**PFLAG, Greater New Haven** [greaternewhavenpflag@yahoo.com](mailto:greaternewhavenpflag@yahoo.com) (203) 458-0493

Meets the 3<sup>rd</sup> Tuesday at 7:30 PM of the month at the Church of the Redeemer, 185 Cold Spring Street, on the Corner of Whitney Ave & Cold Spring Street, New Haven. The group offers speakers on topics of interest, resources and social/emotional support for families.

**PFLAG, New London**

[pflagsect@snet.net](mailto:pflagsect@snet.net)

(860) 447-0884

Meets the second Monday of each month, in the basement meeting room of the Noank Baptist Church (a welcoming and affirming church); 18 Cathedral Heights, Noank. Meetings start at 7:00 PM.

**PFLAG, Southwestern**

(203) 226-0257

PO Box 16703, Stamford, CT 06905-8703

[Pflagswct@yahoo.com](mailto:Pflagswct@yahoo.com)

(203) 322-5380

One of the oldest PFLAG chapters in the state, the Southwestern meets the 1<sup>st</sup> Wednesday of every month at the Triangle Community Center, 16 River Street, Norwalk. (note that the mail address is different than the meeting space)

**Family OUTreach:**

(860) 521-4072, x. 384

A social/support group for parents of GLBT teens \$10 per session. The Bridge Family Center, 1022 Farmington Avenue, West Hartford, CT 06107. To sign up for the group, please RSVP to Jennifer Sanford in a confidential voicemail by calling (860) 521.4072, x. 384.

**TransPACT ( Parents of Connecticut's Transgender Youth):** A support group dedicated to helping parents navigate the journey they and their children are on. Group Contact: Don: [imdonny@yahoo.com](mailto:imdonny@yahoo.com) or call Tony: (203)376-8089

## Ever thought about mentoring?

If so, there is a LGBT youth in your area who needs you.  
For more information about how you can make a difference  
for a youth in your community, call True Colors at  
888.565.5551, ext 313 or see us on the web at:  
[www.ourtruecolors.org/mentoring](http://www.ourtruecolors.org/mentoring)

# Regional Resources for LGBT Parents and Their Children

## List Serves/On-line Support:

### Monthly e-newsletters for LGBT parents & their children:

[www.familieslikemine.com](http://www.familieslikemine.com)   [www.familyequality.org/site/PageServer](http://www.familyequality.org/site/PageServer)   [www.lesbianlife.about.com/?once=true&](http://www.lesbianlife.about.com/?once=true&)

### Children of Lesbians and Gays Everywhere (COLAGE):

(415) 861-5437

1550 Bryant St, Suite 830, San Francisco, CA 94103 or visit their web site at: [www.COLAGE.org](http://www.COLAGE.org), [colage@colage.org](mailto:colage@colage.org)

**On Line Discussion Groups for the children of LGBT parents (closed lists require an LGBT parent to join, moderated by COLAGE members):** to sign up for discussions: [www.colage.org/online-resources.html](http://www.colage.org/online-resources.html)

**Love Makes a Family:** Historical Records: Yale University Manuscripts and Archives, Sterling Memorial Library  
(203) 432-1735

## Summer Camps: (for the children of LGBT parents)

### Camp OUT (North Central MA)

(617) 868-7739

### Mountain Meadow (NJ)

[inquiries@mountainmeadow.org](mailto:inquiries@mountainmeadow.org)

(215) 772-1107

### Room for All Christian Camp (NJ)

[rhighlandpark.org](http://rhighlandpark.org) (for LGBT youth)

(732) 249-7349

### Shire Village Camp (MA)

(718) 622-8204

### The Camp Lady (advisory service)

[www.campadvice.com](http://www.campadvice.com)

(888) 983-8885

## Other Resources for Families:

### LGBT Foster Parent social/support groups:

Klingberg Family Centers: Mariana DaCruz [marianad@klingberg.org](mailto:marianad@klingberg.org)

(860) 832-5536

Norwich DCF: CT Association of Foster and Adoptive Parents liaison

(860) 885-2418

### Magazines:

**Gay Parent Magazine** [www.gayparentmag.com](http://www.gayparentmag.com)

(718) 380-1780

**Proud Parenting**

[www.proudparenting.com](http://www.proudparenting.com)

**Rainbow Rumpus (for youth with LGBT parents)**

[www.rainbowrumpus.org](http://www.rainbowrumpus.org)

### Books:

**Two Lives Publishing**

[www.TwoLives.com](http://www.TwoLives.com)

**Family Equality Coalition**

[www.familyequality.org](http://www.familyequality.org)

### National Resources:

**Center for Lesbian Rights**

[www.nclrights.org](http://www.nclrights.org)

(415) 392-6257

**COLAGE**

[www.colage.org](http://www.colage.org)

(415) 861-5437

**Families like Ours**

[www.familieslikeours.org](http://www.familieslikeours.org)

(877) 230-3055

**Family Equality Council**

[www.familyequality.org](http://www.familyequality.org)

(202) 331-5015

**Gay & Lesbian Advocates (GLAD)** [www.glad.org](http://www.glad.org)

(617) 426-1350

**Lambda Legal (LAMBDA)**

[www.lambdalegal.org](http://www.lambdalegal.org)

(212) 809-8585

**Straight Spouse Network**

[www.straightspouse.org](http://www.straightspouse.org)

(201) 825-7763

**The Rainbow Babies**

[www.therainbowbabies.com](http://www.therainbowbabies.com)

**Ever thought about mentoring?  
If so there is a LGBT youth in your area who needs you.  
For more information about how you can make a  
difference for a youth in your community, call True Colors  
at 888.565.5551, ext 313**

# Substance Abuse Treatment Issues and Resources

For CT LGBT 12-Step meetings, call InfoLine at 211, call the AA Hotline at (800) 252-6465 or see [www.ct-aa.org](http://www.ct-aa.org).

## Issues:

- A number of studies have suggested that LGBT youth have higher rates of substance use, including tobacco, alcohol and illicit drugs than their heterosexual peers.
- In general, gay men appear to exhibit little elevated risk for alcohol abuse or heavy drinking relative to heterosexual men. The rates of drinking for gay men tend to remain constant over the life cycle; however, while the rates for heterosexual men tend to decrease as they age. Recent studies examining trends in drinking have reported decreases in drinking and alcohol related problems with gay men.
- Lesbians appear to be at higher risk for heavier drinking and for drinking related problems than heterosexual women in all age categories. The highest rates were reported by lesbians aged 55 or older, who were least open about their sexual orientation and least connected to the lesbian community.
- Lesbians are more likely to currently use marijuana than any other illicit drug. Gay men are more likely to use club drugs, inhalants, stimulants and sedatives.

## Risk Factors:

- The role of the “gay bar” as a social vehicle; Fewer peer, family and societal supports; Internalized homophobia
- Socioeconomic and psychosocial conditions associated with minority status; for youth, higher risk of factors which are associated with drug use: truancy; school drop out; smoking, depression, etc
- Stresses related to identity formation and coming out
- Cigarette smoking (often considered a gateway drug) is significantly higher among sexual minority youth and lesbian women than in heterosexuals

## Assessment and Treatment Issues:

- Clients usually present with global reports of anxiety or depression or with specific problems in one or more life areas that are the result of drug or alcohol abuse. Few specific instruments exist to assess the impact of orientation, or even to include orientation in the process. Therefore all assessments must include a thorough (current and past) psychosexual history
- Clinicians must be able to identify and assess which stage of the coming out process their clients are in. This is significant because it directly impacts the therapeutic process and can help identify appropriate interventions
- Culturally competent treatment might include assisting the client in increased self-awareness and acceptance as a sexual or gender minority as well as an exploration of coping strategies to assist with discrimination and rejection from society, peers, family of origin and others, along with the stresses of recovery. For example, if alcohol or drugs were used to conceal inner conflict related to orientation, then it will be essential to address those issues in order to alleviate guilt, shame, self-hatred, etc
- Does the treatment environment include and affirm the client’s (often) non-traditional family networks and support systems? Identification and recognition of a ‘chosen’ family support system are highly beneficial for the continuance of recovery. What resources exist within the LGBT community to support sobriety?
- Does the treatment environment affirm LGBT clients? Are intake, assessment and other forms, inclusive of LGBT lives and identities? To what extent is the client able to be “out” in in-patient, day treatment and other groups?

## Resources:

### In Connecticut: (ages 18+)

**Wheeler Clinic:** (LGBT specific services) [www.wheelerclinic.org](http://www.wheelerclinic.org) (800) 793-3588  
**AA:** New Haven Gay and Lesbian Community Center (203) 387-2252  
**AA:** Triangle Community Center, Norwalk (203) 853-0600

### National Resources:

**Gateway Program, Westchester Medical Center, Valhalla, NY** (914) 493-1753  
**Brattleboro Retreat:** ([www.brattlebororetreat.org](http://www.brattlebororetreat.org)) (802) 258-3700  
**Pride Institute** ([www.pride-institute.com](http://www.pride-institute.com)) (800) 54-PRIDE  
**The Lambda Center,** (Washington, DC) [www.thelambdacenter.com](http://www.thelambdacenter.com) (202) 965-8434  
**Montrose Counseling Center,** (Houston) [www.montrosecounselingcenter.org](http://www.montrosecounselingcenter.org) (713) 529-0037  
**National Assoc. of Lesbian & Gay Addiction Professionals (NALGAP)** [www.nalgap.org](http://www.nalgap.org) (703) 465-0539  
**Gay and Lesbian Medical Association** [www.glma.org](http://www.glma.org) (415)-255-4547  
**A Provider’s Guide to Substance Abuse Treatment for LGBT Individuals:** (200 page downloadable manual)  
[www.kap.samhsa.gov/products/manuals/pdfs/lgbt.pdf](http://www.kap.samhsa.gov/products/manuals/pdfs/lgbt.pdf)

# Therapists

Avon	Steven Polesel, LCSW, ACSW, BCD	(860) 404-0463
	Laura Ann Kramer, APRN	(860) 404-0463 (accepts state insurance)
Branford	Jim Pollowitz, MFT	(203) 433-0299 (accepts state insurance)
Bridgeport	Phil Guzman, Ph.D.	(203) 394-6529 (accepts state insurance)
	Ingrid Rojas	(203) 449-5922 (Bilingual: Spanish/English)
Cheshire	Debra Horvath, LCSW	(203) 272-3055
Danbury	Carolyn Cunningham, MS	(203) 794-1044
	Nicole Sabel, Danbury Women's Center	(203) 731-5200
Fairfield	Luke Gilleran	(203) 520-3465
Hartford	Bob Belliveau, LCSW	(860) 521-1507
	Marcia Brubeck, LCSW	(860) 231-1997
	Counseling Center of Greater Hartford	(860) 521-9299
	Jayne Dean, Ph.D.	(860) 233-4830 (accepts state insurance)
	Derek Franklin, Psy.D.	(800) 975-2198
	Hartford Psychological Services	(860) 296-0094 (Bilingual: Spanish/English)
	Mara Lieberman, MA, MFT	(860) 874-3522
	Carole Mackenzie	(860) 231-7373 (Transgender Expertise)
	Jule Michel, LCSW	(860) 916-5124 (Transgender expertise)
	Duncan Seawell, Ph.D.	(860) 545-9284 (Transgender Expertise)
	Elliott Strick, LMFT	(860) 231-8459
Mansfield	Gary Kanabay, LCSW	(860) 456-4604
	Loretta Wrobel, LSCW	(860) 429-2629
Marlborough	Nicolette M. Banbury, MS, LPC	(860) 295-0396
	James Govoni, LPC	(860) 295-0227 (accepts state insurance)
Meriden	Patricia Romano, MA, Psy.D.	(203) 634-7751 (Transgender expertise)
Middletown	Richard Englehart, LCSW	(860) 343-6644
	Russ Harrington, LCSW	(860) 343-5084
	Virginia Houghtaling, LCSW	(860) 343-5385
	Logan Green, PhD, Michael Haymes, Ph.D	(860) 635-2393 (accepts state insurance)
Milford	Rebekah Jackson	(203) 974-3808 (Transgender Expertise)
	Carol Malenfant, LPC	(203) 231-3541
Mystic	Linda Duran, LMTC	(860) 536-8804
Naugatuck	Michael Stokes, MS, LPC	(203) 572-2962
New Haven	Robina Altbrandt LCSW, MPH	(203) 640-6564
	Joseph Fitzgerald	(203) 789-0560
	Irwin Krieger, LCSW	(203) 776-1966 (Transgender expertise)
	Nancy Meyer-Lustman	(203) 562-9268 (Transgender expertise)
New London	Alicia Peña, LCSW	(860) 447-0888 (Bilingual: Spanish/English)
North Haven	Jody Rowell, LCSW	(203) 676-7268
Northampton, MA	Douglas Arey LISW	(413) 586-7377
	Pat Jenkins LISW	(413) 584-2590
Old Saybrook	Marguerite Ruppenicker, Ph.D	(860) 388-9882
Prospect	Mara Lieberman, MA, MFT	(860) 874-3522
Ridgefield	Susan Buzaid, LCSW	(203) 733-9966
Simsbury	Dianne Zweig	(860) 675-7763
Stamford	Dianne Hyatt, MSW	(203) 964-1847 (Transgender Expertise)
	Child Guidance Center	(203) 324-6127
Torrington	Peter Papallo, LCSW	(860) 416-6178 (Transgender Expertise)
Trumbull	Maria Castillo	(203) 445-8966 (Bilingual: Spanish/English)
	Michael Saad, LCSW	(203) 459-1666
Vernon	Robin Hoberg, Ph.D.	(860) 870-1144 (Transgender expertise)
Waterbury	Kitty Bhide, LCSW	(203) 573-1291 (accepts state insurance)
	Alfred Joyell, Ph.D	(203) 753-8336 x. 3
Wethersfield	Joy M. Burchell, LCSW	(860) 571-0055
	Sharon Cutts, LCSW	(860) 529-9577, x 3
	Milly Montalvo-Stewart, LCSW	(860) 571-0055 (Bilingual: Spanish/English)
	Regina Wilson, Ph.D.	(860) 571-0055
	Elaine Knowlden, LCSW	(860) 570-4800 (Transgender expertise)
	Women's Center for Psychotherapy	(860) 523-4450
West Hartford	Paul LaFlamme	(860) 516-4496
	Barbara Rzepski, Ph.D.	(860) 545-8660 (Transgender expertise)
Westport	Connie Cohen, LCSW	(203) 454-6722
Windsor	Timothy Nance, Ph.D	(860) 683-2352
	Spectrum Psychotherapy Centers, LLC	(860) 246-7999
Woodbury	Robert S. McWilliam, MD	(203) 266-0404
	David VanHandel, LCSW	(203) 263-2537
Holyoke, MA	Joanna Frost, MSW, LICSW	(413) 534-3033 (Transgender expertise)

# Transgender Resources

***For Gender Variant & Transgender Children, Teens and Young Adults: Also see therapists, pediatricians and endocrinologists for professionals with transgender youth expertise***

**TransKids Purple Rainbow Foundation** [www.transkidspurplerainbow.com](http://www.transkidspurplerainbow.com) TransKids Purple Rainbow Foundation is dedicated to funding research and education about transgender issues to build a brighter future for all TransKids.

**Edgardo Menvielle, MD;** Children's National Medical Center for Clinical and Community Research (CCCR)  
111 Michigan Avenue, NW, Washington, DC 20010 (202) 476-5544; [www.menviel@cnmc.org](mailto:www.menviel@cnmc.org);  
[www.childrensnational.org/gendervariance](http://www.childrensnational.org/gendervariance)

**Trans Youth Family Allies** [www.imatyfa.org](http://www.imatyfa.org) TYFA empowers children and families by partnering with educators, service providers and communities, to develop supportive environments in which gender may be expressed and respected. We envision a society free of suicide and violence in which ALL children are respected and celebrated.

**Translation Youth Group** (Youth 13-18) A support group for transgender youth between 13-18. Meets in New Haven weekly, email Tony at [snart\\_art@yahoo.com](mailto:snart_art@yahoo.com). Tony also runs an art group for gender non-conforming children under 10

**Trans/Gender Group Student Group:** Sundays at 8 p.m. 190 High Street, Middletown, CT 06457 Wesleyan University's Trans/Gender Group is for transgender, transsexual, gender-questioning, as well as people without a traditional gender identity to get support and discuss gender issues. For more information: [www.wesleyan.edu/wsa/transgender](http://www.wesleyan.edu/wsa/transgender)

**Gender Spectrum Family** is an organization dedicated to the education and support of families raising gender variant, gender non-conforming, gender-fluid, crossgender, and transgender children and adolescents.  
[www.genderspectrumfamily.org/](http://www.genderspectrumfamily.org/)

**American Psychological Association:** Answers to Your Questions about Transgender Individuals and Gender Identity. [www.apa.org/topics/transgender.html](http://www.apa.org/topics/transgender.html)

**WPATH:** The World Professional Association for Transgender Health (WPATH), formerly known as the (Harry Benjamin International Gender Dysphoria Association, HBGDA), is a professional organization devoted to the understanding and treatment of gender identity disorders. [www.wpath.org/](http://www.wpath.org/)

## **Other Informational youth & political sites**

[www.gendersanity.com](http://www.gendersanity.com) Coming out at school and work  
[www.masstpc.org](http://www.masstpc.org) MA Transgender Political Coalition  
[www.lauras-playground.com](http://www.lauras-playground.com) Suicide prevention/online support for Trans community  
[www.trans-health.com](http://www.trans-health.com) Health Issues concerning the Trans Community  
[www.GenderTalk.com](http://www.GenderTalk.com) In-depth information including information about Intersex people  
[www.tjobbank.com](http://www.tjobbank.com) Job bank for Trans friendly employers  
[www.susans.org](http://www.susans.org) Resource for transfolk and their significant others  
[www.gendercrash.com](http://www.gendercrash.com) Boston-based gender activism resources  
[www.youthresource.com](http://www.youthresource.com) Transgender living section  
[www.ingersollcenter.org](http://www.ingersollcenter.org) Information and referral site  
[www.transgenderlegal.com](http://www.transgenderlegal.com) Accelerating the legal freedom of transgender individuals  
[www.transgenderlaw.org](http://www.transgenderlaw.org) Transgender Law and Policy Institute  
[www.transequality.org](http://www.transequality.org) National Center for TransEquality  
[www.nyagra.com](http://www.nyagra.com) New York based gender rights advocacy  
[www.ftminfo.net](http://www.ftminfo.net) Networking and Resources for FtMs  
[www.advocatesforyouth.org](http://www.advocatesforyouth.org) Articles and resources

**See also page 24 for transgender affirming pediatricians and other health care providers  
Or page 28 for Therapists**

# How to be an Ally to Trans Youth

**Ask Me:** What do you hope for in an ally? When would you like to me stand up for you? When do you prefer to stand up for yourself – or not make a scene?

**Don't assume** that passing means success and not passing means failure. It is not every transperson's goal to conform to gender stereotypes

**Don't second guess** what gender someone 'really' is. It is disrespectful. Remember that birth sex and anatomy are not always the same as gender

**Take me seriously.** Take my gender identity and expression seriously. If you are not sure what pronoun to use, ask – and then use it correctly

**Do NOT out me!** You could put me in danger by outing me without my consent. ALWAYS ask

**Non-traditional** gender expressions are valid. Some transgender youth's ideal is to be gender-fluid, or androgynous

**Don't assume** that all transgender people are heterosexual – or that we are not

**Some transgender folks** conform to gender norms for our chosen gender – hypermasculine or hyperfeminine behavior. Encourage youth to understand that while this is one option, it is not necessary to be successful in their chosen gender

The majority of transgender people experience **body dysphoria**; in other words, we are extremely uncomfortable with our bodies – some might go as far as to say we are in the “wrong body”. Be aware of this, and try to be sensitive and respectful. Doctors: Avoid unnecessary nudity, let your patients get dressed as soon as possible. When discussing gendered body parts with a trans person, ask us what terms we use to refer to our bodies – and then use those terms. (What you might call a penis, a transwoman may call her clitoris. A transman may refer to his genitals as his “bits” or “junk”, or his breasts as his “chest” or “pecs”.) Trans Clients Speak is an excellent DVD: [www.transclientspeak.blogspot.com](http://www.transclientspeak.blogspot.com)

**Don't assume** that transgender people are sex-workers. Although some of us engage in survival sex because our unemployment rates are close to 70%, don't assume that all transgender people are sex workers, or that that we are sex workers because we have no other choice

**Do not ask** what our former names were. If we have to disclose for legal reasons, keep it confidential and continue to use our chosen names and pronouns

**Instead of** asking a transgender client how their birth families will react, ask us what support systems we have in place. Help us figure out what they will do if these people react negatively

Transgender people can and do lead healthy **sexual lives**. Many of us have fulfilling sex lives, whether that means respectful, loving long-term relationships, or satisfying short encounters. There are plenty of people, transgender or non-transgender, who find us desirable

**Years of hostility** and abuse can take a toll on youth. Many trans youth have social and emotional difficulties resulting from this. Many trans youth develop unhealthy coping mechanisms such as substance abuse, eating disorders, self-harm, etc. Be aware of the connection. Be sensitive when dealing with us

**Educate yourself** on the issues – it is not a transgender person's job to educate YOU – especially if you are in a helping or professional position

**Many thanks to:** Aidan Dunn, Brooklynne Michelle, and Simon Knaphus from the Youth Gender Project for creating these tips for allies. ©2004 Youth Gender Project. For More Information: [www.youthgenderproject.org](http://www.youthgenderproject.org) ; Youth Gender Project Office: (415) 864-5625

**Don't make** assumptions about religion. Many transfolks belong to religious traditions that support our identity and contributions; for others spirituality may not be important to us

# Summary of LGBT Legal Rights in Schools

## On the Federal Level

**Title VII (protection on the basis of gender):** In the 1989 case of Price-Waterhouse v. Hopkins, 490 U.S. 228 (1989), the United States Supreme Court held that “having specific expectations that a person will manifest certain behavior based upon his or her gender is not only conceptually outmoded sexual stereotyping, but also an unlawful form of sex discrimination.” The Court decided that “sex” under Title VII encompasses both sex and gender. These protections were extended in Schwenk v. Hartford, 204 F.3d 1187 (9th Cir. 2000), a case involving sexual harassment and assault by a prison guard against the transgender plaintiff, the Ninth Circuit concluded that “discrimination because one fails to act in the way expected of a man or a woman is forbidden under Title VII,” and that a transgender person who is targeted on this basis is entitled to protection.

**Title IX (protection on the basis of orientation, sex and gender):** In March of 1997, a policy paper was issued that indicated that Title IX (a statute which prohibits sexual and gender discrimination) can be interpreted to include a prohibition against sexual harassment on the basis of orientation. That means that if a sexual minority student is sexually harassed (harassment with a sexual nature or overtone), and the school does not make significant efforts to overcome and prevent this harassment, the school has the potential to lose their federal funding! In addition, Title IX of the federal Education Amendment Acts of 1972 prohibits sex discrimination in any education program or activity that receives federal funding, such as public elementary schools. 20 U.S.C. § 1681 et seq. As a result, prohibited discrimination includes that which is based on not only sex, but also stereotypical ideas of gender-appropriate male or female behavior and expression, including clothing choice. A school may not discriminate against students or exclude them from any aspect of school-based activities or opportunities based on that student’s gender identity or expression. If an official knew of the misconduct and, acting with deliberate indifference, failed to stop the misconduct, the school administration may be held liable under Title VII for the harassment and its effects. *See, e.g., Montgomery v. Independent Sch. Dist. No. 709*, 2000 WL 1233063 (D. Minn. 2000); *Miles v. New York Univ.*, 979 F. Supp. 248 (S.D.N.Y. 1997). In 2011, *The Connecticut Commission on Human Rights and Opportunities (CHRO)* has just sent a letter to all Connecticut schools on the issue of bullying and harassment. This letter follows an earlier letter sent by the *USDOE Office for Civil Rights (OCR)*. Both our state civil rights agency and the federal OCR have dramatically stepped up their efforts to protect students being bullied and harassed. [www.sde.ct.gov/sde/bullyingandharassment](http://www.sde.ct.gov/sde/bullyingandharassment)

**Constitutional Rights:** The Constitution guarantees the right to equal protection. In the summer of 1997, this constitutional law was used to hold 3 school principals personally liable (in the amount of \$800,000) for their failure to protect Jamie Nabozny from harassment based upon his sexual orientation as a student in a Wisconsin public school.

**Equal Access Law:** Congress passed legislation originally designed to allow religious groups to meet in the schools as a “club”. Because legislation must be neutral and can not discriminate, the law broadly covers any “club” which allows anyone to join, has a non-violent purpose and meets the rules of the school, including Gay/Straight Alliances.

## On the State Level

**Anti-Bullying Statutes:** PA 08-160 requires schools to develop and implement policies to address bullying

**“Gay Rights Law” PA 91-58u (CGS 46a-81a / CGS 46a-60):** CT is one of about 20 states that has an anti-discrimination law which makes it illegal to discriminate on the basis of sexual orientation. Although this law is specific to housing and employment, many believe that schools are covered under the public accommodation clause.

**Student Bill of Rights PA 97-247 Sec 6 (CGS 10-15c):** Connecticut is one of about 12 states to amend their educational statutes to include sexual orientation/gender identity and expression protected categories

**Hate Crimes Law (CGS 53a-181b / CGS 53a-40a):** CT is one of more than 21 states that also has Hate Crimes legislation which includes sexual orientation and gender identity and expression and provides additional penalties for crimes committed out of “hate” and prejudice.

**Tort Laws:** Personal Injury Lawsuits allow a remedy for hurt and can be available to address all forms of bigotry in the school. Professional liability insurance does not cover discrimination (since it is illegal).

**Licensing Statutes:** These statutes always include ethics clauses that require non-discrimination. Failure to meet these standard can result in a teacher’s, guidance counselor’s or other licensed professional’s loss of license.

**Individual School District Policies:** Many state school districts (for example, Coventry, Hartford, New Haven, Stratford, Westport and others) followed the example of the National Association of State Boards of Education, the National Association of Local Boards of Education, NEA, and others by adding sexual orientation to their policies.



# Steps for Filing a School Discrimination Complaint

Discrimination in schools based on sexual orientation is a violation of federal law - Title IX, and CT State Law - 10-15c. There have been over fifteen cases nationwide that have been brought against school districts for failing to protect students from discrimination on the basis of sexual orientation. People may file a complaint in a number of ways and can consider any or all of the following:

**File a complaint** with the school system under Title IX, through your Title IX Coordinator.

To find out who your District Title IX Coordinator is, go to the CT State Department of Education website at [www.sde.ct.gov/sde/cwp/view.asp?a=2681&q=320488](http://www.sde.ct.gov/sde/cwp/view.asp?a=2681&q=320488)

**File a complaint with the principal under 10-15c (see legal rights on previous page)**

**Call DCF (Dept of Children & Families) if child abuse is suspected - (800) 842-2288**

**Remember that anyone can file for the revocation of a teacher's certification** - call Connecticut State Department of Education

Did you know? Title IX requires that the District Title IX Coordinator's name, title, address and phone number must be published and posted. The school districts harassment policy, complaint process, grievance procedure must be made available to staff, students and parents. The school's non-discrimination policy must be included in any and all official school publications.

**File with the Office for Civil Rights in Boston** by calling 1-617-223-9662 or visiting <http://www.ed.gov/about/offices/list/ocr/complaintprocess.html>

**File with the CT Commission on Human Rights and Opportunities**  
(800) 477-5737/(860) 541-3400

**Use Section 1983 of federal law as a legal tool:** "... gay students who face peer harassment may rely on federal law, namely 28 U.S.C. § 1983 [Section 1983], to sue school officials who turn a blind eye to harassment. When a school official knowingly allows the harassment of a gay student to continue, that school official violates the student's right to equal protection under the Fourteenth Amendment to the United States Constitution.<sup>28</sup> (From ... PERSONAL LIABILITY OF SCHOOL OFFICIALS UNDER § 1983 WHO IGNORE PEER HARASSMENT OF GAY STUDENTS by JEFFREY I. BEDELL\* UNIVERSITY OF ILLINOIS LAW REVIEW [Vol. 2003] 9/9/2003)

**Obtain a lawyer for legal action: You can get free initial legal consultation from:**

- **CWEALF:** [www.cwealf.org](http://www.cwealf.org)
- **GLAD** [www.glad.org](http://www.glad.org)
- **LAMBDA Legal** [www.lambdalegal.org](http://www.lambdalegal.org)

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## Also see:

Office for Civil Rights, US Dept of Education at: [www.ed.gov/about/offices/list/ocr/complaintprocess.html](http://www.ed.gov/about/offices/list/ocr/complaintprocess.html)

Know your rights: [www.ed.gov/about/offices/list/ocr/know.html](http://www.ed.gov/about/offices/list/ocr/know.html)

[www.lambdalegal.org/publications/factsheets/xfs\\_know-your-rights-lgbtq-and-hiv-youth-in-foster-care.html](http://www.lambdalegal.org/publications/factsheets/xfs_know-your-rights-lgbtq-and-hiv-youth-in-foster-care.html)  
("know your rights in care" brochure from Lambda legal)

[www.nwlc.org/sites/default/files/pdfs/cyberbullyingfactsheet\\_2.10.12.pdf](http://www.nwlc.org/sites/default/files/pdfs/cyberbullyingfactsheet_2.10.12.pdf)

[www.nwlc.org/sites/default/files/pdfs/titleixfrequentlyaskedquestions\\_2.pdf](http://www.nwlc.org/sites/default/files/pdfs/titleixfrequentlyaskedquestions_2.pdf)

[www.nwlc.org/sites/default/files/pdfs/titleixpregnancyharassmentfactsheet.pdf](http://www.nwlc.org/sites/default/files/pdfs/titleixpregnancyharassmentfactsheet.pdf)

# Making a Difference: Immediate Action Steps

## Individual Action Steps:

When you hear MEAN, INTERVENE!  
Every time & every where

Speak up, speak out (understanding and respecting the courage that this takes). Explore your own assumptions, recognizing the source of some of your thoughts and beliefs and the impact of these beliefs on your works with LGBT youth and families

Identify and use opportunities to contradict negative messages. Take advantage of “teachable moments”. Stop heterosexist jokes or remarks. Speak up in defense and support of LGBT clients, students and staff. Learn about the connections between anti-LGBT bias and racism, sexism, classism, etc

Understand issues that may be unique to LGBT youth such as the fear of discovery; rejection and social isolation; pressure to conform to heterosexuality; potential harassment and violence; alcohol and drug abuse; suicide risks, etc

Look for a support network of advocates. Listen and learn from LGBT people. Attend LGBT events, films, workshops, pride marches, PGLAG meetings, etc

Examine your use of language: Do your questions and conversations assume heterosexuality of the individual and his/her parents or family? Never ‘out’ a student, client or family

Educate others by sponsoring events, panels or workshops; intervene by providing accurate information upon hearing slurs or myths; interrupt anti-LGBT jokes, assumptions; write letters to the editor; etc

Learn about language, laws, policies, political issues and pre-conceived notions that affect the rights and experiences of LGBT people

Understand that questioning, exploration, and fluidity is normal for adolescents

Challenge your pre-conceived ideas of what is good for youth and children in terms of placements, family structure and relationships. Educate yourself about sexuality and gender

Consider carefully what you place into youth’s records since those records are going to follow them throughout the system

Use supervision if you are struggling to balance your personal views with your professional responsibilities or if you want to ‘check out’ your assessment or recommendations for hidden biases. (Note that supervision can be provided by your supervisor OR by a trusted peer, mentor, or other knowledgeable support person in your life)

Assess and educate existing and potential foster homes and other residential settings for their openness, comfort level, attitudes and policies regarding sexual orientation and gender identity of youth in their care

## Environmental Action Steps:

You may want to implement some of the following suggestions as appropriate to your setting:

- ✓ Wear a button/sticker that promotes awareness
- ✓ Use magnets or other posted symbols
- ✓ Assess current posters and add awareness posters that include LGBT examples
- ✓ Identify and use opportunities to integrate LGBT examples in curriculum, lesson plans, intake and other forms, interviews and other client interactions.
- ✓ Visible non-discrimination statement that explicitly includes orientation and gender identity/expression
- ✓ Provide at least one universal, gender inclusive or gender neutral ‘restroom’ so that people are not faced with the issue of choosing the ‘right’ or ‘wrong’ bathroom
- ✓ Providing LGBTI specific media such as this resource guide, local or national magazines or newsletters. Post appropriate resource information and activities

Collect pamphlets, information, community resources to use, share and display

# Making a Difference: Immediate Action Steps , cont.

## Agency Level Action Steps:

**Review Intake and other forms for inclusive language:** Filling out intake forms gives students or clients their first, and most important, impressions of the extent to which their identity and families systems are recognized and affirmed. Review your forms for inclusive language on sex, gender, relationship status, and family structures. Remember that Connecticut now has Civil Marriage which is a legal relationship between people and impacts next of kin, medical decision making, etc. In addition, if your practice is likely to include transgender and intersex people, additional training about their unique health, mental health and other concerns is critical to effective, competent service delivery.

Review your policies, forms, intake questions, and interview questions for inclusive language and content

- ✓ When discussing sexual history, it is very important to reflect client language and terminology about their partners and their behavior. Many people do not define themselves through a sexual identity label, yet may have sex with persons of their same sex or gender, or with more than one sex. If you identify an individual as 'gay' when they don't self-identify in that way, you can damage rapport and trust. Respect transgender patients by using appropriate pronouns for their gender expression. If you are unsure, ask in a gentle, respectful way.
- ✓ If you need to perform a physical exam, remember that some transgender people are uncomfortable in their current bodies
- ✓ When talking about sexual or relationship partners, use gender-neutral language such as 'partner(s)' or significant other(s). Ask open-ended questions and don't assume the gender of a client's partner(s) or sexual behaviors. Don't assume that current and past behaviors are the same. Look for ways in which stereotypes can impact the questions you ask and don't ask (for example, not asking a gay man about children; or not asking a woman who identifies as lesbian about STI risks).
- ✓ Within DCF, many forms (such as potential foster parent interview forms) have been updated to include gender-neutral language. Practice using that language until you are comfortable with it. If the forms are not neutral, practice asking the question in a way that is.
- ✓ Ask violence screening questions in a gender neutral way: have you been physically or sexually hurt (are you currently being hurt, have you ever experienced being hurt) by someone you love or by a stranger? Have you ever been sexually assaulted or raped?
- ✓ Set and consistently enforce clear rules of behavior that respect and protect diversity; Encourage respectful discussion and debate. (Contact Connecticut Women's Education And Legal Fund or CT chapter of the American Civil Liberties Union or other agencies for pamphlets on the difference between 'free speech' and 'hate language'. )

Use Gender Neutral Language

**Create and enforce clear policies.** For sample policies, contact The American Academy of Pediatrics; The American Medical Association; The American Psychiatric Association; the National Association of Social Workers; Child Welfare League of America; the National Education Association; The American Federation of Teachers; The American Bar Association; The American School Counselor Association; the American School Health Association; and others with inclusive policies (or see Gay Lesbian Straight Education Network (GLSEN/CT's) "Tackling Gay Issues in School" for samples of some of the above.)

**Special thanks to participants in True Colors Workshops, Rainbow Center at UCONN; Gay & Lesbian Medical Association ([www.glma.org](http://www.glma.org)) and PFLAG Hartford for many of these ideas!**

## DEFINITIONS \*

**Bisexual** — A person who is (or can be) attracted, emotionally, romantically and/or sexually, to people of more than one sex/gender, not necessarily at the same time, not necessarily in the same way, and not necessarily to the same degree.

**Crossdresser** — Men and women who enjoy wearing the clothes of, or appearing as, other than the sex assigned to them at birth. People of all sexual orientations may crossdress (Replaces the outdated term 'transvestite')

**Gay Male** — A man who is attracted emotionally, romantically and sexually to other men.

**Gender Identity** — One's inner sense of gender as male, female, transgender, genderqueer, androgynous, etc.

**Genderqueer** — A term used to create expressions of gender and identity that transcend binary male/female constructs. Other terms might include but not be limited to: boy-dykes, bio-girlz, trannie-boys, trykes, Riotgirl, etc.

**Gender Roles** — The socially constructed and culturally specific behavior and appearance expectations imposed on females (femininity) and males (masculinity).

**Heterosexism** — The institutionalized assumption that everyone is heterosexual and that heterosexuality is inherently superior to and preferable to homosexuality or bisexuality.

**Heterosexuals** — Males and females who are attracted emotionally, romantically and sexually to members of a different gender. (Note that until the 1920s this term was used pejoratively to mean over sexed)

**Homophobia** — The irrational fear or hatred of or discrimination against, homosexuals or homosexual behavior.

**Homosexuals** — Males and females who are attracted emotionally, romantically and sexually to members of the same sex. Most people prefer the terms gay or lesbian.

**Heteroflexible** (straight-ish, homo-flexible, etc): Individuals who are mostly attracted to another gender, but have had or are open to having same sex relationships or behavior

**Internalized Homophobia** — The experience of shame, aversion or self-hatred in reaction to one's own attractions to a person of the same sex

**Intersex** — A person with an intersex condition is born with sex chromosomes, external genitalia, or an internal reproductive system that is not considered 'standard' for either male or female (Replaces the outdated term "hermaphrodites")

**Lesbian** — A woman who is attracted emotionally, romantically and sexually to other women

**Non-labeling** — Individuals who find the existing labels too constrictive and do not identify within a particular category

**Pansexual** — One who exhibits or suggests a sexuality that has many different forms, objects and outlets. One who exhibits many forms of sexual expression. (from [www.lesbianworlds.com/](http://www.lesbianworlds.com/)) (also omni-sexual, flexual, multi-sexual, heteroflexible)

**Same Gender Loving (SGL)** — A term that emerged in the early 1990's with the intention of offering black women who love women and black men who love men (and other groups of color) a voice, a way of identifying and being that resonated with the uniqueness of black culture in life. While many black lesbians and gay men do prefer to identify as lesbian and gay, many prefer the more Afrocentric SGL or Same Gendered Loving. It is best to ask the individual for their preference and not to assume. ([www.GLAAD.org](http://www.GLAAD.org))

**Sexual Behavior** — Sexual acts individuals of any orientation may choose to participate in with a partner or alone.

**Sexual Minority** — Gay, lesbian, bisexual and transgender people (5 to 15% of the population depending upon the study).

**Sexual Orientation** — Defined by who you are ATTRACTED to emotionally, romantically and sexually: People of the same gender (lesbian, gay), a different gender (heterosexual), either gender (bisexual) or multiple genders (pansexual, multi-sexual). Note that these dimensions are not absolutes and can be fluid over time.

**The Down Low** — The Down Low (also known as "DL") refers to closeted bisexual men who have sex with men without the knowledge of their female partners. (from [www.GLAAD.org](http://www.GLAAD.org))

**Two Spirit:** A term for both same gender loving and transgender people that emerged from various Native American traditions. The Diné (Navaho) word is *nàdleehé* one who is 'transformed', the Lakota (Sioux) as *winkte*, the Mohave as *alyha*, the Zuni as *lhamana*, the Omaha as *mexoga*, the Aleut and Kodiak as *achnucek*, the Zapotec as *ira' muxe*, the Cheyenne as *he man eh*.

**Transgender** — A broad term used to describe the continuum of individuals whose gender identity and expression, to varying degrees, does not correspond with the social or cultural norms or expectation of the sex assigned to them at birth.

**Transsexual** — An individual who presents him/her/hirself and/or lives as a gender different than his/her/ze the sex assigned at birth. Transsexuals may identify as heterosexual, bisexual or homosexual. (Note: "hir" and "ze" are gender neutral pronouns).

**Womanist** — A term introduced by author Alice Walker to describe women of color who are concerned about the oppression of other women. This term was introduced to embrace women of color who have felt left out of the "feminist" movement due to institutionalized racism

\* adapted from a variety of resources including GLSEN, GLAAD, Lesbian World and others. **Language continues to evolve both around gender and orientation. Feedback and discussion regarding the definitions above are welcome. Please call True Colors at (860) 232-0050**

# A Short (and incomplete) LGBT History

- 1969:** Angered by police harassment of patrons of the Stonewall Inn, LGBT residents in the area fight back during a raid, initiating several days of violence, called the “Stonewall Riots”. Many consider this event as the “start” of the modern LGBT rights movement in America. Also in 1969, CT became only the 2<sup>nd</sup> state to repeal its sodomy laws
- 1973:** The American Psychiatric Association votes to remove homosexuality from its list of “illnesses”, calls for the decriminalization of homosexuality and the passage of civil rights protections for gays and lesbians
- 1974:** The National Education Association adds sexual orientation to its non-discrimination policies and calls for all other professional educational associations to do the same
- 1975:** The American Psychological Association asks its members to remove the stigma of mental illness from gays and lesbians
- 1982:** Wisconsin becomes the first state to ban employment discrimination on the basis of sexual orientation. Today, 20 states plus the District of Colombia, have similar legislation. The states are WI (1982); MA (1989); CT and HI (1991); CA, NJ, and VT (1992); MN (1993); RI (1995); NH (1997); NV (1999); MD (2001); NY (2002); NM (2003); IL (2005); ME (2005), WA (2006); IA, OR, CO (2007). Currently, 15 States directly protect people on the basis of Gender Identity/Expression: CA, CT, HI, IL, MN, NM, RI, ME, NJ, WA, OR, IA, VT, CO & MA. 16 states include some protections by court action
- 1983:** The American Academy of Pediatrics calls on its constituents to serve all youths struggling with their sexual identity
- 1986:** In a 5-4 vote, the Supreme Court upholds the sodomy laws of the state of Georgia in the Bowers v. Hartwick decision. As a result, government continued to have the right to arrest consenting adults having sex in the privacy of their own homes in 24 states. Georgia overturned its sodomy statutes in 1999
- 1986:** In CA, Becky Smith & Annie Afleck became the first lesbian couple in the US to be granted legal, joint adoption of a child.
- 1988:** The National Education Association adopts a resolution calling for every school district to provide counseling for students struggling with their sexual orientation
- 1989:** Denmark becomes the first nation to legalize gay unions (a step short of same sex marriage); Norway allows same-sex marriage in 1993. Canada recently passed similar legislation. Currently, seven US states plus the District of Columbia allow Same-Sex Marriage (MA, CT, IA, VT, NY, IL, RI). Several others offer civil unions or recognize same-sex marriages from other states.
- 1990:** The Hate Crimes Statistics Act becomes the 1st federal law to include ‘sexual orientation’ – for counting purposes only.
- 1991:** The American School Health Association passes a resolution that calls for the end of discrimination against gay and lesbian youths and outlines a series of steps to assist these adolescents in schools
- 1993:** MA becomes the first state to ban discrimination on the basis of sexual orientation against public high school students.
- 1997:** CT adds sexual orientation to the Student Bill of Rights
- 2000:** Vermont makes history by creating a legal same sex relationship called ‘Civil Unions’, which provide same sex couples in Vermont with legal rights and responsibilities similar to married couples. These rights are not portable from state to state in the way that marriage rights are – and do not include the more than 1,000 federal rights or responsibilities of marriage
- 2000:** CT passes co-parent legislation allowing both same sex and unmarried opposite sex couples to adopt children. Currently, more than 20 states allow same sex co-parent adoptions; CT, VT & NJ are the only three to address it by statute
- 2002:** CT Activists continue to lobby for same sex marriage rights. There are 588 Statutes in CT which reference civil marriage-related rights and responsibilities but which are provided only within the confines of legal marriage
- 2003/2004:** California passes an inclusive Domestic Partnership Law, similar to Vermont’s Civil Unions; Two Provinces in Canada join the Netherlands and Belgium as countries that allow same-sex marriage. New Mexico becomes the first state to pass both hate crimes and nondiscrimination bills with gender identity in both bills. California passes an employment anti-discrimination law that includes Gender Identity and Expression. MA courts legalize same sex marriage
- 2004:** 8 couples in CT file a lawsuit claiming that CT’s current exclusion of same-sex couples from civil marriage is discriminatory. CT State Department of Children and Families (DCF) passes non-discrimination language that includes both sexual orientation and gender identity and expression. Eleven states pass constitutional amendments to prevent same sex marriage bringing the total to approximately 40
- 2005:** CT passes Civil Union Legislation, becoming the first state in the Union to pass legislation without Judicial Mandate
- 2008:** The CT Supreme Court rules in favor of the plaintiffs in Kerrigan v. The State of Connecticut legalizing gay marriage. Proposition eight passes in CA and rescinds the right to marry
- 2011:** HB 6599 is passed and Connecticut becomes the 14<sup>th</sup> State to include Gender Identity and Expression in its Civil Rights Statutes. MA passes gender identity and expression in the next legislative session to become state # 15.

CT legislation includes orientation and gender identity/expression in our hate crimes statutes; civil rights statutes, and student rights statutes. In addition, CT provides the rights and responsibilities of civil marriage

# Sexual Minority Youth: Risk Factors

Although support continues to grow, too many continue to face the risks associated with social isolation and a stigmatized identity. Some sexual and gender minority youth continue to experience a lack of support across critical areas of their lives.

## Lack of Family Support

- ❖ “Higher rates of family rejection were significantly associated with poorer health outcomes. Lesbian, gay, and bisexual young adults who reported higher levels of family rejection during adolescence were 8.4 times more likely to report having attempted suicide, 5.9 times more likely to report high levels of depression, 3.4 times more likely to use illegal drugs, and 3.4 times more likely to report having engaged in unprotected sexual intercourse compared with peers from families that reported no or low levels of family rejection. Latino men reported the highest number of negative family reactions to their sexual orientation in adolescence.” (Ryan, et al, 2009)
- ❖ A number of studies of homeless youth reveal that LGBT youth leave home more often, experience higher levels of physical victimization, substance abuse and depression than their heterosexual counterparts (Cochran, et al, May 2002). Transgender youth in particular have been shown to have a higher rate of parental abuse. (Invik, Mills, McCreary, 2005)
- ❖ There has been a re-emergence of conversion therapy as well as the linkage of inappropriate parenting practices and the assignment of developmental infirmity to homosexuality from some US based National Organizations. (Children and Society, Vol. 17. 2003. pp 374-385)
- ❖ A study (Nocera, L., 2000) of child welfare workers in RI regarding beliefs, attitudes and training needs surrounding LGBT youth in out-of-home care revealed that 33% had beliefs that supported negative stereotypes and myths about LGBT people; 41% said they would not place a child in an LGBT household, and 45% reported no knowledge of LGBT support services for the teens on their caseloads.

## Negative School Experiences

- ❖ There is little training, education or support for students or helping professionals. A 2004 National School Assessment commissioned by Parents, Families and Friends of Lesbians and Gays indicated that 95% of school counseling services had little or no gay, lesbian, or bisexual resources and 99% had little or no transgender resources; 70% had no training for educators or staff on how to stop GLBT bullying while 92% had no training for students; 84% had little or no resources for parents about GLBT issues; 59% did not include gay, lesbian, or bisexual students in their harassment or nondiscrimination policies and 75% did not include gender identity or expression.
- ❖ Key findings of the 2007 National School Climate Survey by GLSEN, indicated that: 86.2% of LGBT students reported being verbally harassed, 44.1% reported being physically harassed and 22.1% reported being physically assaulted at school in the past year because of their sexual orientation. More than half (60.8%) of students reported that they felt unsafe in school because of their sexual orientation, and more than a third (38.4%) felt unsafe because of their gender expression. 31.7% of LGBT students missed a class and 32.7% missed a day of school in the past month because of feeling unsafe, compared to only 5.5% and 4.5%, respectively, of a national sample of secondary school students. The reported grade point average of students who were more frequently harassed because of their sexual orientation or gender expression was almost half a grade lower than for students who were less often harassed (2.8 versus 2.4).
- ❖ A 2009 Survey of Schools of Social Work indicated that although schools reported a growing proficiency in educating new social workers regarding sexual orientation in adults, few programs included the needs of youth. In addition, fewer than 3% offered any training, policies or other inclusive recognition of the needs of transgender youth and clients.

## Few Opportunities for Social Interactions with LGBT peers

- ❖ In a 2007 study on LGBT youth in Philadelphia “Youth ... express a need for social connections to other LGBT youth like themselves. Even youth who are well-supported by friends, families, and other structures need this type of community interaction. Youth with fewer supports and greater challenges need these connections all the more.”
- ❖ “...social well-being, as a measure of positive mental health, is an important yet neglected aspect of LGB mental health” (Kertsner, Meyer, Frost and Srittatt, 2009). Specifically, these researchers found that connectedness to the LGB community may be a particularly important coping resource.
- ❖ Although pockets of support exist within some communities of faith, many churches, synagogues and clergy continue to condemn and ostracize sexual and gender minority youth and adults in a “soul-wounding experience that (asks) them to choose between their God, their spiritual connection, and their own integrity.” (Ellen Bass)

# Sexual Minority Youth: Protective Factors

None of the ‘parade of horrors’ listed above are either set in stone or experienced by all LGBT youth. In fact, many of these risks factors can be ameliorated when youth receive support in one or more areas of their lives. Remove the social isolation and stigma, and much of the emotional distress is relieved. Specific protective factors include:

- ❖ **Family Response.** The results of a multi-year, mixed methods study conducted by Caitlin Ryan and her team for the Family Acceptance Project™, at the Cesar E. Chavez Institute, at San Francisco State University, clearly indicate the profound impact that family reactions to an adolescent’s sexual orientation and gender identity and expression have on their health, mental health and well-being. Ryan found that when families are highly rejecting, LGBT youth are at far higher risk for major health and mental health problems as young adults (suicidal ideation and attempts, depression, substance abuse, risk for HIV and STDs), compared with young adults from families that were a little or not at all rejecting.
  - ❖ Family acceptance can have a positive impact on an LGBT young person’s health and mental health. But, perhaps Ryan’s most relevant findings are that parents and caregivers typically become more accepting over time and that the outcomes for youth with ambivalent families are significantly less severe, compared with youth from highly rejecting families. Ryan has also found that parents and caregivers can modify rejecting behavior and become more supportive when they understand how rejecting behavior dramatically increases their LGBT children’s risk for health problems. Through the Family Acceptance Project™, Ryan and her team are currently developing a new research-based family-related approach to prevention and care, that includes interventions to help maintain LGBT youth in their homes, to strengthen families and to promote permanency. The fact that families do not need to transform themselves in order to make room for their LGBT youth members has significant ramifications for child welfare providers. It suggests, for example, that we should wrap support services around families as their children come out with the goal of helping youth stay in their homes. It also suggests that permanency plans might continue to include birth families, even if the family is initially rejecting. (The Prevention Researcher. Volume 17(4). November, 2010
- ❖ **School based protective factors include:**
  - ❖ **The presence of supportive staff:** Evidence suggests that LGBT youth who receive support not only survive – but thrive! (D’Augelli, 1992) In addition, harassment has been identified as a critical factor in predicting outcomes for youth. The greater the level of harassment a youth experiences, the greater the likelihood that s/he will engage in risky behaviors. (Bontempo & D’Augelli, 2002). In the 2007, GLSEN Study referenced above, supportive staff contributed to a range of positive indicators including fewer reports of missing school, greater academic achievement, higher educational aspirations and a greater sense of belonging to their school community
  - ❖ **The existence of a Gay/Straight Alliance (GSA).** A recent study on suicide ideation and attempts among sexual minority youth concluded that GSAs were a protective factor and, in fact, the presence of a GSA was the only factor of those they tested that was associated with lower odds of suicidality. (Walls, Freedenthal, Winseski, *Social Work, A journal of the National Association of Social Workers, January, 2008, Vol. 53, Number 1*). In addition, the GLSEN study referenced above also found that students in schools with a Gay-Straight Alliance reported hearing fewer homophobic remarks, experienced less harassment and assault because of their sexual orientation and gender expression, were more likely to report incidents of harassment and assault to school staff, were less likely to feel unsafe because of their sexual orientation or gender expression, were less likely to miss school because of safety concerns and reported a greater sense of belonging to their school community.
  - ❖ **The existence of inclusive safe school policies:** Students from a school with a safe school policy that included protections based on sexual orientation and/or gender identity/expression heard fewer homophobic remarks, experienced lower levels of victimization related to their sexual orientation, were more likely to report that staff intervened when hearing homophobic remarks and were more likely to report incidents of harassment and assault to school staff.

# Answers to Your Questions About Sexual Orientation and Homosexuality

American Psychological Association. (2008). Answers to your questions: For a better understanding of sexual orientation and homosexuality.

Washington, DC: Author. [Retrieved from [www.apa.org/topics/orientation.pdf](http://www.apa.org/topics/orientation.pdf)]. Copyright © 2008 American Psychological Association

## What Is Sexual Orientation?

Sexual orientation refers to an enduring pattern of emotional, romantic, and/or sexual attractions to men, women, or both sexes. Sexual orientation also refers to a person's sense of identity based on those attractions, related behaviors, and membership in a community of others who share those attractions. Research over several decades has demonstrated that sexual orientation ranges along a continuum, from exclusive attraction to the other sex to exclusive attraction to the same sex. However, sexual orientation is usually discussed in terms of three categories: heterosexual (having emotional, romantic, or sexual attractions to members of the other sex), gay/lesbian (having emotional, romantic, or sexual attractions to members of one's own sex), and bisexual (having emotional, romantic, or sexual attractions to both men and women). This range of behaviors and attractions has been described in various cultures and nations throughout the world. Many cultures use identity labels to describe people who express these attractions. In the United States the most frequent labels are *lesbians* (women attracted to women), *gay men* (men attracted to men), and *bisexual people* (men or women attracted to both sexes). However, some people may use different labels or none at all. Sexual orientation is distinct from other components of sex and gender, including biological sex (the anatomical, physiological, and genetic characteristics associated with being male or female), gender identity (the psychological sense of being male or female),\* and social gender role (the cultural norms that define feminine and masculine behavior).

## How do people know if they are lesbian, gay, or bisexual?

According to current scientific and professional understanding, the core attractions that form the basis for adult sexual orientation typically emerge between middle childhood and early adolescence. These patterns of emotional, romantic, and sexual attraction may arise without any prior sexual experience. People can be celibate and still know their sexual orientation--be it lesbian, gay, bisexual, or heterosexual.

Different lesbian, gay, and bisexual people have very different experiences regarding their sexual orientation. Some people know that they are lesbian, gay, or bisexual for a long time before they actually pursue relationships with other people. Some people engage in sexual activity (with same-sex and/or other sex partners) before assigning a clear label to their sexual orientation. Prejudice and discrimination make it difficult for many people to come to terms with their sexual orientation identities, so claiming a lesbian, gay, or bisexual identity may be a slow process.

## What Causes a Person To Have a Particular Sexual Orientation?

There is no consensus among scientists about the exact reasons that an individual develops a heterosexual, bisexual, gay, or lesbian orientation. Although much research has examined the possible genetic, hormonal, developmental, social, and cultural influences on sexual orientation, no findings have emerged that permit scientists to conclude that sexual orientation is determined by any particular factor or factors. Many think that nature and nurture both play complex roles; most people experience little or no sense of choice about their sexual orientation.

## Is Homosexuality a Mental Disorder?

No, lesbian, gay, and bisexual orientations are not disorders. Research has found no inherent association between any of these sexual orientations and psychopathology. Both heterosexual behavior and homosexual behavior are normal aspects of human sexuality. Both have been documented in many different cultures and historical eras. Despite the persistence of stereotypes that portray lesbian, gay, and bisexual people as disturbed, several decades of research and clinical experience have led all mainstream medical and mental health organizations in this country to conclude that these orientations represent normal forms of human experience. Lesbian, gay, and bisexual relationships are normal forms of human bonding. Therefore, these mainstream organizations long ago abandoned classifications of homosexuality as a mental disorder.



# Answers to Your Questions About Sexual Orientation and Homosexuality, cont.

## Other questions included in the brochure and available online:

- What role do prejudice and discrimination play in the lives of lesbian, gay, and bisexual people?
- What is the psychological impact of prejudice and discrimination?
- What about therapy intended to change sexual orientation from gay to straight?
- What is "coming out" and why is it important?
- What about sexual orientation and coming out during adolescence?
- At what age should lesbian, gay, or bisexual youths come out?
- What is the nature of same-sex relationships?
- Can lesbians and gay men be good parents?
- What can people do to diminish prejudice and discrimination against lesbian, gay, and bisexual people?

## Re-Considering Linear Models of Coming Out \*

- ❖ Coming out is a somewhat fluid, interactive, life-long process that is highly influenced by the norms and values of individual families, cultures and societies.
- ❖ Most of the various "stages" models imply a linear progression from one stage to the next. These models ignore the wide variations among individual experiences, may or may not be relevant to women's, bisexual or transgender experience. They are often based on research with white, adult, middle class and male populations whose experiences may not generalize or reflect those of others.
- ❖ Lesbians appear to perceive affectional orientation and relationship dynamics as central to their self-definition as a sexual minority, while gay men appear to view sexual behavior and sexual fantasy as central to their identity. Some research also suggests a number of other differences between men and women's sexuality. See Lisa Diamond below for more.
- ❖ Coming out varies widely from individual to individual. An individual's gender, ethnicity, race, religion, and resources may have a profound impact on how he or she experiences his or her own identity, orientation, and self-definitions.
- ❖ Most identity development models assume single social identities (e.g. race, gender, orientation) which overlooks two important dynamics for LGB People Of Color: The visibility or invisibility of sexual identity and the salience of identity. Most models inappropriately co-mingle personal and group identification, implying that individuals can't be fully integrated in their LGB identity unless they are completely open about their orientation with others. This perspective may underestimate the impact of coming out for LGB people of color who may be battling multiple oppressions without multiple support systems.
- ❖ Few coherent models of bisexual or transgender identity development exist.

Summarized and adapted from: Perez, Ruperto M., DeBord, Kurt A., and Bieschke, Kathleen J. (eds.) Handbook of Counseling and Psychotherapy with Lesbian, Gay, and Bisexual Clients. American Psychological Association, Washington, DC 2000

**Also see:** Telington, Cynthia J., MD and Woyewodzic, Kelly T. MD. (2009) Sexual Minority Identity Development: A Review of the Process and Effects. *PsychiatricTimes.com*. Vol. No. October 11, 2009

**Also see:** Diamond, Lisa M. (2008). "Sexual Fluidity: Understanding Women's Love and Desire". Harvard University Press.

# Questions to Consider Before Coming Out

- 1) Are you **comfortable** about your sexual orientation or gender identity? If you feel confused or uncertain (which is normal, especially in the beginning of your exploration about who you are), reach out to people that you know will be supportive and affirming – people who won't push you to label yourself, people who will give you room to think, question, wonder and explore – people who will give you time to figure it out, are neutral, or who don't have an investment in the specific outcome (that is, someone who will support you regardless of your ultimate conclusion about your orientation or gender). Then, when you are ready, begin planning to come out to families and friends whose reaction feels less certain to you. Don't raise the issues unless you are sure you are able to respond with confidence to the question "Are You Sure?!" Confusion on your part will increase your family or friends confusion and decrease their confidence in your judgment. If you are wrestling with guilt and periods of depression, you'll be better off waiting to tell your family or friends. Coming out to them may require tremendous energy on your part. It may require a reserve of positive self image – and supportive allies and friends.

How comfortable are **you**?
  - 2) Do you have support? In the event your parent's, family member's or friend's reaction devastates you, there should be an individual or a group that you can confidentially turn to for emotional support and strength. Maintaining your sense of self-worth is critical. Here are some places that are open in case you need support or help at any time: In Connecticut, call InfoLine at 211 – they have 24/7 emergency, hotline and crisis support and are open and affirming to LGBT issues. For crisis intervention, you can also call the Trevor Project Hotline at (800) 850-8078 (24 hour LGBT youth suicide prevention hotline) Most of all, be safe, and remember that the moment — whatever it is — passes. You just gotta hang on...

Who will you turn to if your folks don't respond as you hoped?
  - 3) Are you **knowledgeable** about sexual orientation and gender identity? Your family or friends may respond based on a lifetime of information from a homophobic, bi-phobic, gender-phobic, queer-phobic society. Part of your job in coming out to yourself was to educate yourself – now part of your job may be to educate them. Are you prepared to do that? If not, reach out to organizations like Parents, Families and Friends of Lesbians and Gays (PFLAG). They have brochures made just for parents and family members that could really help!

Can you answer their questions?
  - 4) Don't assume you will know how somebody will respond – you may be pleasantly surprised by their response.
  - 5) Timing counts! Realize that your family's response during holidays may be different than they would be under other less hectic, stressful conditions. Are the holidays the best time or not? Think about your own family or friends and decide.

Timing counts!
  - 6) Remember that coming out is a continuous process – you may have to come out many times and in a variety of ways. Recognize that family or friends need time to acknowledge and accept that they have an LGBT child. It took you time to come to terms with who you are, now it is your family's turn. Let your family's judgment be theirs to work on, not yours to take on, as long as they are kind to you.

You had time to learn to accept yourself – give your family some time too!
  - 7) Have alternate plans if the situation becomes difficult at home. A school social worker or other helping professional may be able to help you develop a safety net. Also remember that if the situation turns violent, get out and get help from friends, police or DCF. The DCF Number to report abuse is: **(800) 842-2288**.
- If you are coming home for a visit or a holiday and plan to come out then:**
- 8) If you are bringing a partner home with you, don't wait until the holiday evening to raise the issue of sleeping arrangements – make plans in advance. Also consider: "Would your parents let you share a room with an opposite sex partner?" If not, don't expect the rules to be different just because your partner is same gender. Also, discuss in advance with your partner how you will talk about your relationship, how you will or won't show affection with each other, etc.

Things to plan in advance: sleeping arrangements, alternative places to stay, how much PDA if you bringing a significant other.
  - 9) Focus on common interests, remind and reassure family members that you are the same person you always were — they just know more about you.
  - 10) Remember, most fundamentally, that you are loved, loving, and lovable – no matter how other people respond.

# Respuestas a sus preguntas acerca de la orientación sexual y la homosexualidad

American Psychological Association (APA) Interés Público – Versión Revisada - Julio 1998. Traducción hecha en México.

- ¿Qué es la orientación sexual?
- ¿Cuál es la causa para que una persona tenga una orientación sexual en particular?
- ¿Se elige la orientación sexual?
- ¿Puede cambiarse la orientación sexual mediante terapia?
- ¿Y qué hay de las llamadas “Terapias de Conversión”?
- ¿Es la homosexualidad una enfermedad mental o un problema emocional?
- ¿Pueden ser buenos padres los gays, las lesbianas y los bisexuales?
- ¿Por qué los gays, las lesbianas y los bisexuales revelan su orientación sexual?
- ¿Por qué es difícil el proceso de salir del closet para alguna gente gay, lesbiana y bisexual?
- ¿Qué se puede hacer para ayudar a gays y lesbianas en la lucha contra los prejuicios y la discriminación hacia ellos?
- ¿Por qué motivo es importante que la sociedad esté mejor educada acerca de la homosexualidad?
- ¿Están infectados de VIH todos los hombres gays y bisexuales?
- ¿Dónde puedo encontrar más información acerca de la homosexualidad?

## • ¿Qué es la orientación sexual?

La orientación sexual es una duradera atracción emocional, romántica, sexual o afectiva hacia otra persona. Es fácilmente distinguible de otros componentes de la sexualidad, incluyendo el sexo biológico; la identidad de género (la sensación psicológica de ser hombre o mujer) y el rol social de género (la adherencia a las normas culturales del comportamiento masculino y femenino).

La orientación sexual existe en un continuo que abarca desde la homosexualidad exclusiva hasta la heterosexualidad exclusiva, e incluye varias formas de bisexualidad. Las personas bisexuales pueden experimentar atracción sexual, emocional y afectiva tanto hacia gente de su propio sexo como a la del sexo opuesto. A las personas con una orientación homosexual a veces se les refiere como gays (a hombres y también a hombres y mujeres) o como lesbianas (sólo a las mujeres).

La orientación sexual es diferente del comportamiento sexual, porque se refiere a sentimientos y al concepto de sí mismo. Las personas pueden expresar, o no, su orientación sexual en su comportamiento.

## • ¿Cuál es la causa para que una persona tenga una orientación sexual en particular?

Hay numerosas teorías acerca de los orígenes de la orientación sexual de una persona. Hoy en día la mayoría de los científicos está de acuerdo en que lo más probable es que resulta de una compleja interacción de factores ambientales, cognitivos y biológicos. En la mayor parte de la gente la orientación sexual se establece a una edad temprana. También hay considerable evidencia reciente que sugiere que la biología, incluyendo factores genéticos u hormonales innatos, juega un papel significativo en la sexualidad de una persona.

En resumen, es importante reconocer que probablemente existen muchas razones para la orientación sexual de una persona, y que las razones pueden ser diferentes para diferentes personas.

## • ¿Se elige la orientación sexual?

No, los seres humanos no pueden elegir ser gays o héteros. La orientación sexual emerge para la mayor parte de la gente en la adolescencia temprana, sin ninguna experiencia sexual previa. Aunque podemos elegir si actuamos conforme a nuestros sentimientos, los psicólogos no consideran que la orientación sexual sea una elección consciente que pueda ser cambiada voluntariamente.

- **¿Puede cambiarse la orientación sexual mediante terapia?**

No. A pesar de que la mayoría de los homosexuales viven vidas exitosas y felices, alguna gente homosexual o bisexual puede buscar cambiar su orientación sexual mediante terapia, a veces presionados a intentarlo por influencia de miembros de la familia o de grupos religiosos. La realidad es que la homosexualidad no es una enfermedad. No requiere tratamiento y no es cambiabile. Sin embargo no toda la gente gay, lesbiana y bisexual que busca asistencia de un profesional de la salud mental quiere cambiar su orientación sexual. La gente gay, lesbiana y bisexual puede buscar ayuda psicológica para el proceso de salir del closet o para lidiar con los prejuicios; pero la mayor parte va a terapia por las mismas razones y circunstancias de la vida que traen a la gente hétero hacia los profesionales de la salud mental.

- **¿Y qué hay de las llamadas "Terapias de Conversión"?**

Algunos terapeutas que realizan las llamadas terapias de conversión informan que han sido capaces de cambiar la orientación sexual de sus clientes, de homosexual a heterosexual. El escrutinio cuidadoso, sin embargo, muestra varios factores que ponen en duda sus afirmaciones. Por ejemplo, muchos de los informes provienen de organizaciones con una perspectiva ideológica que condena la homosexualidad. Además, sus alegatos están pobremente documentados. Por ejemplo, al concluir el tratamiento no hay un seguimiento ni se informa qué sucede durante un periodo largo, como sería lo estándar en cualquier intervención de salud mental. A la Asociación Americana de Psicología le preocupa tales terapias y el daño potencial a los pacientes. En 1997, el Consejo de Representantes de la Asociación aprobó una resolución reafirmando la oposición al tratamiento homofóbico, y expresando el derecho del cliente a un tratamiento imparcial y a la autodeterminación. Cualquier persona que entra a terapia para tratar cuestiones de orientación sexual tiene el derecho de esperar que tal terapia tenga lugar en un ambiente profesional neutral, en ausencia de cualquier prejuicio social.

- **¿Es la homosexualidad una enfermedad mental o un problema emocional?**

No. Los psicólogos, psiquiatras y otros profesionales de la salud mental están de acuerdo con que la homosexualidad no es una enfermedad, un desorden mental, ni un problema emocional. Más de 35 años de investigación científica objetiva, bien diseñada, ha demostrado que la homosexualidad, en sí misma, no está asociada con desórdenes mentales ni con problemas emocionales o sociales. Alguna vez se pensó que la homosexualidad era una enfermedad mental porque la sociedad y los profesionales de la salud mental tenían información prejuiciada.

En el pasado, los estudios sobre gente gay, lesbiana y bisexual incluía a pacientes en terapia, con lo cual se distorsiona el resultado. Cuando los investigadores examinaron los datos de personas que no estaban en terapia, rápidamente se dieron cuenta de que era falsa la idea que la homosexualidad era una enfermedad mental.

En 1973 la Asociación Americana de Psiquiatría confirmó la importancia de nuevas investigaciones mejor diseñadas y eliminó a la homosexualidad del manual que enumera los desórdenes mentales y emocionales. Dos años después, la Asociación Americana de Psicología aprobó una resolución que respaldaba esa remoción.

Por más de 25 años, ambas asociaciones han exhortado a todos los profesionales de la salud mental a que ayuden a disipar el estigma de enfermedad mental que alguna gente todavía asocia con la orientación homosexual.

- **¿Pueden ser buenos padres los hombres gays, las lesbianas y los bisexuales?**

Sí. Los estudios que comparan grupos de niños educados por padres homosexuales y por padres heterosexuales no han hallado diferencia en el desarrollo entre los dos grupos de niños en cuatro áreas críticas: su inteligencia, ajuste psicológico, ajuste social y popularidad con sus amigos. También es importante darse cuenta que la orientación sexual del padre no indica la de sus hijos. Otro mito acerca de la homosexualidad es la creencia equivocada que los hombres gays tienen mayor tendencia a abusar sexualmente a los niños que los hombres heterosexuales. No hay evidencia que sugiera que hay más homosexuales que heterosexuales que abusen a los niños.

- **¿Por qué los gays, las lesbianas y los bisexuales revelan su orientación sexual?**

Porque el compartir con otros ese aspecto de sí mismos es importante para su salud mental. En efecto, se ha descubierto que el proceso del desarrollo de la identidad para las lesbianas, los gays y los bisexuales, llamado "salir del closet", está fuertemente relacionado con el ajuste psicológico mientras más positiva sea la identidad gay, lesbiana o bisexual, mejor será su salud mental y más alta será su autoestima.

- **¿Por qué es difícil el proceso de “salir del closet” para alguna gente gay, lesbiana y bisexual?**

Para alguna gente gay y bisexual el proceso de salir del closet es difícil, para otros no lo es. Frecuentemente la gente lesbiana, gay y bisexual siente temor, se siente diferente y sola cuando por primera vez se da cuenta que su orientación sexual es diferente a la norma de la comunidad. Esto es particularmente cierto para la gente que se da cuenta de su orientación gay, lesbiana o bisexual siendo niño o adolescente, lo cual no es poco común. Dependiendo de sus familias y de dónde vivan, pueden tener que luchar contra prejuicios y desinformación acerca de la homosexualidad.

Niños y adolescentes pueden ser particularmente vulnerables a los efectos nocivos de prejuicios y estereotipos. También pueden temer el ser rechazados por su familia, amigos, compañeros de trabajo e instituciones religiosas. Alguna gente gay tiene que preocuparse de no perder su trabajo, o ser hostigado en la escuela, si se conoce su orientación sexual.

Lamentablemente la gente gay, lesbiana y bisexual tienen un mayor riesgo que los heterosexuales de sufrir asaltos físicos y violencia. Estudios realizados en California a mediados de los años noventa mostraron que casi la quinta parte de las lesbianas que participaron en el estudio, y más de la cuarta parte de los hombres gays que participaron, habían sido víctimas de algún crimen por odio, basado en su orientación sexual. En otro estudio realizado en California con aproximadamente 500 adultos jóvenes, la mitad de todos los hombres jóvenes participantes admitieron haber sido víctimas de alguna forma de agresión anti-gay, desde insultos hasta violencia física.

- **¿Qué se puede hacer para ayudar a gays y lesbianas en la lucha contra los prejuicios y la discriminación hacia ellos?**

La investigación ha encontrado que la gente que tiene las actitudes más positivas hacia los gays, las lesbianas y los bisexuales, es aquella que dice conocer bien a una o más personas gays -- frecuentemente como amigos/as o compañeros/as de trabajo. Por esta razón, los psicólogos creen que las actitudes negativas hacia la gente gay, como grupo, no tienen su fundamento en experiencias reales, sino que se basan en estereotipos y prejuicios. Además, la protección contra la discriminación y la violencia es muy importante, tal como lo es para cualquier otro grupo minoritario. Algunos estados incluyen la violencia contra un individuo por su orientación sexual como un “crimen por odio”, y diez estados de EE.UU. tienen leyes contra la discriminación basada en la orientación sexual.

- **¿Por qué motivo es importante que la sociedad esté mejor educada acerca de la homosexualidad?**

El educar a toda la gente acerca de la orientación sexual y la homosexualidad es probable que disminuya el prejuicio anti-gay. La información precisa acerca de la homosexualidad es especialmente importante para la gente joven que está descubriendo y buscando entender por primera vez su sexualidad -- ya sea ésta homosexual, bisexual o heterosexual. No tienen validez los temores de que tal información hará gay a más gente -- la información acerca de la homosexualidad no hace a nadie gay o hétero.

- **¿Están infectados de VIH todos los hombres gays y bisexuales?**

No. Este es un mito frecuente. En realidad, el riesgo de quedar expuesto al VIH está relacionado con el comportamiento de la persona, no con su orientación sexual. Lo que es importante recordar acerca del VIH/SIDA es que es una enfermedad evitable mediante el uso de prácticas de sexo seguro y no utilizando drogas.

- **¿Dónde puedo encontrar más información acerca de la homosexualidad?**

[El original (ver dirección electrónica más abajo) hace referencia a organizaciones y recursos de Estados Unidos. Aquí ponemos el CENTRO DE RECURSOS en español.] <http://llego.org/recursos.htm>

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# DEFINICIONES

(Texto derivado de *ABORDANDO LA TEMÁTICA GAY EN LA ESCUELA*, *GLSEN CT*, *GLAAD*, *ISNA*, and *LESBIAN WORLD*) adaptado por Robin McHaelen y traducido por Nila Marrone):

**Bisexual** – (hombre o mujer) Una persona que siente atracción afectiva y sexual tanto hacia hombres como hacia mujeres.

**Bisexual no asumido** – (The Down Low or DL) Se refiere a hombres bisexuales no asumidos que tienen sexo con hombres sin el conocimiento de su pareja mujer.

**Comportamiento sexual** - Actos sexuales que los individuos eligen para realizarlos solos o con otros (masturbación, sexo oral, sexo vaginal o anal; entre personas del mismo sexo o el opuesto).

**Crosdreser** - Hombre y mujer que disfruta usando ropas del otro sexo, o aparentando ser del sexo opuesto. Tanto heterosexuales como homosexuales pueden ser crosdreseres, aunque la mayoría son hombres heterosexuales (Antes se usaba “travesti”).

**Enamorados del mismo género** – Un término utilizado desde principios de los años 90 para denominar a mujeres de color que aman a mujeres y hombres de color que aman a hombres como una forma de identificar este tipo de vida en la cultura afroamericana. Si bien muchos hombres gays y mujeres lesbianas de color prefieren ser identificados simplemente como gays y lesbianas, muchos otros prefieren la denominación de Afrocéntricos SGL o Enamorados del mismo Género (del inglés Same Gender Loving). Al respecto, antes de referirse a ellos lo mejor es no asumir y preguntar la preferencia de cada persona.

**Gay** - Un hombre que siente atracción afectiva y sexual hacia otros hombres. “Gay” a veces se usa también para mujeres.

**Género “Queer” o Raro – (genderqueer)** Término usado para crear palabras que identifiquen a hombres/mujeres de género no tradicional. Se puede incluir otros términos despectivos en un proceso de “recuperación y desafío” (“boy-dykes”, “bio-girlz”, “trannie-boys”, “trykes”, “Riotgirl”, etc.).

**Heterosexismo** - La creencia institucionalizada que todos son heterosexuales o deberían serlo y que la heterosexualidad es intrínsecamente superior y preferible a la homosexualidad y bisexualidad.

**Heterosexual** - Hombre o mujer que siente atracción afectiva y sexual hacia personas del sexo opuesto. A veces se los llama “heteros”.

**Homofobia** - El odio o miedo irracional, la aversión o discriminación contra los homosexuales. Similar al racismo: por ejemplo discriminación que sufren los latinos en Estados Unidos.

**Homofobia internalizada** - Experimentar vergüenza, aversión u odio contra uno mismo como reacción al sentimiento de sentirse atraído hacia personas de su mismo sexo.

**Homosexual** - Siente atracción instintiva, afectiva y sexual, hacia personas del mismo sexo. (Gay: hombre hacia hombres, lesbiana: mujeres hacia mujeres).

**Identidad de género** - Nuestro sentido interior de género de ser hombre o mujer, bisexual, transgénero, transexual, etc.

**Intersexual** - Una persona intersexual es alguien que ha nacido con los cromosomas que definen el sexo, los genitales externos (ambiguos), o los órganos reproductores internos, considerados no “estándar”, sea para hombre o mujer (reemplaza la palabra fuera de uso “hermafrodita”).

**Lesbiana** – Mujer que siente atracción instintiva, afectiva y sexual, hacia otras mujeres.

**Minorías sexuales** - gays, lesbianas, bisexuales, transexuales y transgéneros. (5 al 15% de la población dependiendo del estudio que se prefiere).

**“Mujerista”** – Un término puesto en uso por la autora Alice Walker para describir a la mujer de color que está comprometida con el tema de la opresión a otras mujeres. Este término se utiliza también para las mujeres de color que se han sentido relegadas por el movimiento “feminista”, por racismo o discriminación institucionalizados.

**Orientación sexual** - La atracción instintiva, afectiva y sexual, que se siente hacia otras personas. Personas del mismo sexo (lesbianas, gays), del sexo opuesto (heteroexuales) o de ambos sexos (bisexuales). Se hace notar que estas definiciones no son categóricas y pueden ser modificadas con el tiempo, en suma a aquellos que rechazan la dualidad de género se los puede identificar como “pansexuales” o usar otros términos.

**Pansexual** – Persona que manifiesta su sexualidad en formas variadas, con objetos y expresiones diversos. El/la que manifiesta muchas formas de expresión sexual.

**Roles de género** - El comportamiento social y culturalmente creado, y la apariencia impuesta a las mujeres (feminidad) y a los hombres (masculinidad).

**Transexual** - Una persona que se presenta a sí misma y vive como si fuera del género “opuesto” al del género genético con que nació. Los transexuales pueden ser heterosexuales, bisexuales u homosexuales en su orientación sexual.

**Transgénero** - Un término muy amplio, utilizado para describir a una serie de personas cuya identidad y expresión de género, en diferentes grados, no corresponde al de su sexo genético.

**Nota:** El lenguaje sobre género y orientación sexual continúa evolucionando y True Colors agradece comentarios y opiniones de los lectores .

# SALIENDO DEL CLOSET

## (traducción de True Colors's "Coming Out Advice" por David Sarshalom e Ivanka Garáfulic)

A pesar que la edad promedio en que la juventud gay sale del closet, ante ellos mismos y ante los demás sigue disminuyendo, un porcentaje significativo de jóvenes sale del closet durante su primer o segundo año de universidad. Muchos están pensando salir de él ante sus familias durante las vacaciones de invierno. Inclusive jóvenes que ya salieron del closet en la secundaria descubren que ahora han salido del mismo de una manera "diferente" – tal vez de una manera mas abierta o con una pareja nueva. En cualquier caso, esto puede ser realmente estresante. Así que, de ahora en adelante, nuestra nueva tradición para el invierno será enviar nuestros "tips para salir del closet" como algo sobre lo cual deberían meditar.

### Article II. Preguntas que debes Considerar Antes de Salir del Closet

1. ¿Te sientes seguro de tu orientación sexual o identidad de género? Si te sientes confundido o inseguro (lo cual es completamente normal, sobre todo al comienzo de la exploración de tu identidad), busca primero personas que sabes que te apoyarán y te reforzarán la confianza en ti mismo y habla con ellas – gente que no te presionará para que te etiquetes, gente que te dará el espacio para pensar, cuestionar, preguntar y explorar – gente que te dará el tiempo para entenderlo. Después, cuando estés listo, empieza a planear salir del closet ante tus familiares y amigos cuyas reacciones te sean menos predecibles. Nunca saques a relucir el tema a menos que estés seguro que vas a poder responder con toda confianza la pregunta "¿estás seguro?" La confusión de parte tuya únicamente aumentará la confusión de tus familiares y amigos y disminuirá su confianza en tu juicio.
2. ¿Te sientes cómodo con tu sexualidad y/o identidad de género? Si estás lidiando con culpa y períodos de depresión, es mejor que retardes la decisión de salir del closet ante tu familia o amigos. Salir del closet requiere de mucha energía por parte tuya; va a requerir de una reserva de sentimientos positivos hacia uno mismo – y de aliados y amigos comprensivos.
3. ¿Cuentas con apoyo? En dado caso que la reacción de tus padres, familiares o amigos te deje desconsolado, deberías tener una persona o un grupo de confianza donde puedas acudir en busca de apoyo emocional y de seguridad. Es sumamente importante mantener tu autoestima. A continuación te damos los teléfonos de algunos sitios a los que puedes acudir en caso que llegues a necesitar ayuda: en Connecticut llama a InfoLine al 211 – ellos atienden emergencias 24/7 y la línea de ayuda y de apoyo en caso de crisis recibe llamadas sobre temas LGBT. Otro lugar que también puedes llamar en caso de crisis es al Trevor Project Hotline al 1-800-850-8078 (línea de ayuda telefónica para la prevención del suicidio de jóvenes LGBT). Sin embargo, lo más importante que debes recordar, es que el momento – cualquiera que sea la reacción – pasa. Solamente tienes que conseguir sobrellevar ese momento.
4. ¿Posees conocimientos sobre orientación sexual e identidad de género? Tus familiares o amigos pudieran reaccionar en base a una larga información obtenida de una sociedad homofóbica, bi-fóbica y género-fóbica. Parte de tu trabajo al salir del closet ante ti debería ser educarte – ahora parte de tu trabajo será educarlos. ¿Estás preparado para hacer eso? Si la respuesta es no, ponte en contacto con organizaciones como Parents, Families and Friends of Lesbians and Gays (PFLAG). ¡Ellos cuentan con folletos especialmente diseñados para padres y familiares que realmente pueden ser de gran ayuda!

### Más tips, secretitos y consideraciones para antes de salir del closet:

5. Nunca asumas que sabes o puedes predecir la reacción de una persona – puede que te lleves una sorpresa agradable por su reacción de apoyo.
6. ¡El momento sí cuenta! Considera que la respuesta de tus familiares si se los dices durante las fiestas de fin de año, podría ser diferente que si se los dices en otra época no tan llena de diferentes quehaceres y menos llenos de stress ¿Pudiera ser diferente si tocaras el tema en otras circunstancias menos importantes? ¿Esta es la época mas apropiada para hacerlo? Piensa sobre ello tomando en cuenta a tu familia y amigos y toma una decisión.
7. Recuerda que salir del closet es un proceso constante – es probable que tengas que salir del closet muchas veces y de diferentes maneras.
8. Reconoce que tus familiares y amigos necesitan tiempo para admitir y aceptar que tienen un hijo LGBT. Tú necesitaste tiempo para aceptarte como eres. Ahora le toca el turno a tu familia.
9. Deja que la opinión de tus familiares sea algo que ellos resuelvan, no es algo que tu tienes que asumir, mientras que sean amables contigo.

# SALIENDO DEL CLOSET, Continuado

10. Ten planes alternativos en caso que las cosas se pongan difíciles en tu casa. Un trabajador social del colegio o algún otro profesional pudieran ayudarte a establecer un muro de seguridad. También recuerda que si la situación se pone violenta, debes salir inmediatamente de la casa y conseguir ayuda de amigos, la policía o la DCF. El número de la DCF para reportar abusos es 1-800-842-2288.

## Si estás yendo a casa de visita o de vacaciones y planeas salir del closet durante tu estadía:

11. Lee nuevamente #6 y #10 arriba.
12. Si estás llevando tu pareja a tu casa, no esperes hasta la noche de fiesta para hacer los arreglos de alojamiento – planea por adelantado. También considera esto: “¿Tus padres te permitirían compartir un cuarto con una persona del sexo opuesto?” Si la respuesta es no, no esperes que las reglas sean diferentes simplemente porque tu compañero sea un...
13. De igual manera discute con tu compañero la manera en que van a hablar de su relación, si se van a hacer demostraciones de afecto en público, etc.
14. Enfócate en intereses comunes, recuérdale y confírmale a tu familia que eres la misma persona de siempre – solamente que ahora saben algo más de ti.
15. Se prudente acerca del deseo de querer escandalizar a tu familia. Ten mucho cuidado – No lo hagas.
16. Recuerda ser firme en cuanto a quererte y respetarte como persona y por quien eres. Recuerda que eres un regalo para el mundo. ¡Recuerda que el mundo sería un lugar menos especial sin la contribución que tú le aportas! Lo más fundamental, recuerda que eres muy querido, que eres cariñoso y que eres digno de ser amado.

## Recursos En Español

For the most current information and a wide range of resources, see: [www.pflagfamiliesofcolor.org](http://www.pflagfamiliesofcolor.org)

### LIBROS, FOLLETOS, VIDEOS, PORTALES (WEBSITES):

En “[www.pflag.org](http://www.pflag.org), Programs, FOCN, Latino” Ud. encontrará una rica fuente de recursos y enlaces que lo llevarán a información en español de las principales organizaciones LGBT en el país.

**ABORDANDO LA TEMÁTICA GAY EN LA ESCUELA.** (280 páginas). Es un manual de recursos muy amplio que contiene: fundamentos para la inclusión de temas LGBT en la escuela, sugerencias para hacer que la escuela sea un lugar seguro para todos los estudiantes, un currículo fácil de seguir, actividades para el entrenamiento del personal docente y mucho más. La versión en español contiene también cinco anexos entre ellos: 1) Un extenso vocabulario gay en español. 2) Una lista de cientos de grupos hispanos de apoyo, información, educación y activismo en Estados Unidos, Hispanoamérica y España, 3) Una lista de más de 100 personas LGBT hispanas de renombre de los Estados Unidos, Hispanoamérica y España. Para conseguirlo: <http://www.amazon.com/gp/product/0972283498/002-5823537-7574434?v=glance&n=283155>

**CONVERSACIONES: RELATOS POR PADRES Y MADRES DE HIJAS LESBIANAS E HIJOS GAY.** Recopilación y redacción de Mariana Romo-Carmona. (2002) Cleis Press. Conversaciones, un libro publicado en español, reúne a familias de los Estados Unidos, Puerto Rico y Canadá. Veintitrés padres y madres latinos hablan de su relación con sus hijos/as gays y lesbianas con franqueza, sentido de humor y cariño. El libro también contiene las narraciones de doce hijos e hijas y un epílogo de Jaime Manrique.

<http://uobookstore.booksense.com/NASApp/store/Product;jsessionid=a6ss1EXM5are?s=showproduct&isbn=1573441260>

**DE COLORES** (27 minutos): Una documental sobre familias latinas y sus comunidades que muestra como se puede superar las hondras raíces de la homofobia con las todavía más profundas raíces del amor y el respeto. Pedidos a: Peter Barbosa, EyeBite Productions, 4150 17th Street #1, San Francisco, CA 94114, Tel. 415-431-6411, Fax: 415-551-1723 - <http://www.unlearninghomophobia.com/dc.html>. (Extensive guide is now available, see below.)

**EL PRÍNCIPE ENAMORADO.** Cuento infantil sobre el amor de dos muchachos, de Carles Recio Alfaro. Barcelona, Ediciones Tempestad, 2002. Desde Estados Unidos pedir a: 011-52-5-286-0895, fax 011-52-5-286-0895, <http://www.elarmarioabierto.com>.



# Recursos En Español, Continuado

**GUÍA DE DISCUSIÓN PARA DE COLORES:** La extensa Guía (disponible en inglés y español), cubre los temas de cómo se enteran los hispanos/latinos acerca de la homosexualidad, la importancia de la familia para la gente hispana/latina: lo que significa que un miembro de la familia sea gay, lesbiana o bisexual, haciendo que el amor familiar triunfe sobre la homofobia y el camino hacia la liberación de la homofo. Contiene también preguntas y respuestas sobre temas de minoría sexual y mucho más. 65 páginas. Versión en español: <http://pflag.org/index.php?id=651>. Versión en inglés:

<http://www.unlearninghomophobia.com/studyguides/DeColores.Guide.Eng.pdf>,

**MADRES LESBIANAS: GUÍA PARA FORMAR UNA FAMILIA FELIZ,** Suzanne M. Jonson y Elizabeth O'Connor, traducido en México, 2005. Desde Estados Unidos pedir a: 011-52-5-286-0895, fax 011-52-5-286-0895, <http://www.elarmarioabierto.com>

**MÁS RESPUESTAS PARA VIVIR UNA SEXUALIDAD INTELIGENTE Y SEGURA.** Contiene buena información sobre homosexualidad, de Dra. Anabel Ochoa. México, D.F. Editorial Selector, 2004. Desde Estados Unidos pedir a: 011-52-5-286-0895, fax 011-52-5-286-0895, <http://www.elarmarioabierto.com>

**¡MI ESPOSO ES GAY! UNA GUÍA PARA QUE LA MUJER SOBREVIVA LA CRISIS.** De Carol Rever, traducido en México. México, Editorial Océano, 2004. Desde Estados Unidos pedir a: 011-52-5-286-0895, fax 011-52-5-286-0895, <http://www.elarmarioabierto.com>

**NUESTRAS HIJAS Y NUESTROS HIJOS: PREGUNTAS Y RESPUESTAS PARA PADRES DE GAYS, LESBIANAS Y BISEXUALES.** [http://www.pflag.org/fileadmin/user\\_upload/NuestrasHijas.pdf](http://www.pflag.org/fileadmin/user_upload/NuestrasHijas.pdf)

**NUESTROS/AS HIJOS/AS TRANS,** Preguntas y respuestas para padres de transgéneros, <http://www.Youth-Guard.Org/pflag-t-net/index.htm>

**PAPÁ, MAMÁ, SOY GAY.** Una guía para comprender las orientaciones y preferencias sexuales de los hijos, de Rinna Riesenfeld. México, D.F.: Editorial Grijalbo, S.A., 2000. Desde Estados Unidos: 011-52-5-286-0895 fax 011-52-5-286-0895, <http://www.elarmarioabierto.com>

**PAULA TIENE DOS MAMÁS.** Cuento infantil de Léesea Newman, traducido en España. Barcelona, Edicions Bellaterra, 2003. Desde Estados Unidos pedir a: 011-52-5-286-0895, fax 011-52-5-286-0895, <http://www.elarmarioabierto.com>.

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**REY Y REY (Koning & Koning).** Cuento infantil de Linda de Haan y Stern Nijland, traducido en España. Barcelona, Ediciones Serres, 2004. Desde Estados Unidos pedir a: 011-52-5-286-0895, fax 011-52-5-286-0895, <http://www.elarmarioabierto.com>

**SEXO ENTRE JÓVENES: PREGUNTAS Y RESPUESTAS.** Contiene buena información sobre orientación sexual, de Héctor Castillo Ortiz. México, D.F. Editorial Selector, 2005. Desde Estados Unidos pedir a: 011-52-5-286-0895, fax 011-52-5-286-0895, <http://www.elarmarioabierto.com>

**SEXO... ¿QUÉ ES? DESARROLLO, CAMBIOS CORPORALES, SEXO Y SALUD SEXUAL,** de Robie H. Harris. Traducido en España de LET'S TALK ABOUT SEX. Contiene buena información sobre homosexualidad. Barcelona, Editorial Serres, 1996. Desde Estados Unidos pedir a: 011-52-5-286-0895, fax 011-52-5-286-0895, <http://www.elarmarioabierto.com>.

**SI A USTED LE PREOCUPAN LOS COMPORTAMIENTOS DE GÉNERO DE SU HIJO O HIJA: UNA GUÍA PARA PADRES** (Adaptación del inglés "IF YOU ARE CONCERNED ABOUT YOUR CHILD'S GENDER BEHAVIORS"). Pedidos a: Dr. rdo Menvielle, Children's National Medical Center, 111 Michigan Avenue, NW, Washington, DC, 20010, [gender@cnmc.org](mailto:gender@cnmc.org), 202 884-5158, [www.dcchildrens.com/gendervariance](http://www.dcchildrens.com/gendervariance).

**TENGO UNA TÍA QUE NO ES MONJITA.** Cuento infantil sobre una tía lesbiana, de Melissa Cardoza. Guadalajara, México: Ediciones Patlatonalli, 2004. Desde Estados Unidos pedir a: 011-52-5-286-0895, fax 011-52-5-286-0895, <http://www.elarmarioabierto.com>.

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## ❖ CHILDREN OF LGBT PARENTS

**NOTE:** The following three entries are general websites helpful for children of LGBT parents.

- **Family Pride Coalition.** [www.familypride.org](http://www.familypride.org). Web. 23 February 2012.
- **Families Joined By Love.** [www.familiesjoinedbylove.com](http://www.familiesjoinedbylove.com). Web. 23 February 2012.
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GLSEN. 2011. *School Climate in Connecticut*  
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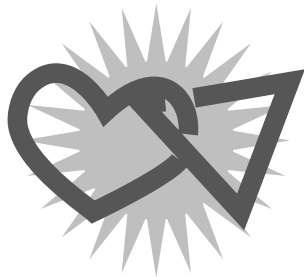
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## THE CONSULTATION CENTER

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- Marketing
- Real Estate & Urban  
Economic Studies
- Risk Management &  
Insurance Studies



# Queer Prom 2012!

Date & Location:

**To Be Announced**

Stay tuned for details



For more info, contact us:

[jamieb@hglhc.org](mailto:jamieb@hglhc.org) or (860) 278-4163 x 17

<http://www.facebook.com/HGLHCRainbowRoom>



**RainbowRoom** is a youth-positive drop-in center for teens and young adults (ages thirteen to twenty-one) of diverse gender identities and sexual orientations. We offer a safe space for LGBTIQA youth to hang out, socialize, and support one another while enjoying a wide range of fun and exciting events.

**RainbowRoom meets EVERY Sunday  
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Hartford Gay & Lesbian Health Collective

1841 Broad Street, Hartford CT



# *The Rainbow Center welcomes you to True Colors XIX and to UConn!*

Officially opened in September 1998

**One of five cultural centers within  
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**Serves the diversity of  
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[www.campusclimateindex.org](http://www.campusclimateindex.org)



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## **Rainbow Center Resources**

- Lending library
- Hang-out space to socialize
- Cultural & social programming
- Queer classes
- Lecture series
- Educational workshops
- Speakers Bureau
- Electronic newsletter
- Pink Tongue blog
- Annual awareness T-shirt campaign
- LGBTQ Alternative Spring Break Trip
- Internships



## **LGBTQQIAA Groups @ UConn**

- Among Men
- Allies & Queers Undergraduate Association (AQUA)
- Between Women
- Diverse Approaches to Relationship Types and Sexuality (DARTS)
- F.A.M.I.L.E.E. Mentoring Program
- Friends & Family Plan (GLBTQ support group)
- LGBT Grads and Non-trads
- My Pride My Soul
- Queers United Against Discrimination (QUAD)
- Rainbow Center Alumni Group
- Rainbow Center Speakers Bureau
- Shades of Grey
- Transparency (transgender discussion group)
- UConn LGBT Faculty/Staff Group

Rainbow Center  
University of Connecticut  
2110 Hillside Road; Unit 3096  
Student Union, Room 403  
Storrs, CT 06269-3096

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e-mail: [rainbowcenter@uconn.edu](mailto:rainbowcenter@uconn.edu)  
web: [www.rainbowcenter.uconn.edu](http://www.rainbowcenter.uconn.edu)  
Fleurette King, Director  
William Hickman, Administrative Assistant





# True Colors

Sexual Minority Youth and Family Services

**MISSION** Working to ensure that youth of all orientations and gender identities are valued and affirmed through education, training, advocacy, youth leadership development, mentoring and direct services to youth and those responsible for their well-being.

## WHAT'S INSIDE:

- Community and School-Based Youth and Parent Groups
- Statewide and National Resources
- Tool Kits
- Fact Sheets
- GSA Development
- LGBT and Ally Youth Scholarship Listings
- Comprehensive Bibliography
- And so much more!

**For more information, to volunteer, to mentor or to make a tax deductible donation, call or visit:**

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