

Planned Parenthood of Metropolitan New Jersey

Resources for LGBTQ+ Youth, Parents & Guardians, and School Staff

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links, here:
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Planned Parenthood of Metropolitan New Jersey

Resources for LGBTQ+ Youth



You're never alone.

There's a whole community of folks who know what you're going through and can support you.
We're out here!

@ppmnj_teenlinks



The Basics of Sexuality

Great places to learn!

→ [LGBTQIA+ Wiki](#)

→ [Scarleteen: sex ed for the real world](#)

[Sexuality: WTF Is It Anyway?](#)

[The Rainbow Connection: Orientation for Everyone](#)

[Genderpalooza! A Sex & Gender Primer](#)

[Welcome to Trans Summer School!](#)

[Q is for Questioning](#)

[Straight, Gay and Everything in Between: On Sexual Fluidity](#)



Queer Love



[Love is Respect](#)

[Stop the Hurt](#)

["What My Sex Ed Never Taught Me About Queer Relationships" - GLSEN](#)

["Friends or Lovers? The Complexities of Queer Love" - Scarleteen](#)

[Consent - LGBTQ Youth HeLP](#)
[complexities of coming out zine](#)

Find your community!

Newark-Based Queer Spaces

[Newark Pride, Inc.](#)

[Newark LGBTQ Community Center](#)

[Rutgers Newark LGBTQ and Intercultural Resource Center](#)

[Project WOW at NJCRI](#)

[African-American Office of Gay Concerns](#)

[Queer Newark Oral History Project](#)

[Resource List from HMI \(now closed\)](#)

[Hyacinth AIDS Foundation](#)
[Unity Fellowship Church](#)

Want to talk?



[Roo](#) is our 24/7, confidential, nonjudgmental sex ed chatbot!

OR

[Chat](#) with a live PP Educator (It's free and confidential!)

Get started!



Connect with other LGBTQ+ teens [here!](#)



Find mental health support at [imi!](#)



Queering Sex Ed

[Queer Sex Ed Community Curriculum](#) - free educational zines

Check out [Pride is a protest](#).

[Sex, Etc.](#) - sex ed by teens, for teens

[Teen Health Source](#) - video playlist

[The Masakhane Center](#) - local sex ed org
and lots more education content on [plannedparenthood.org!](#)

Need some help?

[The Trevor Project](#) - crisis counseling

[TheHotline.org](#) - domestic violence help

[RAINN.org](#) - sexual violence help

[Essex RAIN Foundation](#) - housing help

Other Local Resources

[Access Family Services](#)

[La Casa de Don Pedro](#)

[Shani Baraka Women's Center](#)

[Family Service League \(SAVE of Essex County\)](#)

How do I talk to my parents?

Remember, your safety is most important.

["How Do I Educate My Family About My LGBTQ+ Identity?"](#) - YouTube video by RU-N Intercultural Resource Center

and you don't have to be a library, either.

Encourage them to learn more on their own at [PFLAG](#) (Parents, Families & Friends of Lesbians and Gays)



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sex.education@ppmnj.org
973-622-3900 ext. 1221

www.ppmnj.org

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Resources for Parents & Guardians of LGBTQ+ Youth

Congrats on having a queer kid!

LGBTQ+ youth are wonderful, beautiful humans! And raising any children can be a challenge, so here's some tips for raising your LGBTQ+ child:

LGBTQ+ children know who they are. Affirm them with love, even if you don't quite understand it all yet. If a child comes out to you, that means they trust you and want to be themselves around you. That's amazing! It's never too early or too late to start talking about sexuality. Check out the "Parents as Educators" list! It's ok not to know everything or have all the right answers, and it's on you, not them, to educate yourself. LGBTQ+ youth deserve accurate, nonjudgmental sex ed, just like anyone else.

Elle, Gee, Bee, Tee: The Basics

Sexual Orientation & Gender Identity 101

What are pronouns?

What's with all the flags?

PFLAG National Glossary of Terms

and lots more on plannedparenthood.org!

Parenting an LGBTQ+ Kid

PFLAG (Parents, Families & Friends of Lesbians and Gays)

Things LGBTQ+ People Wish Their Parents Knew (YouTube)

My Kid Is Gay | Esp.

GLAAD: Familias

Somos Familia

Desi Rainbow



Worried you won't know how to talk to your kid about sex and sexuality?

Start here!

SCAN ME



Point your phone camera or QR reader app at this square and it will lead you to our site!

You got this!



Parents as Educators

Make "The TalkS" (yes, plural) less awkward by being prepared:

Planned Parenthood Videos for Parents
(Videos para Padres, disponible en español)

Amaze for Parents / Familias
Youtube: English, Español

Talk With Your Kids

Sex Positive Families

Toma Nota

Six Minute Sex Ed Podcast

Spotify

Apple Podcasts

iHeart



Newark/Essex County Orgs

Project WOW at NJCRI

Newark LGBTQ Community Center

Access Family Services

Shani Baraka Women's Center

Family Service League
(SAVE of Essex County)

La Casa de Don Pedro

Unity Fellowship Church



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Planned Parenthood of Metropolitan New Jersey

Supporting LGBTQ+ Students: Resources for Educators & Administrators

Digital Teaching Tools

[Planned Parenthood Lesson Plans](#)

[Educator Resources | GLSEN](#)

[Amaze for Educators](#)

[Trans Student Educational Resources](#)

[It's Pronounced Metrosexual](#)

[How to Teach LGBTQ History](#)

[LGBTQ Resources for Educators](#)



**A Key Issue:
LGBTQ+ Youth
Homelessness**

[True Colors United](#)

[Homelessness
and Housing
Instability Among
LGBTQ Youth -
The Trevor
Project report](#)

More Leaders in Sex Ed

[Advocates for Youth](#)

[Answer - Sex Ed, Honestly](#)

[SIECUS](#)

[The Future of Sex Education](#)

[Sex Education Collaborative](#)

Why should sex ed be queer-inclusive?

Building Inclusive Schools

[The Safe Zone Project](#)

[National LGBTQIA+ Health Education Center](#)

[Advocates for Youth Resources for Professionals](#)

[CDC: Protective Factors for LGBTQ Youth](#)

[National Education Association: Ed Justice](#)

[Queer Youth Advice for Educators](#)

[Teachers as LGBTQ+ Allies](#)

[ACLU Resource Library](#)

Sex Ed with DB (Apple Podcast):

[Make Sex Ed Queer Inclusive](#)

[Youth Advocacy & Reproductive Justice](#)

[Meet Your Students Where They're At](#)

[Autism Sexuality Advocacy](#)

**Trying to create
inclusive,
comprehensive
lesson plans? These
are great (FREE)
places to start!**

**Have some
time on your
commute? We
recommend
this podcast!**

Sex Ed Curricula

[The Center for Sex Ed](#)

Books available for purchase at [sexedstore.com](#)

[Sex Ed 101](#)

[Orientation: Teaching about Identity,
Attraction, and Behavior](#)

[Sex Ed in the Digital Age](#)

[It's Perfectly Normal \(Puberty\)](#)

...and lots more!

[The 3Rs \(3rs.org\)](#)

[National Sexuality Education Standards,
2nd Edition \(futureofsexed.org\)](#)

Potential Referral Sources

Local

[Essex RAIN Foundation](#)

[Access Family Services](#)

[Shani Baraka Women's Center](#)

[Family Service League
\(SAVE of Essex County\)](#)

[La Casa de Don Pedro](#)

Online

[CDC LGBT Youth Resources](#)

[The Trevor Project
LGBTQ suicide prevention](#)

[TheHotline.org](#)
domestic violence help

[RAINN.org](#)
sexual violence help

Newark LGBTQ Orgs

[Newark Pride, Inc.](#)

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and Intercultural Resource
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