



LGBTQ2S+ RESOURCES

For young people
& their families



www.HuronCountyLibrary.ca

Coming Out Resources for Youth

Coming Out: A Resource for LGBTQ Students

www.glsen.org/activity/coming-out-resource-lgbtq-students

Self-Acceptance and Coming Out

www.sexandu.ca/lgbttq/coming-out/#tc1

Teen Health Source

teenhealthsource.com

Coming Out and Seeking Support *by Robert Rodi*

The experience of publicly identifying oneself as lesbian, gay, bisexual, or transgender (LGBT) is deeply personal for each individual. But while the particulars vary, there are issues and questions shared by all. Should I come out? When should I come out? Who should I come out to first? The most important thing to know is that you're not alone.

It Gets Better: Coming Out, Overcoming Bullying, and Creating a Life Worth Living *by Dan Savage*

It Gets Better is a collection of essays and expanded testimonials written to teens from celebrities, political leaders, and everyday people, because while many LGBT teens can't see a positive future for themselves, we can.

This Book is Gay *by Juno Dawson*

Lesbian. Bisexual. Queer. Transgender. Straight. Curious. This book is for everyone, regardless of gender or sexual preference. This book is for anyone who's ever dared to wonder. This book is for YOU.

Transitioning Youth

Families in Transition: A Resource Guide for Parents of Trans Youth

www.rainbowhealthontario.ca/resource-library/families-intransition-a-resource-guide-for-parents-of-trans-youth/

Beyond Pronouns: The Essential Guide for Parents of Trans Children *by Tammy Plunkett*

The author shares her personal experiences with her own child to help others in raising a transgender or non-binary child or teenager.

Trans Mission: My Quest to a Beard *by Alex Bertie*

A brave firsthand account of author Alex Bertie's life, struggles, and victories as a transgender teen, and a guide for transitioning teens.

Transgender Role Models and Pioneers *by Barbra Penne*

This title profiles accomplished transgender people who have made their names in a wide range of fields, including sports, politics, activism, entertainment, and the arts.



Resources for Parents

Child Mind Institute article: How to Support LGBTQ Children

childmind.org/article/how-to-support-lgbtq-children/

Egale resource for adults supporting 2SLGBTQI Youth

egale.ca/awareness/adults-supporting-2slgbtqi-youth/

Peer Support Youth Line: LGBT Youthline

www.youthline.ca

Our Children: Questions and Answers for Parents and Families of Lesbian, Gay, Bisexual, Transgender, Queer and Questioning People

pflag.org/wp-content/uploads/2016/08/Our-Children_2021.pdf

Parents: Quick Tips for Supporting Your LGBTQ Kids--and YOURSELF-- During the Coming-Out Process

pflag.org/blog/parents-quick-tips-supporting-your-lgbtq-kids-and-yourselfduring-coming-out-process

When Your Child Is Gay: What You Need to Know *by Wesley C. Davidson*

An incredibly compelling and helpful read for parents--or anyone out there--who would like to learn more about the dual processes of raising a gay or lesbian child and growing up as gay or lesbian.

This Is a Book for Parents of Gay Kids: A Question & Answer Guide to Everyday Life *by Danielle Owens-Reid*

The authors are uniquely experienced to answer parents' many questions and share insight and guidance on both emotional and practical topics. Filled with real-life experiences, this is the book gay kids want their parents to read.

If Your Child is Gay (*available on Hoopla) *by Steven F. Kindle*

This book is intended for both the parent newly acquainted with a child's gay sexuality, and those parents who are still struggling to make sense out of it.

Gay, Straight, and the Reason Why: Science of Sexual Orientation *by Simon LeVay*

Neuroscientist Simon LeVay summarizes a wealth of scientific evidence that points to one inescapable conclusion: sexual orientation results primarily from an interaction between genes, sex hormones, and the cells of the developing body and brain.

Queers Were Here: Heroes & Icons of Queer Canada

Queers Were Here shares personal stories to illuminate the enormous social changes that have transformed sexuality in Canada. A celebration of queer identity, this book will look back in order to look forward.

The Gay Agenda: a Modern Queer History & Handbook *by Ashley Molesso*

A joyful celebration of the LGBTQ+ community's development, history, and culture, packed with facts, trivia, timelines, and charts, and 100 full-colour illustrations.



Toddlers & Young Children

My Mommy, My Mama, My Brother, and Me by Natalie Meisner

When Aidan Became a Brother by Kyle Lukoff

My Moms Love Me by Anna Membrino

A Tale of Two Daddies by Vanita Oelschlager

Mama and Mommy and Me in the Middle by Nina LaCour

And Tango Makes Three by Peter Parnell

The Rainbow Parade by Emily Neilson

Prince & Knight by Daniel Haack

Pride Puppy by Robin Stevenson

Rainbow: A First Book of Pride by Michael Genhart

Pride Colors by Robin Stevenson

Be Amazing by Desmond is Amazing



Local Supports

Huron County Pride

www.HuronCountyPride.ca

LGBTQ2S+ Youth Gab Sessions - Huron County Library - Goderich Branch

An opportunity for youth (16-25) to create community that meets the last Thursday of each month at the Goderich Branch from 5-6 p.m.

PFLAG Canada (Kincardine, London & Sarnia areas)

pflagcanada.ca

Open Closet (London)

www.hivaidconnection.ca/opencloset

OK2BME (Waterloo)

ok2bme.ca

Kids Help Phone

kidshelpphone.ca

1-800-668-6868

Text 686868

To access these resources online, visit:
www.HuronCountyLibrary.ca/Stories
or scan this QR code.

