

# For Loved Ones of LGBTQIA+ Children & Adults

Supporting someone who  
comes out to you

*“We can’t heal the world today, but we can begin with a voice  
of compassion, a heart of love, an act of kindness.”*

– Mary Davis



We want to thank you for reading this guide. We see your willingness to learn, understand, and embark on this journey of acceptance and love. You may have questions, or different emotions, which is a normal response to learning your child is part of the LGBTQ+ community. Reading this guide will provide you with tools to create a welcoming space where your child can feel accepted, believed, loved, and safer coming to you for support. As you embark on this journey, you will also expand your understanding of the LGBTQIA+ community and learn ways to care for yourself and your loved one.

Coalition for Family Harmony's LGBTQ+ Program and Oxnard LGBTQ+  
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*Content Warning:*

*This booklet contains LGBTQIA+ violence and hate crimes content that may be triggering to some readers. Please seek assistance from the resources noted on page 50 if needed.*

*In honor of L. King*



*January 13, 1993 – February 14, 2008*

## Gentle Reminders

**Your emotions are valid:** Are you feeling anxious, angry, sad, or confused about how to move forward with this news? This is normal and expected, but remember to act with love and compassion.

**You are not alone:** Many other parents and caregivers have faced this and have experienced something similar to what you are experiencing right now. Local and national organizations can help you, including support systems such as friends, family, and community members.

**This is an ongoing process:** The journey may feel like a roller coaster, but you and your child will continue to work through this together. This guide is just the beginning of understanding one another. You are important.

**Create a support system for yourself:** Providing support for your child may be challenging and seem impossible to do on your own. Create a support system for yourself by teaming up with supportive family, friends, teachers, or even a therapist, and consider reaching out to community LGBTQIA+ organizations and clubs.

**Continued education:** The LGBTQIA+ community is constantly evolving as society's understanding, recognition, and inclusion of diverse sexual identities and genders have grown. Continue to educate yourself on the community and better practices for supporting your loved one. You can find resources online or through LGBTQIA+ organizations.

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## **About the Contributors**

### **Coalition For Family Harmony**

Coalition for Family Harmony was founded in 1976 by a group of volunteers, who noticed that women had no refuge from violence in the home. Dedicated volunteers organized and began a crisis hotline for victims of domestic violence. Forty-six (46) years later, our organization continues to support survivors of violence of all genders, including victims of intimate partner and sexual violence. Trauma-informed services are delivered to Ventura County communities via our LGBTQIA+ Program, Rape Crisis Center, Counseling Program, Legal Program, Transitional Housing Program, and of course, our Domestic Violence Emergency Shelter and 24-Hour Bilingual Crisis Hotline. Our agency is committed to supporting survivors of violence in Ventura County as they heal.

### **Oxnard LGBTQ+**

Oxnard LGBTQ+ Community is a nonprofit organization founded by LGBTQIA+ youth to create safer and affirming spaces for Oxnard and Ventura County communities. Our organization was created in 2012 as a response to the murder of L. King, as this affected our community deeply. L. King, also known as Latisha King (January 13, 1993 – February 14, 2008), was a youth of color who was part of the LGBTQ+ community. L. King was a victim of a hate crime, and their death caused an uproar not only in Oxnard but the entire country. Oxnard LGBTQ+ organization resurfaced in 2020 alongside the Black Lives Matter Ventura Chapter to support the LGBTQIA+ community in Oxnard. Currently, Oxnard LGBTQIA+ continues to organize Oxnard Pride every June, host support groups for parents of LGBTQ+ youth, and create affirming spaces for queer people of color all across Oxnard. Our mission is to educate the community on LGBTQIA+ issues, promote mental health awareness, and build allyship between communities.

# Opening Statements

## **Coalition for Family Harmony**

One of the questions we get asked repeatedly is, “My child just came out to me... how do I help them?” Coming out takes a lot of courage, as we never know how someone may react when they learn that we are part of the LGBTQIA+ community. This is especially true for transgender and gender-diverse people. Will we experience violence? Will we lose family, friends, or jobs? Will we be looked at with curiosity or objectification? This is why your support as a parent/guardian is essential to the positive mental and physical well-being of your loved one. You can make a positive difference in the life of your child. This book was created with parents and guardians in mind. However, the suggestions in this resource can also be used by any supportive adult in a child’s life, the child’s chosen family, and service providers that deliver direct services to LGBTQIA+ people.

## **Oxnard LGBTQ+**

In this booklet, we hope to provide resources for families of LGBTQIA+ children and adults, provide basic information regarding LGBTQIA+ issues, destigmatize mental well-being and encourage seeking support, and provide tangible tips and tools for parents or loved ones. We hope this resource will promote healthy discussions. We support and empower all queer communities, especially those facing more risks or challenges, such as Indigenous, Black, Latine, Asian America Pacific Islander (AAPI), differently abled, immigrants, and more.



## Expanding Your Knowledge

We will start by reviewing important concepts you may already be familiar with. You may have a different understanding of some of the topics covered, which is okay. This is a great time to unlearn and relearn! There is a glossary of terminology at the end of this booklet to help you as well.

### **Sex Assigned at Birth**

At or before birth, most people are assigned *male*, *female*, or *intersex* (see page 12) by a doctor. Sex assigned at birth is typically assigned based only on external sex organs, but sex is complex and involves chromosomes, hormones, genes, sex organs, and secondary sex characteristics (breasts, body hair, voice, etc.)

- Sex assigned at birth often shows up as “sex” on paperwork.

### **Gender**

One’s internal knowing of self. Who you ARE!

- Examples of gender:
  - Woman & Man: (most people are familiar with these genders)

Heads up. These are also genders:

- Non-binary
- Genderfluid
- Agender
- Bigender
- Transgender: an umbrella term that describes a range of experiences of gender-diverse people (see page 12).

**Cisgender** - “Cis” is a prefix to a gender that means “on the same side as.”

- Cisgender describes people whose gender aligns with their sex assigned at birth.
  - Ex. If you were assigned female at birth and know and understand yourself as a woman, you are *cisgender*.

**Transgender (often shortened to Trans):** “Trans” is a prefix to a gender that means “across from and beyond.”

- Trans describes people who have moved away from the gender associated with the sex assigned to them at birth. For many people, transgender captures a wide range of experiences for gender-diverse people.

### **Gender Expression**

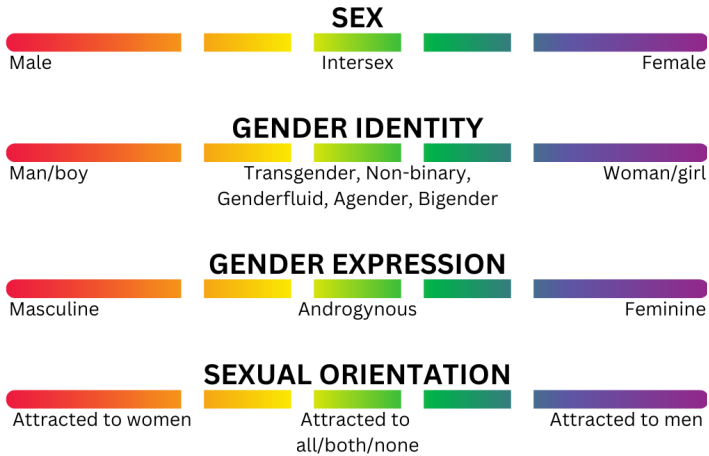
One’s outward presentation of their gender. People may use clothes, shoes, accessories, makeup, color, hairstyles, painting their fingernails, and more to express their gender. Someone’s gender expression does not tell us anything about the person’s gender or sexual orientation. For example, you may meet someone who is masculine presenting and is wearing nail polish and makeup. This only tells you that this person loves to be creative and express themselves through nail polish and makeup! It does not tell you anything about their gender or sexual orientation.

### **Sexual Orientation:**

This is about who you’re attracted to and want to have relationships with. Who you LOVE!

- Examples include:
  - Heterosexual
  - Gay
  - Lesbian
  - Bisexual
  - Asexual
  - Pansexual
  - Demisexual
  - Queer

Sex, gender, gender expression, and sexual orientation are a spectrum. This means that not everything is one or the other; it can be somewhere in between. The spectrum can help you visualize how someone feels at any moment.



Now it is time to dive into the acronym LGBTQIA+ and what all of the letters mean. This acronym includes terms related to both sexual orientation and gender. Alongside knowing what each letter stands for, practice saying them too! This will allow you to feel more confident in conversations.

# LGBTQIA+ Acronym

## **L is for Lesbian:**

- Typically a woman who is primarily attracted to women.

## **G is for Gay:**

- Typically a man who is primarily attracted to men.
  - May also be used as an umbrella term for people who are LGBTQIA+.

## **B is for Bisexual:**

- A person who is attracted to two or more genders.

## **T is for Transgender (often shortened to Trans):**

- Describes people who have moved away from the gender associated with the sex assigned to them at birth.
  - May also be used as an umbrella term that describes a wide range of experiences of gender-diverse people.

## **Q is for Queer:**

- A word that describes people whose gender, gender expression, and sexuality do not conform to dominant societal expectations.
  - Previously used as a slur but has been reclaimed by some LGBTQIA+ communities.
  - Not all LGBTQIA+ people use the word queer to describe themselves.

## **Q is also for Questioning:**

- A person who questions their sexual orientation or gender.
  - Some questioning people may come out as LGBTQIA+, and some don't.

## **I is for Intersex:**

- Intersex is an umbrella term that describes bodies with sex characteristics such as chromosomes, hormones, and/or sexual anatomy that do not meet the traditional markers of male or female. There are many ways that people can be intersex.
- Intersex people often face stigmatization, discrimination, and prejudice that negatively impact their well-being. This often starts from birth as they may be subjected to nonconsensual medical interventions to conform their bodies to societal stereotypes.

## **A is for Asexual:**

- A person who feels no sexual desire or attraction to people.
  - Asexuality is not:
    - A response to trauma or sexual dysfunction.
    - Celibacy or abstinence from sex.
    - The inability to fall in love or find a partner.

## **+ is for Other, Beyond:**

- LGBTQIA+ is a common acronym but does not fully represent the broad range of identities within the community.
- This symbol represents other members of the LGBTQIA+ community not included in the acronym.



# Understanding Gender

**Let's take a moment to dive deeper and expand our understanding of gender.**

Many of us are told from the time we are born that, based on our anatomy, we are either boys or girls. This is what we refer to as *the binary*, a social construct that falsely assumes gender (or sex) can be neatly divided into two categories and that everyone falls into one or the other.

For example, the binary tells us that if a doctor assigns a baby male at birth based on their genitalia, in this case, a penis, this baby is expected to be a little boy and eventually a man. They will be expected to embrace the stereotypical characteristics we often associate with masculinity.

## The Binary

Male	Female
Boy/Man	Girl/Woman
Masculine	Feminine
Attracted to Women	Attracted to Men

The binary is harmful because it poses societal expectations of a person's appearance, behavior, and expression. For many people, how they feel about themselves is much more fluid than what this binary says. The binary may force people to embrace an identity they do not align with, which can have lifelong negative effects on the person's mental health. Sex, gender, gender expression, and sexual orientation are all on a spectrum, providing people the freedom to be their authentic selves.

People whose gender aligns with their sex assigned at birth are *cisgender* and have *cisgender privilege*, which are the unearned benefits you receive when your gender aligns with your sex assigned at birth.

Examples of Cisgender Privilege:

- You can easily apply for and receive documents matching your gender (passports, birth certificates, driver's licenses, etc.).
- You can easily access public restrooms without concern about discrimination.
- People don't assume they can ask what your genitals look like.
- Your gender is an option on different documents.

But as we discussed earlier, gender is fluid. This fluidity allows people to discover their authentic selves without any societal expectations. Let's discuss a few genders beyond men and women.

**Transgender and Gender-Diverse (TGD)** is the umbrella term that covers many genders.

**Transgender** describes a person who has moved away from the gender associated with the sex assigned to them at birth.

**Non-Binary** describes a person who has a gender that is different than "woman" or "man." For some people, non-binary is their gender. For others, non-binary is an umbrella term that encompasses their gender. Some nonbinary people are trans, but not all.

There is a lot of diversity in how transgender and non-binary people experience their gender, so it is essential to recognize the diverse range of identities.

- Other examples of gender-diverse identities:
  - Genderfluid
  - Genderqueer
  - Agender
  - Bigender

*\*More youth in Ventura County are coming out as transgender and non-binary.*



*Permission to use image from @womanhood.looks*

You're doing fantastic! This will be a good time to take a break and review the first part of the booklet and reflect before moving forward. Continue going over what we have covered thus far. In this next section, we will discuss chosen names, pronouns, and why they are important.



# Chosen Names & Pronouns

Now that we have discussed sexual orientation, gender, and gender expression, we will transition into learning about chosen names and pronouns.

## Chosen Names

A *chosen name* is the use of a name, usually a first name, that reflects who you are and is different from a person's legal name. People may change their names to better reflect their gender and understanding of themselves.

## The Importance of Chosen Names

First names are often gender-specific, so using chosen names can be an essential part of the transitioning process. Some people don't identify with legal names or names assigned at birth. The use of their chosen names helps affirm their gender and reduces mental health risks such as gender dysphoria, anxiety, and depression.

## Pronouns

Pronouns are words we use in place of a noun, like someone's name. Pronouns do not tell us someone's gender but how the person wants to be referred to when we are not using their name. We use pronouns all of the time in the conversation!

- For example, "We looked for Sam at school, but *she* wasn't there."

## Examples of Pronouns:

- She, her, hers
- He, him, his
- They, them, theirs (gender-inclusive)

## Gender-Inclusive Pronouns

Gender-inclusive or gender-neutral pronouns do not associate a gender with the person being discussed.

- Common example:
  - They, them, theirs

	Subject Pronouns	Object Pronouns	Possessive Adjectives	Possessive Pronouns	Reflective Pronouns
<b>She</b>	<i>She</i> laughed	I called <i>her</i>	<i>Her</i> eyes gleam	That is <i>hers</i>	<i>She</i> likes <i>herself</i>
<b>He</b>	<i>He</i> laughed	I called <i>him</i>	<i>His</i> eyes gleam	That is <i>his</i>	<i>He</i> likes <i>himself</i>
<b>They</b>	<i>They</i> laughed	I called <i>them</i>	<i>Their</i> eyes gleam	That is <i>theirs</i>	<i>They</i> like <i>themselves</i>

## Why Are Pronouns Important?

Pronouns allow people to identify in a manner that feels authentic to themselves and their gender. Using someone's correct pronouns is a way to make them feel valued, respected, and affirm who they are. Remember that you cannot know a person's pronouns by looking at them. Similarly, you cannot know a person's sexual orientation or gender by looking at them.

People may change their pronouns, and we are responsible for supporting, honoring, and respecting their decision.



## How To Ask For Pronouns

- "What are your pronouns?" or "May I ask for your pronouns?"
  - Better practice: Introduce yourself with your name, volunteer your pronouns, and ask them for their names and pronouns.
  - Ex: "My name is \_\_\_\_\_ and I use \_\_\_\_\_ pronouns. What is your name and what are your pronouns?"

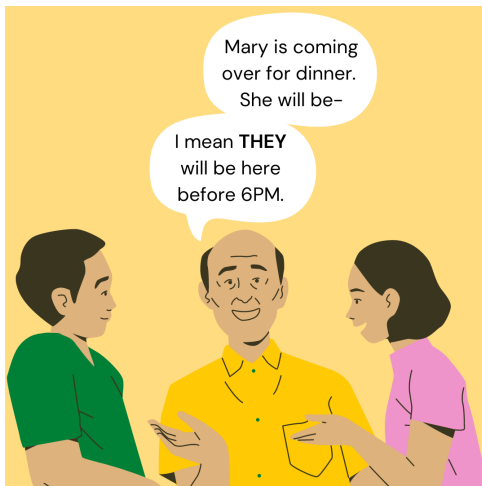
Mistaking or assuming peoples' pronouns without asking first can be hurtful and invalidating, like calling someone by the wrong name. Using someone's chosen name and pronouns is one of the easiest ways to show respect and create a welcoming environment.



## What If I Make A Mistake?

Don't worry. It happens. We all make mistakes! Even those in the LGBTQIA+ community make mistakes. What matters is that you respectfully acknowledge that you made a mistake.

- **Acknowledge** when you use the wrong pronoun, move forward, and actively do better in the future.
  - Acknowledging your mistake should let the person know you **noticed**, **care**, and want to **correct** the situation.
  - Do not apologize for using the wrong pronoun. By apologizing, you shift the responsibility onto the other person to “forgive you” for your mistake. Check-in with your loved one to see what they would like you to do if you make a mistake.
  - Acknowledging a mistake instead of apologizing for the mistake helps to shift the responsibility on you to correct your mistake.



## Pronoun tips!

- **Practice**

- If you have not used gender-inclusive pronouns before, give yourself time to practice and get used to them.
- You can also use gender-inclusive pronouns when unsure of someone's pronouns.

- **Help others**

- Help others understand and use a person's correct pronouns. If you hear someone using incorrect pronouns, correct them. You might say something like:
  - “As a reminder, (name) uses they/them pronouns.”
- You might even just say the correct pronouns right after you hear them using the incorrect one.



- **Use gender-inclusive language**

- Using gender-inclusive language is a powerful way to promote gender equality and eradicate gender bias.

<b>INSTEAD OF SAYING:</b>	<b>YOU COULD SAY:</b>
Ladies and gentlemen	Folks, people, everyone, guests, persons
Waiter or waitress	Server
Policemen or fireman	Police officer or firefighter
Brother or sister	Sibling
Wife/husband or boyfriend/girlfriend	Partner, spouse, significant other
Son or daughter	My child



# Transitioning

Some trans and gender-diverse folks may experience *gender dysphoria*, a concept that describes the clinically significant distress caused when someone's gender does not align with the sex assigned at birth. Symptoms of gender dysphoria can include anxiety, depression, and negative self-image. Not all transgender or gender-diverse people experience dysphoria, as everyone has their own unique experience.

Experiencing gender dysphoria may prompt a person to transition. *Transitioning* is changing aspects of oneself to match the gender one knows themselves to be. The process of transitioning does not look the same for everyone. Transitioning is lifesaving for many people as it improves the quality of life and promotes better mental health outcomes. Transitioning can take years, is expensive, and can be emotionally and physically exhausting.

## Tips For Starting The Conversation About Your Child's Transition:

- **Listening and asking questions** is a great starting point for having discussions about transitioning. This will help you learn more about what your child is feeling and how they imagine their journey.
- **Writing a letter or email** is another way to initiate conversation, especially if you are feeling anxious. This will allow you and your child to reflect and write your own response to transitioning.
- **Make sure you have the support** you need before diving into this conversation. Brush up on your understanding of transitioning and local trans resources in your area.
- **Be patient with your child and yourself** and remember that this is a life-long discussion. Different thoughts, emotions, and questions will continue over time. Allow yourselves time to process.

Remember, there is no right or wrong way to transition. Each step a person takes in their transition often lowers the internal stress and dysphoria they experience, leading to a better quality of life. It is up to the person how or whether they want to transition.

Some trans and gender-diverse people transition by making social, legal, and medical changes. Below we will expand on these three areas of transition. Remember that transitioning looks different for everyone, and not everyone wants to transition. Take the lead from your child and allow them to decide if, when, and/or how they want to transition.

### **Areas of Transition:**

#### **Social**

Social transitioning makes others aware of your gender. Social transitioning includes changing one's name, pronouns, and gender expression. This is the most accessible aspect of transitioning.

#### **Medical**

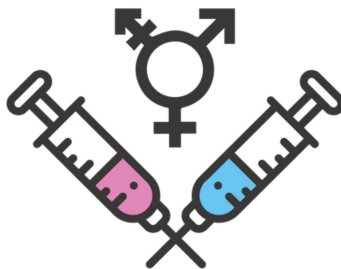
Medical transitioning is when a person undergoes medical treatments, such as hormone therapy and/or surgery. This is a basic overview of common terms related to medical transitioning, not medical advice. Please reach out to your primary care physician to see if these options are right for you.

- Hormone Replacement Therapy (HRT):
  - A form of hormone therapy for people seeking to physically change their bodies to be more congruent with their gender using estrogen or testosterone.
    - *Estrogen*: produces breast tissue, softens the skin, increases fat production on the hips or buttocks, etc.



- *Testosterone*: deepens the voice, adds more muscle definition, stimulates body hair growth, etc.
- Puberty blockers
  - Hormone blockers temporarily pause puberty which allows youth more time to solidify their gender without developing secondary sex characteristics (body hair, breasts, menstruation, etc.). If a child later decides not to transition, the fully reversible medication can be stopped allowing puberty to proceed. Otherwise, they would begin HRT.
- Gender Affirmation/Confirmation Surgeries
  - Genital surgery (sometimes called “bottom” surgery)
  - Breast/chest surgeries (sometimes called “top” surgery)
  - Other surgical interventions
    - Hair removal
    - Vocal chord shortening
    - Facial Feminization Surgery (FFS)

Please note: these surgeries are no longer called “sex-change” surgeries but rather gender affirmation or confirmation surgeries since they have to do with aligning the body with a person's internal experience of their gender.



## **Benefits of Gender-Affirming Care**

*See Standards of Care Published by the World Professional Association for Transgender Health 2022*

### **Decreased:**

- Social anxiety
- Depression
- Generalized anxiety
- Post Traumatic Stress Disorder (PTSD)
- Gender dysphoria
- Substance abuse

### **Increased:**

- Confidence and self-esteem
- Body satisfaction
- Sexual functioning
- Sexual satisfaction
- Relationship satisfaction
- Quality of life

## **Regrets**

Regrets following transition are extremely rare especially as surgical techniques and social support have improved.

- Data from numerous studies demonstrate a regret rate ranging from .3% to 3.8% (Cornell University, 2018).

Regret may result from a lack of support from loved ones after transition or poor surgical outcomes.

## **Legal**

Legal transitioning is when a person takes steps to change how they are recognized in legal contexts, such as their name and gender markers, and changing their information on legal documents.

# Misgendering & Deadnaming

Now that you learned about transitioning and how some people may transition, we will discuss misgendering and deadnaming.

Misgendering and deadnaming are harmful behaviors that can cause severe emotional distress and gender dysphoria to the person experiencing them, especially if it happens regularly. Even if unintentional, these behaviors can convey the message that you do not recognize the person's gender, which may negatively affect their mental well-being.

## Misgendering

Intentionally or unintentionally using a word, pronoun, or form of address to refer to a person in a manner that does not align with their gender.

## Deadnaming

Calling a trans or gender-diverse person by the name assigned to them at birth after they have changed their name.

## The Impact of Misgendering and Deadnaming

Misgendering and deadnaming do not always come from a malicious place. Remembering to use their child's chosen name and pronouns can be very difficult for parents and guardians, and we understand that. Sometimes names are tied to honoring a family member, a memory, or a culture. Know that your child is not trying to insult the name you gave them. They are trying to figure out who they are. Talk to your child about names and offer your support.

It can take time for us to refer to a loved one by new pronouns or names. The best way to tell your child that you love and care for them is by calling them what they want to be called. Use their chosen name, the name your loved one wants to use, and correct pronouns to create a safer and affirming space for them to talk to you about their needs.

### **Consequences of Misgendering and Deadnaming**

- Increased anxiety and sadness
- Gender dysphoria
- Closes down communication with your child



We have covered a lot of important information...take a deep breath! You are doing great! Continue to review what we have discussed so far. This will allow you to feel more confident in conversation and in supporting your loved one. In this next section, we will discuss what coming out is and ways to support someone who has come out to you.

## What is Coming Out?

*Coming out* refers to someone voluntarily telling you how they feel regarding their romantic orientation, sexual orientation, or gender.

Coming out can be a difficult process as it involves facing societal attitudes and responses toward LGBTQIA+ people, including discrimination and prejudice. Coming out can be scary, intimidating, and even dangerous for some people. Oftentimes, LGBTQIA+ people do not come out to their parents first, and instead, will try out how it feels with friends. Respecting their decision creates a welcoming space for your child to reach out to you when and if they choose to come out to you.

If your child comes out to you, it is crucial to believe them immediately! They have likely been processing their sexual orientation and/or gender for a while, so it will be reassuring to hear that someone they are close to believes them! This will also help foster trust between you and your child and help them feel heard.

Your loved one should not have to prove themselves to you and making them do this will likely close down trust and rapport. When you believe your loved one, it sets a positive tone and increases the likelihood of them sharing and communicating their needs with you.

## Outing and the Ongoing Process of Coming Out

There is no one way to “come out.” Some people come out early, while others come out much later as they discover different aspects of themselves. Others may not see the need to come out. A person can also choose who they want to come out to and whether they come out. This means there may be family members, co-workers, or even friends to whom the person has not come out to. For many people, coming out doesn’t just happen once. Many people find themselves coming out at different times to different people. Coming out is a continual and, sometimes, lifelong process. Although coming out may be challenging, it can also be very liberating.

It is important not to pressure someone to come out or to “out” them. *Outing* is when you disclose someone is transgender or reveal someone’s sexual orientation without their permission. When your child feels safe and comfortable, they will come out to you on their own. They may need time to process on their own before sharing their identity with you.



## When someone comes out to you: the Do's and Don'ts

### DO:

- Know that it is a sign of trust!
- Acknowledge that this is a big step. Validate the person by saying something like, “I really appreciate you sharing this with me” or “Your trust in sharing this with me means so much.”
- Believe them!
- Check in on how confidential this information is (do other people know, and if so, who?).
- Ask the person how you can better support them.
- Follow the pace of the person. Make it known that if or when they are ready to share more, you will be there.

### DON'T:

- Say, “I always knew,” or “I’ve been waiting for you to tell me.” This downplays the significance of their sharing, which requires courage.
- Make assumptions or project your views onto the person.
- Push them to share more than they want to.
- Share this information with anyone else. It is up to the person to decide when or if they want to share this with others.
- Rely on the person to educate you. It is your job to educate yourself and understand how to be a good support person.



## Coming Out & Safety:

Coming out is a big and personal decision. Some people may feel afraid, embarrassed, or conflicted about coming out, especially when they are unsure whether their parents or community will accept them. For some people, it may not be safe to come out as they may encounter violence at home, in their workplace, or in school. Youth are especially vulnerable as they depend economically on their parents/guardians for shelter, food, and basic necessities. Often, LGBTQIA+ people are kicked out of their homes for being LGBTQIA+ and run the risk of violence on the streets. These tips support your child's safety:

- People around your child, such as friends or family members, may not react positively to your loved one coming out. This could be a safety issue if the non-accepting person becomes verbally, emotionally, or physically violent. Identify affirming people in your child's life and talk to your child about a safety plan, such as making arrangements for your child to stay with a supportive friend or family member.
- Understand that some children may be kicked out of their homes for coming out. Research local emergency shelters and crisis hotlines and have these numbers readily available.
- If your child's mental health declines, connect them to services immediately to support their mental wellness.

Part of the ongoing support you can provide your child is being mindful of changes in their behavior or mood. This section will discuss warning signs that indicate your child could benefit from counseling, psychiatric, social services, or extra love from you.



## Warning Signs

LGBTQIA+ people are at a much higher risk of having mental health challenges such as depression, anxiety, and more. Keep an eye out for these symptoms:

1. Excessive sleeping (which could indicate depression or substance abuse), difficulty sleeping, insomnia, or other sleep disorders.
2. Declined self-esteem.
3. Abandonment or loss of interest in hobbies.
4. Weight loss and loss of appetite.
5. Personality shifts and changes, such as aggression or excessive anger.
6. For students, an unexpected and dramatic decline in academic performance.



## Sources of Joy

Let's discuss sources of joy that LGBTQIA+ people have reported make them feel happy. Supporting these sources of joy positively impacts your child's mental health and helps cultivate safer spaces for them to explore who they are.

Consider advocating for your loved one around the topics noted below or participate in these activities with your child. Having just one positive adult in your child's life can make all the difference in positive mental health outcomes. Sources of joy include:

- Family & parental support
- Therapy and/or medication
- Support Groups
- Gender-affirming healthcare
- Gender-affirming clothing
- Accepting & affirming friends
- Online communities & support
- Learning about LGBTQIA+ history
- Faith & spirituality
- Music
- Supportive partners
- Proactive allies
- Learning I'm not alone and that there are more people like me
- Protective laws/victories for LGBTQIA+ rights
- Supportive teachers
- Affirming spaces to express gender and sexuality
- All-gender restrooms
- Queer role models
- Pets/Animals
- Art, art expression, art therapy
- Video games/gamer community
- LGBTQIA+ clubs on campus
- Athletics & Exercise
- Going to college
- Drag shows
- Dance
- Living as their authentic self
- Escapism/fantasy/fandom
- Gender-affirming care
- Financial stability

- LGBTQIA+ celebrities, influencers & representation in media
- Self-love & acceptance
- Cooking
- Mindfulness Practice
- Mentorship
- Volunteering
- Engaging in advocacy and activism
- LGBTQIA+ Book Club

Let's take another deep breath! You are doing an amazing job. Thank you again for embarking on this journey of acceptance and love. We will now transition into learning and understanding some practical tools and techniques you can use to connect with your child and create an affirming environment. We will discuss how you can talk to your child about LGBTQIA+ issues, how to process your own feelings, and understand how you can be a proactive ally.



# How To Talk To Your Child

## Tips for Healthy Communications With Your Child

*Adapted from: A Parent's Role in Substance Use Prevention: Tips for Talking to Youth of All Ages (YD1912, April 2019)*

TOOLS	POSITIVE COMMUNICATION	TRY IT ON
Keep an open mind	When your child feels judged or condemned, they are less likely to be receptive to your message.	When you have a conversation with your child, maintain a position of objectivity and openness. This may take practice.
Put yourself in their shoes	Consider the way you like to be talked to when speaking about a difficult subject.	Think about how you felt at their age. How would you have liked to be spoken to at that age?
Be calm and relaxed	Hearing your perspective will be challenging if you approach a child with anger or panic.	Find ways to relax before the conversation. Take a walk, call a friend, or meditate.
Be honest	Approaching the situation with shame, anger, or disappointment will be counter-productive. Be attentive, curious, respectful, and understanding. Stick to the facts; do not use scare tactics or exaggerate claims.	You want to build an environment of trust so they feel safe telling you the truth, even if it might be upsetting.
Don't lecture	Lecturing your child will lead to shutting down, tuning out, or becoming angry, or it could be misinterpreted as your disapproval of them.	Avoid pulling rank if you get frustrated. Saying, "You can't because I'm your parent, and I said so," is highly ineffective.
Be aware of body language	If your child is sitting, you want to be sitting as well. Ask the child to sit down with you if the child is standing.	Be mindful of finger-pointing and crossed arms (these are closed gestures) sit with uncrossed legs and a relaxed posture.

Pause before speaking	We can get flustered or frustrated; we may say things we do not mean. Before starting a conversation with your child, remind yourself that if you feel unsure of what to say: pause, breathe, think, and then respond.	Giving yourself time to process thoughts or new ideas is best. Breathing allows our nervous system to settle and be better able to communicate.
Active listening	Listen and concentrate on what is being said. You may consider paraphrasing what your loved one communicated.	"It sounds like the conversation with your friend upset you."
Ask open-ended questions	Ask questions to elicit more than just a "yes" or "no" response.	"Tell me more about that" "How do you feel about it?" "What can I do to support you?"
Be positive	Find positives in a situation, no matter how difficult it may seem.	"Thank you for your honesty. I appreciate it."
Let your child know you hear them	Reflect on what you are hearing verbatim or just the sentiment.	"I'm hearing you feel confused and anxious about being gay. Is that correct?"
Sum up and ask questions	Show that you are listening to them and ask for their input.	"Did I get everything? Do you have anything more to add? Correct me if I'm wrong."
Offer empathy and compassion	Demonstrate understanding.	"I hear that wearing dresses makes you happy, but you are worried about what people at school will think. I'm sorry you're feeling anxious; I know that's tough. Can we think of some places or people at school who can help you feel comfortable?"
Ask permission	Ask if it is OK for you to speak with them about their concerns and offer some feedback.	"Are you okay with me asking you this? Do you mind if I give you some advice?"

# Process Your Feelings

As a parent, finding out that your child is part of the LGBTQIA+ community can be overwhelming and confusing. These are normal feelings and thoughts. Here are some ideas for managing these feelings:

Conflicting feelings/thoughts	It's okay to have conflicting feelings within you, especially if this information is new to you.
Don't overreact	Yelling or becoming physically aggressive is not helpful. Give yourself time and space to process your feelings. Take a walk or talk to a friend or counselor.
Take a pause and breathe	You can resume the conversation when you feel more under control. Slow and mindful breathing can calm your nervous system.
Knowledge is power	Empower yourself by learning more about LGBTQIA+ people. This will ease some conversations and demonstrate to your child that you care about them.
Give yourself time	It could take days, months, or even years to feel comfortable with new information. Continue to communicate with your child that no matter what, you love them.
Connect with others	Processing with others going through similar situations can help you express your fears or worries. Connecting with other parents or LGBTQIA+ people can be helpful in building connections with your child and community.



## Proactive Allyship From Parents

Parents and caregivers play a crucial role as allies for their children. Allyship is a lifelong process of building relationships based on trust, consistency, and accountability with marginalized groups such as LGBTQIA+ communities. Proactive allyship is more than a label. It's an action.

### How can you support your child?

Creating safer and affirming spaces for your child is the goal. Here are ideas to support or advocate for your child:

Affirming Spaces	Supportive Parent/Caregiver	LGBTQIA+ Representation/Advocacy
At school, ask your school administration about their LGBTQIA+ Groups such as GSA (Gay Straight Alliance).	Be welcoming to your child's LGBTQIA+ friends or partners.	Support media, arts, sports, movies, books, or music that promote LGBTQIA+ people.
If no group exists, inquire about creating one. This may include gathering signatures and support from teachers or parents.	Talk with them respectfully about their gender, gender expression, or sexuality. Be supportive and practice active listening.	Read up on local and national laws that may affect the LGBTQIA+ community positively or negatively.
In the community, find local organizations that work with LGBTQIA+ children and/or parents.	Use their name and pronouns correctly. Ask what pronouns and what name they would like you to use. Understand that this may fluctuate.	Find LGBTQIA+ people who are role models in the community and connect with them. You can also look at historical figures or LGBTQIA+ people, such as scientists, academics, artists, activists, etc.

<p>Ask how you can volunteer or be part of an LGBTQIA+ organization or event.</p>	<p>Support their gender expression—clothing, makeup, hair, etc. Allow your child to lead.</p>	<p>Validate your child and support them by connecting them to other LGBTQIA+ children.</p>
<p>Attend local LGBTQIA+ events to create connections with other LGBTQIA+ people and allies.</p>	<p>Educate yourself about LGBTQIA+ people and issues affecting the community.</p>	<p>Stand up for other LGBTQIA+ people. As a proactive ally, this is an important role.</p>





## Words To Avoid When Talking About LGBTQIA+ Topics:

*Adapted from A Parent's Role in Substance Use Prevention: Tips for Talking to Youth of All Ages (YD1912, April 2019)*

<b>AVOID</b>	<b>INSTEAD USE</b>
<p><i>BUT</i></p> <p>Example: You came out as gay last year, but I still don't know if you know what that means.</p>	<p><i>AND</i></p> <p>Example: You came out as gay last year, and I am still processing what this means.</p>
<p><i>SHOULD</i></p> <p>You should stop wearing boy clothes, they're not flattering.</p>	<p><i>WANT</i></p> <p>I want you to wear what makes you feel comfortable, even if I don't understand it yet.</p>
<p><i>STUPID/BAD</i></p> <p>Pride festivals are stupid. I don't see the point.</p>	<p><i>CONFUSING/PUZZLING</i></p> <p>I find Pride Festivals confusing, and I hope to understand them better.</p>
<p><i>DISAPPROVE</i></p> <p>I disapprove of you going on dates with LGBTQIA+ people.</p>	<p><i>CONCERNED</i></p> <p>I am concerned about you going on dates at your age. Let's talk about boundaries and healthy relationships.</p>
<p><i>DON'T CARE</i></p> <p>As long as you are happy, I don't care what you are.</p>	<p><i>CARE</i></p> <p>As long as you are happy, I support you.</p>

Whew! We're almost at the end of this booklet. Keep up the amazing work! We have covered a lot of information, and we don't expect you to have it all memorized after the first read. Take some time to process all of the information you have learned with your own support system. Teaching others is a great way to become comfortable and confident in what you have learned. Your support will make a huge difference in your child's quality of life.

Lastly, we have put together a list of reminders you can do every day to help create an affirming environment and strengthen your relationship with your loved one through trust, respect, and acceptance!



## Important Reminders For Parents/Guardians

- Believe your child when they tell you they are part of the LGBTQIA+ community.
- Remind your child that they are not alone. Remind them that you support them, be it now or whenever they are ready to talk.
- Talk to your LGBTQIA+ child freely and honestly about their life.
- Create welcoming spaces where your heterosexual, cisgender, and LGBTQIA+ family and friends can be together.
- Find opportunities to talk openly with your heterosexual and/or cisgender friends about LGBTQIA+ issues.
- Include the partners of your LGBTQIA+ child in gatherings and activities.
- Be a proactive ally. Speak up if you hear a joke or comment that is homophobic or transphobic, and explain why it is harmful and hurtful.
- Use inclusive language in your everyday exchanges.
- Get involved with local LGBTQIA+ groups and organizations.
- Highlight positive LGBTQIA+-related news.
- Wear LGBTQIA+ visibility markers such as LGBTQIA+ buttons, rainbow stickers, or pronoun pins.
- Invite people to watch a movie containing LGBTQIA+ themes or characters.

## Closing Statements

### Coalition for Family Harmony

Thank you for taking the time to read this booklet and starting this educational journey with us. This demonstrates your love and acceptance for your LGBTQIA+ child and your commitment to making your home a safer place for them to be their authentic self. For many LGBTQIA+ children, breaking the news to their parents is one of the most challenging parts of coming out. Their lives can completely change with just a few words. Your child took that leap of faith knowing this, so thank you for choosing to love and accept them. We understand if you are still feeling nervous; this is normal. This is an ongoing process and you don't need to be an expert in all things LGBTQIA+. Letting your child know that you love them unconditionally goes a long way in supporting your child. Be open, present, and actively listen to your child when you navigate through these conversations about their gender or sexuality. Something as simple as, "I am here for you, I love you, and I will support you no matter what," will mean so much to them. This lifelong journey will allow you to become closer as a family. Be kind and patient to yourself and your child. If your family requires extra support, remember that you can always reach out to us. Coalition for Family Harmony is here for you.



## **Oxnard LGBTQ+**

We appreciate your time and willingness to learn more about this topic. We as an organization are part of the community to enhance support for families and individuals and continue to create spaces where LGBTQIA+ topics can be openly discussed. We understand that it can be a difficult and overwhelming time for you and your child, but taking a step forward is already a positive sign. Although we could not fit every single topic and detail we wanted to in this guide, we encourage you to continue to build your knowledge and support system for your LGBTQIA+ youth via our organization as well as community events and gatherings. Please continue to show up as an ally or supporter to our community, not only for your loved one but also for those LGBTQIA+ community members who need your voice. We hope this guide can serve as a stepping stone for you to learn, be aware, and continue to love and support your LGBTQIA+ loved one. Oxnard LGBTQ+ is here for you.



# Glossary

**Agender:** Describes a person who does not experience any gender.

**Ally:** A person who proactively stands up for and supports LGBTQIA+ people.

**Asexual:** A person who does not experience sexual desire or attraction to people.

**Bigender:** Having two genders or moving across two genders.

**Bisexual:** A person who is attracted to two or more genders.

**Cisgender:** “Cis” is a prefix to a gender that means “on the same side as.” Cisgender describes people whose gender aligns with their sex assigned at birth.

**Cisgender Privilege:** The unearned benefits you receive when your gender aligns with your sex assigned at birth.

**Chosen Name:** A name a person chooses to use other than their legal name.

**Coming Out:** The process by which one accepts and/or comes to identify one's own sexual orientation or gender (to come out to oneself). Also, the process by which one shares one's sexual orientation or gender with others (to come out to friends, etc.).

**Deadnaming:** Calling a trans or non-binary person by the name assigned to them at birth when they have changed their name as part of their transition.

**Demisexual:** A section of the asexual community that develops a sexual attraction to someone only after forming a deep emotional bond with them.

**Discrimination:** The unfair or prejudicial treatment of people and groups based on race, gender, age, or sexual orientation.

**Estrogen:** A hormone that produces breast tissue, softened skin, and more fat on the hips or buttocks.

**Gay:** Typically, a man who is primarily attracted to men. Also used as an umbrella term for people who are LGBTQIA+.

**Gender:** refers to the socially constructed roles, behaviors, expressions, and identities of girls, women, boys, men, and gender-diverse people. One's internal knowing of self. Who you ARE!

**Gender-Affirming Care:** Refers to treatments, ranging from surgery that are utilized to change one's body to align with their gender, to speech therapy, that support a transgender or nonbinary person in their gender transition.

**Gender Binary:** The idea that there are only two genders, man and woman, and that a person must strictly fit into one category or the other. There are many genders beyond man and woman.

**Gender Dysphoria:** Describes the clinically significant distress caused when someone's gender does not align with their sex assigned at birth. Symptoms of gender dysphoria can include experiencing anxiety, depression, and having a negative self-image.

**Gender Expression:** One's outward presentation of their gender. Many people may use clothes, shoes, accessories & makeup, color, hairstyles, painting fingernails, and more to express their gender.

**Genderfluid:** A person whose gender identification and presentation shifts, whether within or outside of societal, gender-based expectations. Being fluid in motion between two or more genders.

**Gender-Inclusive Language:** A language that avoids using certain expressions or words that are considered to exclude particular groups of people, esp gender-specific words.

**Gender-Inclusive Pronouns:** Pronouns that are unspecific to one gender, such as they, them, or theirs.

**Gender Non-Conforming:** Describes people whose gender expression differs from stereotypical expectations, such as "feminine" boys, "masculine" girls, and those who are perceived as androgynous.

**Genderqueer:** A person whose gender and/or gender expression falls outside of the dominant societal norm for their assigned sex, is beyond genders, or is some combination of them.

**Heterosexual:** A sexual orientation in which a person feels physically and emotionally attracted to people of a gender other than their own.

**Homophobia:** The fear, hatred, discomfort with, or mistrust of people who are lesbian, gay, or bisexual.

**HRT - T & E: Hormone Replacement Therapy (Testosterone & Estrogen):** A hormone therapy for people seeking to physically change their bodies to be more congruent with their gender.

**Intersex:** A person born with chromosomes, hormones, and/or sexual anatomy that differ from the traditional markers of male or female sexual and reproductive anatomy.

**Legal Transitioning:** When a person takes steps to change how they are recognized in legal contexts, such as their name and gender markers, and changing their information on legal documents.

**Lesbian:** Typically, a woman who is primarily attracted to women.

**Medical Transitioning:** When a person undergoes medical treatments, such as hormone therapy and/or getting surgery.

**Microaggression:** A comment or action subtly and often unconsciously or unintentionally expresses a prejudiced attitude toward a marginalized group member.

**Misgendering:** Intentionally or unintentionally using a word, pronoun, or form of address to describe a person in a manner that does not align with their gender.

**Non-binary:** Nonbinary people have a gender that is different than “woman” or “man.” For some, non-binary is their gender. For others, non-binary is an umbrella term that encompasses their gender. Some nonbinary people are trans, but not all.

**Outing:** Disclosing someone is transgender or revealing someone’s sexual orientation without their permission.

**Pansexual:** An attraction to all genders.

**Pronouns:** Words we use in place of a noun, like someone’s name. Pronouns do not tell us someone’s gender but how the person wants to be referred to when we are not using their name.

**Puberty Blockers:** Hormone blockers to stop puberty; allows youth time to solidify their gender without developing secondary sex characteristics (i.e., body hair, breasts, Adam’s apple, menstruation, etc.). If a youth later decides not to transition, the fully reversible medication can be stopped allowing puberty to proceed. Otherwise, they would begin HRT.

**Queer:** A word that describes people whose gender, gender expression, and sexuality do not conform to dominant societal expectations. Previously used as a slur but has been reclaimed by some LGBTQIA+ communities. Not all LGBTQIA+ people use queer.

**Questioning:** A person who questions their sexual orientation or gender.

**Safety Plan:** Ways to stay safer that may help reduce the risk of future harm. It can include planning for a future crisis, considering your options, and deciding next steps.

**Sex:** At or before birth, most people are assigned male, female, or intersex by a doctor. Typically defined by our chromosomes, hormones, genes, sex organs, and secondary sex characteristics (breasts, body hair, voice, etc.)

**Sexual Orientation:** One’s physical/sexual and/or romantic/emotional attraction.

**Social Transitioning:** Making others aware of your gender. This includes changing your appearance, name, pronouns, and gender expression.

**Testosterone:** A hormone that produces a deeper voice, more muscle definition, more hair, usually thicker on the body. (chest, back, and arms)



**Transgender:** Describes people who have moved away from the gender associated with the sex assigned to them at birth.

**Transgender and Gender-Diverse (TGD):** The umbrella term covers many genders.

**Transition:** The process of recognizing, accepting, and expressing one's gender identity. This often refers to when a person makes social, legal, and/or medical changes, such as changing their clothing, name, and sex designation and using medical interventions. Sometimes referred to as the gender affirmation process.













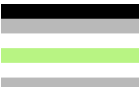


**Transphobia:** The fear, hatred, discomfort with, or mistrust of people who are transgender, genderqueer, or don't follow traditional gender norms.

**Two-Spirit:** An indigenous American gender identity that falls outside the male-female binary, which can be used to describe a person's sexual, gender, and/or spiritual identity. There are a variety of definitions and feelings about the term "two spirit" – and this term does not resonate with everyone.

**Visibility Marker:** A symbol that lets others know you accept LGBTQIA+ people. Symbols can include rainbow flags in our homes, places of work, or a pin on the collar of our shirt displaying our pronouns.



# Pride Flag Guide

 <p>Pride</p>	 <p>Progress</p>	 <p>Transgender</p>
 <p>Bisexual</p>	 <p>Pansexual</p>	 <p>Non-binary</p>
 <p>Intersex</p>	 <p>Lesbian</p>	 <p>Gay Man</p>
 <p>Two-Spirit</p>	 <p>Asexual</p>	 <p>Demisexual</p>
 <p>Bigender</p>	 <p>Genderqueer</p>	 <p>Genderfluid</p>
 <p>Agender</p>	 <p>Polyamorous</p>	 <p>Straight Ally</p>

# LGBTQIA+ Resource List

*\*Parent Specific Resource*

## Ventura County:

**Coalition for Family Harmony (LGBTQ+ Therapy and Clinical Groups):** Home to the only Rape Crisis Center in Ventura County and an LGBTQ+ Program. Free counseling and support groups for victims of sexual assault and intimate partner violence.

- [Thecoalition.org](http://Thecoalition.org)
  - (805) 983-6014
  - 1030 North Ventura Rd., Oxnard, CA 93030
  - 24-hour Bilingual Hotline: 1-800-300-2181 (free, confidential)
  - Email: [gethelp@thecoalition.org](mailto:gethelp@thecoalition.org)

**Diversity Collective Ventura County:** A community-based nonprofit organization that provides advocacy, visibility, safety, and wellness for the LGBTQIA+ community.

- [diversitycollective.org](http://diversitycollective.org)
  - (805) 644-LGBT (5428)
  - 2471 Portola Rd UNIT 100, Ventura, CA 93003
  - Email: [info@diversitycollective.org](mailto:info@diversitycollective.org)

**\*Families & Friends Living United in Diversity (FFLUID):** LGBTQIA+ peer-based support group serving families and people who wrestle with gender and sexual orientation

- [Ffluid.org](http://Ffluid.org)
  - (805) 285-3006
  - 370 Royal Ave., Simi Valley, CA 93065
  - Email: [ask@ffluid.org](mailto:ask@ffluid.org)
  - Facebook Page: [Facebook.com/ffluidvc/](https://Facebook.com/ffluidvc/)

**Get Loud!** Creates platforms for queer artists of all realms to express themselves in their most authentic selves.

- [getloudmovement.org/org](http://getloudmovement.org/org)
  - Email: [create@getloudmovement.org](mailto:create@getloudmovement.org)

**HOPE (Holding Our Pride and Equality) Counseling Center, Inc:** Counseling dedicated to serving the LGBTQIA+ population of Ventura County.

- [Hope@counselinghope.info](mailto:Hope@counselinghope.info)
  - (805) 890-2289

**Oxnard LGBTQ+:** Community-based LGBTQIA+ organization providing community-affirming spaces and education throughout the city of Oxnard.

- [Oxnardlgbtq.org](http://Oxnardlgbtq.org)
  - Instagram: [instagram.com/oxnardlgbtq/?hl=en](https://instagram.com/oxnardlgbtq/?hl=en)

**Planned Parenthood:** A nonprofit organization that provides reproductive health care in the United States and globally. Offers gender-affirming hormone therapy for transgender and nonbinary patients, including puberty blockers and hormone replacement therapy (HRT T&E).

- [Plannedparenthood.org](http://Plannedparenthood.org)
  - (888) 898-3806
    - Ventura Health Center
      - 5400 Ralston St., Ventura, CA 93003
    - Oxnard Health Center
      - 2652 S C St Suite 100 Ste 100, Oxnard, CA 93030

**\*PFLAG (Parents, Families, Friends & Allies):** Provides confidential peer support, education, and advocacy to LGBTQIA+ people, their parents and families, and allies.

- [Pflag.org](http://Pflag.org)
  - PFLAG Oak Park/Ventura County
    - 5450 Churchwood Drive, Oak Park, CA 91377-4797
    - (818) 991-4797 Ext. 27
    - Email: [pflag@tcote.org](mailto:pflag@tcote.org)
  - PFLAG Ventura
    - (805) 765-1672
    - Email: [pflag.ventura.ca@gmail.com](mailto:pflag.ventura.ca@gmail.com)
  - PFLAG Simi Valley
    - (678) 561-7337

**Pride Clinic, Santa Paula West Medical Group:** Compassionate, comprehensive, and inclusive LGBTQIA+ Healthcare & Counseling. Specializes in gender-affirming primary care.

- [Santapaulawestmedicalgroup.com](http://Santapaulawestmedicalgroup.com)
  - (805) 229-0200
  - 254 W. Harvard Blvd. Ste. B, Santa Paula, CA 93060

**Spectrum Arts Collaborative:** Art program that pairs LGBTQIA+ young people of all gender and their allies between the ages of 13-18 years with skilled artists who mentor them in the areas of playwriting, monologue, poetry, dance, visual art, musical composition, photography, film making, podcasting, makeup, dance, and all other arts.

- [spectrumcollaborative.org/](http://spectrumcollaborative.org/)
  - (805) 285-2730
  - 2956 School St., Simi Valley, CA 93065
  - Email: [spectrum.collaborative@gmail.com](mailto:spectrum.collaborative@gmail.com)

**\*The New Beginnings Center (LGBTQ+ Therapy and Clinical Groups):** offers a wide array of therapeutic services to help you get started on your path to recovery from anxiety, depression, trauma, addiction, body image issues, and beyond.

- [Thenewbeginningscenter.com](http://Thenewbeginningscenter.com)
  - (805) 987-3162
  - 155 Granada Street, Suite N, Camarillo, CA 93010
  - Email: [info@thenewbeginningscenter.com](mailto:info@thenewbeginningscenter.com)

**Ventura County Public Health - HIV/AIDS Center:** Provides conventional HIV testing along with STD (Sexually Transmitted Diseases) and medical case management to HIV-infected and affected people.

- [vchca.org/hiv-aids-center](http://vchca.org/hiv-aids-center)
  - To Schedule an Appointment: (805) 652-3342
  - More information: (805) 652-6267

### **Local Crisis Lines:**

**Ventura County Behavioral Health Mobile Crisis Response Team (24/7):**

Provides crisis intervention services for psychiatric emergencies 24 hours a day.

- [vcbh.org/en/get-help/mobile-crisis-response-team](http://vcbh.org/en/get-help/mobile-crisis-response-team)
  - 24/7 Crisis Response Team Hotline
  - 1-866-998-2243

**Coalition for Family Harmony:** Home to the only Rape Crisis Center in Ventura County and provider of direct services to victims of intimate partner violence and sexual violence.

- <https://thecoalition.org/>

- 24/7 Bilingual Crisis Hotline (Intimate Partner Violence & Sexual Violence)
- 1-800- 300-2181
- Emergency Domestic Violence Shelter
- 1-800- 300-2181

**Interface:** Provider of social services, including mental health & trauma treatment, youth crisis & homeless services, domestic violence & child abuse prevention, human trafficking prevention & intervention services.

- [lcfs.org](http://lcfs.org)
  - Family Violence and Human Trafficking Response Hotline (24/7)
    - 1-800-636-6738
  - Youth Crisis and Homeless Services Line (24/7)
    - (805) 469-5882

**National Crisis Lines:**

**California Youth Crisis Line:** Help with issues including medical care, dating violence, sexual assault, runaway resources, and homelessness

- [Youthcrisisline.org](http://Youthcrisisline.org)
  - 1-800-843-5200 (24/7)

**National Runaway Safeline:** For 50 years, the National Runaway Safeline has been responding to youth and families in crisis, serving as the national communications system for runaway and homeless youth.

- [1800runaway.org/](http://1800runaway.org/)
  - 1-800-RUNAWAY

**National Suicide Prevention Lifeline (24/7):** Provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

- 1-800-273-8255
- Spanish: (1-888-628-9454)
  - Crisis Text line (24/7)
  - Text HELLO to 741741

**Stomp Out Bullying:** the leading national nonprofit dedicated to changing the culture for all students. It works to reduce and prevent bullying, cyberbullying, and other digital abuse, educates against homophobia, LGBTQIA+ discrimination, racism, and hatred, and deters violence in schools, online, and communities across the country.

- [stompoutbullying.org/lgbtq-bullying](http://stompoutbullying.org/lgbtq-bullying)
  - 877 NOBULLY (877) 602-8559

**Trans Lifeline:** Transgender suicide prevention and crisis support

- [translifeline.org](http://translifeline.org)
  - 1-877-565-8860

**The Trevor Project:** Provides crisis intervention and suicide prevention to LGBTQIA+ youth

- [thetrevorproject.org](http://thetrevorproject.org)
  - The Trevor Project 24/7 Lifeline: 1-866-488-7386
  - TrevorText: Available on Thursdays and Fridays, 1 pm - 5 pm PT. Text the word "Trevor" to 1-202-304-1200. Standard text messaging rates apply.

## **LGBTQIA+ Centers**

**Los Angeles LGBT Center:** The Los Angeles LGBT Center is one of the largest and most experienced providers of LGBT health and mental healthcare, supported by a research team working to advance the care and treatment of lesbian, gay, bisexual, and transgender people.

- [lalgbtcenter.org/](http://lalgbtcenter.org/)
  - **Youth Services Program:** Helps thousands of LGBTQ+ youth (ages 18-24) every single year through housing, community events, outreach, and other social services.
    - [youthservices.lalgbtcenter.org/](http://youthservices.lalgbtcenter.org/)

**The Center for Transyouth Health and Development:** Dedicated to providing affirming care for transgender and gender diverse children, adolescents, young adults and their families. As one of the oldest and largest transyouth programs, the Center partners with youth and their families to advance the field through innovative practice, training and research.

- [chla.org/the-center-transyouth-health-and-development](http://chla.org/the-center-transyouth-health-and-development)

**TransLatin@ Coalition:** Organization that identifies the urgent need to provide direct services to empower TGI people in response to structural, institutional, and interpersonal violence.

- [translatinacoalition.org/](http://translatinacoalition.org/)

**Transgender Law Center:** The largest national trans-led organization advocating self-determination for all people.

- [transgenderlawcenter.org/](http://transgenderlawcenter.org/)

**Trans Wellness Center:** Provides comprehensive resources and services for transgender and non-binary people under one roof.

- [mytranswellness.org/](http://mytranswellness.org/)
  - (323) 993-2900
  - 3055 Wilshire Blvd., Suite 360, Los Angeles, CA 90010

**UCLA Williams Institute:** The leading research center on sexual orientation and gender identity law and public policy. We ensure that facts — not stereotypes — inform laws, policies, and judicial decisions that affect the LGBT community.

- [williamsinstitute.law.ucla.edu/](http://williamsinstitute.law.ucla.edu/)

**UCLA Gender Health Program:** Provide healthcare equality for people who are transgender or gender-diverse

- [uclahealth.org/medical-services/gender-health](http://uclahealth.org/medical-services/gender-health)
  - Appointments: (310) 267-4334

## **Recommended Literature for Transtioning:**

**WPATH (World Professional Association for Transgender Health) Standards of Care for the Health of Transgender and Gender Diverse People Volume 8:** A clinical guide to assist TGD people in accessing safe and effective pathways to achieving lasting personal comfort with themselves in order to ensure overall physical health, psychological well-being, and self-fulfillment.

- [wpath.org/](http://wpath.org/)
  - PDF: [tandfonline.com/doi/pdf/10.1080/26895269.2022.2100644](http://tandfonline.com/doi/pdf/10.1080/26895269.2022.2100644)

**You can positively impact your  
child's life.**

**Be affirming and supportive!**





1030 North Ventura Road  
Oxnard, CA 93030

For counseling appointments or to speak with a  
crisis counselor

Please call 805.983.6014

24-hour Bilingual Crisis Hotline  
1.800.300.2181

(Anonymous calls welcomed)

Individual and group counseling for survivors of  
domestic violence and sexual assault