

NCTSN External Resources National Day of Silence (April 24, 2020)

The National Child Traumatic Stress Network (NCTSN) is proud to observe National Day of Silence, and offers this list of resources developed by outside partners or organizations to help educators, mental health and child welfare professionals, parents and caregivers, and youth.

For Educators

American Psychological Association

- [*Just the Facts about Sexual Orientation and Youth: A Primer for Principals, Educators, and School Personnel* \(2008\)](#)
Provides information and resources for principals, educators, and school personnel who confront sensitive issues involving gay, lesbian, and bisexual students.
- [*Toolbox to Promote Healthy LGBTQ Youth*](#)
Is a collection of resources and documents to supplement the Respect Workshop: Preventing Health Risks and Promoting Healthy Outcomes among LGBTQ Youth. The Respect workshop is a professional development curriculum for pre-service and in-service education for middle and high school counselors, school nurses, school psychologists, school social workers and other specialized instructional support professionals.

COLAGE (Children of Lesbians and Gays Everywhere)

- [*Tips for Making Classrooms Safer for Students with Lesbian, Gay, Bisexual, and Transgender Parents*](#)
Offers tips for teachers on safety and respect for youth with LGBTQ parents and for any student affected by homophobia and oppression.

GLSEN (Gay Lesbian and Straight Education Network)

- [*The Educators' Guide to the Day of Silence*](#)
Describes the intent of the day; suggests methods for supporting students' efforts, ideas for event organization and marketing, and additional resources.
- [*Developing LGBTQ Inclusive Classroom Resources* \(2019\)](#)
Provides resources to help plan lessons that avoid bias and that include positive representations of lesbian, gay, bisexual, transgender and queer (LGBTQ) people, history, and events.
- [*Safe Space Kit* \(2019\)](#)
Provides a program for action that school staff can take to create a positive learning environment for every student; shows how to assess the school's climate, policies and practices; outlines ways to advocate for change inside the school. It includes the Guide to Being an Ally to LGBT Students, which provides concrete strategies for supporting LGBT students, including how to educate about anti-LGBT bias and teaching respect for all people.

Mental Health America

- [*Bullying and Gay Youth*](#)
Explains risks to the mental health and physical well-being of GBLT youth; includes ways their education is being affected; offers suggestions to help end bullying in schools; includes additional resources.

The Trevor Project

- [Lifeguard Workshop](#)
Is a free online learning module with a video, curriculum, and teacher resources for middle school and high school classrooms.

For Mental Health and Child Welfare Professionals

National Center for Cultural Competence

- [Providing Services and Supports for Youth who are Lesbian, Gay, Bisexual, Transgender, Questioning, Intersex or Two-Spirit \(2008\)](#)
Explains how to develop culturally and linguistically competent programs and services to meet their needs and preferences. This resources is geared to policy makers, administrators, and providers: provides information on this population.

The Trevor Project

Provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning youth.

Advocates for Youth

Works to end homelessness among lesbian, gay, bisexual, and transgender youth by creating systemic change.

For Parents and Caregivers

Center for Disease Control and Prevention Lesbian, Gay, Bisexual, and Transgender Health

- [Parents' Influence: Promoting Positive Health Outcomes for Lesbian, Gay, or Bisexual Teens \(2013\)](#)
Provides information for parents on how they can support and promote healthy outcomes for their LGBTQ teens.

Family Equality Council

- [Creating Safe & Inclusive Schools for LGBTQ Families \(2019\)](#)
Addresses how LGBTQ parents and guardians can play a key role in creating safe and inclusive spaces in their school environments

The Trevor Project

Provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning youth.

For Youth

Safe Schools Coalition

- [Resources for GLBT Youth of Color](#)
Lists programs, support groups, services, hotlines, websites, books, and articles for parents/guardians, family members, educators, and allies of GLBT youth of color.

- [National/International & Internet-Only Resources: Community Based GLBTQ Youth Support](#)

[Groups and Safe Schools Coalitions](#)

Provides links to youth support groups and organizations of adults and/or adult/youth partnerships whose missions are not to directly support youth, but rather to effect change in the schools, through policy advocacy, training and education.

[The Trevor Project](#)

- [Coming Out as You Are](#)
Helps youth navigate their own coming out experience in a safe, thoughtful way.
- [Trevor Lifeline](#)
Is a confidential suicide hotline for LGBTQ youth: 1-866-488-7386 (24/7, toll free)

Related Links

[National Gay and Lesbian Task Force](#)

Is a national organization dedicated to building the grassroots power of the LGBT community by strengthening local LGBT activism in rural areas, small towns, and cities across the nation.

[Parents, Families, and Friends of Lesbians and Gays \(PFLAG\)](#)

Is a national nonprofit of 200,000+ members and supporters and 350+ affiliates in the US that promotes the health and well-being of LGBT persons, their families, and friends through support, education, and advocacy.

[Youth Guardian Services](#)

Provides support services on the Internet to GLBTQ and supportive youth.