

# Central Valley LGBTQ2S+ Resource Guide

## Kern County

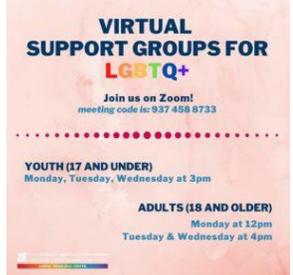
Name of Organization	Services They Provide	Links to websites	Age Demographic
The Center of Sexuality and Gender Diversity	Support Groups for different identities; community building activities (together and within different identities); counseling; QT cultural competency trainings	<a href="https://www.thecenterbak.org/">https://www.thecenterbak.org/</a>	All ages--although some services are restricted to 18+ only  Have events for youth: 19 years of age and younger
Bakersfield LGBTQ+	Not as active currently	<a href="https://bakersfieldpride.org/">https://bakersfieldpride.org/</a>  Instagram: @bakersfield_lgbtq	
YEPP: Youth Empowerment Pride Project	Not as active currently  Youth Empowerment Pride Project meets every 2nd Tuesday of each month. Membership is open to local Middle School - High School LGBTQ Youth.	<a href="https://www.facebook.com/YEPPBakersfield/">https://www.facebook.com/YEPPBakersfield/</a>	Middle and High Schoolers
Planned Parenthood	Different info regarding sexual and gender identities, and variety of services (i.e STD testings, Contraception accessibility, etc.)	<a href="https://www.plannedparenthood.org/">https://www.plannedparenthood.org/</a>  <a href="https://www.plannedparenthood.org/learn/teens">https://www.plannedparenthood.org/learn/teens</a>  Office in Bakersfield	Teens and up

## Tulare County

Name of Organization	Services They Provide	Links to websites	Age Demographic
The Source LGBT+ Center	Community Outreach/Education Drop-In Center Health & Wellness Education	<a href="https://www.thesourcelgbt.org/">https://www.thesourcelgbt.org/</a>	

	<p>Leadership Development &amp; Life Skills</p> <p>Mental Health</p> <p>Recreational &amp; Social Activities</p> <p>Support</p> <p>Mentoring Program</p>		
Planned Parenthood	Different info regarding sexual and gender identities, and variety of services (i.e STD testings, Contraception accessibility, etc.)	<p><a href="https://www.plannedparenthood.org/">https://www.plannedparenthood.org/</a></p> <p><a href="https://www.plannedparenthood.org/learn/teens">https://www.plannedparenthood.org/learn/teens</a></p> <p>Office in Visalia</p>	Teens and up

## Fresno County

Name of Organization	Services They Provide	Links to Websites	Age Demographic
LGBTQ+ Resource Center	Mental Health Referrals Trans Support Program Group (1st and 3rd Tuesday of each month)	<a href="https://fresnoeoc.org/lgbtq/">https://fresnoeoc.org/lgbtq/</a>	No age restrictions, please contact Spencer: <a href="mailto:spencer@thesourcelgbt.org">spencer@thesourcelgbt.org</a>
Planned Parenthood	Different info regarding sexual and gender identities, and variety of services (i.e STD testings, Contraception accessibility, etc.)	<p><a href="https://www.plannedparenthood.org/">https://www.plannedparenthood.org/</a></p> <p><a href="https://www.plannedparenthood.org/learn/teens">https://www.plannedparenthood.org/learn/teens</a></p> <p>Office in Fresno</p>	Teens and up
Fresno EOC LGBTQ+ Resource Center	 <p><b>VIRTUAL SUPPORT GROUPS FOR LGBTQ+</b></p> <p>Join us on Zoom! meeting code is: 937 458 8733</p> <p>.....</p> <p><b>YOUTH (17 AND UNDER)</b> Monday, Tuesday, Wednesday at 3pm</p> <p><b>ADULTS (18 AND OLDER)</b> Monday at 12pm Tuesday &amp; Wednesday at 4pm</p>	<p><a href="https://fresnoeoc.org/lgbtq/">https://fresnoeoc.org/lgbtq/</a></p> <p>1250 Fulton Street Fresno, CA 93721 (559) 325-4527 (call/text)</p>	All ages



## Online Resources

Name of Organization	Services They Provide	Link to website	Age Demographic
Q Chat Space	Online discussion groups for LGBTQ+ teens	<a href="https://www.qchatspace.org/">https://www.qchatspace.org/</a>	13-19 years of age
Gender Spectrum	Host different online group discussions, specifically around gender 	<a href="https://www.genderspectrum.org/articles/gender-spectrum-groups">https://www.genderspectrum.org/articles/gender-spectrum-groups</a>	10-19 years of age *10-12 y/o need parent/caregiver consent form
Trevor Space	TrevorSpace is an affirming international community for LGBTQ young people ages 13-24. *You have to create an account, but it's super easy and quick	<a href="https://www.trevorspace.org/">https://www.trevorspace.org/</a>	13-24 y/o

## Hotlines

Name of Organization	Services They Provide	Phone Numbers/Links to Website	Age Demographic
The Trevor Project	Crisis intervention and suicide prevention services	1-866-488-7386 (call)  <a href="https://www.thetrevorproject.org/get-help-now/">https://www.thetrevorproject.org/get-help-now/</a> (chat)  Text START to 678-678 (text)  <a href="https://www.thetrevorproject.org/">https://www.thetrevorproject.org/</a>	Under 25
Trans Lifeline	Suicide prevention helpline for trans youth, staffed by trans people	877-565-8860 (call) English and Spanish resources  <a href="https://translifeline.org/">https://translifeline.org/</a>	
LGBT National Help Center	Talk to peers directly          Also has online support chats specific for Trans youth and Queer youth	888-843-4564 (National Hotline, open to all ages)  888-246-7743 (Youth Specific Hotline)  <a href="http://www.glnh.org/">http://www.glnh.org/</a>	

## Coming Out Resources and Guide

Here are some guidebooks that talk about coming out and provide some tips.

1. [https://www.glsen.org/sites/default/files/2019-10/GLSEN\\_Coming\\_Out\\_Resource\\_2019.pdf](https://www.glsen.org/sites/default/files/2019-10/GLSEN_Coming_Out_Resource_2019.pdf)
2. <https://www.plannedparenthood.org/learn/sexual-orientation/sexual-orientation/whats-coming-out#>
3. <https://www.thetrevorproject.org/wp-content/uploads/2019/10/Coming-Out-Handbook.pdf>

**\*These guidebooks are only resources! There is no right or wrong way to come out-- coming out is different for everyone. You have the choice to come out or not. Make sure you feel safe and comfortable sharing this part of your identity, if you decide to come out. Remember to be gentle with yourself, breathe, drink water, and eat. Your experiences and feelings are valid. You are a superstar!**

## Learning Tools and Resources:

### 1. Pronouns Chart:

(Below are some common pronouns, but there are SO MANY more!)

Subject	Object	Possessive Adjective	Possessive Pronoun	Reflexive
<b>She</b>	<b>Her</b>	<b>Her</b>	<b>Hers</b>	<b>Herself</b>
She has a bike.	I saw <b>her</b> riding the bike.	<b>Her</b> bike is red.	The bike is <b>hers</b> .	She bought the bike <b>herself</b> .
<b>He</b>	<b>Him</b>	<b>His</b>	<b>His</b>	<b>Himself</b>
He has a bike.	I saw <b>him</b> riding the bike.	<b>His</b> bike is red.	The bike is <b>his</b> .	He bought the bike <b>himself</b> .
<b>They</b>	<b>Them</b>	<b>Their</b>	<b>Theirs</b>	<b>Themselves</b>
They have a bike.	I saw <b>them</b> riding the bike.	<b>Their</b> bike is red.	The bike is <b>theirs</b> .	They bought the bike <b>themselves</b> .
<b>Ze</b>	<b>Hir</b>	<b>Hir</b>	<b>Hirs</b>	<b>Hirself</b>
Ze has a bike.	I saw <b>hir</b> riding the bike.	<b>Hir</b> bike is red.	The bike is <b>hirs</b> .	Ze bought the bike <b>hirself</b> .
<b>Ze</b>	<b>Zir</b>	<b>Zir</b>	<b>Zirs</b>	<b>Zirself</b>
Ze has a bike.	I saw <b>zir</b> riding the bike.	<b>Zir</b> bike is red.	The bike is <b>zirs</b> .	Ze bought the bike <b>zirself</b> .

\*Pronouns are used in everyday speech and writing to take the place of people's names. You cannot tell what pronouns someone uses by the way they look. Try to make it a habit by asking people for their pronouns, so we address people how they want to be addressed.

(Example: Hi, my name is Ricardo and my pronouns are They/She/He. What is your name and what are your pronouns)

\*Learn what pronouns best fit you and your gender identity. Test them out on your own and decide which pronouns best describe you and how you want people to refer to you as.

\*You have the choice to change your pronouns at any time, and people must learn how to respect your choice.

\*You can have more than one set of pronouns, and can decide if you prefer one more than the other(s). (Example: Ricardo uses They/She/He pronouns and would like people to use them interchangeably)

\*They/Them/Theirs pronouns can be used in singular sense (referring to one person). This set of pronouns is commonly used as gender neutral meaning that people who use these pronouns may or may not refer to themselves as a woman, man, both, neither, or another identity completely.

\*If you make a mistake and refer to someone with the incorrect pronouns: simply apologize, correct yourself, and move on.

(Example: I'm sorry, They...)

\*\*If you want to learn more... about pronouns, here is a guide: <https://www.mypronouns.org/>

\*\*Here is another guide that talk about pronouns: [https://www.glsen.org/sites/default/files/2020-03/GLSEN\\_PronounsResource\\_2020\\_Final.pdf](https://www.glsen.org/sites/default/files/2020-03/GLSEN_PronounsResource_2020_Final.pdf)

\*\*If you want to practice using different pronouns, here is a resource: <https://pronouns.minus18.org.au/>

### 2. DECOLONIZING GENDER: A CURRICULUM: <https://www.decolonizinggender.com/the-zine>

\*Decolonization refers to the process of breaking down and understanding the history and narratives of different peoples and communities to a time before colonialism and white-supremacy.

3. TRUTH (TRANS YOUTH) ZineLibrary: <https://ourtranstruth.org/truthzinelibrary/>
  - a. (Note: these first two resources are zines (pronunciation: zeens) and in case you do not know what a zine is, it is basically a tool that marginalized communities and voices use to spread information and publish creative work about things they love that would not be recognized by mainstream media. if you wanna learn more about zines or even how to create your own, here is a great link that will help:  
<https://thecreativeindependent.com/guides/how-to-make-a-zine/>)
4. A guide to talking about sexual orientation and gender to family members and yourself. Includes information and terminology in both English and Spanish.  
<http://www.somos.dreamhosters.com/newwp/wp-content/uploads/2011/06/C%C3%B3mo-Hablar-Sobre-El-G%C3%A9nero-y-La-Orientaci%C3%B3n-Sexual-1doc.pdf>
5. Different graphics with important information for Trans youth from Trans Student Educational Resources: <https://transstudent.org/graphics/>
6. Some LGBTQ+ history and icons: <https://www.glsen.org/activity/lgbtq-history-cards-extended-biographies>
7. Q+EDU: Provides a virtual experience designed to connect, inform, and empower youth, parents, and educators. <https://qplusedu.org/>

\*Note: Some of the videos and information from this website can be a little too advanced if you are just starting to explore your own identity/ies and gaining a better understanding of LGBTQ2S+ issues. Otherwise, definitely useful information.

8. Glitterary Magazine: A safe space for all LGBTQ+ youth, whether out or closeted, to share their writing with a supportive community. <https://glitterarymagazine.org/>
9. LGBTQ+ YouthHeLP: Provides a wide range of different information and resources about bodily and sexual wellness ,specifically for LGBTQ+ youth. <https://www.youthhelp.net/>
  - a. Additional website: <https://youngwomenshealth.org/>
  - b. Additional website: <https://youngmenshealthsite.org/>

\*Disclaimer: This website includes information about sex and sexual wellness. It is important that we discuss these topics so that our youth have better and accurate information about how to engage in safer sex. We are not trying to encourage sex at a young age, we are simply trying to make sure our youth are informed about sexual wellness. Everyone has a right to decide what they get to do with their body, so make sure to respect what others want for their bodies as well. (Consent means: Yes=yes and no=no)!

## Video Recommendations to Watch about Gender and/or Sexuality:

1. <https://itgetsbetter.org/blog/initiatives/new-docu-series-out-in-front-queer-youth-changing-the-world/>
2. QTPOC Talk with Southern Queer and Trans Youth of Color!:  
<https://www.youtube.com/watch?v=9Pqv3a9GsD8>
3. Artist Alok Vaid-Menon on Learning to Love Who They Are:  
<https://www.youtube.com/watch?v=FDZskzSLzPk>
4. FOR QUEER YOUTH UNDER QUARANTINE: <https://www.youtube.com/watch?v=ucyw1LzoDyA>

5. Billy Porter Gives A Brief History of Queer Political Action | them: <https://www.youtube.com/watch?v=XoXH-Yqwyb0>
6. Laverne Cox Presents: 'The T Word' Full Documentary | MTV (A Documentary about Trans youth): <https://www.youtube.com/watch?v=mDy0Dhfuxfl>

## LGBTQ2S+ movies to check out:

1. *Moonlight* (2016) (can be found on Hulu)
2. *Paris is Burning* (1990) <https://www.youtube.com/watch?v=jzIjFMFNUjA>
3. *Disclosure* (2020) (can be found on Netflix)
4. *Love, Simon* (2018) (can be found on Hulu)
5. *Kiki* (2016) <https://www.youtube.com/watch?v=W7OJCokiS80>
6. *Happy Birthday, Marsha* (2015) (can be found on Amazon Prime) <http://www.happybirthdaymarsha.com/>