

Supporting Transgender & Gender Diverse Students and Staff

The National Center for School Mental Health (NCSMH) at the University of Maryland School of Medicine (UMSOM) compiled the following list of websites and free resources to help support transgender and gender diverse youth and adults.

Emergency/Immediate Help

- [**988 Suicide & Crisis Lifeline**](#) provides free, confidential, 24/7/365 support to anyone in the U.S., whether or not they are thinking about suicide. Simply dial or text **988**.
[**For ASL support**](#), dial **711-988**.
Substance Abuse and Mental Health Services Administration (SAMHSA) + Vibrant Emotional Health
- [**Trans Lifeline's Hotline**](#) is a free, anonymous, and confidential 24/7 phone service run by and for trans, gender diverse, and gender questioning people. For U.S. callers, dial **877-565-8860**.
[**Para hablar con unx operadrx en español**](#) oprime **2**.
Trans Lifeline
- [**Trevor Project Lifeline**](#) offers free, confidential, 24/7/365 crisis support to U.S. residents across the LGBTQ+ spectrum. To reach a trained counselor, call **866-488-7386**, text **START** to **678-678**, or [**connect via live chat**](#).
Additionally, [**Trevor Space**](#) offers online peer support to LGBTQ+ youth from anywhere in the world.
The Trevor Project

Quick Assistance (short fact sheets & guides)

- [**6 Ways Teachers Can Support Trans Students**](#) outlines quick tips for educators to create safe, affirming, and trans-inclusive classroom environments.
GLAAD
- [**Family Support: Resources for Families of Transgender & Gender Diverse Children**](#) helps parents and siblings embrace and uplift gender diversity within their families, and compiles materials specifically designed for AANHPI, Black, Latinx, and religious families.
Movement Advancement Project (MAP)
- [**Gender Spectrum**](#) is a national organization which safeguards the health and wellbeing of gender diverse youth through education, support, training, and guidance for families, educators, clinicians, and other professionals.
- [**Know Your Rights: A Guide for Transgender and Gender Nonconforming Students**](#) underscores the U.S. Constitutional rights of students to safely identify and express their gender at school and recommends steps to take in the event that those rights are denied.
ACLU + GLSEN

- [**LGBTQ Youth & Family Resources**](#) provides a wealth of research, educational materials, and support services to advance the mental health and wellbeing of LGBTQ+ youth and families.
Family Acceptance Project
- [**Supporting Intersex Students**](#) is a brief guide designed to help students, families, and educators create a welcoming and protective school environment for intersex students.
U.S. Department of Education
- [**Supporting Trans and Gender Nonconforming Students**](#) is a collection of essays, videos, toolkits, and lesson plans to foster inclusivity, allyship, and gender freedom within schools.
GLSEN
- [**Teacher-Friendly Gender Resources**](#) is a list of articles and guides designed to help educators create supportive learning environments, free of harmful gender norms and stereotypes. Particularly helpful resources include [Gender Support Checklist for Transgender and Non-Binary Students](#), [Lesson Plans to Create Gender Expansive Classrooms and Support Transgender and Non-Binary Students](#), and [Developing a Gender Inclusive School](#).
Welcoming Schools by The Human Rights Campaign (HRC)
- [**Transgender and Gender Diverse Children and Adolescents**](#) provides clinical definitions, up-to-date research, and evidence-based best practices in support of gender-affirming medical care.
Endocrine Society
- [**Trans Men and Trans Masculine People Share Advice to Youth and Allies**](#) highlights the perspectives and insights of 8 transmasculine youth across the U.S.
GLAAD
- [**What Educators Should Know About LGBTQ+ Rights**](#) outlines federal protections for LGBTQ+ public school students and employees and offers practical guidance around combatting intolerance.
National Education Association (NEA)
- [**What You Need to Know about Florida's "Don't Say Gay" Law**](#) and [**What You Need to Know about State Laws Attacking Transgender Youth**](#) are brief overviews of recent (*as of 2022*) anti-LGBTQ+ legislation with steps educators can take to confront discrimination within their schools.
National Education Association (NEA)

In-depth Information (longer articles & toolkits)

- [**Affirmative Services for Transgender and Gender-Diverse People: Best Practices for Frontline Health Care Staff**](#) is a training manual to guide public-facing staff members through creating safe, welcoming, and gender-inclusive health care environments.
National LGBT Health Education Center
- [**Best Practices for Serving LGBTQ Students**](#) is a comprehensive guidebook intended to help school leaders create inclusive school climates in which LGBTQ+ students feel as respected, valued, and capable of success as all other students.
Learning for Justice by the Southern Poverty Law Center
- [**Ensuring Comprehensive Care and Support for Transgender and Gender-Diverse Children and Adolescents**](#) provides suggestions for policy makers and pediatric providers to promote high-quality, gender-affirming, and stigma-free health care for trans and gender diverse youth.
American Academy of Pediatrics

- [**Messaging Guide: Transgender Youth and the Freedom to Be Ourselves**](#) proposes the adaptation of a *Race Class Gender Narrative* within the organizing and advocacy space in order to build solidarity and promote a shared vision of justice and safety across race, class, and gender spectrums.
Transgender Law Center + ASO Communications + Lake Research Partners
- [**Model School District Policy on Transgender and Gender Nonconforming Students**](#) provides model language and best practices for schools to ensure all students' gender identities and expressions are welcomed, affirmed, and protected.
GLSEN + National Center for Transgender Equality
- [**Separation and Stigma: Transgender Youth & School Facilities**](#) explains how excluding transgender students from the school facilities that match their gender is both unnecessary and profoundly harmful.
Movement Advancement Project (MAP) + GLSEN
- [**Schools in Transitions: A Guide for Supporting Transgender Students in K-12 Schools**](#) provides a blueprint for schools to meet the needs and champion the success of transgender youth of all ages.
ACLU + Gender Spectrum + Human Rights Campaign + National Center for Lesbian Rights + National Education Association
- [**Standards of Care for the Health of Transgender and Gender Diverse People, Version 8 \(2022\)**](#) provides extensive, up-to-date clinical guidance to health care professionals to support the health, safety, and wellbeing of transgender and gender diverse people.
World Professional Association for Transgender Health

Interactive Resources (videos, mobile apps, books, etc.)

- [**Trans-Related Infographic Series**](#) provides free, high-quality graphics which can be shared across social media, printed for distribution, or used in any other manner.
Trans Student Educational Resources
- [**In Your State**](#) is an interactive map which allows users to select any U.S. state to learn about its legal protections for LGBTQ+ individuals and families.
Lambda Legal
- [**Families for Transgender Equality**](#) is a free support network for transgender youth, families, and allies who are dedicated to protecting and advocating for trans rights.
National Center for Transgender Equality
- **Transgender Day of Remembrance (TDOR) – November 20.** Honor and mourn the memory of the transgender people whose lives have been unjustly taken by acts of transphobic violence. Learn how to be supportive of the trans community on this particular day from the following organizations:
 - [**GLAAD**](#)
 - [**The Human Rights Campaign \(HRC\)**](#)
 - [**Out & Equal**](#)
- **Transgender Day of Visibility (TDOV) – March 31.** Empower and celebrate your transgender students, staff, and community members by recognizing the accomplishments and contributions of the global trans community. Access comprehensive resources from the following organizations:
 - [**GLBTQ Legal Advocates and Defenders \(GLAD\)**](#)
 - [**Gay, Lesbian, and Straight Education Network \(GLSEN\)**](#)
 - [**Parents and Friends of Lesbians and Gays \(PFLAG\)**](#)
 - [**Trans Student Educational Resources \(TSER\)**](#)