



Resources for Connecting with Others Online



Q Chat Space

An online space for chatting with other LGBTQ+ teens

www.qchatspace.org/



Trans Mentor Project

Information about a mentorship program designed for trans and gender-diverse teens.

<https://www.samdevorah.org/trans-mentor-project>



Gender Spectrum

Helpful information and online groups and events for transgender and gender diverse teens and families.

www.genderspectrum.org



A Handbook for LGBTQ Young People

A handbook on various parts of identity and well-being for LGBTQ youth

<https://www.thetrevorproject.org/resources/guide/the-coming-out-handbook/>



Resources for Transitioning



Self-Help Guides

A list of helpful guides for ID documents, health coverage, and legal services.

www.transequality.org/self-help-guides



Transgender Map

Information on the social, legal, and medical ways to transition.

www.transgendermap.com



Mapping Transgender Equality

Information on gender-affirming care for youth by state.

<https://www.lgbtmap.org/mapping-trans-equality>



Seattle Children's Hospital Gender Clinic

Provides a list of resources on how youth can socially and medically transition

[Seattle Children's Hospital Gender Clinic](#)



Online Safety Tips

- If someone pressures you for nude/sexual photos or videos, block them.
- If you meet someone you met online, tell someone where you are going, meet in public, provide your own transportation, and video chat with them first.
- Block and report suspicious users.
- Avoid connecting with people online who seem suspicious.
- Don't share private information with people you meet online.



Virtual Life Paths Worksheet

Instructions: There are only three things you have to write on your map; other than that, you can be as creative as you like. First, at the bottom write in your birthday. Then, put your current age in the middle. Finally, write 'future' on the top.

FUTURE

CURRENT AGE

BIRTHDAY



Directions for putting together your life path

1. Write your birthday at the bottom of the page/path.
2. Write your current age in the middle of the page/path.
3. Write the word “future” at the top of the page/path.
4. Fill in important events from your past in the bottom half of the page. This could include important accomplishments (in school, sports, music, clubs, your hobbies/interests), key events in your life (like starting high school, moving to a new house, meeting a close friend/dating partner, having a loved one pass away), as well as events related to your identity (recognizing your identity, coming out to friends/family, changing your name/pronouns).
5. Fill in goals for yourself in the future. These could be goals related to your education or career (e.g., going to college, pursuing a specific career path) or those related to your relationships (e.g., getting married, having children, getting a pet, finding long-term romantic partners). These also could be important identity-related goals (e.g., having gender affirming surgery, getting involved in LGBTQ+ advocacy).
6. Be creative in completing this life path. You could use drawings, specific words/phrases, pictures from magazines etc. to represent past events and future goals on your life path.