

San Mateo Union High School District

Online Safety Resource for Parents and Students

➤ GENDER EQUITY

- **LGBTQ**

LGBTQ youth are at a heightened risk for suicidal behavior, which may be related to experiences of discrimination, family rejection, harassment, bullying, violence, and victimization. It is therefore especially important that school staff be trained to support at risk LGBTQ youth with sensitivity and cultural competency. School staff should not make assumptions about a student's sexual orientation or gender identity and affirm students who do decide to disclose this information.

For more information, visit <http://www.apa.org/pi/lgbt/resources/guidelines.aspx>

- **Parents/Guardians, Families and Friends of Lesbians & Gays (PFLAG) Hotline**

San Francisco Chapter welcomes all to share experience and concerns in a completely confidential and supportive environment. Encourages lesbian, gay, bisexual, transgender people, parent/guardians, family and friends to attend their meetings.

Phone: (415) 921-8850

- **GLBT National Youth Hotline**

The gay,lesbian,bisexual and transgender (GLBT) youth talkline provides telephone, online private one-to-one chat and email peer-support, as well as factual information and local resources for cities and towns across the united states.

Hours: Mon thru Fri from 1pm to 9pm, PT Mon thru Fri from 4pm to midnight, ET
Sat from 9am to 2pm, PT Sat from noon to 5pm, ET

Phone: (800) 246-7743 (PRIDE)

E-mail: help@GLBHotline.org

- **Outlet Program (www.acs-teens.org)**

Program for ACS (Adolescent Counseling Services) to empower Lesbian, Gay, Bisexual, Transgender, Queer and Questioning youth and builds safe and accepting communities through support, education, and advocacy.

Phone: (650) 965-2020

Address: 1717 Embarcadero Rd, Suite 4000, Palo Alto, CA 94303

- **Trevor Project** (www.thetrevorproject.org/resourcekit)
The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.
Phone: (866) 488-7386
- **Trevor Chat** (www.trevorproject.org)
A free, confidential secure, instant messaging service that provide live help to lesbian, gay, bisexual, transgender, and questioning young people, ages 13-24.