

# LGBTQ Resource Booklet

**Indiana Youth Group – 317-541-8726**  
**2943. E. 46<sup>th</sup> St, Indianapolis, IN 46205**

## What is LGBTQIA?

L	Lesbian
G	Gay
B	Bisexual
T	Transgender
Q	Queer/Questioning
I	Intersex
A/SA	Straight Allies

## Sexual Orientation Terms

**Sexual Orientation**- a term frequently used to describe a person's innate romantic, emotional, or sexual attraction to another person. Use the term sexual orientation instead of "sexual preference," "lifestyle," or other terms that denote choice.

**Lesbian** - a woman who is romantically/sexually attracted to other women.

**Gay man** – a man who is romantically/sexually attracted to other men.

**Bisexual** – a person who is romantically/sexually attracted to both sexes.

**Pansexual** – a person who is romantically/sexually interested in other people regardless of gender, but do not wish to identify as bisexual because it implies that there are only two binary genders or sexes.

**Queer** – includes individuals who transcend labels of sexual orientation or gender identity. Can also be an umbrella term that refers to the entire LGBTQ community. (Still considered derogatory by older and non-metropolitan people)

**MSM** – Men who have sex with Men (may not identify as gay)

**WSW** – Women who have sex with Women (may not identify as a lesbian)

## Gender Identity Terms

**Birth Sex** - the gender assigned at birth based on appearance of genitalia and chromosomes

**Gender Identity** – a person's deeply felt sense of being male, female, something other, or, in between. Everyone has a gender identity

**Gender Expression**- an individual's characteristics and behaviors, such as appearance, dress, mannerisms, speech patterns and social interaction

**Transgender**- An umbrella term used to describe all kinds of people who sit outside the gender binary or whose gender identity is different from the sex assigned to them at birth

**Transsexual** – an individual who considers them self a member of the opposite sex and who, by surgery or therapy, acquire the physical characteristics of the opposite sex

**Transvestite** – derogatory term for an individual who dresses in clothing most often associated with the opposite sex for fetish or arousal purposes (this is not synonymous with drag queens)

**Transphobia** – fear of people who cannot be placed easily in either ‘male’ or ‘female’; includes violence, harassment, and discrimination

**Drag** – Refers to theatrical performances of gender, includes drag kings and drag queens

**Cross Dresser** – A person who has an emotional need to express their alternative gender identity and be accepted in that role on a less permanent basis

**Transition or Transitioning** – Consists of a change in style of dress, selection of new name, and a request that people use the correct pronoun. This may or may not include necessary medical care like hormone therapy, counseling, and/or surgery

**F to M /“Trans Man”** – a Biological female who is or has transitioned to male

**M to F /“Trans Woman”** – a Biological male who is or has transitioned to female

**SRS** – Sexual Reassignment Surgery; Top = chest area Bottom = genital area

**Intersex** – a person who has ambiguous genitalia or born with both male and female genitalia and/or DNA (although historically used, the term hermaphrodite is no longer considered an appropriate term and is derogatory)

**Cisgender** – someone who is comfortable in the gender they were assigned at birth (this term is more appropriate than “normal” or “typical”)

**Gender-queer** – refers to people who do not identify or express themselves as completely male or female. Gender-queer people may or may not identify as transgender

## **Transgender Etiquette**

- It is derogatory to use the terms “transvestite”, “tranny”, “He-She”, “She-Male”, or “It”
- It is derogatory to use the term “*transgendered*”; this is who they always were, not what “happened” to them
- Unless you are a medical professional or in an extremely close relationship with the individual, it is rude to ask:
  - what reassignment surgeries they’ve had or plan to have
  - what genitalia they have currently
  - about their former first name
- If you are unsure of a client’s gender, nicely and sincerely ask, “I want to make sure you are completely respected during our talk, what gender pronouns would you prefer I use?”
- A transgender woman is not the same as a drag queen and vice versa.

## **Phrases/Terms to Know**

**In-the-Closet** – term used to often describe someone who is not open about their sexual orientation or gender identity; It is of the utmost importance to maintain confidentiality if the individual does not wish for others to know

**Coming out** – process a person goes through as they disclose their sexual orientation and/or gender identity to others

**Homophobia** – dislike, hatred, or fear of homosexuality or persons who identify as homosexuals (can be internal and external)

**Transphobia** – dislike, hatred, or fear of gender variance or persons who identify as gender variant (can be internal and external)

**Heterosexism** – The perception that heterosexuality is superior to homosexuality and often involves prejudice and discrimination

**Biphobia** – term used to describe aversion felt toward bisexuality and bisexuals as a social group or as individuals. A source of discrimination against bisexuals, biphobia is based on negative bisexual stereotypes. Exists in heterosexual and homosexual communities.

## Websites

- [cwla.org/programs/culture/glbtc.htm](http://cwla.org/programs/culture/glbtc.htm) – Child Welfare League of America: LGBTQ Youth Issues and Information for Professionals
- [colage.org](http://colage.org) – national organization for support of children of LGBT parents
- [familyequality.org](http://familyequality.org) – Family Equality Council
- [GLSEN.org](http://GLSEN.org) - Gay, Lesbian, and Straight Education Network
- [GSAnetwork.org](http://GSAnetwork.org) – Gay/Straight Alliance Network
- [hrc.org](http://hrc.org) - Human Rights Campaign
- [imaTYFA.org](http://imaTYFA.org) - Indiana, Trans Youth Family Allies
- [IndianaYouthGroup.org](http://IndianaYouthGroup.org) – Indiana Youth Group website
- [INTRAA.org](http://INTRAA.org) - Indiana Transgender Rights Advocacy Alliance
- [lambdalegal.org/states-regions/indiana.html](http://lambdalegal.org/states-regions/indiana.html) - Lambda Legal Indiana
- [lambdalegal.org/take-action/tool-kits/getting-down-to-basics/](http://lambdalegal.org/take-action/tool-kits/getting-down-to-basics/) - Tools to support LGBTQ Youth in Care. Download your toolkit here
- [Leadwithlovetfilm.org](http://Leadwithlovetfilm.org) – An INCREDIBLE 35 min. video about 4 families dealing with their son or daughter coming out LGB
- [NCLrights.org](http://NCLrights.org) – National Center For Lesbian Rights
- [NYACyouth.org](http://NYACyouth.org) – National Youth Advocacy Coalition
- [Pflag.org](http://Pflag.org) – Parents, Family, and Friends of Lesbians and Gays
- [SafeSchoolsCoalition.org](http://SafeSchoolsCoalition.org) – A national project to add policies in schools to protect LGBTQ students
- [Tolerance.org](http://Tolerance.org) – curriculum, posters and ideas for educating on respecting all
- [TrevorHelpline.org](http://TrevorHelpline.org) – The Trevor project and suicide hotline
- [Trevorspace.org](http://Trevorspace.org)- a safe internet chat room for LGBTQ youth that is monitored by adults
- [Welcomingschools.org](http://Welcomingschools.org) – ideas and curriculum for addressing young children on LGBT families and non-sexual issues

## Books

Genre	Title	Author
Bisexuality	<i>Getting Bi: Voices of Bisexuals Around the World</i>	Robyn Ochs
Bisexuality and faith	<i>Blessed Bi Spirit: Bisexual People of Faith</i>	Debra R. Kolodny
Coming out	<i>Outing Yourself: How to Come Out as Lesbian or Gay to Your Family, Friends and Coworkers</i>	Michelangelo Signorile
Coming out, LGBT	<i>When I Knew</i>	Robert Trachtenberg
Gay	<i>The Velvet Rage: Overcoming the Pain of Growing Up Gay in a Straight Man's World</i>	Alan Downs
Health and the LGBT population	<i>The Handbook of Lesbian, Gay, Bisexual, and Transgender Public Health: A Practitioner's Guide to Service</i>	Shankle, M.D. (Ed.)
LGBT Parents	<i>Families of Value: Personal Profiles of Pioneering Lesbian and Gay Parents</i>	Robert A. Bernstein
LGBT Parents	<i>Mommy, Mama, and Me</i>	Lesléa Newman and Carol Thompson

	<i>&amp; Daddy, Papa, and Me</i>	
LGBT Parents in nature	<i>And Tango Makes Three</i>	Justin Richardson
Parenting LGBTQ Off-spring	<i>Straight Parents, Gay Children: Keeping Families Together</i>	Robert A. Bernstein
Q and A about everything LGBT	<i>Is it a choice?</i>	Eric Marcus
Transgender	<i>She's Not There: A Life in Two Genders</i>	Jennifer Finney Boylan
Transgender	<i>Stone Butch Blues</i>	Leslie Feinberg
Transgender	<i>Transgender Warriors, Trans Liberation</i>	Leslie Feinberg
Youth, gay	<i>Rainbow Boys</i>	Alex Sanchez
Youth, gay	<i>So Hard to Say</i>	Alex Sanchez

### Short Free Online Videos

Genre	Site
Families with LGB youth – 35 mins	<a href="http://www.leadwithlovefilm.org">www.leadwithlovefilm.org</a>
LGBTQ youth in foster care system – 42 mins	<a href="http://www.dshs.wa.gov/ca/fosterparents/videoGLBTQ.asp">www.dshs.wa.gov/ca/fosterparents/videoGLBTQ.asp</a>
Religion and Is it a Choice? – 6 mins	<a href="http://www.youtube.com/watch?v=lj2-tFXXT4">www.youtube.com/watch?v=lj2-tFXXT4</a>

### Films

Genre	Title
AIDS	<i>Philadelphia</i>
Coming out, Christianity, parenting	<i>Prayers For Bobby</i>
Coming out, Christianity, parenting	<i>For the Bible Tells Me So</i>
Coming out, Christian	<i>Save Me</i>
Coming Out, Christian	<i>Saved!</i>
Coming out, gay adult	<i>Outing Riley (brief female nudity)</i>
Coming out, gay youth	<i>Edge of Seventeen</i>
Coming out, gay youth	<i>Beautiful Thing</i>
Coming Out, Jewish	<i>Trembling Before G_d</i>
Coming out, lesbian, youth	<i>But I'm a Cheerleader</i>
Coming out lesbian youth	<i>The Incredible Story of Two Girls in Love</i>
Coming out, parents, lesbian youth	<i>The Truth About Jane</i>
Gay and Lesbian Couples	<i>Inlaws and Outlaws</i>
Gay, politics	<i>Milk</i>
Gay, politics	<i>The Times of Harvey Milk</i>
Gay, religion	<i>Latter Days</i>
Gender Issues	<i>Straightlaced</i>
Gender Issues	<i>Ready OK!</i>
Gender Issues (children)	<i>The Sissy Duckling</i>
Gender Issues (children)	<i>Ma Vie en Rose (French)</i>
Lesbian	<i>If These Walls Could Talk 2</i>
Lesbian	<i>Saving Face</i>
Media and LGBT	<i>The Celluloid Closet</i>
International Pride Festivals	<i>Beyond Gay: The Politics of Pride</i>
Suicide LGBTQ	<i>Trevor (free at <a href="http://www.trevorproject.com">www.trevorproject.com</a>)</i>
Transgender	<i>Normal</i>
Transgender	<i>TransAmerica</i>
Transgender	<i>Boys Don't Cry</i>
Transgender	<i>Transgeneration</i>

## Indianapolis Area LGBT Inclusive Therapists and Counselors

Name	Agency	Address	Contact Information	Specialty
<b>Norm Brandenstein</b>	Indianapolis Counseling Associates	9135 N. Meridian Suite. A-9 Indianapolis, IN 46260	(317) 767-0273 Fax: (317) 581-1781	LGBT Issues
<b>Michele O'Mara, LCSW, ACSW, IMAGO</b>		6450 W. 10th St. Indianapolis 46214	317.517.0065	Couples Counseling, Trans Adults Relationship Issues Gay Lesbian Issues
<b>3) Seth Kleiman, LMHC</b>	Indiana Health Group Adolescent & Family Therapist	703 Pro-Med Lane Carmel, IN 46032	Carmel:(317) 834-9922 Greenfield: (317) 462-8822	Children and Adolescents, LGBT
<b>4) Dr. Keith Magnus, Psychologist</b>	Woodview Psychology Group	70 E. 91st Street Suite 210 Indianapolis, IN 46240	(317) 207-2861	Relationships, PTSD, Gay/Lesbian Issues
<b>Reach for Youth</b>	Reach for Youth	3505 N. Washington Blvd. Indianapolis, IN 46205	(317) 920-5900	Individual, Family, Drug Treatment, Anger Management
<b>Dr. Don Childers, LMHC, LCSW</b>	Childers Counseling Services	911 E. 86th Street Ste. 33 Indianapolis, IN 46240	(317) 207-2949	Relationship, Depression, Gay/Lesbian
<b>Heidi Kelly, LCSW</b>	Center for Hope	10967 Allisonville Rd. Suite 220 Fishers, IN 46038	(317)598.8887	Individual Therapy. Eating disorders, group work, LGBT
<b>Bob Phillips, LMHC</b>	Life Path Services	Home based, community based, schools, also has office downtown	(812)483-7621	Individual Therapy, Adlerian perspective, LGBT
<b>Mac Greene, Ph.D., HSPP</b>	Meridian Psychological Services	4401 North Central Ave. Indianapolis, IN 46205	(317) 923-2333	Trans youth and adults, couples, families, custody evaluation, LGBT
<b>Debra Bussard, LCSW, LMHC</b>	Anchor Behavioral Counseling	11845 Allisonville Rd. Suite 250 Fishers, In 46038	(317) 577-8680 anchorllc.net	LGBT youth and adults; children ages 2 and up
<b>Lynn A. Highley, MSW, LCSW</b>			765-543-6415 Mobile lynnhighley@gmail.com	LGBT youth and adults; children ages 2 and up

## Studies Mentioned in Presentation

### ***GLSEN 2009 Climate Study Exec. Summary***

Daryl Presgraves

[www.glsen.org/cgi-bin/iowa/all/news/record/2624.html](http://www.glsen.org/cgi-bin/iowa/all/news/record/2624.html)

### ***Family Acceptance in Adolescence and the Health of LGBT Young Adults***

Caitlin Ryan, PhD, ACSW; Stephen T. Russell, PhD; David Huebner, PhD, MPH; Rafael Diaz, PhD, MSW; and Jorge Sanchez, BA

[http://familyproject.sfsu.edu/files/FAP\\_Family%20Acceptance\\_JCAPN.pdf](http://familyproject.sfsu.edu/files/FAP_Family%20Acceptance_JCAPN.pdf)

### ***Hidden Injustice: Lesbian, Gay, Bisexual, and Transgender Youth in Juvenile Courts***

Katayoon Majd, National Juvenile Defender Center  
Jody Marksamer, National Center for Lesbian Rights  
Carolyn Reyes, Legal Services for Children

[http://www.equityproject.org/pdfs/hidden\\_injustice.pdf](http://www.equityproject.org/pdfs/hidden_injustice.pdf)

### **Criminal-Justice and School Sanctions Against Non-heterosexual Youth: A National Longitudinal Study**

*Pediatrics*; originally published online December 6, 2010;

Kathryn E. W. Himmelstein and Hannah Brückner

<http://pediatrics.aappublications.org/content/early/2010/12/06/peds.2009-2306.full.pdf+html?maxtoshow=&hits=10&RESULTFORMAT=1&andorexacttitle=and&andorexactitleabs=and&andorexactfulltext=and&searchid=1&FIRSTINDEX=0&sortspec=relevance&resourcetype=HWCIT>