

GREATER CINCINNATI  
**LGBTQ**  
RESOURCE GUIDE



LIGHTHOUSE  
YOUTH & FAMILY SERVICES

This Resource Guide is provided by Lighthouse Youth & Family Services. It is designed to help youth-serving professionals and parents find appropriate resources for LGBTQ-identified youth. This resource guide will be updated periodically.

## Disclaimer

Lighthouse Youth & Family Services does not endorse or guarantee these resources or services or quality of those individuals or organizations and any respective necessary certifications. Further, this document is not a contract and does not create any implied contractual relationship with the user.

Please note the information regarding medical and mental health resources are supplied only as a convenience, and Lighthouse does not endorse any particular provider or guarantee the quality or nature of any services.

Individuals should exercise due diligence in selecting a healthcare provider or other service, considering among other strategies, the following:

- Talk to trusted friends, family or clergy about professionals they have used.
- Ask another healthcare provider for a recommendation.
- Ask your health insurance company for a provider list.
- Use a referral service from a national professional organization for therapists or doctors.
- Call a local or national medical society or mental health organization.
- Prior to scheduling a first appointment, think about the things one would like to know about a potential new doctor and/or therapist. Consider asking about:
  - The provider's education, licensure and years in practice;
  - Fees, lengths of sessions, insurance coverage and office hours;
  - The provider's treatment approach and philosophy;
  - The provider's specialization by age group or other categories.

## **Caracole**

4318 Hamilton Ave, Cincinnati, OH 45223

513-761-1480 | [caracole.org](http://caracole.org)

Works to reduce the impact of HIV/AIDS through housing, care and prevention. Services are available to anyone regardless of income.

## **Equitas Health Cincinnati Medical Center & Pharmacy**

2805 Gilbert Ave, Cincinnati, OH 45206

513-815-4475 | [equitashealth.com/cincinnati](http://equitashealth.com/cincinnati)

Now Open and Scheduling TeleHealth Appointments!

The Equitas Health Cincinnati Medical Center & Pharmacy, located in Walnut Hills, offers primary care, trans health, specialty HIV care, HIV/STI testing and treatment, psychiatry, counseling, and community pharmacy services all under one roof.

## **The Exchange Project**

Hamilton County Public Health

513-377-7114 | [cincyep.org](http://cincyep.org)

The Exchange Project is an advocacy organization that promotes harm reduction in drug use.

## **Family Medicine Center of the Christ Hospital**

2123 Auburn Ave, Suite 235, Cincinnati, OH 45219

513-585-3238

## **LGBT Veteran Care Coordinator—Cincinnati VA Medical Center**

3200 Vine St, Cincinnati, OH 45220

513-861-3100, x5412 | [cincinnati.va.gov/services/lgbt/index.asp](http://cincinnati.va.gov/services/lgbt/index.asp)

For veterans only

## **Living With Change Center for Transgender Health at Cincinnati Children's Hospital**

Providers: Lee Ann E. Conard, RPh, DO, MPH

Sarah D. Corathers, MD

Molly McHenry, FNP, AAHIV

513-636-4681 | [gender.team@cchmc.org](mailto:gender.team@cchmc.org) | [cincinnatichildrens.org](http://cincinnatichildrens.org)

Provides transgender health services for patients 5-24 years old.

## **Planned Parenthood Southwest Ohio**

2314 Auburn Ave, Cincinnati, OH 45219

1-800-230-PLAN | [info@ppsw.org](mailto:info@ppsw.org) | [ppsw.org](http://ppsw.org)

Planned Parenthood Southwest Ohio's mission is to provide access to high quality health care and education to empower people to make informed

## **GLAST (Gays and Lesbians Achieving Sobriety Together)**

513-334-6945 | [hope@glast.org](mailto:hope@glast.org) | [glast.org](http://glast.org)

Assists LGBTQ individuals struggling with addiction through peer support groups in Greater Cincinnati and Northern Kentucky.

## **GLSEN Greater Cincinnati Chapter**

866-934-9119 | [info@glsecincinnati.org](mailto:info@glsecincinnati.org) | [glsen.org/chapters/cincinnati](http://glsen.org/chapters/cincinnati)

GLSEN Greater Cincinnati works for safe, respectful K-12 schools for all, regardless of sexual orientation, gender identity or gender expression.

## **Heartland Trans Wellness Group**

513-549-4447 | [info@transwellness.org](mailto:info@transwellness.org) | [facebook.com/heartland.transwellness](https://facebook.com/heartland.transwellness)

Heartland Trans Wellness is dedicated to creating accessible, affirming community resources for Midwestern trans, queer, and LGBTQ people.

## **Living with Change**

655 Plum St, Cincinnati, OH 45202

513-697-5890 | [admin@livingwithchange.org](mailto:admin@livingwithchange.org) | [livingwithchange.org](http://livingwithchange.org)

Works to empower the transgender community in the Tri-state area.

## **LOVEboldly, Inc.**

[loveboldly.net](http://loveboldly.net) | [loveboldlynow@gmail.com](mailto:loveboldlynow@gmail.com)

LOVEboldly honors the dignity and humanity of all people while empowering churches and people of faith to provide better care and support for LGBTQ+.

## **Love Must Win, Inc.**

859-903-5428 | [help@lovemustwin.org](mailto:help@lovemustwin.org) | [lovemustwin.org](http://lovemustwin.org)

Provides education and community support by raising awareness and eradicating violence, discrimination, bullying, and self-destructive behaviors.

## **Ohio River Valley Pride Coalition**

[ohiorivervalleypride.org](http://ohiorivervalleypride.org)

Supports LGBTQ individuals in and around Dearborn County and Lawrenceburg, Indiana.

## **PFLAG Cincinnati**

513-721-7900 | [info@pflagcinci.org](mailto:info@pflagcinci.org) | [pflagcinci.org](http://pflagcinci.org)

PFLAG Cincinnati is a non-profit organization of volunteers who offer support for LGBTQ+ individuals, families and friends in a safe and caring environment.

## **Q Chat Space**

[qchatspace.org](http://qchatspace.org)

Online discussion groups for LGBTQ+ teens ages 13 to 19 facilitated by staff from LGBTQ groups across the country. Also list excellent resources.

# SUPPORT GROUPS

## **The Queen City Group - Alcoholics Anonymous**

3416 Clifton Ave, Cincinnati, OH 45220

513-255-5104 | [aacincinnati.org/meetings/queen-city-group-lgbt-2](http://aacincinnati.org/meetings/queen-city-group-lgbt-2)

We strive to provide a safe and sober environment for the lesbian or gay alcoholic where she or he can pursue a program of recovery in a supportive, friendly fellowship. Anyone can attend a Queen City Group meeting regardless of their sexual orientation.

## **TransOhio**

[transohio@transohio.org](mailto:transohio@transohio.org) | [transohio.org](http://transohio.org)

TransOhio serves the Ohio transgender and ally communities by providing services, education, support and advocacy which promote and improve the health, safety and life experiences of the Ohio transgender individual and community.

## **Trevor Space**

[trevorspace.org](http://trevorspace.org)

Online support group through The Trevor Project for youth ages 13-24.

## **Varieties of Gender Support Group**

2710 Newtown Rd, Cincinnati, OH 45245

[Cori@fuse.net](mailto:Cori@fuse.net)

A peer-led, professionally facilitated support group that is open to all individuals who self-define as gender variant/fluid. The group is confidential and anonymous.

## LGBT National Youth Talkline

1-800-246-7743 | [help@LGBT hotline.org](mailto:help@LGBT hotline.org) | [LGBT hotline.org](http://LGBT hotline.org)

The LGBT Youth Talkline provides telephone, online private one-to-one chat, and email peer support, as well as factual information and local resources. Available Monday-Friday 4pm-midnight and Saturday noon-5pm EST. Visit their website for more information about services for LGBTQ adults and seniors.

## National Suicide Prevention Lifeline

1-800-273-8255 | [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

Skilled, trained counselors available 24/7. Information about local mental health services.

## Trans Lifeline

1-877-565-8860 | [contact@translifeline.org](mailto:contact@translifeline.org) | [translifeline.org](http://translifeline.org)

Peer support hotline staffed by transgender people for transgender and questioning callers. Guaranteed availability from 10am-4am EST (operators also frequently available off-hours). Also has limited support for transgender people who need help updating identification documents.

## The Trevor Project

1-866-488-7386 or text "START" to 678678 | [thetrevorproject.org](http://thetrevorproject.org)

National 24-hour free confidential suicide and crisis hotline for LGBTQ youth under 25. The Trevor Project offers a safe and judgment-free place to talk. Online instant messaging service available through the website.

## Women's Crisis Center

835 Madison Ave, Covington, KY 41011

800-928-3335

24-hour crisis hotline in Northern Kentucky serving people of all genders and sexual orientations who have experienced domestic violence, rape, or sexual assault.

## Women Helping Women

215 E. Ninth St, 7th Floor, Cincinnati, OH 45202

513-381-5610\* (TTY 513-977-5545) | [whwinfo@womenhelpingwomen.org](mailto:whwinfo@womenhelpingwomen.org)

[womenhelpingwomen.org](http://womenhelpingwomen.org)

\*Language Line interpretation available for no extra cost for non-English speaking callers

24-hour crisis hotline for all survivors of dating violence, sexual violence, domestic violence and stalking. Other services available, including an LGBTQ Advocate (see Legal & Advocacy).

## **CAP Line—Strategies to End Homelessness**

513-381-7233; or text CAP to 513-970-1515  
strategiestoendhomelessness.org/get-help

If you are homeless or experiencing a housing crisis, call the CAP Line and an Intake Specialist will gather information and help you.

CAP accepts calls Monday-Friday 9:00 a.m. – 5:00 p.m. and  
Saturday-Sunday 10:00 a.m. – 2:00 p.m.

## **Caracole**

4318 Hamilton Ave, Cincinnati, OH 45223  
513-761-1480 | caracole.org

Works to reduce the impact of HIV/AIDS through housing, care and prevention. Services are available to anyone regardless of income.

## **Homeward Bound**

13 E 20th St, Covington, KY 41014  
859-581-1111 | brightoncenter.com

24-hour emergency shelter location in Covington, KY, that provides a safe environment and residential treatment services for runaway, homeless, abused, neglected, and dependent youth ages 11-17.

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## **KEYS to a Future Without Youth Homelessness**

513-569-9500 and request KEYS staff member  
Lighthouse Youth & Family Services is the lead agency in KEYS, a community project to end youth homelessness in Cincinnati/Hamilton County. The program serves young adults ages 18-24 who are homeless or at risk of becoming homeless.



## **Mecum House**

2522 Highland Ave, Cincinnati, OH 45220  
513-961-4080 | lys.org

Safe space for youth ages 10-17 who no longer feel safe remaining in their own homes. Free, confidential help and safe shelter. Open 24/7/365.

## **Lighthouse Sheakley Center for Youth**

2314 Iowa Avenue, Cincinnati, OH 45206  
513-569-9500 | lys.org

Offers shelter to young adults ages 18-24. The Resource Center, located within Sheakley Center for Youth, provides a safe place for youth experiencing homelessness to come in off the streets and get basic needs such as food, toiletries, a shower, and laundry facilities. The Resource Center is open every day from 9:00 a.m. – 5:00 p.m.

## All Saints Episcopal Church

6301 Parkman Pl, Cincinnati, OH 45213  
513-531-6333 | [allsaintscincinnati.org](http://allsaintscincinnati.org)

## Bound by Truth and Love Ministries Fellowship UCC

6301 Parkman Pl, Cincinnati, OH 45213  
513-417-7758 | [boundbytruthandlove.org](http://boundbytruthandlove.org)

## Calvary Episcopal Church

3766 Clifton Ave, Cincinnati, OH 45220  
513-861-4437 | [calvaryclifton@fuse.net](mailto:calvaryclifton@fuse.net) | [calvaryclifton.org](http://calvaryclifton.org)

## Carthage Christian

19 W 73rd St, Carthage, OH 45216  
513-821-4921 | [carthagechristianchurch@yahoo.com](mailto:carthagechristianchurch@yahoo.com) | [carthagechristian.weebly.com](http://carthagechristian.weebly.com)

## Center for Spiritual Living Greater Cincinnati

5701 Murray Ave, Cincinnati, OH 45227  
513-218-2128 | [cslgc.org](http://cslgc.org)

## Christ Church Cathedral

318 E Fourth St, Cincinnati, OH 45202  
513-621-1817 | [webcontact@ccath.org](mailto:webcontact@ccath.org) | [christchurchcincinnati.org](http://christchurchcincinnati.org)

## Church of Our Saviour/La Iglesia Nuestro Salvador

65 E Hollister St, Cincinnati, OH 45219 | [info@churchofoursaviourcincinnati.org](mailto:info@churchofoursaviourcincinnati.org) | [churchofoursaviourcincinnati.org](http://churchofoursaviourcincinnati.org)

## Cincinnati Friends Meeting

8075 Keller Rd, Cincinnati, OH 45243  
[office@cincinnati-friends.org](mailto:office@cincinnati-friends.org) | [cincinnati-friends.org](http://cincinnati-friends.org)

## Cincinnati Mennonite Fellowship

4229 Brownway, Cincinnati, OH 45209  
513-871-0035 | [office@cincinnati-mennonite.org](mailto:office@cincinnati-mennonite.org) | [cincinnati-mennonite.org](http://cincinnati-mennonite.org)

## Clifton United Methodist Church

3416 Clifton Ave, Cincinnati, OH 45220  
513-961-2998 | [office@cliftonumc.com](mailto:office@cliftonumc.com) | [cliftonumc.com](http://cliftonumc.com)

## The Community of the Good Shepherd

### Parents of Gays and Lesbians

8815 E Kemper Rd, Cincinnati, OH 45249  
513-489-8815 | [good-shepherd.org](http://good-shepherd.org)



## Congregation Beth Adam

10001 Loveland-Madeira Rd, Loveland, OH 45140  
513-985-0400 | [bethadam.org](http://bethadam.org)

## First Christian Church

14 W 5th St, Covington, KY 41011  
859-431-3904 | [firstchristianchurch.org](http://firstchristianchurch.org)

## First Lutheran Church

1208 Race St, Cincinnati, OH 45202  
513-421-0065 | [firstlutherancincy.org](http://firstlutherancincy.org)

## First Unitarian Church of Cincinnati

536 Linton St, Cincinnati, OH 45219  
513-281-1564 | [firstuu.com](http://firstuu.com)

## First United Church of Christ

5808 Glenway Ave, Cincinnati, OH 45224  
513-541-7302 | [firstunitedchurchofchrist.org](http://firstunitedchurchofchrist.org)

## The Gathering At Northern Hills

460 Fleming Rd, Cincinnati, OH 45231  
513-931-6651 | [contact@gnhuu.org](mailto:contact@gnhuu.org) | [gnhuu.org](http://gnhuu.org)

## Gloria Dei Lutheran Church

5841 Werk Rd, Cincinnati, OH 45248  
513-922-5590 | [gloriadeioffice@gmail.com](mailto:gloriadeioffice@gmail.com) | [gloriadeielca.org](http://gloriadeielca.org)

## Grace Episcopal Church

5501 Hamilton Ave at Belmont, Cincinnati, OH 45224  
513-541-2415 | [facebook.com/gracecollegehill](https://facebook.com/gracecollegehill)

## Heritage Universalist Unitarian Church

2710 Newtown Rd, Cincinnati, OH 45244  
513-231-8634 | [huuc.net](http://huuc.net)

## Knox Presbyterian Church

3400 Michigan Ave, Cincinnati, OH 45208  
513-321-2573 | [contact@knox.org](mailto:contact@knox.org) | [knox.org](http://knox.org)

## Lakeview United Church of Christ

8639 Columbia Rd, Maineville, OH 45039  
513-683-2073 | [lakeviewucc.com](http://lakeviewucc.com)

## **Legend Commuity Church**

3836 Mt Vernon Ave, Cincinnati, OH 45209  
legendchurch@gmail.com | legendchurch.com

## **Lord of Life Lutheran Church**

6329 Tylersville Rd, West Chester, OH 45069  
513-777-8449 | lol-lutheran.com

## **Mt. Adams Pilgrim Chapel**

1222 Ida St, Cincinnati, OH 45202  
513-381-7999 | pastorsmtadamschurch@gmail.com | mtadamschurch.com

## **Mt. Auburn Presbyterian Church**

103 William Howard Taft Rd, Cincinnati, OH 45219  
513-281-5945 | mtauburnpresby.org

## **New Church of Montgomery**

845 Congress Ave, Glendale, OH 45246  
513-515-4542 | swedenborg.wordpress.com

## **New Spirit Metropolitan Community Church**

4033 Hamilton Ave, Cincinnati, OH 45223  
513-661-6464 | facebook.com/newspiritoasismcc

## **New Thought Unity Center**

1401 E McMillan St, Cincinnati, OH 45206  
513-961-2527 | ntunity.org

## **Nexus United Church of Christ**

6645 Morris Rd, Hamilton, OH 45011  
nexusucc.org

## **Philippus United Church Of Christ**

106 W McMicken Ave, Cincinnati, OH 45202  
513-241-5244 | philippusucc.org

## **Pilgrim United Church of Christ**

4418 Bridgetown Rd, Cincinnati, OH 45211  
513-574-4208 | pilgrim-ucc.org

## **Rockdale Temple**

8501 Ridge Rd, Cincinnati, OH 45236  
513-891-9900 | shalom@rockdaletemple.org | rockdaletemple.org

## St. John's Unitarian Universalist Church

320 Resor Ave, Cincinnati, OH 45220  
513-961-1938 | [office@stjohnsuu.org](mailto:office@stjohnsuu.org) | [stjohnsuu.org](http://stjohnsuu.org)

## St. John United Church of Christ

520 Fairfield Ave, Bellevue, KY 41073  
859-261-2066 | [stjohnchurch.net](http://stjohnchurch.net)

## St. Paul's Episcopal Church

7 Court Pl, Newport, KY 41071  
859-581-7640 | [stpaulsnewport.org](http://stpaulsnewport.org)

## St. Paul's United Church of Christ

114 South Broad St, Middletown, OH 45044  
513-422-4519 | [stpaulsuccmidd.org](http://stpaulsuccmidd.org)

## St. Peter's United Church of Christ

6120 Ridge Rd, Cincinnati, OH 45213  
513-621-8549 | [stpetersucc.net](http://stpetersucc.net)

## St. Timothy's Episcopal Church

8101 Beechmont Ave, Cincinnati, OH 45255  
513-474-4445 | [administrator@sainttimothys.com](mailto:administrator@sainttimothys.com) | [sainttimothys.com](http://sainttimothys.com)

## Temple Sholom

10828 Kenwood Rd, Blue Ash, OH 45242  
513-791-1330 | [office@templesholom.net](mailto:office@templesholom.net) | [templesholom.net](http://templesholom.net)

## Trinity Episcopal Church

16 E 4th St, Covington, KY 41011  
859-431-1786 | [info@trinitychurchcovky.com](mailto:info@trinitychurchcovky.com) | [trinitycovington.org](http://trinitycovington.org)

## Truth and Destiny Church

2645 W North Bend Rd, Cincinnati, OH 45239  
513-952-2298 | [facebook.com/truthdestinychurch.org](https://facebook.com/truthdestinychurch.org)

## Unity of Garden Park

3581 W Galbraith Rd, Cincinnati, OH 45239  
513-385-8889 | [info@unityofgardenpark.org](mailto:info@unityofgardenpark.org) | [unityofgardenpark.org](http://unityofgardenpark.org)

## Cincinnati State Technical and Community College

### In the Zone: Cincinnati State Rainbow Alliance

[facebook.com/RainbowAllianceofCincinnatiState](https://facebook.com/RainbowAllianceofCincinnatiState)

Rainbow Alliance provides a safe, supportive environment for Gay, Lesbian, Bisexual, Transgender and questioning students and their straight allies.

## Miami University

### LGBTQ Services, 3012 Armstrong Student Center, Suite 3012

513-529-6510 | [miamioh.edu/student-life/diversity-affairs/lgbtq-services](https://miamioh.edu/student-life/diversity-affairs/lgbtq-services)

Miami University LGBTQ Services strives to create a community of engaged scholars that is open, safe, affirming, and inclusive for people of all sexualities, gender identities and gender expressions.

### Spectrum

[muhub.campuslabs.com/engage/organization/spectrum](https://muhub.campuslabs.com/engage/organization/spectrum)

Spectrum is a student led organization for Miami students of all sexual and gender identities devoted to raising awareness through education and activism.

## Northern Kentucky University

LGBTQ Programs & Services, Student Union, Suite 309

859-572-5835 | [meyerb5@nku.edu](mailto:meyerb5@nku.edu) | [inside.nku.edu/lgbtq.html](https://inside.nku.edu/lgbtq.html)

The goal of this office is to provide education, advocacy, and support through programs and services at NKU for students, staff, faculty, and the greater community.

## University of Cincinnati

### The LGBTQ Center

565 Steger Student Life Center

513-556-0009 | [uc.edu/lgbtq](https://uc.edu/lgbtq)

The Center is an inclusive campus community that welcomes people of all sexual orientations and gender identities and provides support, resources and advocacy.

The Center facilitates LGBTQ visibility by promoting and enhancing understanding, acceptance, and awareness regarding LGBTQ issues.

### Colors of Pride

[facebook.com/ColorsOfPrideUC](https://facebook.com/ColorsOfPrideUC)

Student organization for LGBTQIA+ people of color and their allies who are interested in discussing the intersections of race, gender, and sexuality.

### UC Alliance

[facebook.com/groups/UCAllianceCincinnati](https://facebook.com/groups/UCAllianceCincinnati)

Aims to develop interpersonal relationships in a social and educational atmosphere through activities and events for the LGBTQ community and its allies.

# CAMPUS RESOURCES

## **Xavier University**

### **Center for Diversity & Inclusion**

Gallagher Student Center

513-745-3117 | [xavier.edu/diversity](http://xavier.edu/diversity)

Provides university-wide leadership to support the development of institutional diversity initiatives that advance the broader objectives of Xavier University's Catholic, Jesuit mission and its long-range strategic plan.

## **Xavier LGBTQ Alliance**

[xavier.edu/alliance](http://xavier.edu/alliance)

The Xavier LGBTQ Alliance is a club for LGBTQ students and allies.

Members engage in a collective effort to heighten awareness of LGBTQ issues and to advocate for a more inclusive and equitable environment on Xavier's campus.

# SOCIAL GROUPS

## **Cincinnati Frontrunners**

[facebook.com/groups/131439685434](https://facebook.com/groups/131439685434)

A social club for LGBTQ people interested in running and walking, for pleasure or competition.

## **Cincinnati GLBT Flag Football League**

[CinGFFL@gmail.com](mailto:CinGFFL@gmail.com)

Cincinnati's first and official LGBTQ flag football league in the Cincinnati area providing a safe environment for LGBTQ athletes and allies.

## **Cincinnati Men's Chorus**

513-542-2626 | [info@cincinnatiomenschorus.org](mailto:info@cincinnatiomenschorus.org)

Provides the opportunity for individuals identifying as male, whether gay, bisexual, transgender or straight allies, to sing together.

## **Cincinnati Rollergirls**

[info@cincinnatiollergirls.com](mailto:info@cincinnatiollergirls.com) | [cincinnatiollergirls.com](http://cincinnatiollergirls.com)

Cincinnati's first women's amateur flat track roller derby team. Its skaters represent a wide range of ages, backgrounds and occupations.

## **Cincy Straddlers**

[cincystraddlersinfo@gmail.com](mailto:cincystraddlersinfo@gmail.com) | [facebook.com/groups/cincystraddlers](https://facebook.com/groups/cincystraddlers)

A social meetup group geared towards queer women & trans folks but open to all.

## **Crossport**

513-344-0116 | [crossportcincy@yahoo.com](mailto:crossportcincy@yahoo.com) | [crossport.org](http://crossport.org)

A social support organization serving transgender individuals and families in Greater Cincinnati and the surrounding area.

## **Meetup.com**

[Meetup.com](https://www.meetup.com)

Offers several LGBTQ focused groups for young adults ages 18+.

## **MUSE: Cincinnati's Women's Choir**

513-221-1118 | [muse@musechoir.org](mailto:muse@musechoir.org)

Singing members are a sisterhood of women-identified bisexual, heterosexual and lesbian artists. Non-singing members and volunteer positions are open to all people who share in the mission, values and beliefs.

## **River City Softball League**

[rivercitysoftball@gmail.com](mailto:rivercitysoftball@gmail.com) | [myrivercitysoftball.com](http://myrivercitysoftball.com)

Fun, competitive league for LGBTQ identified players regardless of skill level.

## **Camp Kaleidoscope — Camp Kern**

5291 State Route 350, Oregonia, OH 45054

513-932-3756 | [caddison@daytonymca.org](mailto:caddison@daytonymca.org) | [campkern.org](http://campkern.org)

Summer overnight camp coordinated in partnership with Cincinnati Children's Hospital Transgender Clinic, but open to all youth ages 12-16.

## **Camp Lilac—Trans Action**

3585 Ingleside Rd, Shaker Heights, OH 44122

216-702-4207 | [info@camplilac.org](mailto:info@camplilac.org) | [camplilac.org](http://camplilac.org)

Transgender, youth-specific (ages 12-17) summer overnight camp.

## **Cheers to Art**

7700 Camargo Rd, Madeira, OH 45243

513-271-2793 | [info@cheerstoaart.com](mailto:info@cheerstoaart.com) | [cheerstoaart.com](http://cheerstoaart.com)

Art-focused day camp for youth 6-14.

## **Cincinnati Museum Center**

1301 Western Ave, Cincinnati, OH 45203

513-287-7000 x7242 | [information@cincymuseum.org](mailto:information@cincymuseum.org) | [cincymuseum.org](http://cincymuseum.org)

Week long day camps to help youth explore science, technology, history and the arts.

## **Cincinnati Shakespeare Company**

1195 Elm St, Cincinnati, OH 45202

513-381-2273 | [jeremy.dubin@cincyshakes.org](mailto:jeremy.dubin@cincyshakes.org) | [cincyshakes.org](http://cincyshakes.org)

Introductory day camp for children 10-18 to learn theater skills.

## **Creativities Studio**

7010 Miami Ave, Madeira, OH 45243

513-272-1500 | [info@artsandcreativities.com](mailto:info@artsandcreativities.com) | [artsandcreativities.com](http://artsandcreativities.com)

Day camp located at 1860s farmhouse where students age 8-18 work on design, creativity, cooking and gardening.

# COMING OUT

Coming out to your family can be a stressful process. It is important to come out when you are ready. Here are some tips to help you plan.

When you're ready to tell that first person — or those first few people — give yourself time to prepare. Think through your options and make a deliberate plan of who to approach, when and how.

**Confidence:** Make sure you've already come out to yourself. Are you comfortable with your own identity? Do you know why you'd like to come out?

**Logistics:** Consider all of the realistic consequences of coming out. Is there a chance for violence or even homelessness? Create a Safety Plan (see below) just in case things don't turn out the way you hope.

**Outcomes:** Set reasonable expectations. Know that they may not react the way you want them to. It is key to keep in mind that their initial responses may have more to do with their own internal struggles than with you personally. Try to imagine their reactions, and plan your responses in advance. Give them time to process.

**Set the Scene:** This is your Who, What, When, and Where. Plan who will be there and exactly what you'd like to say. Plan where you'll be and when you'll be there.

**Engage:** Take a deep breath and follow through with your plan. You've got this!

**Take Care of You:** Practice all of the self-care! Do what you need to keep yourself happy and healthy during this time.

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**Safety is key. It's important to have a plan for what you will do if your coming out experience doesn't go as you hoped. Here are some things to consider.**

Who can you call for a place to cool off or stay after coming out?

Is there someone you can talk to before coming out to your family? Are they able to check how things went after you come out?

If you no longer feel safe at home after coming out, what things do you need to take with you when you leave?



## Top 10 Ways to Support LGBTQ Youth

### 1. Don't Make Assumptions

- Do not assume that everyone around you or even those you know personally are straight (that's heterosexism!).
- Ask about things you don't understand. Challenge stereotypes and encourage those around you to do the same.

### 2. Be Respectful

- Respect others' identities, experiences and privacy. Remember that the LGBTQ community is diverse. There is no single "gay experience."
- Youth are the experts on their own experiences.

### 3. Listen More; Speak Less

- Avoid speaking for LGBTQ people; let them speak for themselves.
- Ask your LGBTQ friends how you can best be an ally to them.

### 4. Educate Yourself

- Ask questions! But don't expect community members to be your sole source of information – do some research on your own by attending community events and reading.

### 5. Get Involved

- There are so many ways to participate! Attend Pride Month events, invite LGBTQ organizations to speak at your events, ask your elected officials to support LGBTQ affirming policies, sign a petition, participate in an AIDS walk, and vote!

### 6. Provide a Safe Space

- Strive to use more inclusive, affirming and gender-neutral language. Validate people's sexual orientation and gender expression.

### 7. Be Self Aware

- Confront your own prejudices and bias. Understand your own feelings about LGBTQ issues.

### 8. Allow Yourself to Make Mistakes

- Expect to make some mistakes, but do not use it as an excuse for inaction. Acknowledge and apologize for those mistakes; learn from them, but do not retreat.
- When criticized or called out, allies should listen, apologize, act accountably and alter their behavior moving forward.

### 9. Speak Out Against Harmful Language/ Discrimination

- Break the silence. Don't be afraid to say words like gay, lesbian, bisexual, and transgender out loud.
- Challenge anyone making homophobic jokes or using hate speech – this type of language is harmful to everyone.

### 10. Be An Ally

- Understand that "ally" is not an identity you can claim. LGBTQ people will know you are an ally by your actions rather than your words. Knowing marginalized people does not equal being inclusive; including those people does.

# LGBTQ TERMINOLOGY

**Ally** | A person who is not LGBTQ, but shows support for LGBTQ people and promotes equality in a variety of ways.

**Androgynous** | Identifying and/or presenting as neither distinguishably masculine nor feminine.

**Asexual/Aromantic** | A person who to some extent does not experience sexual attraction and/or romantic attraction.

**Biphobia** | Prejudice, fear or hatred directed toward bisexual people.

**Bisexual** | A person emotionally, romantically or sexually attracted to more than one gender or gender identity.

**Cisgender** | A person whose gender identity aligns with their sex assigned at birth.

**Closeted** | The state of being in which an LGBTQ person has not disclosed their sexual orientation or gender identity.

**Coming Out** | The process of acknowledging and sharing one's sexual orientation or gender identity with others.

**Gay** | A person who is emotionally, romantically and/or sexually attracted to members of the same gender.

**Gender Binary** | A socio-cultural system of constructing gender according to two discrete and opposite identities (male/female, boy/girl).

**Gender Dysphoria** | Emotional and psychological distress felt by an individual whose gender identity does not match their sex assigned at birth.

**Gender-Expansive** | Conveys a wider, more flexible range of gender identities and/or expressions than typically associated with the binary gender system.

**Gender Expression** | The communication of one's gender identity through ways such as behaviors, clothing, haircut or voice. It is usually associated with ideas of masculinity, femininity or androgyny.

**Gender Identity** | One's innermost concept of self as male, female, a blend of both or neither – how individuals perceive themselves and what they call themselves.

**Gender Non-Conforming** | A broad term referring to people who do not behave in a way that conforms to the traditional expectations of their gender, or whose gender expression does not fit neatly into a category.

**Genderqueer** | An umbrella term to describe someone who doesn't conform to the traditional conventions of binary gender identities and expressions.

# LGBTQ TERMINOLOGY

**Gender Transition** | The process by which some people strive to more closely align their internal understanding of their gender with its outward appearance. This may involve various forms of legal, social and/or medical actions.

**Heterosexism** | The presumption that everyone is heterosexual or that male/female attractions and relationships are the norm and therefore superior.

**Homophobia** | Prejudice, fear or hatred directed toward people who are attracted to members of the same sex.

**Intersex** | A person whose biology varies from the characteristics typically associated with male or female bodies.

**Lesbian** | A woman who is emotionally, romantically or sexually attracted to other women.

**LGBTQ** | An acronym for "lesbian, gay, bisexual, transgender and queer/questioning."

**Nonbinary** | An umbrella term for individuals who identify outside of the gender binary, sometimes co-identifying with a transgender identity.

**Outing** | Exposing someone's LGBTQ identity to others without their permission. Outing someone can have serious repercussions on employment, personal safety, or religious or family situations.

**Pansexual** | A person who is sexually and/or emotionally attracted to people regardless of their gender identity.

**Queer** | A term used to express fluid genders and sexualities, sometimes used interchangeably with "LGBTQ." This term should be used cautiously, as it is considered offensive to some LGBTQ people.

**Questioning** | Describes people who are in the process of exploring their sexual orientation or gender identity.

**Sexual Orientation** | An inherent emotional, romantic or sexual attraction to other people.

**Transgender** | An umbrella term for people whose gender identity and/ or expression is different from cultural expectations based on the sex they were assigned at birth. Being transgender does not imply any specific sexual orientation.

**Transphobia** | Prejudice, fear or hatred directed toward transgender people.

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