

# GENDER IDENTITY AND SEXUAL ORIENTATION

---

What is the Difference Between Gender Identity an...



Produced by Maya Adam at Stanford University

## **+** TOPICS

- [Overview](#)
- [Talk to Someone](#)
- [Health Services](#)

## OVERVIEW

There are many terms and definitions relating to gender identity, expression, and orientation. The educational and support resources on this page are dedicated to helping empower and celebrate lesbian, gay, bisexual, transgender, queer, questioning, intersex, asexual, ally, and non-heterosexual (LGBTQIA+) youth, their peers, and family.

Some youth and young adults who are uncertain or identify as part of the LGBTQIA+ community are more likely to have negative experiences or outcomes than their heterosexual peers. Having support and resources is critical in addressing the needs of youth and young adults.

## TALK TO SOMEONE

### **Want to talk to someone about sexual orientation or gender identity?**

Call the LGBTQIA+ National Youth Talk Line at 1-800-246-7743. This hotline is free and confidential. You can discuss gender or sexuality identity, relationship concerns, bullying, isolation, anxiety at school, family issues, HIV and AIDS concerns, safer sex information, coming out, and more.

Whether you just want to talk or are in crisis, the the national Trans Lifeline Hotline is another resource available at 1-877-565-8860. The hotline offers full anonymity and operators for both English or Spanish speakers.

### **Want information about community meetings?**

PFLAG, originally called "Parents, Families, and Friends of Lesbians and Gays" supports the whole LGBTQIA+ community, including family and friends of LGBTQIA+ people. There are a number of PFLAG chapters in Texas that hold meetings, where you can attend in-person meetings.

### **If you are in crisis, call the LGBTQIA+ TrevorLifeline for youth.**

If you are in crisis or feeling suicidal and need of a safe place to talk about LGBTQIA+ concerns, you can call, text, or chat 24/7 with someone at the Trevor Project.

### **If you think you are being treated unfairly, learn your rights and get help.**

If you think you are being treated unfairly because of what others think of your gender identity or sexual orientation - such as when applying for a job, school, or apartment - you

may want to reach out for legal help. For concerns like these, [learn about your rights](#) and consider calling the [Lambda Legal help desk](#).

## HEALTH SERVICES

For health services, check out the [health resources](#) page. You can also reach out to [Star Health](#), who provides health services to Texas youth in foster care.

