

BACK TO SCHOOL

AS YOU ARE

**A Resource Guide for
Queer and Trans Students,
Parents, and Educators for
the 2026-27 school year.**

RESOURCES FOR STUDENTS

If you're going back to school, remember: You don't owe anyone your whole story before you're ready to tell it.

ADVICE: We dug through the following to find a few recurring pieces of advice:

- **Medium essays** (one written by **Chase Strangio**, which we recommend reading),
- Forums on **Reddit**
- **Goodreads**
- A survival guide written for the **University of Manchester's student paper**

INFORMATION FOR SPECIFIC LOCATIONS: Getting into the nitty gritty of rights is complicated because the honest answer is that it depends where you live. These three organizations will get you an answer faster than searching around and hoping:

- **Lambda Legal's Help Desk:** free, general legal information (not for emergencies) on discrimination based on sexual orientation, gender identity, or expression.
- **ACLU's LGBTQ & HIV Project:** a state-by-state tracker on where things currently stand, kept current.
- **Glisten's student rights guide:** plain-language, built for students, not lawyers.
- **The Genders & Sexualities Alliance Network (GSA Network)** is a racial and gender justice organization that trains queer, transgender, two-spirit, and allied youth to organize an intersectional movement for safer schools and healthier communities. Their "**Start a GSA in 10 Steps**" clearly lays out how to start a GSA at your school.

CONNECTING ONLINE: For community that isn't tied to a physical location:

- **TrevorSpace** and **It Gets Better's Youth Voices** program connects LGBTQ+ students across states.
- **Matthew's Place** is an online publication written mostly by youth and explores topics like trans men representation on Broadway, trans scholarships, and the most LGBT friendly countries.

SPORTS: Sports is also highly dependent on where you live and what sport you play, especially in the wake of June's Supreme Court ruling.

- **TransAthlete.com** is a policy tracker broken out by grade level, and is about as close to a real-time answer as exists right now.

RESOURCES FOR PARENTS

If you're the parents, guardian, or person who shows up like a parent, know that there is no one right way to talk to your kid's school. Most families take a blended approach across teachers and kids. Below are some resources to help you talk to your kid's, their school, and their teachers.

TOOLKITS:

- **HRC's Welcoming Schools:** training and lesson plans built with an intersectional lens; grew out of actual volunteer work by Greater Boston PFLAG and GLSEN back in 2004.
- **Family Equality:** a running set of handbooks on the school conversation specifically.
- **COLAGE:** built for kids who have LGBTQ+ parents, not LGBTQ+ kids themselves; their back-to-school toolkit includes a template written by their own youth board.
- **PFLAG:** local chapters nearly everywhere, a guide called Our Trans Loved Ones, and a monthly parent meetup worth putting on the calendar.
- **Gender Spectrum:** a national parent support line you can call or video into any time, no appointment needed.
- **My Kid Is Gay:** free "e-care packages," including one built specifically for parents of newly out trans kids, that read like a friend explaining things rather than a pamphlet.
- **Teach All Families** and **Parenting with Pride:** smaller, research- and community-driven projects worth a look if the bigger names don't quite fit your situation.

IF ALL GOES SIDEWAYS, check out:

- **Safe Schools for All**, a joint project of PFLAG
- **Glisten**, the National Center for Lesbian Rights
- **GLAD Law**, built specifically to help with Title IX complaints.
- **Unite Against Book Bans** and **PEN America** are also useful in reporting if a book gets pulled from your student's school library.

RESOURCES FOR TEACHERS & ADMINISTRATORS

If you're the one standing in front of the classroom, most of what actually moves the needle doesn't take a training day or a line item in the year's budget. It's smaller than that. Rather than reading the roll call cold on the first day, passing around a sign-in sheet, or just asking before you say a name out loud in front of the room, does the job.

Offer your own pronouns when you ask for theirs to normalize this in the classroom. And if you knew a student under a different name in some other context, through a sibling, a past class, a family friend, that's not yours to bring up.

FOR THE DEEPER END OF THINGS, a few resources are worth bookmarking:

- **Learning for Justice**: a "Best Practices for Serving LGBTQ Students" guide, plus a Queer America podcast episode on building queer history into a K-12 curriculum without it feeling bolted on.
- **NEA's LGBTQ+ Support & Protection hub**: training modules and an organizing arm called EdJustice.
- **Glisten's full toolkit**: still the most comprehensive single resource out there, including an Educator Rights Resource, guidance on developing an LGBTQ+ inclusive curriculum, resources for supporting LGBTQ+ students of color, and a full 2026-27 school year calendar for pacing it all out.

If you're advising a GSA, or thinking about starting one, GSA Network's advisor handbook is worth reading before the first meeting.

FOR PE TEACHERS AND COACHES:

- **Glisten's "Changing the Game"** and **Athlete Ally** both publish inclusion resources, though both are due an update pass given the June ruling changed the federal baseline they were originally written against.