

# Trevor Lifeline

Call **1-866-488-7386**. Crisis intervention and suicide prevention phone service for LGBTQ+ youth available 24/7/365.



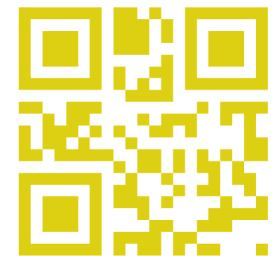
# Trevor Chat

Confidential online instant messaging with a Trevor counselor, available 24/7. Best via computer.



# Trevor Text

Confidential text messaging with a Trevor counselor, available 24/7/365. Standard text messaging rates apply.



# Trans Lifeline

Suicide prevention helpline for trans youth, staffed by trans people.



# Crisis Text Line

Connect with a crisis counselor for free 24/7 support at your fingertips.



# Resources and Information



Trans Lifeline



Trevor Project



GLAAD



It Gets Better



IMI



P-Flag OKC

# Runaway Hotline

Call **1-800-786-2929**. Connect with a trusted, compassionate person who will listen and help you.



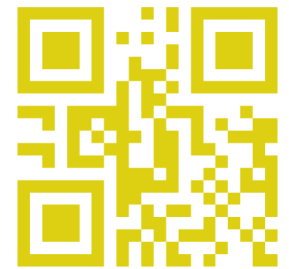
# Runaway Chat

This Live Chat connects you with a member of the trusted and compassionate NRS Crisis Services team.



# SISU Youth Services

A low-barrier, identity-affirming space in Oklahoma City where unhoused transition-age youth find the shelter and support they need to pursue the life they want.



# LBGTQ+ Task Force

The National LGBTQ Task Force is dedicated to achieving freedom and justice for queer people, and their families through proactive, targeted, change-inducing initiatives.



# Diversity Health

Comprehensive primary health care services to the targeted needs of the gender diverse LGB+ community in an environment free of discrimination and bias.



# Resources and Information



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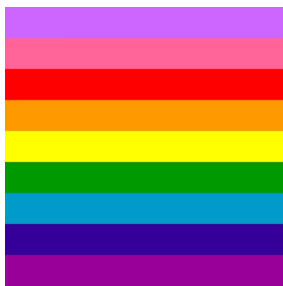
It Gets Better



IMI



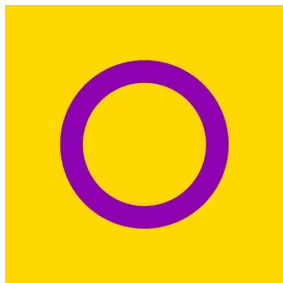
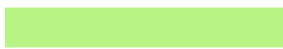
P-Flag OKC



**Gilbert Baker -  
The original Pride**



**Agender**



**Intersex**



**Bisexual**



**Asexual**



**Polysexual**



**Traditional Pride**



**Transgender**



**Genderfluid**



**Pansexual**



**Aromantic**



**Philadelphia Pride**



**Nonbinary**



**Queer POC**



**Lesbian**



**Gay**



**Aromantic Asexual**



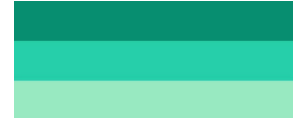
**Oklahoma Pride**



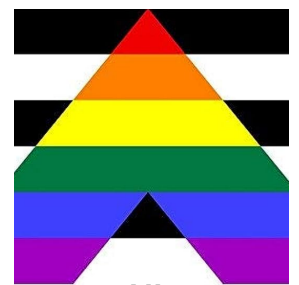
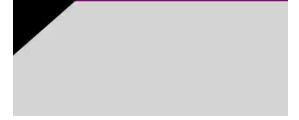
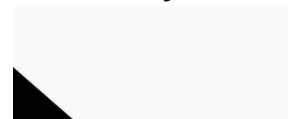
**Progressive Pride**



**Two Spirit**



**Demisexual**



**Ally**

# PRONOUNS

Asking and correctly using someone's pronouns is one of the most basic ways to show your respect for their gender identity. When someone is referred to with the wrong pronoun, it can make them feel disrespected, invalidated, dismissed, alienated, or dysphoric (often all of the above).

## He/Him/His

Gender-specific masculine pronouns that are usually used to refer to those who identify as men or boys.

## She/Her/Hers

Gender-specific feminine pronouns that are usually used to refer to those who identify as women or girls.

## They/Them

Pronouns that have no gender connotation. These pronouns are most commonly used by Nonbinary people who see themselves somewhere in the middle of the Masculine to Feminine gender scale.

## Neopronouns

Neopronouns are preferred by some non-binary individuals who feel that they provide options to reflect their gender identity more accurately than conventional pronouns.

Some examples of Neo-Pronouns would be Xe/Xir/Xirs, Ze/Zer/Zers, Ve/Ver/Vers, or even It/Its.

## Not everyone uses one set of Pronouns

Some people might use any pronouns or a mix of them. For example, someone might use She/They pronouns - meaning they prefer to be called by She/Her or They/Them pronouns.

scan for more information

