



YOUTH RESOURCE GUIDE

**Frequently Asked
Questions and
Answers for Teens**





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Answers for Teens**

What is the New Leaders Project?



EqualityMaine's New Leaders Project provides year-round opportunities for queer youth and allies to build leadership skills, make connections with peers, and learn about advocacy skills.

Join us year-round for:

- Queer Camps for ages 13 - 17
- Monthly meetups for LGBTQ+ youth across the state
- Youth and Young Adult Leadership Opportunities
- Intergenerational Learning Events
- School Advocacy Events and Support

We created this resource guide to help LGBTQ+ youth find verified, useful resources. Have ideas? Let us know!

SCAN THIS CODE TO ACCESS ALL THESE RESOURCES!



Art by
@pocketmilo



EQME
EQUALITYMAINE

LGBTQIA+ COMMUNITY RESOURCES

I need help finding queer community.

@equalitymaine has monthly meetups, camps, and special events for queer youth and allies!



I'm looking for queer and trans activities.

@mainetransnet has outdoor meetups and craft nights for queer youth!



I'm interested in queer outings and leadership opportunities.

@campfireinstitute has queer youth camping trips and excursions in Maine!



MORE COMMUNITY RESOURCES

I want to work with queer youth activists.

@portlandoutright is a youth-led, grassroots organizing org.



I'm looking for monthly meetups across the state.

@out_maine has monthly meetups virtually or in person and other special events.

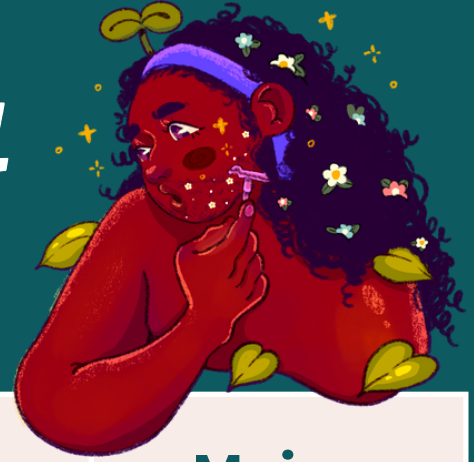


I'm interested in online community.

@queeryouthassemble has youth-created resources and an online community - for youth by youth!



WHERE CAN I FIND SEXUAL HEALTH RESOURCES?



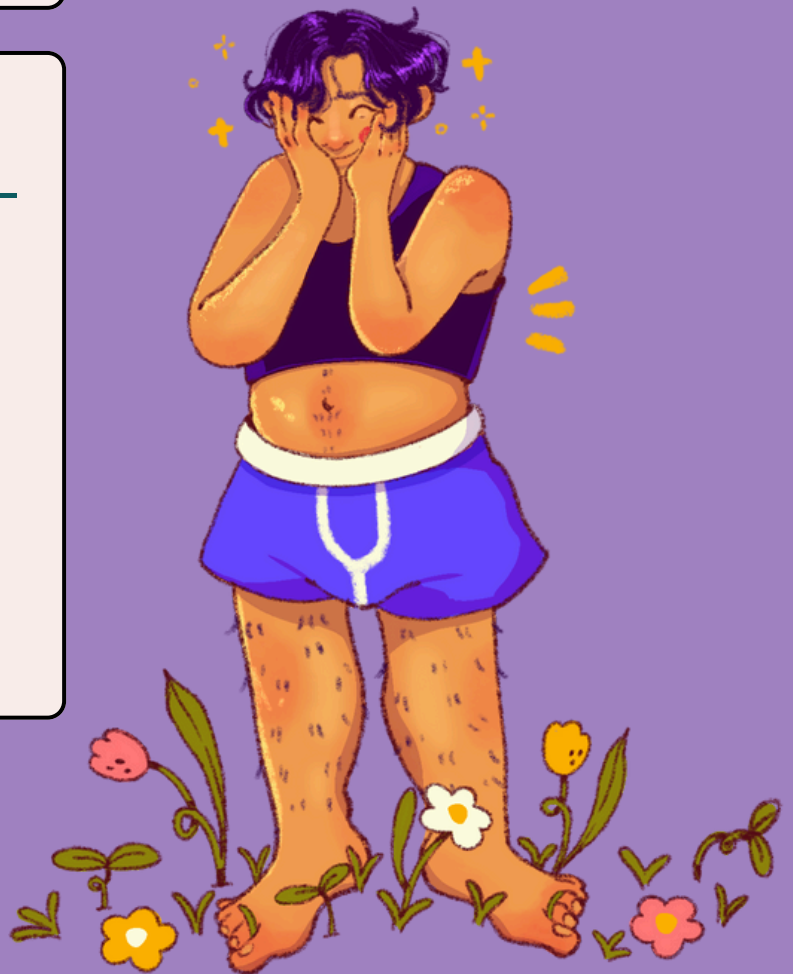
Sexual Health Services	Mabel Wadsworth Center	Planned Parenthood of Northern New England	Maine Family Planning
Birth control	✓	✓	✓
STI/ HIV Testing	✓	✓	✓
Abortion Care	✓	✓	✓
Gender affirming resources	✓	✓	✓

LOOKING FOR TRANS/NON-BINARY SPECIFIC RESOURCES?

@translifeline
created
heyimtrans.com to
to help folks
navigate all parts of
their transition. It's a
full library of online
resources.

Need accurate,
accessible
information to
give adults in your
life?
Visit [gender
spectrum.org](https://gender.spectrum.org)

Looking for gender-
affirming clothes?
Check out Safe
Combinations, the
thrift store run by
MaineTransNet in
Portland.



WHERE CAN I FIND SEXUALITY AND RELATIONSHIP RESOURCES?

**I want LGBTQ+ specific
consent education.**

*ehealthalliance.org
has a LGBTQ+ healthy
relationships toolkit!*

**I'm looking for
inclusive sex and
relationship
education.**

*Check out
Scarleteen.com for
direct services,
tools, and
resources.*

**I want gender and
sexuality resources.**

*Advocatesforyouth.org
has a guide to help
you explore
your identity.*



LOCAL & ONLINE MENTAL HEALTH SUPPORTS

I need help managing anxiety and learning coping skills.

Head to IMI.guide for interactive guides for anxiety, mental health, and gender.

I'm a trans person or non-binary person in crisis.

Text the Trevor Project at 678-678 or call Trans Lifeline's Hotline at 877-565-8860.

I'm looking for community specific resources.

Head to itgetsbetter.org

I'm having a crisis and need to talk to someone immediately.

Call NAMI Maine at 1-800-464-5767 or text 988.

