



GLBTQ*: The Survival Guide for Queer Questioning Teens

Kelly Huegel , Steven Cozza (Foreword by)

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The teen years are full of challenges.

For gay, lesbian, bisexual, transgendered, and questioning teens, these challenges can include prejudice, discrimination, rejection, reprisals, insensitive remarks (even among friends and families) and, sometimes, violence.

But being a GLBTQ teen can also be fun and enlightening—when you are comfortable with who you are.

Author Kelly Huegel understands what GLBT teens want and need to know. As a teen, she struggled to realize and accept her own identity. Her frank, sensitive book is written for teens who are beginning to question their sexual or gender identity, those who interested in GLBT issues and rights, and those who need guidance, reassurance, or reminders that they aren't alone.

Kelly offers practical advice, knowing encouragement, accessible resources, and real-life testimonials from teens who've "been there." Topics include coming out (the pluses and minuses), facing prejudice and pressure, getting support, navigating relationships, staying safe, making healthy choices, surviving and thriving in high school, and more.

The message throughout is strong and clear: By accepting yourself, you take charge of your own future.

Created with feedback and suggestions from individuals at PFLAG (Parents, families and Friends of Lesbians and Gays), GLSEN (the Gay, Lesbian and Straight Education Network), GLAAD (the Gay & Lesbian Alliance Against Defamation), and other organizations, this book is for any GLBTQ teen—and any straight friend, parent, teacher, counselor, youth leader, or other adult who cares and wants to understand.

GLBTQ*: The Survival Guide for Queer Questioning Teens Details

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From Reader Review GLBTQ*: The Survival Guide for Queer Questioning Teens for online ebook

Cameron says

Written for younger teens who are questioning their sexuality. Very very young target audience. The most useful part of the book is that it contains many many resources for other places to gather information.

Robyn says

Bought this book as research for writing a story. I used it more as a reference guide rather than reading it from cover to cover. Seems like it would be very useful to a teenager who is at such a crossroads in his or her life.

Kirby R. says

From the resources to the first-hand accounts to the stellar advice, Kelly Huegel's "GLBTQ: The Survival Guide for Gay, Lesbian, Bisexual, Transgender, and Questioning Teens," (which is the second edition) is beyond important, relevant, and helpful. I only wish that I had read the book sooner.

Angel says

This book is an excellent overview and guide for GLBTQ teens. At a time when the nation is suffering an epidemic of LGBTQ youth suicides due to bullying, this is a book that could likely be helpful for many kids feeling that it can't get better. But it is a book not only for teens, but for the adults as well who need to get a sense of what it is these kids go through for in addition to the usual pressures and changes of becoming a teen, LGBTQ youths also face the challenge of coming to terms with their sexual orientation. This is something adults need to understand as well.

The book is very easily organized into chapters from basics in "GLBTQ 101" to "Work, College, and Beyond." Though you can read it cover to cover, the book certainly lends itself to reading the chapters you need. Is the reader dealing with the issue of coming out? There is a chapter on the topic that provides questions with answers as well as lists of information and support resources. The decision to come out is not an easy one, and the book gives information and facts to help make an informed decision regardless of whether the LGBTQ reader decides to come out or not; there is no tone of pressure for either view. Chapters are divided in short, easy to read sections. There are also information boxes with various lists of resources and places to find support and information. Additionally, the book integrates short stories of youths to let readers know that they are not alone, that others have faced the same questions.

This is a book that should be in every library, especially school libraries. And it needs to be visible so teens can find it. When I ordered it for our academic library, I was asked "who the hell is going to come read or check out that book?" Though I was tempted to give a pretty snarky answer, in the end I said two reasons. One, because we may have young people, including some of our young students, who may need such a book.

Two, because we do have a School of Education, and future teachers should be reading this book to get some awareness; very often, young people will come out or at least confide in a teacher they feel comfortable with. This book is also for them. So, I went ahead and ordered it anyways. In the end, this is an excellent tool for any LGBTQ youth, but it is also an excellent tool to educate others. I highly recommend it.

Adriana says

This book discusses issues of mental health and sexuality information about Gay, Lesbian, Bisexual, and Transgender. The information provided in eleven chapters can overwhelm any teen, therefore the table of contents allows teen's to browse over content that they are specifically looking for or they can also opt to read the book from start to finish. Issues such as homophobia, coming out, school, friends, relationships, sex and sexuality, religion and culture, work, college and beyond are discussed and helpful for teens who may be questioning their sexuality, know that they are GLBT, or have someone close to them that are GLBT and want to provide support for their friend or family member.

This book is complete and therefore it can be a one-time stop for teenagers who need their questions solved or need further resources and help. The book includes useful websites, bibliography, and an index to help teens find specific topics. Although the book is not in color, the layout and different text fonts and backgrounds use are teen friendly. Each chapter has additional features such as charts, quotes from real teens, and tips that make the chapters fly by. I thought that the author did a wonderful job adding additional resources not only at the end of the book but in the writings, so that teenagers can learn how to search topics of interest and useful websites.

Ifrah says

This is a very informative guide on how to deal with being GLBTQ. It has a lot of information and I guess since I read it cover-to-cover, it was really repetitive. There was a lot of 'go to page ** for more info' when I'd already read it, but I guess that's because it's supposed to be read like a guide. Since there is a lot of info, I took notes, and these are just some lists so that I can come back later and search them up.

Look Closer At...

- Kinsey Scale
- Pat Doe
- Alana Fores
- Jamie Nabozny
- dental dams (protects mouth)
- eustress and distress
- Catharina Margaretha Linck
- gender dysphoria (pain, anxiety and confusion when a person's gender identity and biological sex don't match)
- gender identity disorder (GID: what mental health professionals diagnose trans as)
- Ally Week (October), transACTION! (November)
- National Coming Out Day
- 1/10 people are GLBTQ

Links

- GLSEN's Think B4 You Speak - www.thinkb4youspeak.com

- www.gsanetwork.org
- www.glbtonlinehighschool.com (GLBTQ Online High School - even Queer Studies)
- www.leewind.org (blogger Lee Wind reviews and catalogues books with GLBTQ characters and themes)
- www.al-fatiha.org (dedicated to GLBTQ Muslims featuring a community space and resource center)
- www.freedomtomarry.org (learn more about debate over same-sex marriage in U.S. or get involved, includes: facts about issue, blog, video, etc...)
- www.trikone.org (for GLBTQ people of South Asian descent)
- www.itgetsbetter.org
- www.oasisjournals.com

Resources

- GLSEN "Jump-Start Guide to Building and Activating your GSA"
- Porter, Darwin, and Danforth Prince. "Fifty Years of Queer Cinema: 500 of the best GLBTQ films ever made" (anthology of queer people in film, also includes discussion of how GLBTQ people influenced movies)

Quotes

"Check Your Head

1. *I am a human being who happens to be (or might be) queer. It isn't all that I am, but its a part of me and a part I embrace.*
2. *Being GLBTQ means only that -- it's my sexual orientation/gender identity. I can be anything I want to be.*
3. *I am my own person. I can wear what I want, say what I want, and do what I want."* (pg. 26)

"When I was in tenth grade, a teacher mentioned something about there being a gay student at our school and the girl I was sitting next too asked, "There are gay people at this school?" The guy sitting next to her, the girl in front of her, and I all turned and said "Yes" at the same time. By my twelfth-grade year, nobody would ask that question." - Alex, 19 (pg. 39)

"Coming Out Checklist

1. *I am ready and I am comfortable with myself.*
2. *I've asked myself why I want to come out, and I'm sure it's for the right reasons.*
3. *I'm ready to deal with the outcome and realize it might not be the outcome I predict.*
4. *I'm ready to provide information and answer questions.*
5. *I have a support system in case this doesn't go the way I'd like it to go."* (pg. 60)

"89 percent heard the word "gay" used in a negative way frequently or often at school; 72 percent heard derogatory remarks such as "faggot" or "dyke" frequently or often at school." (pg. 68)

"Queer by nature. Absolutely fabulous by choice." (pg. 129)

"Even if you have great friends, get good grades, and have a great family, that doesn't necessarily mean your life is easy." (pg. 136)

"Sex is what's between your legs. Gender is what's between your ears." (pg. 167)

"I've always been fascinated with the idea of being a girl, I guess. I used to watch this show about a boy who suddenly acquires the ability to become a girl when he comes into contact with hot water. I could never really understand though, why he was so very distressed with being a girl." - Chris, 19 (pg.177) ~Ranma 1/2!!!

Penny says

This book has a ton of resources. It offers book as well as web sources ALTHOUGH the edition I was reading was published in 2003 so who knows how many of those sites are still active today. I liked the section covering Homophobia since it offered responses to homophobic situations or even what to say when someone makes homophobic jokes. I also found that the fact they added a section on "Religion and Culture" which could be helpful with teens whose sexuality SEEMS to challenge their religious or cultural beliefs. The section on work had some good resources on checking company's nondiscrimination policies for prospective employers as well.

Gabrielle says

This is a non-fiction "survival guide" for teenagers questioning their sexuality. There is lots of practical advice, such as how to have safe sex or how to protect yourself from an abusive partner, and the author herself is a lesbian and talks about her own struggles with coming out. A good resource for teens who are struggling with their sexual identity and need guidance.

Nina Cooper says

This is a marvelous book. You get loads and loads of information (2nd edition 2014), which is nice. However the main reason why this survival guide is so awesome is the positive attitude that is transported throughout. The message is clear: there is nothing wrong with you, on the contrary, you are awesome! This does not mean that anything is oversimplified or hidden behind pleasant phrases. Kelly Huegel is fully aware of homophobia and shows teens possible ways to deal with it. She warns teens that negative situations are likely to arise due to coming out and also advises not to have a coming out at all costs.

Homophobia and Coming out are two separate chapters. The other nine chapters are: GLBTQ 101 (about key terms), Life at School, GLBTQ Friends, Dating and Relationship, Sex and Sexuality, Staying Healthy, Religion and Culture, Transgender Teens; the last chapter is called Work, College and Beyond. You'll find a glossary and additional resources too.

The language is clear and easy to understand, most texts are rather short, which makes it easy to navigate through the chapters and will help teens to find quickly what information they are looking for.

When I read the survival guide I always had the impression of being understood. Huegel doesn't judge, she offers support and gives sensitive and reasonable advice. So, this is definitely a good read for teenagers who are questioning or more, just as I can only recommend it to parents, maybe even teachers or others who are in close contact with teenagers who might need positive advice. 5 stars.

Brooke Houck says

This book ended up being very factual and I actually used it as a source for my National History Day project. There's not really a lot to say about it because it was all just facts but I think if you need research of any kind

on GLBTQ rights, this is a book to look at.

Townsville Library says

Read this book in Townsville

Liz says

This book has a lot of great information for GLBTQ teens, but it just wasn't as great as I was hoping it would be. The writing is often flat, boring, and repetitive. The quotes from GLBTQ people are a great idea, but the the quotes themselves are often not that profound or inspiring. That being said, I think that it is a must-have for any public or high school library. The reference appendixes in the back alone would make this a worthwhile purchase.

Cathleen Ash says

(Read From Page 51) Mom, Dad, I have Something to tell you. (switch to narrator voice): You've given it a lot of thought, and you're ready to come out. So how do you do it, especially to (gulp) your parents? The possible ways to come out are as diverse as the people who decide to come out. There isn't one perfect method for coming out, but some ways are more positive than others:

§ Be prepared (flip page, just read BOLD headings)

§ Be patient

§ Pick a good time

§ Hope for the best but prepare for the worst

§ Practice

(Read From Page 55) Middle quote:

Been There. Scott, 19.

My father's response was simple. He stood up, gave me a hug, and said "You remember I said I would always love you, right?" I said, "Yes." And he said "I meant it."

(Read From Page 61) Middle quote:

Been There. Robert, 15.

In ninth grade, my second day at public school, I was walking down the hall and a young male said the word that wounds every gay teenager – fag. From there on things snowballed. Daily, more and more people would use those hate words: fag, homo, queer, sissy. Eventually things moved from words to also violence and pranks. I even had death threats.

(Read From Page 178) Bottom quote:

Been There. Alycia. 19. Transgender Teen.

It was the most nerve-racking thing I have ever done. I had my doubts, but I had made up my mind it had to be done. They were shocked, as I expected, but they seemed to be happy that I'd told them. We talked about the possibilities for me for hours, and eventually they agreed that as long as I'm happy, they'd support me in whatever I wanted to do.

This book is a must for anyone who's gay, lesbian, bisexual, transgendered, or questioning--or knows someone who is. GLBTQ: The Survival Guide for Queer and Questioning Teens by Huegel, Kelly.

Amber says

GLBTQ Review

I gave this book a 5 star rating because it is a must read resource book for any teenager that is GLBTQ... Also to any parents that has a child that is GLBTQ I will definitely recommend read this book so that you can understand and accept your child for what he or she is... Also this book gives resources and websites that the teens can go to so they can understand what challenges they face almost on a daily basis and they can also get help if they needed it.

Steven says

I received this book in the mail from amazon.com this past weekend. It is chock full of amazing resources and all sorts of stuff! I will photocopy some of the pages to include in my seminar portfolios!
