



Living Proud! Staying Mentally Healthy (Living Proud! Growing Up Lgbtq)

Robert Rodi

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As part of the normal experience of growing up, many teenagers feel significant stress, confusion, and self-doubt. These intense emotions can be overwhelming for anyone but are often that much more challenging for LGBT youth. Without the resources or support they need, too many will suffer the depression and self-hatred that lead to alcohol and drug abuse, unsafe sex, and suicidal thoughts.

The good news is that there are more sources of help to turn to today than ever before for struggling LGBT youth both online and off. Learn about groups such as the Trevor Project, Empty Closets, PFLAG, and other organizations that are there to assist young LGBT people and their friends make positive choices. The It Gets Better Project grew from a single YouTube video into a worldwide movement with more than 50,000 user-created videos that have been viewed more than 50 million times. It does, indeed, get better. Each title in this series contains a foreword from the founder of the Gay, Lesbian & Straight Education Network (GLSEN), color photos throughout, and back matter including: an index and further reading lists for books and internet resources. Key Icons appear throughout the books in this series in an effort to encourage library readers to build knowledge, gain awareness, explore possibilities and expand their viewpoints through our content rich non-fiction books. Key Icons in this series are as follows: Words to Understand are shown at the front of each chapter with definitions. These words are set in boldfaced type in that chapter, so that readers are able to reference back to the definitions--building their vocabulary and enhancing their reading comprehension. Sidebars are highlighted graphics with content rich material within that allows readers to build knowledge and broaden their perspective.

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