

# Upstander Resource List

Davis Joint Unified School District Antibullying page

Not in our town-An Oakland based nonprofit movement to stop hate, racism and bullying, and build safe inclusive communities for all.

<https://www.niot.org>

Act to Change-a national nonprofit organization working to address bullying, including in the Asian American and Pacific Islander (AAPI) communities.

<https://acttochange.org>

Stopbullying.gov-StopBullying.gov provides information from various government agencies on what bullying is, what cyberbullying is, who is at risk, and how you can prevent and respond to bullying.

<https://www.stopbullying.gov/>

Youtube channel-Queer kid stuff is an LGBTQ+ and Social Justice web series for the whole family.

<https://www.youtube.com/channel/UCecsVoeJcsXbAra7SI4mOPw>

Yolo County Library-A. Anti-bullying resources, B. LGBTQ+ resources

- A. [https://yolocountylibrary.org/wp-content/uploads/sites/71/2020/10/Anti-Bullying-brochure\\_updated.pdf](https://yolocountylibrary.org/wp-content/uploads/sites/71/2020/10/Anti-Bullying-brochure_updated.pdf)
- B. [www.yolocounty.org/Home/ShowDocument?id=44015](http://www.yolocounty.org/Home/ShowDocument?id=44015)

. More Youtube LGBTQ+ videos: A. Young kids, B. Teens

- A. <https://www.youtube.com/watch?v=OyZPIId4VVnM>  
A. <https://www.youtube.com/watch?v=2REkk9SCRn0&t=17s>

B. <https://www.youtube.com/watch?v=5RqUulj2O1c>

- C. <https://www.youtube.com/watch?v=dz1WEg-L7dE>

The Gender Health Center offers sliding scale therapy. SNAHC and One Community Health are places to look as well. **Websites listed below:**

<http://www.thegenderhealthcenter.org/>

<https://www.snahc.org/behaviorial-health/>

<https://onecommunityhealth.com/services/behavioral-health/>

**More resources:**

<https://www.translifeline.org/>

Spanish extension available on Trans Lifeline

<https://www.thetrevorproject.org/get-help-now/>

<https://www.crisistextline.org/>

<https://suicidepreventionlifeline.org/>

<https://www.yolocounty.org/health-human-services/mental-health/mental-health-services>

<https://www.cnn.com/interactive/2020/health/coronavirus-how-to-help/>

<https://saccenter.org/>

**Upcoming Event:**

**Virtual Q Prom Monster Bash, Ages 13-20 by Sacramento LGBT Community Center on October 30, 2020 7:30-10:00pm**

[https://www.eventbrite.com/e/virtual-q-prom-monster-bash-tickets-117713467149?fbclid=IwAR0EdWtzfwAjMMIjR3dBaNJV3qjKbjQw61Cz2S\\_oWEe0V3KDdcfvqWxYZVk](https://www.eventbrite.com/e/virtual-q-prom-monster-bash-tickets-117713467149?fbclid=IwAR0EdWtzfwAjMMIjR3dBaNJV3qjKbjQw61Cz2S_oWEe0V3KDdcfvqWxYZVk)

**Books:**

Beyond The Gender Binary By Alok Vaid-Menon

Unapologetic A Black, Queer, And Feminist Mandate For Radical Movements By Charlene A. Carruthers

**Podcasts:**

<https://makinggayhistory.com/>

[https://www.them.us/story/aromanticism-asexuality-podcasts?utm\\_brand=them&utm\\_social-type=owned&utm\\_medium=social&utm\\_source=facebook](https://www.them.us/story/aromanticism-asexuality-podcasts?utm_brand=them&utm_social-type=owned&utm_medium=social&utm_source=facebook)

**List of Black LGBTQ+ organizations, resources, donate to and support**

<https://www.aidanwharton.com/bqtorgs>

PDF can be found at the link above

**Education**

Decolonize ALL The Things

<https://decolonizeallthethings.com/>

Alok Vaid-Menon

<https://www.alokvmenon.com/#new-page>

**More organizations**

Black Lives Matter

Life Camp, Inc.

Southerners On New Ground

Fair Fight

BEAM- Black Emotional and Mental Health Collective

Equal Justice Initiative

Equality for Flatbush

IntegrateNYC

Movement for Black Lives

National Bail Out

RAPP Campaign (Releasing Aging People in Prison)

VOCAL-NY (Voices Of Community Activists & Leaders)

NAACP

National Black Justice Coalition

Center for Black Equity

SPLC (The Southern Poverty Law Center)

Black Visions Collective

The Trevor Project