# Ifa Usun Eom Kopwe Anisi LGTBQ+ Atenap

Atenap kena ina ra kan aiititir pwe LGBTQ+ (Lesbian, gay, bisexual, transgender, queer me/ika kapaseisini)iteiten a kan fis ngenir koput a anongonong won ar aiititin nisouu me/ika met ir emon. Ei a kan pwan sopwesopweno anapenon ika pwe ir a kan fis ngenir aweiresin inisir ika memefier kena. Nge ina mo pwe esapw meinisin chon non mwichen LGBTQ ra kan angei wewefengenin met a fis ngenir kena, kich sia sinei pwe koput, ekkiekingaw, pinepinenon ren pung kena ren mwichen aramas me pwan aramas, anuwenuw me pwan koputen family ra kan fis iteiten. Ekkei met a fis ngenir ra uwanong emon me emon LGBTQ+ aramas kena non napenon ngawen ren aweiresinon psychological kena, akaewin ika pwe rese kan kakapas, eiemuno, ika ese wor fichinon nefiner kena fiti aramas watte kena ra apunguno me pwan nuku.

Nupwen ekkieki ewe mochenin ren semwenin non mekur me pwan aninisin mwichen aramas kena ren chon sukunen LGBTQ+ kena, a kan auchea ren eom kopwe asisina me ruwow pechakuner kena me pwan apwangepwanger kena. Chon sukunen high school kena ir ra kan aiititireno pwe ir lesbian, gay, ika bisexual ra kan arapakan[fan nimu napenon fichin](https://www.cdc.gov/mmwr/volumes/65/ss/ss6509a1.htm) ar repwene satuni ar repwene pusin nireno awewe ngeni chiener kena ir heterosexual, me pwan transgender teens kena ra kan weweno chok non atekiatan ngawen ren pusin afeiengawen.

Kich sia sinei pwe ekkena mwichen aramas ra ekkieki pwe rese namot ra kan ekkewe a napeno mochenir ren aninisin memef. Ei epwene akaewin pung ren LGBTQ+ atenap ir ra kan nonom non neni kena rese etiwer, chiechiengaw me pwan anetipengaw. Kich sia pesei pwe chon angangen sukun repwe mutir kori chon angangen semwenin non mekur ra finata non ar ewe district ika pwe nonineng kena ra kan apwata usun pechakunen inisin me pwan mekuren ekkena chon sukun, me pwan ina counselorin sukun kena me pwan ekkoch chon angangen semwenin non mekur ra finata me pwan osukosuk ra aninisi chon sukun kena ra eaea ew3 Tier asisinin ren aninis. Ei epwene pachenong achungeni LGBTQ+ chon sukun kena[fiti mwichen chiener kena ra kan aninisino me pwan chon angangen sukun. Kose mochen churiMental Health Guidance for SchoolCounselors kena, Other Mental Health Professionals and Administrators kena ren anapenon](https://glma.org/find_a_provider.php) poraus.

[LGBTQ+ chon sukun kena ra pwan tongeni afateno me pwan aninisino seni kaworen](http://www.glsen.org/)attun fansoun kena ren sopwesopweno, tumun, me pwan chufengen. Mwichen chon sukun kena usun chok[Gender & Sexuality Alliances (GSA)](https://www.rainn.org/articles/lgbtq-survivors-sexual-violence) ir ra kan auchean nenien angaiin aninis kena ren kawuutan mwichen nonom, emon chon non, me pwan chufengeninon ren noun Oregon kewe LGBTQ+ chon sukun. Kich sia apechakuna ngeni nenien nonom kena ren ar repwe ekkieki asiwininon sakkun kena ren ar repwe achufengeni LGBTQ+ chon sukun kena fiti GSAs kena me pwan ekkoch mwichen chon sukun kena ra kan aninis. Chon asukunen safei kena repwene kan pwan akaewinano an LGBTQ

+ pachenong[asukunen ren nisouu](https://www.oregon.gov/ode/students-and-family/healthsafety/Documents/Model%20for%20School%20Mental%20Health%20Delivery.pptx) ren ar repwene pesei fichinon foritan aiititir me pwan nenien kaeo kena mei tumun, me pwan ren ar repwe pinei anuwenuwen won cyber, kawaten nisouu me afeiengaw, me pwan nefinen aramas kena rese pechakun ren meinisin chon sukunen K-12 kena.

ODE a kan forata ew ioifengenin ren nenien angaiin aninis kena ren an epwe anisi chon sukun kena, chon angang, chon sinenapen safean semwenin non mekur kena me pwan ar family kena mi pachenong: Ifa usun ar repwe pinei pusin nienon [(atenap](https://www.oregon.gov/ode/students-and-family/healthsafety/Documents/5.%20How%20to%20Prevent%20Youth%20Suicide%20-%20Youth%20Version.pdf) me pwan [pekin](https://www.oregon.gov/ode/students-and-family/healthsafety/Documents/Mental%20Health%20Guidance%20for%20School%20Counselors%2C%20Other%20Mental%20Health%20Professionals%20and%20Administrators.pdf) aramas watte kena), Met kopwene fori ika pwe [ekkieki pwe a wor kaweteno,Met kopwene fori ika pwe a kan fis ngonuk kawaten non imw ika afeiengaw, me pwan Ifa usun eom kopwe anisi semirit me pwan teens kena me non nusuno me pwan anuwokusuno.](https://www.qchatspace.org/Learn-More)

## Ren atenap ika aramas watte kena non osukosuk

*Kich sia pesei kokorin ew ika chomong seni ekkei nenien angaiin aninis kena ra tapweto:*

* **Ika pwe en ika pwan emon ka sinei ra kan iei anuwenuweno, ra kan non fichin feiengaw iei ika ra kan angei ekkiekin ren pusin nieno, iwe kori 911.**
* [**LGBTQ National Hotline**:](https://www.rainn.org/articles/lgbtq-survivors-sexual-violence) 1-888-843-4564
* [**National Suicide Prevention Lifeline**](https://www.oregon.gov/ode/students-and-family/healthsafety/Documents/Mental%20Health%20Guidance%20for%20School%20Counselors%2C%20Other%20Mental%20Health%20Professionals%20and%20Administrators.pdf) 1-800-273-TALK (8255) (24/7 hotline), 1-888-628-9454 (Spanish), 1-800-799-4889 (TTY)
* [**Ewe Trevor Project**](https://www.genderspectrum.org/resources/) a kan network ren aninis ren LGBTQ atenap a kan awora foforinongen non osukosuk me pwan pinepinen pusin nieno, mi pachenong ew 24-awan text line (Text “START” ngeni 678678)
* [**National Sexual Assault Hotline**](https://ohl.rainn.org/online/) fefin, mwan, LGBTQIA+: 1-800-656-HOPE (4673) ika online hotline non [https://ohl.rainn.org/online/](https://www.oregon.gov/ode/students-and-family/healthsafety/Documents/9.%20How%20Adults%20Can%20Help%20to%20Prevent%20Suicide.pdf)
* [**National Domestic Violence 24-Hour Hotline**](https://www.oregon.gov/ode/students-and-family/healthsafety/Documents/7.%20How%20to%20Support%20Children%20and%20Teens%20Through%20Loss%20and%20Trauma.pdf): (988)[, angangen aninisin live chat](https://www.glsen.org/support-student-gsas) (Fosun Merika 24/7; Fosun Spein 12-6pm), angangen aninisin pungun sening kena (TTY1-855-787-3224, seni fon video 1-855-812-1001, [nationaldeafhotline@adwas.org](https://www.oregon.gov/ode/students-and-family/healthsafety/Pages/Sexuality-Education-Resources.aspx)), [website](https://www.thehotline.org/help/) a kan pwan awora amwen ren chienom kena me pwan family, aninisin annuk, aninisin noum maan me pwan chomongeno.
* [**la Violencia Doméstica**](https://ohl.rainn.org/online/) marcando el número de teléfono 1−800−799−7233 o el número

TTY (línea telefónica de texto para personas con problemas de la audición y del habla) 1

−800−787−3224

* [**1in6 Online Helpline**](https://www.thehotline.org/) ren mwan kena ra menauweno seni kawaten nisouu seni ar kukun semirit me pwan an aramas watte kawaten nisouu.

## Nenien angaiin aninis kena esapw ren atepwanepwan ren LGBTQ+ atenap me pwan aramas watte kena.

*Kich sia pesei ekkei nenien angaiin aninis kena ra tapweto ren eom eaea non sakkun kena resapw atepwanepwan:*

* [LGBTQ Resources (RAINN)](https://www.thetrevorproject.org/): Awora aninis, nenien angeiin aninis kena me pwan asukun ren ekkena a fis ngeni afeiengawen inisir ika nisouu.
* [The LGBT National Help Center:](https://espanol.thehotline.org/) Awora aninisin chufengenin mwichen chienong kena mi pinepineno seni meinisin ren LGBT atenap, aramas watte kena me pwan chinap kena mi pachenong fon, text me pwan online chat.
* [Ewe Gay and Lesbian Medical Association's Provider Directory](http://www.suicidepreventionlifeline.org/): Ew kuuten pisekin angang ina a kan tongeni apwarano emon chon awora tumunun safei ngeni chok LGBTQ.
* [Ewe National Center for Transgender Equality:](https://www.thehotline.org/what-is-live-chat/) Awora nenien angaiin aninis kena ren transgender aramas kena, mi pachenong poraus won ewe pung ren ar repwe atoto ngeni tumunun safei.

## Nenien angaiin aninis ren Chon Asukun me pwan Chon Sukun kena

* [Oregon Department of Education (ODE) Sexuality Education Resources](https://www.oregon.gov/ode/students-and-family/healthsafety/Pages/Sexuality-Education-Resources.aspx): Awora poraus usun pinepinen me pwan ponu ngeni afeiengawen nisouu, anapenon asukunen nisouu, me pwan pesein pechakunen nisouu. Ren eom kopwe sinei chomongenon kori [Sasha Grenier](http://www.glbtnationalhelpcenter.org/).
* [GLSEN](https://1in6.org/helpline/): Ew minapen unusen fonu non tumun me pwan afatenon asukunen K-12, ei site a kan masow ren ew watten sakopaten ren kuuten kaeon napenapen non sukun, programs kena, nenien angaiin aninis kena, me pwan aninisin poraus kena ren chon asukun kena me pwan chon sukun kena.
* [Welcoming Students](https://transequality.org/): Mi pachenong sukun kena, maaketiwen buuk kena, taropwen porausen aninis kena, me pwan webinars kena ren ar repweforata nenien aninis kena ren LGBTQ+ chon sukun kena K-12.
* Gender Spectrum: Pwan pachengeni ewe chomongenon ren apachenongen sakkun aramas nenien angaiin aninis kena ren chon sukun kena, family kena, me pwan chon asukun kena, Gender Spectrum awora [virtual mwichen aninis kena](https://www.genderspectrum.org/family)
* [Q-Chat Space](https://www.welcomingschools.org/resources/): Ew neni mi tumun ren LGBTQ teens kena ren ar repwe chungeni me pwan kuut aninis fiti chiener kena.