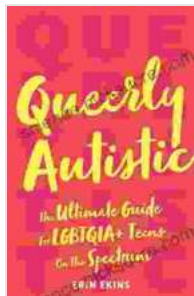


# The Ultimate Guide For LGBTQIA Teens On The Spectrum



## Queerly Autistic: The Ultimate Guide For LGBTQIA+ Teens On The Spectrum by Erin Ekins

★★★★☆ 4.3 out of 5

Language : English  
File size : 1215 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 191 pages



Being a teenager on the autism spectrum can be challenging, and it can be even more challenging if you identify as LGBTQIA. This guide is here to provide you with support and guidance as you navigate the unique challenges you face. We'll discuss coming out, identity, mental health, self-care, and advocacy. We'll also provide a list of resources for LGBTQIA teens on the spectrum.

## Coming Out

Coming out can be a difficult and scary process, but it's important to remember that you're not alone. There are many people who can support you, including your friends, family, and therapist. It's important to come out when you're ready, and there's no right or wrong way to do it. You can come out to your friends first, your family first, or even your therapist first.

Just make sure you're comfortable with your decision and that you have a support system in place.

## **Identity**

Once you've come out, it's important to start exploring your identity as an LGBTQIA teen on the spectrum. What does this mean to you? How do you want to identify yourself? There's no right or wrong answer, and you can identify yourself however you feel most comfortable. You may want to identify as gay, lesbian, bisexual, transgender, queer, or another term. There are many different ways to identify, and it's up to you to decide what feels right for you.

## **Mental Health**

It's important to take care of your mental health as an LGBTQIA teen on the spectrum. You may experience discrimination, bullying, and other challenges that can take a toll on your mental well-being. It's important to talk to someone you trust about how you're feeling, whether it's a friend, family member, therapist, or other trusted adult. There are also many resources available online and in your community that can provide support and guidance.

## **Self-Care**

Self-care is important for everyone, but it's especially important for LGBTQIA teens on the spectrum. Here are some self-care tips that can help you stay healthy and happy:

- Get enough sleep.
- Eat healthy foods.

- Exercise regularly.
- Spend time with people you love.
- Do activities that make you happy.
- Take breaks when you need them.
- Talk to someone if you're feeling down.

## **Advocacy**

It's important to advocate for yourself and your rights as an LGBTQIA teen on the spectrum. This means speaking up when you're experiencing discrimination or bullying, and it also means working to change the world for the better. You can advocate for yourself by:

- Joining a support group.
- Volunteering for an LGBTQIA organization.
- Contacting your elected officials.
- Speaking out on social media.

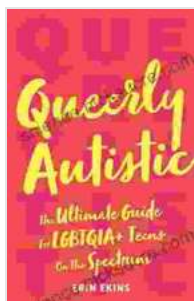
## **Resources**

Here is a list of resources for LGBTQIA teens on the spectrum:

- The Trevor Project: The Trevor Project is a non-profit organization that provides crisis intervention and suicide prevention services to LGBTQIA youth.
- PFLAG: PFLAG is a national organization that provides support and resources to families and friends of LGBTQIA people.

- The Human Rights Campaign: The Human Rights Campaign is a national organization that advocates for LGBTQIA rights.
- The National Suicide Prevention Lifeline: The National Suicide Prevention Lifeline is a national network of crisis centers that provide free and confidential support to people in distress.
- The Trans Lifeline: The Trans Lifeline is a national organization that provides peer support and crisis intervention services to transgender people.

Being an LGBTQIA teen on the spectrum can be challenging, but it's also an opportunity to embrace your unique identity and make a difference in the world. We hope this guide has provided you with the support and guidance you need to navigate the challenges you face and live a happy and fulfilling life.



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