

Resources for LGBTQ+ Students, Faculty, & Staff

Community Resources

- LGBTQ Outreach of Porter County
 - <https://www.lgbtqofpc.org/>
 - <https://www.facebook.com/LGBTQofPC/>
 - LGBTQ Outreach of Porter County promotes an affirming community to LGBTQ+ youth and adults through empowerment, advocacy, opportunity, and support.
- PFLAG Valpo
 - <https://www.facebook.com/ValpoPFLAG/>
 - <https://pflag.org/chapter/valparaiso/>
 - PFLAG is the first and largest organization for lesbian, gay, bisexual, transgender, and queer (LGBTQ+) people, their parents and families, and allies.
- LGBTQ Northwest Indiana
 - <https://www.lgbtq-nwi.org/index.html>
 - LGBTQ Northwest Indiana strives to be the go-to organization for LGBTQ+ community members in the Northwest Indiana area, to be a Safe Place, a welcoming place, and a sharing place.
- ACLU of Indiana
 - <https://www.aclu-in.org/en>
 - The LGBTQ Rights Project captures the ACLU of Indiana's previous, current, and future work as the only statewide organization working to defend and advance the rights of LGBTQ Hoosiers on all fronts.

Valparaiso University Resources

- Alliance
 - <https://www.valpo.edu/multicultural/student-organizations/alliance/>
 - Alliance supports, educates, and advocates for the LGBTQ+ community. Alliance creates a safe space for students to explore identity and celebrate LGBTQ+ culture.
- Multicultural Programs
 - <https://www.valpo.edu/multicultural/>
 - Join and participate in diverse extracurricular, co-curricular, and curricular programs that offer leadership opportunities, identity exploration, and development; promote multicultural education; enhance student retention; and provide venues for social action, service, and collaborative endeavors.
- Counseling Center
 - <https://www.valpo.edu/student-life/counseling-center/>
 - The Counseling Center assists students in overcoming personal issues that may negatively impact their ability to be successful and to make the most out of their experience at Valparaiso University.

- Please call at 219.464.5002, or go to their office during our business hours (Monday–Friday, 8:30 a.m.–12 p.m. and 1 p.m.–5 p.m., except holidays). No appointments are made online.
- If someone needs immediate medical attention, is threatening or has attempted suicide, or is an immediate threat to you or others, please call 911 immediately.
- Therapy Assistance Online (TAO)
 - <https://www.valpo.edu/student-life/counseling-center/tao/>
 - TAO includes over 150 brief, effective, educational sessions covering over 50 common topics and skills related to mental health, wellness, and substance use issues.
- Student Health Center
 - <https://www.valpo.edu/student-health-center/>
 - Valparaiso University Health Center provides accessible, high-quality, faith-based health care to a diverse student population, empowering them to maintain the physical and mental well-being necessary to pursue their academic goals.

Valparaiso University Information

- [VU policies](#)
 - [Equal Opportunity Policy](#)
 - [Personal Pronoun Policy](#)
 - [Preferred First Name Policy and Administrative Guideline](#)
 - [Preferred Name Policy FAQ](#)
 - [Harassment and Sexual Misconduct Policy](#)
- How to Change Your Preferred Name for Current Students
 - [Log in to DataVu](#)
 - Under Personal Information Updates, select “Preferred Name Request” link
 - Review the Preferred First Name Policy and Administrative Guideline and hit submit
 - Update your preferred first name and hit submit
 - Please allow 24 hours for processing
- [How to Change Your Pronouns](#)
- Gender-Neutral* Bathrooms On-Campus (*bathroom may be labeled family restroom)
 - Two in the Harre Union
 - Three in Loke Hall
 - One in ASB
 - Potentially some in the Center for the Sciences, Gellerson, the VUCA, Mueller, and the Library
- Housing - Gender Inclusive Room Assignments
 - Valparaiso University offers several gender-inclusive housing options dependent upon the class standing of the student. These include:
 - Single or double rooms with private bathrooms
 - Suite-style housing options
 - Apartment options

- Students interested in receiving additional information or exploring these housing options should contact Residential Life (reslife@valpo.edu)

National Resources

- The Trevor Project
 - <https://www.thetrevorproject.org/>
 - The Trevor Project is the leading suicide prevention and crisis intervention nonprofit organization for LGBTQ+ young people. We provide information & support to LGBTQ+ young people 24/7, all year round.
 - Get started by texting 'START' to 678-678.
 - Get started by calling us at 1-866-488-7386.
 - Get started by beginning a chat at thetrevorproject.org/get-help.
- Human Rights Campaign
 - <https://www.hrc.org/>
 - The Human Rights Campaign envisions a world where every member of the LGBTQ+ family has the freedom to live their truth without fear, and with equality under the law.
- Gender Spectrum
 - <https://genderspectrum.org/>
 - Gender Spectrum works to create gender sensitive and inclusive environments for all children and teens.
- National Center for Transgender Equality
 - <https://transequality.org/>
 - The National Center for Transgender Equality advocates to change policies and society to increase understanding and acceptance of transgender people. In the nation's capital and throughout the country, NCTE works to replace disrespect, discrimination, and violence with empathy, opportunity, and justice.
- GLAAD
 - <https://www.glaad.org/>
 - GLAAD rewrites the script for LGBTQ acceptance. As a dynamic media force, GLAAD tackles tough issues to shape the narrative and provoke dialogue that leads to cultural change.
- GLSEN
 - <https://www.glsen.org/>
 - GLSEN works to ensure that LGBTQ students are able to learn and grow in a school environment free from bullying and harassment.

Additional Resources

- <https://www.thehrcfoundation.org/professional-resources/free-online-learning-module-promoting-emotional-well-being-for-lgbtq-youth>
- <https://www.thehrcfoundation.org/professional-resources/project-thrive>
- <https://prevention.ucsf.edu/transhealth/resources>
- <https://www.vanderbilt.edu/lgbtqi/resources/national-resources>