

10 ways to Support LGBT* Youth

- 1. Be a friend to LGBT* students.**
- 2. When you hear homophobic or transphobic comments, calmly assert your belief in everyone's right to be treated with dignity and respect.**
- 3. Join or establish a gender sexuality alliance (GSA) in your school or community.**
- 4. Advocate for staff training like SAFE Zone training or student wide character development about LGBT* issues.**
- 5. Ask to speak with leaders about the importance of 'zero tolerance' policies for homophobic and transphobic comments and actions.**
- 6. Write a letter to the editor of your city and/or school newspaper.**
- 7. Ask for a panel discussion on LGBT* issues including LGBT* youth participation.**
- 8. Allow students flexibility in the dress code that honors each person's individuality and unique gender expression.**
- 9. Ask that all teens be able to bring a date of their own choosing to the prom, dances, parties, etc.**
- 10. Create and distribute a list of community resources for LGBT* youth**

Best Practices for Creating an Inclusive Environment for LGBT* Youth

Step 1: Be aware of your own attitudes and biases

1. Which issues are difficult for me to talk about and why?	2. In which situations does my discomfort show up as hostility or negativity?	3. What do I need to do or learn in order to deal with these topics comfortably?	4. Think of a specific instance when I heard insensitive language or saw injustice against a member of the LGBT* community. What did I do? What could I have done differently?
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Values Exercise Reflection Questions:

1. What did you learn about yourself? About others?
2. Was it hard to express disagreement with another person's values? Why or why not?
3. Were there times when you felt uncomfortable or unsafe? What helped you stand by your values at that time?
4. Were there any times when you felt unable to stand for your values? Why do you think that was so?

Step 2: Understand Homophobia's Impact on LGBT* Youth

Step 3: Take Action to Ensure a Safe Place for LGBT* Youth

- 1)
- 2)
- 3)
- 4)

Step 4: Empower Youth and Staff to be Activists and Allies

I agree to:

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Heterosexual Questionnaire

Please answer the following questions as honestly as possible.

- 1) Have you come out to your family as heterosexual?
- 2) At what age did you know that you were heterosexual?
- 3) Is it possible that your heterosexuality is just a phase you may grow out of?
- 4) Is it possible that your heterosexuality stems from a fear of others of the same sex?
- 5) If you have never been intimate with a member of your own sex, is it possible that you might be gay if you tried it?
- 6) Why do you flaunt your heterosexuality? Can't you just be who you are and keep it quiet?
- 7) The great majority of child molesters are heterosexual. Do you consider it safe to expose your children to heterosexual teachers?
- 8) Why are heterosexual people so promiscuous?
- 9) Would you want your children to be heterosexual, knowing the problems they would face, such as heartbreak, disease, and divorce?

Please reflect on how it felt to answer these questions: