gsafe
Creating Just Schools for LGBTQ+ Youth

Out of School Survival Kit:
Resources for LGBTQ+ youth during breaks from school

Breaks from school can be challenging for lesbian, gay, bisexual, transgender, queer, questioning, and other youth (LGBTQ+), especially if your living situation is less than supportive or unsafe. While we hope breaks are fun and relaxing, we know they can also cause stress and anxiety. Here are some ways to take good care of you during this time, as well as some resources for when things are tough.

NATIONAL LGBTQ+ YOUTH RESOURCES

Desi lgbtQ Helpline for South Asians can be reached at **908-367-3374** or **deqh.org.**

You can call the **GLBT National Youth Talkline** toll-free at **1-800-246-7743.** For more information, visit **www.glnh.org.**

Trans Lifeline is a by-Trans*, for-Trans* helpline. Call **877-565-8860** or visit **translifeline.org.**

Find a community online at **www.TrevorSpace.org,** a social networking site for LGBTQ+ youth ages 13-24.

WISCONSIN LGBTQ+ YOUTH GROUPS

Rainbow Alliance of Youth (RAY): Wisconsin has a network of community-based groups for LGBTQ+ youth. Visit tinyurl.com/raywisc to find out about groups in **Appleton, Eau Claire, Green Bay, La Crosse, Madison, Milwaukee, and Wausau.**

Other LGBTQ+ Youth or LGBTQ+ Friendly Youth Programs Include:

- **Proud Theater:** (Madison, Milwaukee, Wausau) – proudtheater.org
- **Madison:**
  Alianza Latina - alianzalatinamadison.com
  GSAFE – gsafewi.org
  People Like Us - www.aboutfreedominc.com
- **Milwaukee:**
  Diverse and Resilient - www.diverseandresilient.org
  Urban Underground – urbanunderground.org
  Voces de la Frontera – vdlf.org
- **Neenah:** Youth Go, Inc. – youthgo.org
- **Superior:** Together for Youth (Duluth) – tinyurl.com/4ygroup

GET INVOLVED!

While not everyone has the privilege to volunteer, it can be a great way to get out of the house and get connected. Call or look online to find out if a group you are interested in is looking for volunteers and is LGBTQ+ friendly.

LGBTQ+ Community Calendars
Most community centers maintain an online calendar of community activities.

- Kenosha/Racine – lgbtsewisc.org
- La Crosse – 7riverslgbtq.org
- Madison – lgbtoutreach.org
- Milwaukee - mkelgbt.org
- Walworth County – lgbtwalco.org

Print and online publications with calendars:

- *Our Lives Magazine* - ourlivesmadison.com
- *Quest Magazine* - quest-online.com/
- *Wisconsin Gazette* – tinyurl.com/wigazettelgbt

BOOKS, MOVIES, & WEBSITES

BOOKS: Goodreads.com has suggested booklists for Trans Teens, GLBT Teens, and more! Your local library is likely to have some of these titles.

MOVIES: Netflix has a large Gay & Lesbian section for movies. Although it hasn't been updated recently, tinyurl.com/lgbtqmovies has a lot of good suggestions.

WEBSITES: There are many good (and not so good) websites out there. We can't list them all, but here are some favorites:

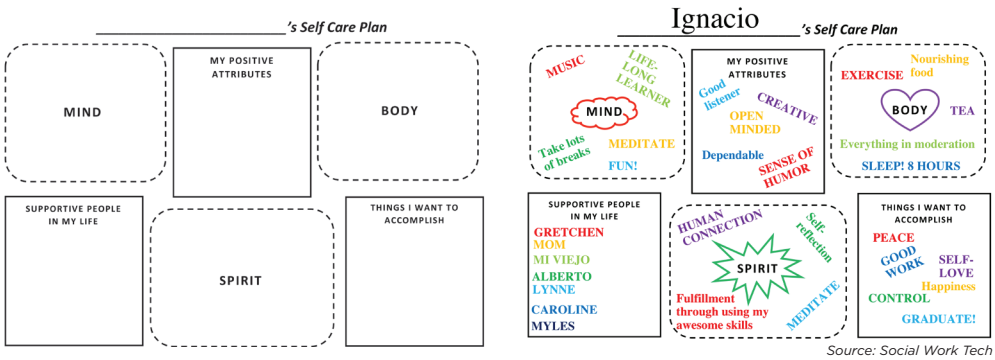
- Brownboiproject.org
- Colorlines.com
- Genderspectrum.org
- Huffingtonpost.com/gay-voices/
- Shadesofyellow.org
- Transgenderteensurvivalguide.tumblr.com

KEEP YOUR CLUB GOING OVER BREAK!

- Before break ends ask members of your GSA or student group if they want to meet.
- Agree on a meeting schedule and time.
- Gather people's contact information and text or message them to get together.
- Find a safe space where you all feel welcome and supported—maybe someone's house, apartment, a library, or a café.
- Get together!

WHAT'S YOUR SELF-CARE PLAN?

Self-care can look like many things, including engaging with youth groups, taking walks, visiting supportive friends, finding a community online, being active, watching movies and reading books that affirm your identities, eating healthy foods, making art and music, and so much more!



Source: Social Work Tech

YOU ARE WONDERFUL!

Society likes to tell you that something is wrong with you. Don't you believe it! You are good and beautiful just the way you are.

JUST COME OUT (OR GET OUTED) TO YOUR FAMILY?

PFLAG (pflag.org) and the Family Acceptance Project (familyproject.sfsu.edu) are great resources to share with family members. Also, create a safety plan (see below) ahead of time, if possible.

YOU HAVE RIGHTS!

You have the right to be yourself and to be treated with love and respect, and to be safe and free from harassment and discrimination—in public, at school, and at home!

- **If You're Stopped By Police** – tinyurl.com/stoppedbypolice
- **Immigrant Youth** – tinyurl.com/immigrantyouth
- **LGBT Youth Rights** – tinyurl.com/lgbtqyouthrights
- **Trans* Rights** – tinyurl.com/transyouthrights and tinyurl.com/transgncyouthrights

IDENTIFY SUPPORTIVE ADULTS

Find two adults you trust (ideally not teachers who are sometimes hard to reach over break) who will be your go-to supports! Ideas include: A supportive aunt/uncle, neighbor, community center staff, or parent of a friend. If you need to talk or if something happens, turn to them for help!

DEVELOP A SAFETY PLAN...

While we hope you never get pushed out of your home or otherwise feel unsafe with family, it sometimes happens. What's your plan for where you'll go (see below) and who you'll turn to for help? Ideas include going to a supportive friend, neighbor, or relative's house or shelter.

Local resources include:

- Pathfinders (Milwaukee) - 414-271-1560
- Briarpatch Youth Services (Madison) - 800-798-1126
- Emergency Shelter of Fox Valley - 920-734-9192
- Life House Duluth - 218-722-7431

National Runaway Hotline - 1-800-RUNAWAY

PHYSICAL SAFETY AND HEALTHY RELATIONSHIPS

- **STAY ACTIVE:** Keep your body moving over the summer! Play a pick-up sport with friends, or go on long walks. YouTube is packed with free exercise videos! Community centers often offer free or low-cost recreation options for young people. If you are wearing extra layers or binding it is especially important to drink lots of water to stay hydrated.
- **IDENTIFY AND CELEBRATE HEALTHY RELATIONSHIPS:** We all have a right to healthy relationships with friends and family as well as romantic and sexual partners. Some great resources on how to nurture healthy relationships and navigate away from unhealthy relationships include: **inourownvoices.org/healthy.html, loveisrespect.org** (search for their LGBTQ subsection), **rm2bsafe.org, and scarleteen.com.**
- **FREE FOOD:** Some faith-based spaces have free meals once a week, many of the youth groups listed on the previous page provide food during meetings, and many shelters provide food as well.
- **PARTY SAFE:** Plan for your and your friends' safety before heading out. Visit **tinyurl.com/partysafelgbt** for tips and suggestions. Tips for when you don't want to use drugs or alcohol are at **tinyulr.com/m8g7c2n.**

Thinking about hurting yourself? Ask for help!
LGBT 24-hour Youth Suicide Hotline – 1-866-488-7386 or text "Trevor" to 1-202-304-1200 (Fri, 5-9 PM)

Resource created by:

gsafe Creating Just Schools for LGBTQ+ Youth
www.gsafewi.org

MHA Mental Health America of Wisconsin
www.mhawisconsin.org