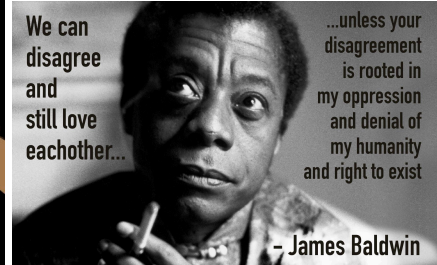
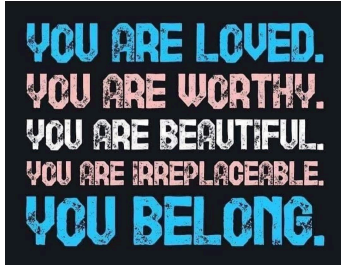


## Resources to Support and Uplift our LGBTQIA+ Youth



### AFFIRMING MESSAGES:

- Happy PRIDE!!!
  - [MMSD Students join Gov. Evers for Pride Flag Raising](#)
  - [MMSD Pride Flags Flying](#)
  - [All things PRIDE](#) on the LGBTQIA+ Equity Website
  - Here is the [livestream](#), some [student videos](#), and [some press](#) from the student-led Breaking the Silence Rally!!!
  - Here is a [zoom background](#) for Pride Month!
- [Happy Transgender Day of Visibility!](#)
- [Queer and Trans Wellness Resources](#) from GSA Network
- [FREE SELF-CARE KITS](#) to LGBTQIA+ Youth in Dane County (OUT OF STOCK) 🏳️‍🌈🏳️‍🌈🏳️‍🌈🏳️‍🌈
- LGBTQ+ Kids Quarantined: A [website](#), [FB group](#), and Instagram for youth by MMSD youth
- [Happy Coming Out Day video](#) from MMSD Principals and District Leaders 🏳️‍🌈🏳️‍🌈🏳️‍🌈🏳️‍🌈
- Follow on Instagram: [OUT for Safe Schools](#), [lgbtqiakidsquarantined](#), [Schuyler Bailar](#)



### FOR HELP NOW (Crisis situations)

- [Trevor Project \(Text, Chat, Phone\)](#): Crisis intervention & Suicide prevention phone/text/messaging service 24/7/365.
- [Trans Lifeline](#) (877) 565-8860 The Trans Lifeline is a trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive.
- [National Suicide Prevention Lifeline](#): 1-800-273-TALK (1-800-273-8255)

## SUPPORT: (TO CHAT~ Not for crisis situations)

### Local:

- NEW! Virtual Support Group for Queer & Trans Youth of Color in MMSD. Fill out [this confidential interest form](#)! Starts 2nd Semester!
- [Teens Like Us](#) (Briarpatch): Support Group for LGBTQIA2+ youth ages 13-17. Weekly group meetings via Zoom every Wednesday from 5:30-7:30pm. Contact Emily or Ollie for the Zoom link and further information: [emily.walden@briarpatch.org](mailto:emily.walden@briarpatch.org) or [ollie.schaal@briarpatch.org](mailto:ollie.schaal@briarpatch.org)
- [Trans/NB youth group](#) (for school-aged kids in Madison & the surrounding area). Meets 2nd Monday via zoom from 6:30-7:30pm. Email [shohs@madison.k12.wi.us](mailto:shohs@madison.k12.wi.us) for invite.
- The [PRISM Program](#) (*Peer Recovery in Supportive Mutuality*) is a new pilot program to connect LGBTQ+ youth with trained peer-specialists for emotional support and mentorship. We see that connection based on community and solidarity has transformative power, similar to the way a prism refracts light to create a beautiful rainbow. PRISM is a free service for LGBTQ+ youth around the ages 16-26 years old living anywhere in Wisconsin. PRISM is exclusively virtual (for now) and available online and by phone. Call 414-336-7974 and leave a brief message with your name, phone number, county of residence, and whatever you want to share about what you're seeking support on. In addition to one-on-one care, we also offer a weekly support group. [Click here](#) to learn more! Email [prism@Mhawisconsin.org](mailto:prism@Mhawisconsin.org) if you have any questions.
- [NEW! Lgbtq2ia+ Youth Therapy Group](#): 3-week therapy group starting Tuesday, October 13th for teens (11-16 years old). In the groups, we will lean into the realm of normal and natural variation while exploring topics of belonging, self-expression, and safety in relationships for teens who as a LGBTQ2IA+. Participants can expect to spend time with horses, in the woods, and doing creative expression with writing and art.
- Trans Youth Clothing Closet (NEW!):
  - Transition wear available for trans/NB youth in the Madison area
  - Contact them at: [transyouthclothingcloset@gmail.com](mailto:transyouthclothingcloset@gmail.com)
- MMSD Support: Sherie Hohns, LGBTQIA+ Lead
  - [I am here for you](#) & care!!! We can email, talk by phone, or meet by zoom!
  - [Email](#) ~ Call/Text: 608-616-9010 ~ [LGBTQIA+ Website](#) ~ FB: [Sherie MMSD](#)



### National

- [Q Chat Space](#) provides live, chat-based, professionally facilitated, online support and discussion groups for LGBTQ+ teens 13-19.
  - ¡Q Chat Space ahora está en español! (Q Chat Space is now in Spanish!)
- [Gender Spectrum](#) support groups on Zoom: RSVP to [mischa.kaufman@ucsf.edu](mailto:mischa.kaufman@ucsf.edu)
  - Gender Expansive Middle School Group: Every Wednesday from 2-3:00pm
  - Gender Expansive High School Group: Every Thursday from 2-3:00pm
  - Virtual groups for Black Trans and Non-binary teens are back in a 4-part series starting Friday, September 25 at 5-6pm PST
- [Trevor Space](#): Start meeting LGBTQIA+ friends today! TrevorSpace is an affirming international community for LGBTQIA+ young people ages 13-24. Sign up!

## ACADEMIC SUPPORT

- [Pandemic Learning Tutors](#): Free 1:1 Tutoring Support for youth with LGBTQIA+ identifying/affirming tutors

## FUN OPPORTUNITIES- LOCAL:

- [Teens Like Us Pride Prom](#) will be hosted outdoors at the Briarpatch facility on June 26, 2021.
  - Register now, space is limited!
  - Fill out [this form](#) to attend!
- The Briarpatch Restorative Justice Program is developing a late-summer workshop for our community to learn more about restorative justice, how to be trauma informed, and develop social emotional learning. Contact Claudia Parkes (claudia.parkes@briarpatch.org) for more info; you can [RSVP here](#).
- [LGBTQ+ Yoga](#) at MSCR East. Ages 14+, 11/11-12/16 from 5:15 - 6:15 PM, \$28, Course #27823
- Queer Book Club at the Art&Lit Lab. This is a social reading group for LGBTQIA+ middle and high school students. They will focus on new texts each month or as the students' reading pace allows (books, zines, graphic novels), and have fun doing it! Ages 10-18. More information [HERE](#); Register [HERE](#).
- [Free Virtual Library Cards](#)

## FUN OPPORTUNITIES- ONLINE:

- [The Future Perfect Online Workshop for LGBTQIA+ Youth in High School](#) ([Fall Storytelling & Songwriting workshops!](#))
- [HeartBrain](#) ~ *Writing Rainbows for Teens* online at no cost on Wednesday evenings until the Safer at Home order is lifted. We'll alternate between activities you can do quietly where you are, conversations with queer artists, & and virtual group meeting space.
- [Free Audible account](#)
- Join *Young Women of Color* members in [guided meditation](#) to promote justice and healing.
- *Teen Power* for 3rd-7th graders~30 minutes of yoga + 30 minutes of drawing + social emotional learning. Thursdays from 2-3pm. Info & zoom link is on their [website](#).

## TECHNOLOGY:

- Zoom has a feature to [customize](#) your profile! You can add your affirmed names and pronouns and change their backgrounds.
- [Zoom with Pride! Download free backgrounds here!](#)
- We know that some trans/NB students may have to see their dead names on MMSD technology during virtual learning, and that this can be frustrating.
  - Speak with your teachers privately to problem-solve; please speak up if others are not respecting your names/pronouns online.
  - You can change your google picture; some people have put their names/pronouns there.

## ARTICLES & VIDEO CLIPS:

- [COVID-19 Resources for teens or those supporting teens](#)
- [Supporting Youth During COVID-19 from a panel of PATCH Teen Educators](#) (PATCH)
- [What to Do if You're Isolated With an Abuser During the Coronavirus Crisis](#) (Teen Vogue)
- [How LGBTQ+ People Can Get Help and Resources During Coronavirus](#) (them.us)
- [4 resilience practices for trans people stuck in cissexist homes during self-isolation](#)
- [9 Strategies for Quarantining in a Non-LGBTQ+ Affirming Environment](#) (them.us)

## Queer Your Queue: MUSIC, PODCASTS, PERFORMANCES, & BOOKS:

- [10 LGBTQ+ Films and Movies to Stream This April](#) (them.us)
- [12 LGBTQ Podcasts You Should Be Listening To](#) (The Advocate)
- [Livestream events and performances during coronavirus](#)
- [13 queer musicians on what they're listening to in quarantine](#)
- [9 New Songs By Queer Artists You Need to Hear](#)
- [22 books our favorite authors are turning to during coronavirus](#)
- Like to Color? [LGBTQ History Coloring Book](#) & [Free Coloring Pages by Ruth E. Carter](#)
- [LGBTQIA+ Folx coming out on tiktok](#)
- [Queer Creators are Doing TikTok's #DontRushChallenge](#)