

# DEAR LGBTQ+ YOUNG PEOPLE:

## RECOMMENDATIONS FOR LGBTQ+ AND GENDER EXPANSIVE YOUNG PEOPLE

**FIND YOUR PEOPLE!  
SURROUND YOURSELF WITH PEOPLE WHO  
YOU CAN BE YOURSELF AROUND, AND  
WHO YOU CAN FALL APART WITH WHEN  
NECESSARY.**

**YOUR SAFETY  
COMES FIRST.**

It's ok to ask for what you need.

Sometimes it feels great to educate people about your identity; there is power in knowledge. Other times it feels like a lot of work. Tell the people you love when it feels good to teach them, and when it feels like too much.

**TAKE TIME TO REFLECT ON WHO YOU ARE, NOT WHO QUEER MEDIA OR ANYONE ELSE IS TELLING YOU TO BE.**

Ask for help. There are a lot of resources for you. Make personal connections with people who work at LGBTQ+ organizations.

**THE INTERNET IS A MIXED BAG WHEN IT COMES TO FINDING COMMUNITY AND CHOSEN FAMILY. TRY TO FIND SITES THAT ARE EMPOWERING RATHER THAN DISEMPOWERING.**

If your family or other people in your life shame you because of your identity, **stop caring what they think...** or at least stop caring as much about what they think.

**REMEMBER YOU'RE NOT THE FIRST TO DO THIS! YOU HAVE ANCESTORS! SEEK OUT THOSE WHO CAME BEFORE YOU. YOU'RE NOT ALONE!**

**FIND JOY IN OTHER QUEER PEOPLE EXISTING AND THRIVING DESPITE ATTEMPTS TO ERASE, SHAME, OR HURT THEM.**

When possible, find medical and mental health professionals that validate and affirm who you are, and who are knowledgeable about what you need to be healthy.

Learn our history. There are generations of queer people behind you.

**USE ART TO PROCESS AND HEAL FROM PAINFUL EXPERIENCES.**

**BUILD INTER-GENERATIONAL RELATIONSHIPS WITH QUEER PEOPLE!**

Give yourself time, be kind to yourself, it's ok if you don't have the words right now.

Don't worry about conforming to expectations, even within the LGBTQ+/GE community.

**DON'T OVERTHINK COMING OUT.**

Learn about the ways homophobia and transphobia are deeply intertwined with colonization, white supremacy, and other forms of oppression.

**STAND UP FOR YOURSELF. BE A VOICE FOR YOURSELF AND OTHERS.**

**YOU ARE VALID.  
KEEP CREATING.**

THERE'S NO ONE WAY TO MAKE EVERYONE HAPPY, SO JUST BE YOURSELF.