

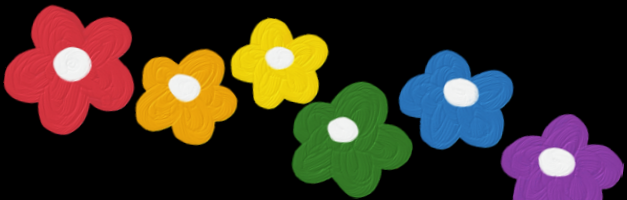


How do you...

IDENTIFY YOUR
AdLies

LOVE

PRESENTED BY: PFLAG
LEONARDTOWN - SoMD





Objectives

- Understand and describe self-care
- Describe help-seeking behaviors
- Identify barriers associated with help-seeking behaviors
- Identify ways that they feel comfortable reaching out for help

warm-up

Sort the behaviors on your table into **healthy** or **unhealthy** self-care or help-seeking behaviors



Kaitlin(she/her)

- PFLAG Secretary
- School Nutrition
- Local Activist

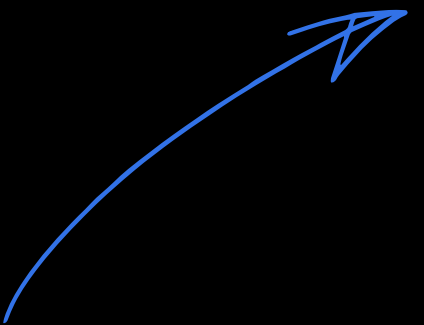
Paul(he/him)

- PFLAG President
- Math Teacher
- Educational Technology



Reaching out for help when you need it can be difficult.
There are many factors that affect how
and when we ask for help.

Self-care is how you take care of yourself. These are the
things we do to make ourselves feel better when we're
stressed out, overworked, unhappy, or overwhelmed.






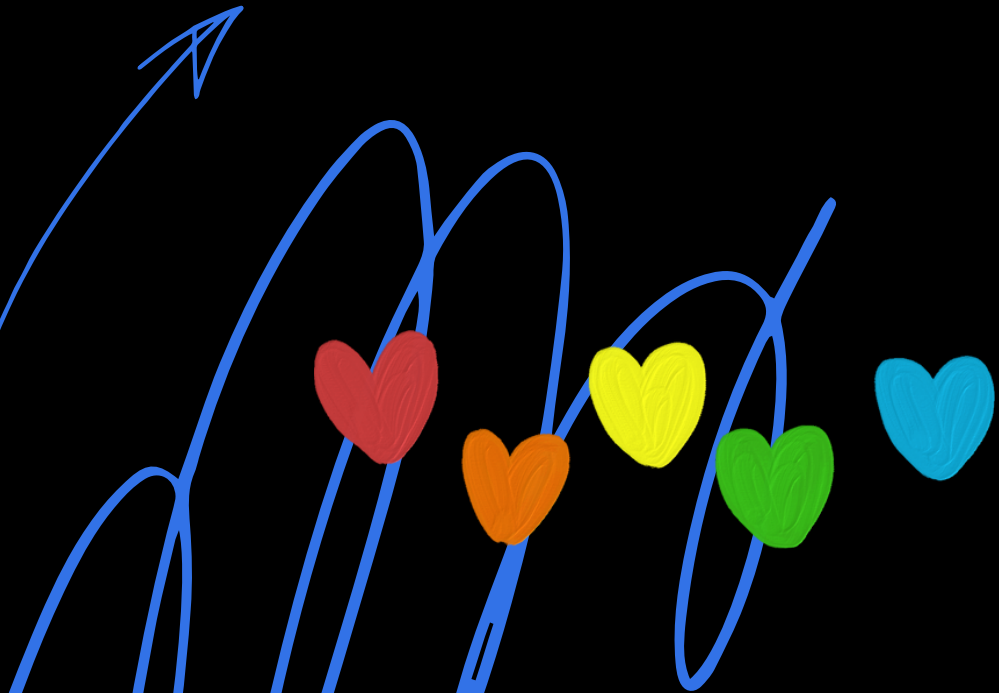
Lets talk about two things today: How you help yourself when you need to; and how and to whom you reach out to for help – this is where you find your allies!

Now, take a moment and think about what are the things you do after a stressful day or when you're upset that make you feel better. How do they align with the healthy and unhealthy self-care or help-seeking behaviors we identified before?





Grab a "Care Card"
and fill it out with
three healthy self-
care activities



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CARE CARD

WHEN I'M SAD OR STRESSED I CAN

- 1 _____
- 2 _____
- 3 _____

YOU ARE NEVER ALONE
1.866.488.7386



What are some ways you can seek help?



What are some ways you can seek help?

**Call 9-1-1 in
an
emergency**

Asking for it

Think about where
or how you feel
most comfortable
asking for help.
Notice any trends?

Going to a
professional -
doctor when
you're sick, etc.

'Dropping hints,'
or hoping people
will notice

Demanding it.

Internally -
identifying a
challenge and
working
personally to
address it



What keeps you from asking for help?



What keeps you from asking for help?

Gender

confidentiality

fear or past
experience

ability

(or trust
lack of)

knowledge



How can we overcome barriers and make it easier for others to ask for help?



How can we overcome barriers and make it easier for others to ask for help?

Create a
safe space

identify
specific
people

accept needs
without
judgment

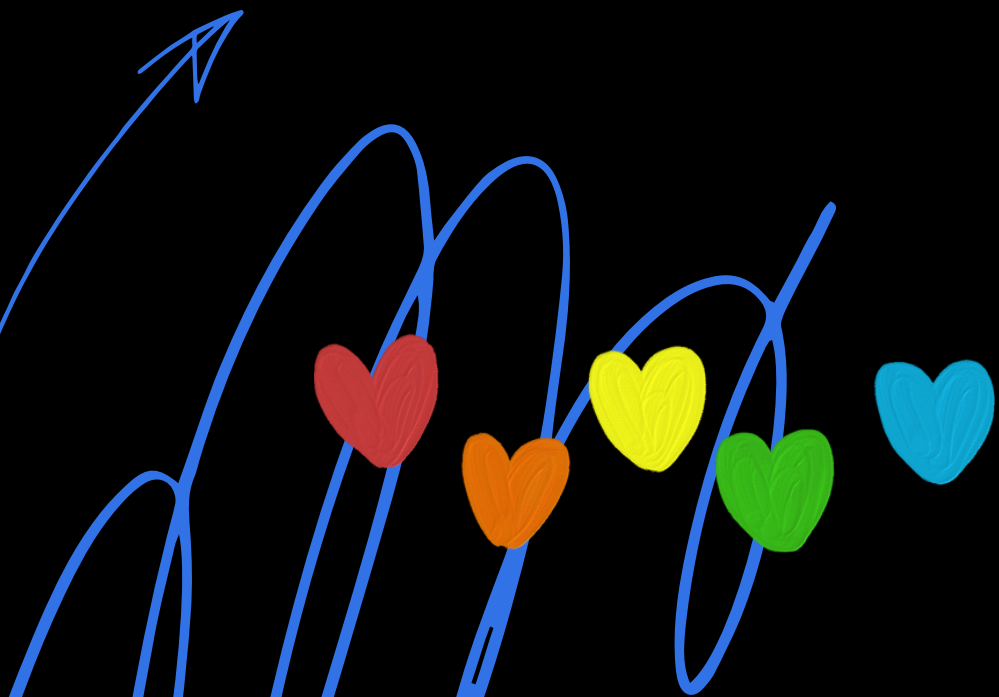
no
assumptions

acknowledge
bravery

privacy



Grab a
"Support Inventory"
and fill in to identify
your supporters!



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education

support inventory

Use this worksheet to find out where you get different kinds of support from for specific issues.

SYSTEM OF SUPPORT	TYPE OF ISSUE OR CHALLENGE					
	FAMILY ISSUES <small>Anything involving issues with your family</small>	FRIEND/PEER ISSUES <small>Fights or arguments with friends or peers</small>	RELATIONSHIP ISSUES <small>Challenges with an important person or people.</small>	SCHOOL/WORK ISSUES <small>Trouble with grades or performance, etc.</small>	MENTAL HEALTH <small>Bad moods or depression, changes in mood.</small>	CRISES <small>Any situation where you feel like you need help immediately.</small>
SUPPORTER <small>This could be a person or place you go to for support</small>						
Christina	X	X	<input type="checkbox"/>	X	<input type="checkbox"/>	<input type="checkbox"/>
THE TREVOR lifeline 1-866-488-7386	X	X	X	X	X	X



lgbtq+ student
organizations



You can make a difference! LGBTQ+ student-led clubs and GSAs (Gender and Sexuality Alliances) are leading the work to create safe and LGBTQ-inclusive schools, and student organizers are the nation's most powerful base for creating change. Along with providing space to organize, GSAs are spaces where students can receive support, socialize, and find community together.



Why is it important for young people to get involved?



PRIDE!



What is the
power of



**What are the positive things about being in
the LGBTQIA+ community?**

How can this list help you if you
are feeling sad or down?

How can you use the things on
this list to empower each other?



Resources

988 Suicide & Crisis Lifeline



CHAT WITH LIFELINE

THE
TREVOR
PROJECT

For Young LGBTQ Lives

TRANS
LIFELINE

IT GETS BETTER PROJECT.®

PFLAG PFLAG

LEONARDTOWN - SOMD

GLSEN®

Thank you for being here!

