

OUT OF SCHOOL SURVIVAL GUIDE

RESOURCES FOR LGBTQ YOUTH DURING BREAKS FROM SCHOOL



TIP #1: TALK TO SOMEONE YOU FEEL SAFE WITH

- [GLBT National Youth Talkline: 800-246-7743](#)
- [Desi LGBTQ Helpline for South Asians: 908-367-3374](#)
- [Trans Lifeline: 877-565-8860](#)
- [Trevor Project: 866-488-7386](#)
- [QChat Space](#)
- [Queer Trans Project Loveline](#)

THIS GUIDE IS COLOR CODED

RESOURCE FOR STUDENTS

RESOURCE FOR THE WHOLE FAMILY

RESOURCE FOR CAREGIVERS

TIP # 2: GET SUPPORT

Here are some medical professionals who specialize in supporting the physical and mental health of LGBTQ+ youth.

- [Dimensions Health Clinic](#)
- [Huckleberry Health Center](#)

TIP #3: PRACTICE SELF CARE (Elementary)

Here is a link to [11 Simple Self-Care Habits for Kids](#).

TIP #4: DEVELOP A SAFETY PLAN

If your home doesn't feel safe, there are places that can help:

- [National Runaway Hotline: 1-800-786-2929](#)
- [Huckleberry House Crisis Shelter: 415-621-2929](#)

TIP #5: GET INVOLVED AND MAKE CONNECTIONS

[SF LGBT Center Youth Services \(ages 16-24\)](#),
[Lyric Center \(ages 13-24\)](#),
[Queer Life Space](#):
[Outlandish! \(ages 13-18\)](#)

TIP #6: KNOW YOUR RIGHTS

Everyone has the right to feel safe and respected. Here are some resources to learn more:

- [LGBT Youth Rights](#)
- [If You Are Stopped By the Police](#)
- [Immigrant Youth Rights](#)

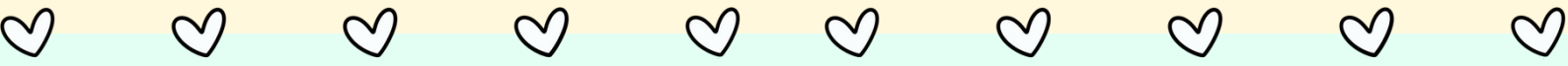
TIP #7: LEARN TOGETHER

Learn as a family and attend local LGBTQ+ centered events!

- [Pink Spots](#)
- [SF PFLAG Family Events](#)
- [Our Family Coalition](#)
- [Somos Familia](#)
- [SF State's Family Acceptance Project](#)

WHAT'S YOUR SELF CARE PLAN?

Self-care can look like many things: take walks, visit supportive friends, find a community online (with help from a grown-up), be active, watch movies and read books that affirm your identities, eat healthy foods, make art and music, and so much more!



PHYSICAL SAFETY AND HEALTHY RELATIONSHIPS

STAY ACTIVE: Play a pick-up sport with friends, or go on long walks. YouTube is packed with free exercise videos! San Francisco Recreation and Parks Department offers numerous free events and places to explore.

IDENTIFY AND CELEBRATE HEALTHY RELATIONSHIPS: Healthy relationships with friends, family, and romantic partners can be tough! Looking for tips on how to have healthier relationships? Here you go: www.loveisrespect.org and www.scarleteen.com.

If you are wearing extra layers or binding make sure to drink lots of water and stay hydrated!

FOOD & CLOTHING: No one should ever go hungry or without affirming clothes. Here's some places you can go if you need help: Our Family Coalition, The HYPE Center.

Personal Self Care Plan

In order to be my *best self*, I will need to nourish my Mind, Body, and Spirit

I will take care of my **B O D Y** by...

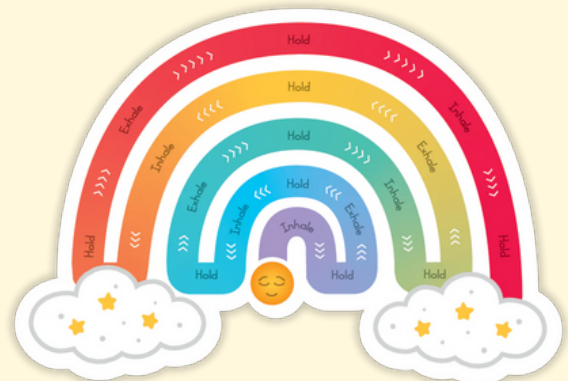
I will take care of my **S P I R I T** by...

I will take care of my **M I N D** by...

Supportive People in My Life:

DEEP BREATHING ACTIVITY

Just follow the arrows and breathe slow.



Thinking about hurting yourself? Ask for help!

LGBT 24-hour Youth Suicide Hotline – 1-866-488-7386, text “Trevor” to 1-202-304-1200 (Fri, 5-9 PM) or call 911.

