

Best,



School-Based Health

Children's in the Community Co-Chair

Odessa Brown Children's Clinic



[seattlechildrens.org](https://www.seattlechildrens.org)

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Upcoming PTO:

From: [REDACTED]@seattleschools.org>

Sent: Tuesday, March 18, 2025 11:12 AM

To: [REDACTED]@seattlechildrens.org>

Cc: [REDACTED]@seattleschools.org>; [REDACTED]@seattleschools.org>

Subject: gender-affirming locker update

H [REDACTED]

Thanks so much for meeting with [REDACTED] and I and getting a quick meeting with you at the Garfield clinic. As mentioned, we wanted to pass along some information about the upcoming offering of gender affirming lockers. Below is some information about the lockers and materials from [REDACTED]. Please feel free to reach out with any questions that you may have. Once we have confirmation of interest from you, we will follow up with delivery logistics and information. Thanks again for all your support, and ongoing care for SPS students and families.

Hello amazing SBHC folks,

Thanks for your patience regarding the Community Health Locker project. This is the grant-funded project that aims to offer gender-affirming supplies in our high schools. Things have been pushed back a bit as our office has been busy navigating some of the federal changes affecting LGBTQ+ communities.

We are hoping to launch the lockers this Spring. Right now the plan is to have the physical freestanding locker shipped directly to your school based health center. Please confirm that this will work for you. The locker in question is listed [here](#).

Also, here are some of the items we plan to order and send to you separately, based on student input. We welcome your input on what kinds of quantities you recommend starting with.

- Binders
- TransTape
- (TransTape) Repair salve
- (TransTape) Removal oil
- (TransTape) Nipple guards
- Makeup kits
- Hair ties
- Nair hair remover
- Tucking underwear (if we can source an affordable option)
- Sports bras with removable cups (if we can source an affordable option)
- Mental health pamphlets

Again, thank you for your patience with this project and I apologize for the delay in communication.

[REDACTED] (they/he)

[REDACTED] LGBTQ+ Support

Health Education Office

Seattle Public Schools

[REDACTED]@seattleschools.org

[SPS LGBTQ+ Support Website](#)

"We are all one—and if we don't know it, we will learn it the hard way." -Bayard Rustin



[REDACTED] (she/her)

[REDACTED]

Health Education Department

[REDACTED]

[REDACTED]@seattleschools.org

From: [REDACTED]@seattleschools.org>
To: [REDACTED]@seattlechildrens.org>, [REDACTED]@Sea Childrens)" [REDACTED]
[REDACTED]@seattlechildrens.org>, [REDACTED]@seattleschools.org>
Cc: [REDACTED]@seattleschools.org>
Subject: RE: gender-affirming locker update
Sent: Fri 3/21/2025 6:20:07 PM

Hi [REDACTED], this is great, and tracks with what we were shooting for as well. We are hoping to be able to continually restock the lockers but it will be a bit of an experiment depending on how fast the supplies go. ☐*

Thanks so much! So excited to get this going with Garfield!

[REDACTED]

From: [REDACTED]@seattlechildrens.org>
Sent: Friday, March 21, 2025 10:46 AM
To: [REDACTED]@Sea Childrens) <[REDACTED]@seattlechildrens.org>; [REDACTED]
[REDACTED]@seattleschools.org>; [REDACTED]@seattleschools.org>
Cc: [REDACTED]@seattleschools.org>
Subject: Re: gender-affirming locker update

Hi all,

Thanks so much for working on this! Would this be a one-time order of supplies or could we start with a smaller stock and order more in the future? Assuming we can reorder in the future, this is the starting quantities I would suggest:

Item	Quantity
Binders	5-10
TransTape	15-20
(TransTape) Repair salve	15-20
(TransTape) Removal oil	15-20
(TransTape) Nipple guards	15-20
Makeup kits	5-10
Hair Ties	50
Nair hair remover	2-5
Tucking underwear (if we can source an affordable option)	3-5
Sports bras with removable cups (if we can source	5-10

an affordable option)	
Mental health pamphlets	100

[REDACTED] (She/Her)
[REDACTED] | Garfield Teen Health Center
[REDACTED]

From: [REDACTED]<[REDACTED]@seattlechildrens.org>
Sent: Wednesday, March 19, 2025 10:00 AM
To: [REDACTED]<[REDACTED]@seattleschools.org>; [REDACTED]<[REDACTED]@seattleschools.org>; [REDACTED]<[REDACTED]@seattlechildrens.org>
Cc: [REDACTED]<[REDACTED]@seattleschools.org>
Subject: RE: gender-affirming locker update

Thank you [REDACTED]! Adding [REDACTED] to this thread. [REDACTED] it sounds like we are ready to order. Can you share what quantities of each from the list below will work well for GTHC?

Thanks all!
Best,

[REDACTED] MPH
(she/her)
[REDACTED]
School-Based Health
Children's in the Community Co-Chair
Odessa Brown Children's Clinic
[REDACTED]

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Upcoming PTO:

From: [REDACTED]<[REDACTED]@seattleschools.org>
Sent: Wednesday, March 19, 2025 9:53 AM
To: [REDACTED]<[REDACTED]@seattlechildrens.org>; [REDACTED]<[REDACTED]@seattleschools.org>
Cc: [REDACTED]<[REDACTED]@seattleschools.org>

Subject: RE: gender-affirming locker update

Hey [REDACTED] So glad to be connected.

I'm happy to share that I met with the Garfield GSA a few months ago and got their input on what to include in the locker. More feedback from students is always welcome but I wanted to let you know that they have been included in the process since the beginning. ☐*

Looking forward to making this happen with y'all!

Warmly,

[REDACTED] (they/he)

[REDACTED] - LGBTQ+ Support

Health Education Office

Seattle Public Schools

[REDACTED]@seattleschools.org

[SPS LGBTQ+ Support Website](#)

"We are all one—and if we don't know it, we will learn it the hard way." -Bayard Rustin

From: [REDACTED]@seattlechildrens.org>

Sent: Tuesday, March 18, 2025 7:58 PM

To: [REDACTED]@seattleschools.org>

Cc: [REDACTED]@seattleschools.org>; [REDACTED]@seattleschools.org>

Subject: RE: gender-affirming locker update

Thank you [REDACTED] and [REDACTED]! I've forwarded the list along to our Garfield Teen Health Center Clinic Coordinator, [REDACTED], who has already started dialogue with the GSA – Gay/Straight Alliance at Garfield (student led group). They will inform us of what is most needed and I'll reach out ASAP.

We are deeply appreciative of this offering, thank you for checking in with us!

From: [REDACTED]<[REDACTED]@seattleschools.org>
To: [REDACTED]<[REDACTED]@seattleschools.org>, [REDACTED] Sea Childrens)" [REDACTED]
[REDACTED]<[REDACTED]@seattlechildrens.org>, [REDACTED]@Sea Childrens)" [REDACTED]<[REDACTED]@seattlechildrens.org>, [REDACTED]
[REDACTED]<[REDACTED]@seattlechildrens.org>, [REDACTED]<[REDACTED]@seattlechildrens.org>, [REDACTED]
[REDACTED]<[REDACTED]@seattlechildrens.org>, [REDACTED]<[REDACTED]@seattlechildrens.org" [REDACTED]<[REDACTED]@seattlechildrens.org>
Subject: FW: Holiday support for LGBTQ+ youth
Sent: Tue 11/26/2024 8:29:15 PM

From: [REDACTED]<[REDACTED]@seattleschools.org>
Sent: Monday, November 25, 2024 12:42 PM
To: [REDACTED]<[REDACTED]@seattleschools.org>
Subject: Holiday support for LGBTQ+ youth

Hello counselors, nurses, club advisors, and other supporters of our queer students and families,

For those who don't yet know me, my name is [REDACTED] (they/he) and I am the LGBTQ+ support coordinator for Seattle Public Schools. The holiday season can be a challenge for our LGBTQ+ students, and we frequently see an uptick in mental health crises and suicidal ideation during this time. Queer and trans youth with non-accepting families, or who depend on schools for basic necessities, are most at risk.

I wanted to re-share some resources that you can pass along to your LGBTQ+ students who may be struggling, or share about through school-based communication channels. These LGBTQ-specific supports exist in addition to broader supports you may know about, such as Teen Link, 988, etc.

Mental health resources

- [The Trevor Project](#) provides free, 24/7 mental health support to LGBTQ+ youth. Students can chat with a trained counselor immediately by texting START to 678-678. To learn more, go to thetrevorproject.org/get-help.
- [Trans Lifeline](#) provides free peer support to trans people in crisis. This is run by trans people, for trans people, and does not involve the police. The crisis line is (877) 565-8860. To learn more, go to translifeline.org.
- [The Northwest Network](#) supports LGBTQ+ survivors of abuse and provides one-on-one counseling. To connect to an advocate about an experience of domestic violence, sexual assault, hate violence, or stalking, leave a voicemail with a callback number at (206) 568-7777 and let them know if it's safe for them to leave a voicemail when they call back. Their phone number will appear as a blocked number when they return the call. You can also use this number to set up an appointment for a young person.

Safe places for LGBTQ+ youth

Several community orgs provide space for LGBTQ+ youth to drop in and connect with other youth. This list includes [Gay City \(Seattle's LGBTQ Center\)](#) and [UTOPIA](#) (for QTBIPOC youth). UTOPIA also offers material support that includes a food pantry and clothes closet.

Tips and coping strategies for the holidays

Here is some guidance you can share with students who are going home to unsupportive families this holiday season.

1. **Make a plan.** Reach out to a trusted friend or loved one **prior to** attending that difficult family gathering. Let them know that you are about to do something difficult, and that you might need a little extra love. Reach out to them during or after the experience for support.
2. **Take breaks.** If a gathering is particularly difficult, go for a walk, go outside, or go to your own space when possible.
3. **Set boundaries.** If possible, set boundaries around how much time you will spend in hostile spaces. An example could be, "I will attend dinner at (relative)'s house for one hour. Then, (trusted friend or family member) will pick me up."
4. **Bring a buddy.** When possible, see if you can bring a supportive friend to family gatherings. A loving presence can go a long way!
5. **Identify allies.** If you have even one family member who supports you, stick with them. They can also advocate for you—for example, correcting people who use the wrong name or pronouns for you.
6. **Use mental health resources.** If you are struggling with your mental health, utilize resources like the Trevor Project and Trans Lifeline. These resources are run by LGBTQ+ people and you won't need to explain yourself to them. Your mental

health is worth it.

7. **Remember that this is temporary.** Holidays are hard for everyone, but they can be especially hard for queer and trans folks. Remember that this time won't last forever, and that there is a huge community waiting on the other side—people who will love you just as you are.

To learn more about resources from Seattle Public Schools, visit our [SPS LGBTQ+ webpage](#).

For an even more comprehensive list of community-based resources for LGBTQ+ youth in our area, [visit this website](#). It's a good one to bookmark and share with students.

Please do check in on your LGBTQ+ students in the months of November and December. A trusted adult can really make all the difference! Please don't hesitate to contact me if you have any questions or concerns, or if you would like a thought partner when it comes to supporting LGBTQ+ youth in your school.

Thank you so much for everything you do for our young people!

██████████ (they/he)

██████████ - LGBTQ+ Support

Health Education Office

Seattle Public Schools

██████████@seattleschools.org

[SPS LGBTQ+ Support Website](#)