101 things you can do.

We are all responsible... for ending violence, bullying, and discrimination of all kinds. You can start today with these concrete suggestions.

- Embrace difference
- Listen to others
- Confront people who tell discriminatory jokes
- Offer a shoulder
- Speak up
- Laugh together
- See difference as an asset, not a deficit
- Interact, even with conflicting views
- Treat loved ones with respect
- Treat everyone with respect
- Give support
- Commit random acts of kindness
- Learn new things
- Share tears
- Open doors (literally and figuratively)
- Allow young people to be who they are (not who you want them to be)
- Learn to tolerate discomfort
- Learn emotional regulation skills
- Apologize if you’ve hurt someone’s feelings
- Give support
- Foster creativity
- Be aware of intersecting “isms”
- Welcome silence
- Send supportive letters to LGBT youth groups – even if you don’t know anyone
- Be vocal about your pro-LGBT opinions/beliefs
- Create a village
- Offer hope
- Write your Congressperson to support the Safe Schools Improvement Act
- Make love, not hate
- Help others find what they are passionate about
- Donate to organizations that make a difference
- Make it seriously when someone talks about being depressed or suicidal
- Proactively advocate for LGBT youth who are being bullied at school
- Create a plan with a person to help them get to a safer place
- Remind others that feelings change
- Share your compassion
- Talk about issues directly, even when it’s tough
- Stop the victim/perpetrator cycle
- Accept other peoples’ feelings as they are
- Report violence when you see it
- Express your concern
- Remember others that people can change
- Take a stand
- Send postcards
- Create a village
- Take photos of happy times together – bring them out to remember that life can be good
- Show up
- Create art or music together
- Push for equality for ALL people

What can you do?