

## What You Can Do

### About Violence and Harassment Against LGBT Individuals

#### Stay involved...

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FORGE is currently leading Milwaukee community-based efforts to address anti-LGBT violence and suicide. Keep abreast of meetings and projects by signing up for our email newsletter and/or watching our homepage at [www.forge-forward.org](http://www.forge-forward.org)

#### If you are a youth...

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- If you are a youth who is finding life very difficult, call The Trevor Project, which runs a 24-hour, national crisis and suicide prevention lifeline for LGBTQ teens. 1-866-4-U-Trevor (1-866-488-7386) or [www.thetrevorproject.org](http://www.thetrevorproject.org)
- Start a Gay-Straight Alliance at your school.  
A very comprehensive list of how-to guides and resources for schools, parents, and teens is available through the Gay, Lesbian, and Straight Education Network (GLSEN)  
<http://www.glsen.org/cgi-bin/iowa/all/antibullying/index.html>
- Know Your Rights! A Quick Guide for LGBT High School Students is available (free!) from the American Civil Liberties Union at [http://www.aclu.org/lgbt-rights\\_hiv-aids/know-your-rights-quick-guide-lgbt-high-school-students](http://www.aclu.org/lgbt-rights_hiv-aids/know-your-rights-quick-guide-lgbt-high-school-students)
- Participate in the Make It Better campaign, helping LGBTQ youth take action now.  
<http://www.makeitbetterproject.org/>

#### If you are an adult concerned about youth...

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- Help your own or another family understand what a difference acceptance makes. Read the publications of the Family Acceptance Project, at <http://familyproject.sfsu.edu/>
- Join Parents, Family and Friends of Lesbians and Gays (PFLAG) (also trans-inclusive). Find your nearest local chapter at <http://community.pflag.org/Page.aspx?pid=803>
- Tell your Congressperson and Senators to:
  - Support the Safe Schools Improvement Act, H.R. 2262 or S. 3739
  - Support the Student Nondiscrimination Act of 2010, H.R. 4530 or S. 3390
  - Pass the Employment Nondiscrimination Act, H.R. 3017 or S. 1584Find contact information at <http://www.contactingthecongress.org/> or call the Congressional Switchboard (202) 224-3121
- Make a video for "It Gets Better Project" on You Tube: <http://www.youtube.com/user/itgetsbetterproject>
- Help your local school district implement Wisconsin's new school anti-bullying law, discussed at <http://www.legis.state.wi.us/senate/sen11/news/press/20100514%20Bully.htm>



## What You Can Do (p2)

- Make sure the teachers and administrators you know know about and have read the National Education Association's "Strengthening the Learning Environment: A School Employee's Guide to Gay, Lesbian, Bisexual and Transgender Issues, 2<sup>nd</sup> edition," available for free at [http://www.nea.org/assets/docs/mf\\_glbgtguide.pdf](http://www.nea.org/assets/docs/mf_glbgtguide.pdf)
- Browse a large collection of how-to guides and resources for schools, parents, and teens available through the Gay, Lesbian, and Straight Education Network (GLSEN) at <http://www.glsen.org/cgi-bin/iowa/all/antibullying/index.html>
- Send a free documentary and teaching kit, "Bullied: A Student, a School, and a Case that Made History," to your local school, available from the Southern Poverty Law Center, <http://www.tolerance.org/bullied>
- Get loads of materials and advice from the Safe Schools Coalition, at [http://www.safeschoolscoalition.org/RG-teachers\\_middleschool.html](http://www.safeschoolscoalition.org/RG-teachers_middleschool.html)
- Support with your dollars and/or volunteer time at any organization addressing LGBT rights or providing services to LGBT adults or youth.

### **If you are an LGBT adult concerned about intimate partner violence...**

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- If you are in an abusive relationship, a national LGBTQ support group is available to you by phone, offered by Network La Red. For more information, call their hotline at 614-742-4911 or go to <http://www.thenetworklared.org/>
- Learn about healthy relationships and what you can do to help a friend who is in an unhealthy one. Check out <http://showmelovedc.org/>
- Make a healthy relationship postcard at <http://showmelovedc.org/lang/en-us/the-postcard-project/>
- Download and post a hot Show Me Love poster.
  - English version: [http://showmelovedc.org/wp-content/uploads/2010/02/SML\\_mini-posters\\_HR\\_eng.pdf](http://showmelovedc.org/wp-content/uploads/2010/02/SML_mini-posters_HR_eng.pdf)
  - Spanish version: [http://showmelovedc.org/wp-content/uploads/2010/02/SML\\_mini-posters\\_HR\\_span.pdf](http://showmelovedc.org/wp-content/uploads/2010/02/SML_mini-posters_HR_span.pdf)

### **If you want to learn more about LGBT health, trauma, and violence disparities...**

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- Download and read "How to Close the LGBT Health Disparities Gap" at [http://www.americanprogress.org/issues/2009/12/pdf/lgbt\\_health\\_disparities.pdf](http://www.americanprogress.org/issues/2009/12/pdf/lgbt_health_disparities.pdf) and "How to Close the LGBT Health Disparities Gap: Disparities by Race and Ethnicity" at [http://www.americanprogress.org/issues/2009/12/pdf/lgbt\\_health\\_disparities\\_race.pdf](http://www.americanprogress.org/issues/2009/12/pdf/lgbt_health_disparities_race.pdf)

### **If you need to know more about how to deliver LGBT-competent care or services...**

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Contact FORGE at 414-559-2123, via [askforge@forge-forward.org](mailto:askforge@forge-forward.org), or consult our website at [www.forge-forward.org](http://www.forge-forward.org)

