

Thank you to everyone who joined us for the training on Families and Friends as Allies/ Supporting LGBTQ and all Youth through Inspiring Dreams Network. I appreciate the interaction and shared knowledge from the attendees today!!

Below are links and other resources mentioned in the training. Additionally, if you need other information, please let me know. My contact is paula@fairnesswv.org

I look forward to additional opportunities for training and have looked at your evaluations for ideas. I would love to meet with your organizations in person and plan further training opportunities.

- Safe and Healthy Schools Toolkit plus the links for Youth, Educators, and Families
 - <https://fairnesswv.org/safe-schools/>
- Centering Youth Voices: Addressing Identity-Based Bullying
 - <https://www.adl.org/resources/tools-and-strategies/centering-youth-voices-addressing-identity-based-bullying>
- Identity-Based Bullying: What Is It and What Can Educators Do About It?
 - <https://sharemylesson.com/webinars/identity-based-bullying-what-it-and-what-can-educators-do-about-it>
- Trevor Project Hotline/text/chat Suicide Prevention
 - <https://www.thetrevorproject.org/get-help/>
- Surgeon General – *Our Epidemic of Loneliness and Isolation* 2023 plus multiple other resources on the importance of social connections
 - https://www.hhs.gov/surgeongeneral/reports-and-publications/connection/index.html?utm_source=osg_redirect&utm_medium=osg_redirect&utm_campaign=osg_sg_gov_connection
- SOGI videos. This series includes different age groups and settings. We watched just one in the training.
 - <https://www.youtube.com/@sogi1239/videos>
- I attached three current articles to this email that are excellent to read about current information on suicidality, supportive environments, etc. for LGBTQ youth.



The Trevor Project focuses on ending suicide among LGBTQ youth.
If you or someone you know needs help, we are here for you.



TrevorLifeline

If you're thinking about suicide, you deserve immediate help.
Call us anytime.

866.488.7386



TrevorText

Talk to a Trevor counselor via text message.

Text "START" to 678678



TrevorChat

Online instant messaging with a TrevorChat counselor.

TrevorChat.org



TrevorSpace

A social networking site for LGBTQ youth under 25, and their friends & allies.

TrevorSpace.org



Suicide Prevention & General Info

Information on suicide prevention and FAQs on sexual orientation, gender identity and other topics can be found at:

TheTrevorProject.org/resources

TheTrevorProject.org

Feelings Cards

			
WORRIED anxious, overwhelmed, uncomfortable, unsafe, fearful	PROUD self-reliant, strong, empowered, pleased	CALM quiet, relaxed, peaceful, serene	HAPPY loved, joyful, safe, cheerful, hopeful
			
SAD unhappy, disappointed, miserable, hopeless, gloomy	BRAVE courageous, fearless, empowered, strong, daring, independent	ANGRY annoyed, frustrated, cross, outraged, hurt, mad	SCARED frightened, terrified, fearful
			
DISAPPOINTED unhappy, sad, upset	CONFUSED overwhelmed, puzzled, muddled	LONELY sad, overwhelmed, ignored, forgotten, unhappy, hurt	SHAME unhappy, unsafe, guilty
			
GUILTY shame, confused, unhappy, uncomfortable	EMBARRASSED confused, worried, sad, uncomfortable, shy, unhappy	EXCITED happy, joyful, thrilled, curious, silly, interested	CONFIDENT relaxed, secure, comfortable

✂ Cut out each card. Cut out and paste the key word and alternative words on the back of each card, or fold under.



Let's Check In

Name _____

During the past week, how often have you felt:

Happy _____ Loved _____ Sad _____

Hopeful _____ Frustrated _____



Do you feel confident about what you learned in class this week? Remember to explain!

What was the best part of the past week for you?

What was the most challenging part of the past week for you?

21 Questions for Check-ins

Use these as you see fit. See the exit ticket as a possible format BUT CHANGE the questions you use each time. Google forms could also be utilized. Choose the “easier” more superficial questions for first time and then questions that may need more self-reflection as students become more comfortable in your class.

Emotional Well-Being Questions

1. How are you feeling today?
2. What emotion are you feeling the most today?
3. During the past week, how often did you feel [Excited? Happy? Loved? Safe? Hopeful? Angry? Lonely? Sad? Worried? Frustrated?]

Academic Engagement Questions

4. How clearly did I teach things in class today?
5. If your friend missed class today and asked you to explain the lesson, what would you tell them?

6. What was confusing for you today?
7. What was your favorite part of class today?
8. What got in the way of your learning today?

Questions About Social Dynamics and Inclusivity

9. How included did you feel in class today?
10. How much did students in class help each other learn today?
11. Do you feel bullied by other students?

Reflective Questions on School Experience

12. What was the best part of the past week for you?
13. What was the hardest part of the past week for you?

Questions About Support

14. What can teachers or other adults at school do to better help you?
15. What's the biggest thing I/you could do better tomorrow to help you learn?
16. Would you like to talk privately with an adult from school about how you're feeling or something on your mind?

Questions About Personal Issues

17. How have you been sleeping recently?
18. If we had free breakfast at school, how much would that help you?
19. If you could do laundry at school, how much would that help you?
20. If you could get free clothes (like jackets and shoes) at school, how much would that help you?
21. If we could improve your internet access outside of school, how much would that help you?

<https://www.panoramaed.com/blog/21-questions-check-in-student-sel-wellbeing>