

QSA ACTIVITIES:

Potluck

BBQ

Lawn Games

Nerf Parties

Water Balloons

Board Games

Guest Speakers

Social Connections

Campfires

S'mores

Art Projects

Community Volunteering

Field Trips



For more information about
ASPEN's Queer Straight Alliance



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Abuse Support & Prevention
Education Network



Our Mission

To promote trust and acceptance throughout our communities and to provide a safe, non-judgmental space as a support network for Gay, Lesbian, Bisexual, Transgender, Questioning, and Straight youth who share a common vision of social equality, strengthening community roots.

Why Queer?

The term "queer" has been reclaimed from its negative use in the past and now is used by some people, particularly youth, to describe themselves and/or their community. It is considered to be more inclusive of the entire LGBTQ+ community and by others who find it to be an appropriate term to describe their more fluid identities.

Why do we need a Community QSA?

According to the national LGBTQ Health Education Center the following factors strongly protect LGBTQ people, especially youth, against spiraling into depression and suicidal behavior:

- Acceptance by family of origin (e.g., parents, siblings, grandparents, children).
- Having a supportive social network made up of LGBTQ friends, allies, and family of choice (close relationships with people who are not biologically related but who act as a family).
- Access to and use of LGBTQ inclusive medical and mental health services.

Statistics

- High School students who identify as lesbian, gay or bisexual are almost 5X as likely to attempt suicide compared to their heterosexual peers.
- 77% of LGBTQ teenagers surveyed report feeling depressed or down over the past week.
- More than 70% report feelings of worthlessness and hopelessness in the past week.
- 48% of all transgender adults report that they have considered suicide in the past 12 months, compared to 4% of the overall U.S. population.

Being a Better Ally

- Be a listener.
- Be open-minded.
- Be willing to talk.
- Be inclusive and invite LGBTQ friends to hang out with your friends and family.
- Don't assume all your friends and co-workers are straight.
- Someone close to you could be looking for support in their coming-out process and not making assumptions can give them the space they need.
- Anti-LGBTQ comments and jokes are harmful. Let your friends, family and co-workers know that you find these things offensive.
- Confront your own prejudices and biases, even if it is uncomfortable to do so.
- Defend your LGBTQ friends against discrimination.
- Believe all people, regardless of gender identity and sexual orientation, should be treated with dignity and respect.