


## Resources for LGBTQ Youth




**Pizza Klatch**  
 (360) 339-7574  
 Pizaklatch.org

**Stonewall Youth Olympia**  
 StonewallYouth.org  
 Lots of events and peer support for teens.  
 Also check their website for LGBTQ supportive doctors and therapists.  
 (360) 888-4273 (call or text)


**Emergency - Trevor Hotline**  
 24 hour suicide hotline for LGBTQ youth  
 1-800-850-8078

## Tips for Healthy Relationships



- 1 Set Boundaries!  
 What is comfortable for you?
- 2 Speak up for yourself!  
 When someone doesn't respect your boundaries.
- 3 Speak up for others to encourage them to maintain their boundaries.
- 4 Ask for support when you can't handle a situation on your own.

## Tools for Self-Care



- 1 Humming Body Scan
- 2 Calming Breaths (in 3, out 3)
- 3 I love you Scan
- 4 Self-compliments
- 5 Positive affirmations
- 6 Meditate
- 7 Create art
- 8 Journal
- 9 Emotional release sounds  
 (Hiss for stress, Shhh for anger, Ha for sadness)

## Guide for Resources



- ✓ Self-Care Tools .....
- ✓ Tips for Healthy Relationships ...
- ✓ Resources for LGBTQ Youth .....
- ✓ Period Self-Care .....
- ✓ Period Care Products .....
- ✓ Books About Puberty .....

## Period Self-Care



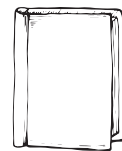
- 1 Stay Hydrated
- 2 Eat Healthy Fats  
 Like avocados, salmon and nuts
- 3 Take Space When Needed  
 Journal, meditate and read
- 4 For Help With Cramps:
  - ✓ Heating Pad
  - ✓ Cramp Bark Tea
  - ✓ Gentle Yoga or Exercise
  - ✓ Rest
  - ✓ Remember to Listen to Your Body

## Period Care Products



- 1 Tampons and Disposable Pads  
 Look for 100% organic cotton.  
 Seventh Generation, Natracare, Organyc, Cora, Honest Company
- 2 Cloth Pads  
 Lunapad, Gladrags, Hannahpad, or make your own
- 3 Period Underwear  
 Lunapad, Thinx, Knixteen
- 4 Menstrual Cups  
 Check out Previous Star Vlogs on YouTube and PutacupIntl.com for tips.  
 DivaCup, Fun Cup, Lily Cup

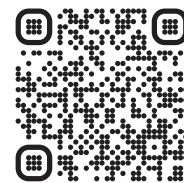
## Books About Puberty



- It's Perfectly Normal**  
 by Robie Harris and Michael Emberley
- What's Happening to My Body?**  
 by Lynda Madaras
- The Care and Keeping of You**  
 by Valorie Schaefer
- The Care and Keeping of You 2**  
 by Cara Natterson



INTENTIONAL SEXUALITY EDUCATION



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