


Resources for LGBTQ Youth



Pizza Klatch

PizzaKlatch.org
(360) 339-7574

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

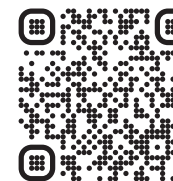
Books About Puberty



- 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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