

What I Need conversation starters

Having at least one caring and trusted adult makes a meaningful difference for LGBTQ+ youth, but sometimes adults don't know where to start. Talking through the following questions with them can help create space for learning, so that they can best support you.

- What does community mean to you?
- What does community feel like?
- What does LGBTQ+ community mean to you?
- Think of five ways you can show support for someone. Ask yourself, what could I do to help others feel comfortable being their authentic selves?
- What does it mean to be marginalized?
- Think of a time you have felt marginalized. How did you react? What did you think or say?
- When have you felt your family or friends didn't understand you? What did they not understand? How did it feel?
- When have you felt confident about who you are? What contributed to feeling that way?
- What was the most stressful part about growing up and figuring out who you are? When you were growing up and figuring out who you are, what did people do to support you? How did people support you growing up as you discovered your identity?
- What can someone do when they aren't being accepted by others?
- I've heard people say, "It gets better." What do you think it will take for things to improve?

- What about your identity has been stressful for you? How did you deal with it?
- Do you know anyone who is LGBTQ+? What do you think is stressful for them?
- When you think about being supportive of me, what do you think you need to learn more about?
- What fears do you have about me being LGBTQ+?