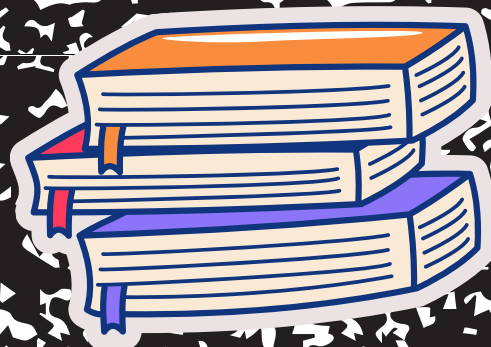


**GSA**  
NETWORK'S

**BACK TO SCHOOL**

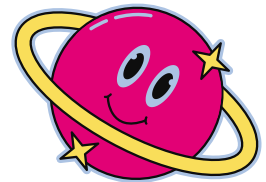
**QUEER**

**SURVIVAL GUIDE**





This Book Belongs To:  
All Trans, Queer,  
Two-Spirit+ Youth



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**Hey there, fabulous TQ2S+ (Trans, Queer, Two-Spirit) youth!**

**The start of a new school year can stir up a whirlwind of emotions, especially when faced with the ever-shifting landscape of our world.**

**But fear not! GSA Network has your back with this zine full of resources to aid you in embracing your unique identities so that you can confidently prosper this school year!**

# QUEER CHRONICLES

## NAVIGATING A NEW SCHOOL YEAR WITH STYLE

Your style can be your superpower, and finding ways to express your true self through fashion can be your ultimate ally in rocking the school year with confidence and joy!

### 1. Rule of Fabulosity - Express Yourself

Fashion can be a compass to self-expression: think of your wardrobe as your personal art gallery – each outfit is a masterpiece that speaks volumes about who you are. From colors that radiate your energy to patterns that resonate with your vibe, choose attire that mirrors your authentic self.

Even if you have to wear a uniform, don't let that get you down! Spice things up with a fun belt, or add flare by matching your kicks to an undershirt that peeks out from under your collared polo. If clothing isn't an option, painting you nails a fun color or even choosing a backpack that speaks to who you are can make a statement. In a world that might sometimes feel uncertain, your fashion choices can be a part of your armor against negativity.



### 2. Navigating the Fashion Jungle

Fashion exploration can be a vehicle in the journey of getting to know yourself! Traditional meets contemporary, and (fashion) rules are meant to be broken.

Try new things- blend styles that resonate with you, creating an ensemble that's uniquely yours. Fashion is your playground – explore it, experiment with it, and define it on your terms. If it feels like you, then it's fashionable!



### 3. Accessorize Your Resilience



Whether it's a vibrant lipstick, a tie that screams "I'm here!", or a pair of shoes that command attention, accessories are more than embellishments; they're storytellers of your identity, resilience, and strength. They can be small, easy additions that add just the right subtle touch of you, whether you're in uniform, running late out the door, or tying a meticulously curated outfit together.

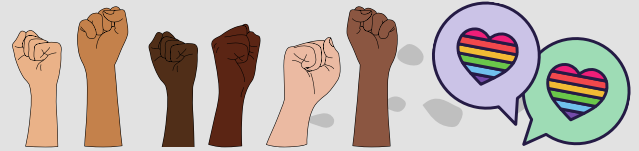
### 4. Bold Hold and Flawless Glow



Playing with hair and makeup can be an empowering way to show your personality. Whether it's an elaborate hair do, wolf cut or rocking the bald look, hair styles can be an ever changing way to show your culture and identity.

Similarly, makeup can be a place to experiment with how you want to be perceived! Give yourself a stronger jawline, or cover up facial hair, or give yourself glittery eyelids- there are endless ways to show your mood and aesthetic just by playing with hair and makeup: And it makes for a good time with friends!

### 5. The Power of Community



Finding a squad can make navigating school easier and more fun- connect with fellow TQ2S+ individuals and allies to ground yourself as you navigate the ups and downs of being a (queer) teenager. Share tips, swap stories, and celebrate each other. Your community is your compass, guiding you through the maze of both the school year and the world's adversities.



**As the world evolves, our belief in TQ2S+ youth power and resilience remains constant.**


Embrace your uniqueness, wear your identities with pride, and strut through the school year with the confidence of a trailblazer.

**Stay fabulous, stay true, and shine on!**



# BAG TO SCHOOL

## Supply Check List

- Gender-affirming school clothes
- Pronoun pins 
- Fidget toys
- Trusted adult at school
- Map of gender-affirming bathrooms
- Register your GSA with GSA Network
- Water bottle and snacks
- Masks and Covid tests
- List of school resources
- Copy of your IEP/ 504 Plan\*
- A plan to advocate for yourself

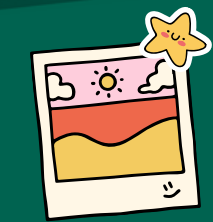
\*IEP/504 Plans are legal documents that describe a plan for the education and advocacy of students with a disability

MONTH

Comp. Sex Ed

LGBTQ History

Police-Free Schools



**Download at:**  
[gsanetwork.org/annual-resource](https://gsanetwork.org/annual-resource)  
**2023-2024 CALENDAR OF EVENTS**

**AUGUST 2023**

**GSA RAMP UP**  
 With the new school year kicking off, you and your GSA can begin brainstorming! Check out our resources by visiting [gsanetwork.org/resources](https://gsanetwork.org/resources)

**SEPTEMBER**

**THIS MONTH: GSA Registration!**  
 Register your GSA every school year at [gsanetwork.org/gsa-registration](https://gsanetwork.org/gsa-registration) to receive resources, news, & information to strengthen your GSA club!  
 4th-10th: Suicide Prevention Awareness Week  
 Sep 15th-Oct 15th: Latinx History Month

**OCTOBER**

**THIS MONTH: LGBTQ+ History Month!**  
 10th: Indigenous Peoples' Day  
 11th: National Coming Out Day  
 26th: Intersex Awareness Day

**NOVEMBER**

**THIS MONTH: Native American Heritage Month!**  
 17th: GSA Day for Gender Justice- #GSADay4GJ  
 20th: Transgender Day of Remembrance & Resilience

**DECEMBER**

1st: World AIDS Day

**SEPTEMBER**

M	T	W	Th	F	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

**OCTOBER**

M	T	W	Th	F	Sat	Sun
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

**NOVEMBER**

M	T	W	Th	F	Sat	Sun
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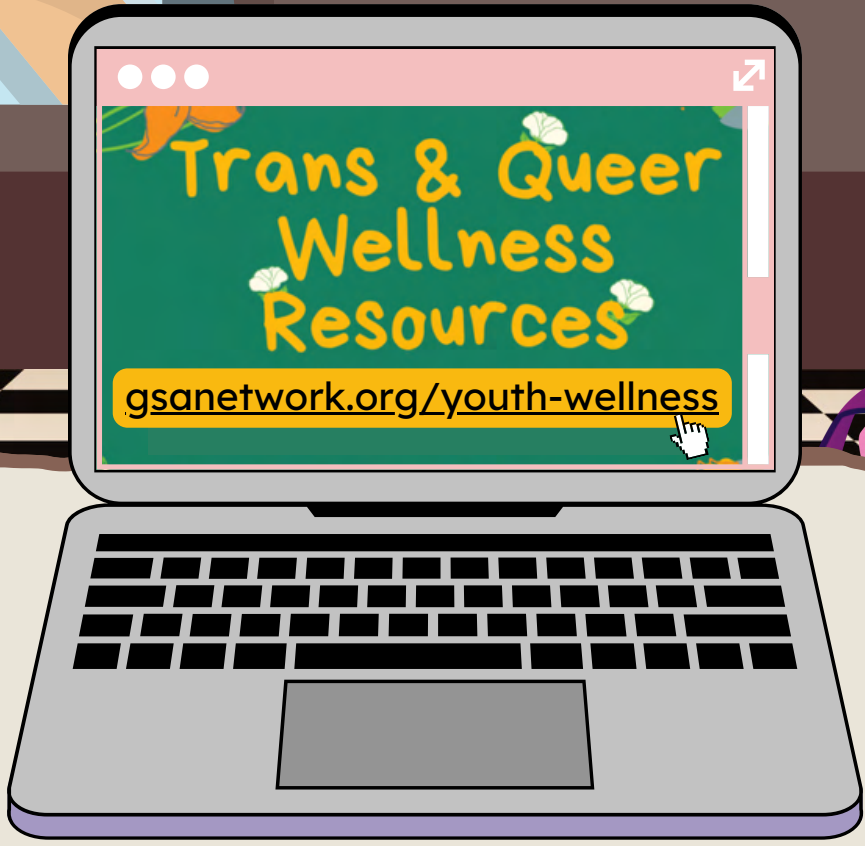
**JOIN YOUR  
 SCHOOL'S GSA  
 CLUB AND  
 REGISTER WITH  
 GSA NETWORK  
 HERE!**

**NEED HELP  
 STARTING A GSA?  
 CHECK OUT OUR  
 10 STEPS FOR  
 STARTING A GSA  
 HERE!**

Menu

Check out our recommended readings, activities, and more!

How do you take care of yourself during the school year?



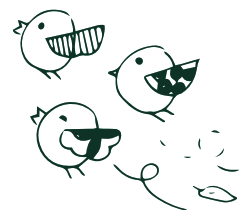


# Inclusive Sexual Health MATTERS

LGBTQ+ Youth Sex Ed Resources:



- Sex, etc: [sexetc.org](http://sexetc.org)
- Advocates for Youth: [advocatesforyouth.org](http://advocatesforyouth.org)
- I Wanna Know: [iwannaknow.org](http://iwannaknow.org)
- Go Ask Alice!: [goaskalice.columbia.edu](http://goaskalice.columbia.edu)



HIV/STI Testing:

- [hiv.gov](http://hiv.gov) or call 1-800-CDC-INFO (1-800-232-4636)

More at [gsanetwork.org/sexual-health](http://gsanetwork.org/sexual-health)



Have you emailed  
your teacher  
about your new  
name/pronouns?



Use GSA's  
template!

Dear Professor \_\_\_\_\_,

I am a student in your  
[insert class] for  
this semester...

CLICK  
HERE!



**YES!  
BATHROOM  
ACCESS IS  
MEDICALLY  
CRITICAL AND  
LEGALLY  
REQUIRED.**

**TRANS STUDENTS HAVE THE RIGHT  
TO USE THE RESTROOM AND  
LOCKER ROOM THAT MATCHES  
THEIR GENDER IDENTITY. THERE IS  
SOME PUSHBACK AGAINST THIS  
AND THE SUPREME COURT MAY  
DECIDE TO HEAR A CASE ABOUT  
TRANSGENDER STUDENT RIGHTS IN  
THE NEXT FEW YEARS.**

**CLICK [HERE](#) FOR RESOURCES  
FROM THE U.S DEPT OF EDUCATION**



**CAN TRANS STUDENTS USE BATHROOMS  
THAT ALIGN WITH THEIR GENDER IDENTITY?**

**-Transgender Law Center**

# WHAT IS TITLE IX?

**Title IX States: No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance.**

**-U.S. Department of Education**



# U.S. DEPT. OF EDUCATION'S PROPOSED CHANGES TO TITLE IX

The proposed rule would, "establish that policies violate Title IX when they categorically ban transgender students from participating on sports teams consistent with their gender identity just because of who they are." However, the proposal also states that, "some schools may adopt policies that limit transgender students' participation, particularly in competitive high school and college athletic environments."

-U.S. Department of Education



# TRANS YOUTH ON SPORTS

"Track and field is a really co-ed sport. Everyone practices together. But I had to compete with the girls and for me, as someone who has the privilege of being able to pass, there were a lot of questions and a lot of feelings of not belonging."  
- Asher, He/Him

"Don't isolate us further by taking away our sports."  
- Hope, They/Them

"It was always really weird because they didn't know where to put me."  
- Nuriel, They/Them

"I played softball. Then I came out and I dropped sports. I think facing the rejection of wanting to play and not being allowed to just because I was trans discouraged me from picking up sports again."  
- Andy, He/Him

"I love being part of a team and having that spirit and joy. We're not playing to try to have an edge or leg up. Sports are about having a communal experience. It's about being a kid."  
- Ash Kranti, Xe/Xyr



# Youth Spotlight

Morgan



They/Them

**What role can GSAs play in creating a safe and inclusive environment for TQ2S+ students? Are there specific initiatives they should focus on?**

“A school's GSA plays such an important role in creating a safe environment for trans and queer individuals. Not only by providing that space at school that includes other trans and queer individuals, but by having staff that support the GSA on campus, either in the community or not.

Specific initiatives GSAs should focus on are safety, a student's rights at school, inclusive sex education, and just having adults in the community to be able to talk to.”

**What type of support/resources do you hope to receive from your school's GSA to help you navigate potential hostility or difficulties?**

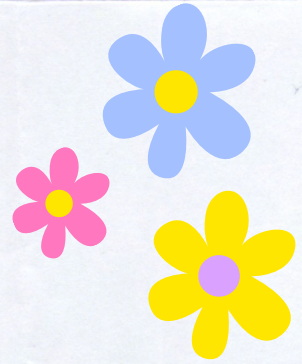
“Even just having a GSA at school is a great resource. Having a safe space to discuss issues and difficulties with other trans and queer individuals is something that has helped me get through all my years of high school. Especially having a staff member in our GSA within the community was the most helpful type of support, as I was able to have a trusted adult to help me through these issues.

Support at an administration level is also key to any school's GSA continuing to thrive within a climate that does not want us to.”

# YEARBOOK 2023

## AUTOGRAPHS

"I just want to remind [trans youth] that they are loved and that they are supported, that they have people who are rooting for them."  
- Jayy, They/Them



"Take care of yourself. Drink some water, get some comida, take a bath, drink some tea. Do the things that you enjoy. Have as much fun and love and care as you can."

- Amayas, They/Them



"We are here to uplift you, and I am sending all of my love and all of my spirit to you, because things are really hard right now."  
- Ash Kranti, Xe/Xyr

"My school GSA is like the only place for people like me to find our community."  
- Hope, They/Them

"Talk to adults that are allies or transgender adults that are in your life."  
- Bug, They/She

#yearbook