

# TEACHER DIRECTIONS

Dear educator,

Thank you for downloading my LGBTQ Support Group freebie. I love that you are interested in creating an environment at your school that is tolerant and accepting of all students. If you liked this product, please take the time to leave feedback- it is always greatly appreciated!

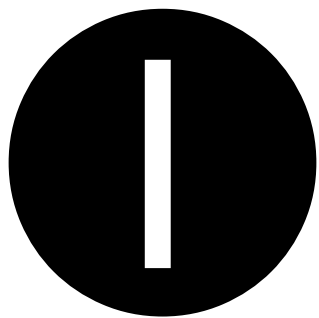
Sincerely,  
Brittany Wheaton  
The SuperHERO Teacher

**Step one:** Print the blank journal pages and bind them for students (you can do this at Office Max or even simply staple them.

**Step two:** Go through each page with students to spark discussion on tolerance and acceptance.

**Step three:** Information about positive self-talk can be found here: <http://www.pickthebrain.com/blog/7-steps-to-positive-self-talk/>

**Step four:** The balloon exercise should be played out as follows- each student will write the stereotype they wish to “burst” on a slip of paper or on the outside of the balloon. Then, as a group each person will explain the stereotype and why they wish it didn’t exist and the “burst” or pop the balloon. It symbolizes that stereotype being dismissed.



KNOW THE FACTS

2

TOLERANCE

3

ACCEPTANCE

4

SELF-TALK

5

EQUALITY

6

ADVOCATE



# TAKE ACTION

Design a bulletin board that would encourage students to be tolerant and accepting of others.



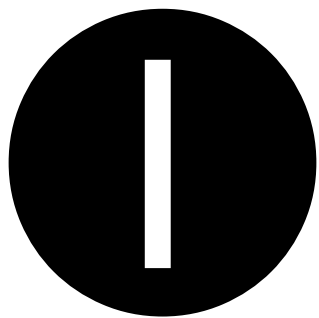
Take **action**: compliment one person in the room, and then compliment yourself.

8

TAKE PRIDE



be-YOU-tiful



# KNOW THE FACTS

What does  
**LGBTQ** stand for  
and what is the  
purpose of an  
LGBTQ support  
group?

With a partner,  
draft a mission  
statement for our  
group. We will  
write the final  
mission statement  
as a group.

Go to the DoSomething website and write down 3 facts that many LGBTQ people experience. Then, discuss with your partner how to improve upon the statistics.

<https://www.dosomething.org/facts/11-facts-lgbt-life-america>

# REFLECT

*Journal Prompt #1*

What do you hope you get out of this LGBTQ Support Group?

# 2

# TOLERANCE

Define the term "stereotype". In your opinion, why do you think stereotypes exist and how can we teach peers to be tolerant of others?

## BURSTING STEREOTYPES

Beneath the flap, write down the biggest stereotype you'd like to "burst" at our school.

\*BALLOON ACTIVITY



Define  
TOLERANCE.

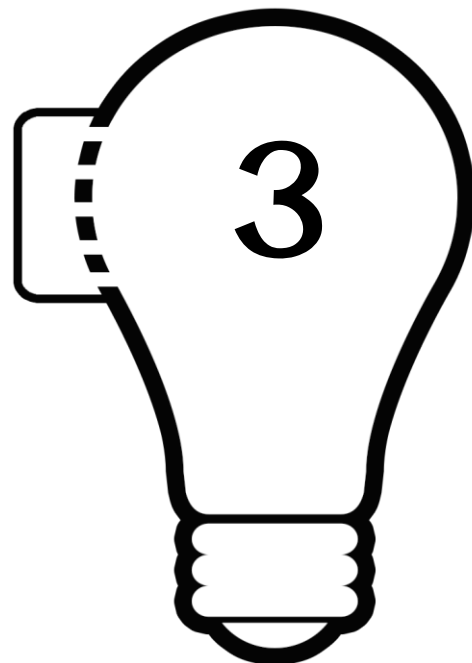
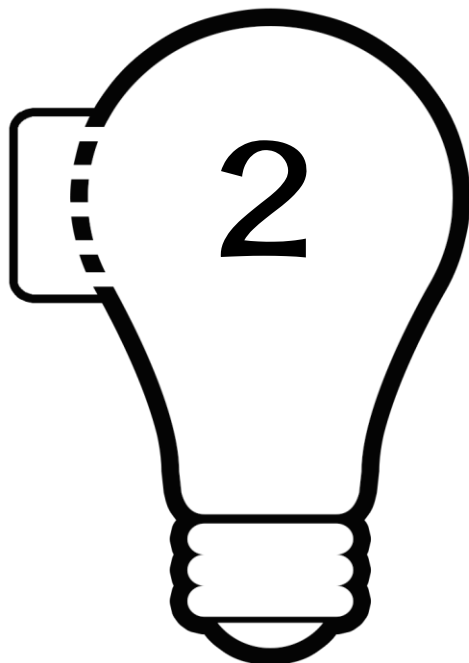
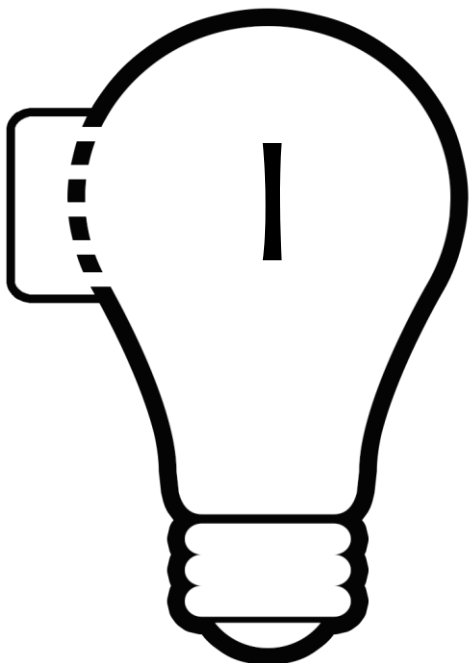
In your opinion, does your school have a good understanding of tolerance? Why?



3

# ACCEPTANCE

What are three things our school could do to promote acceptance?



REFLECT

*Journal Prompt #2*

Write about a  
positive  
experience you've  
had in relation to  
acceptance or  
tolerance at our  
school.

# 4

# SELF-TALK

## STEPS TO POSITIVE SELF-TALK

### Step ONE

Eliminate  
negative chatter

### Step TWO

Positive  
affirmations

### Step THREE

Positive Scripts

### Step FOUR

Replace negative  
influences with  
positive ones

### Step FIVE

Confront fears & focus  
on enjoyable moments

Define  
Self-Talk

Create a  
positive  
script for  
yourself.

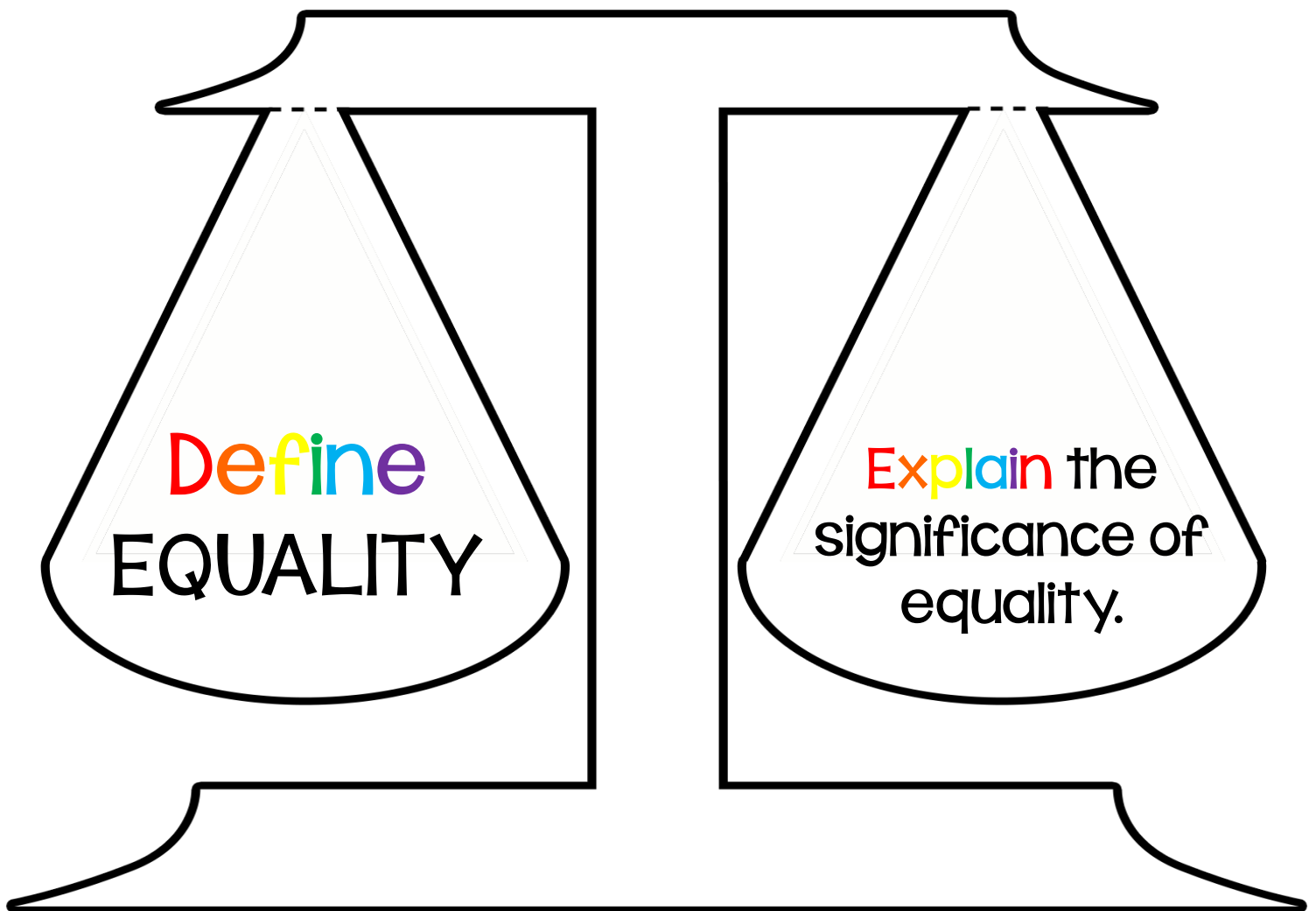
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# EQUALITY

REFLECT

*Journal Prompt #3*

Do you think today's society is making advancement towards equality? Give examples.



6

# ADVOCATE

Beneath the empowered fist in the air, write the importance of being an advocate.



Define  
Advocate

Research different programs you can participate in to be an advocate for equality, acceptance, and tolerance. Then, create a list of programs beneath the flap.



# TAKE ACTION

Design a bulletin board that would encourage students to be tolerant and accepting of others.



Take **action**: compliment one person in the room, and then compliment yourself.

8

# TAKE PRIDE

Define  
PRIDE

Explain the  
significance of  
having pride in  
who you are.

REFLECT

Journal Prompt #4

Write about how you  
can encourage others  
to be proud of who  
they are as a person,  
regardless of their  
sexuality or gender.



be-YOU-tiful

In groups of 7 or more, pass  
your journals around clockwise.  
Write a positive note,  
compliment, or encouraging  
message on beneath a petal in  
each group member's journal.

If time permits, decorate each  
petal as you go.