

Strength & Community For LGBTQ+ Students

Empowering Yourself as an LGBTQ+ Student

Being an LGBTQ+ student can come with unique challenges, especially in environments where straight and cisgender identities are treated as the default. This can sometimes lead to feelings of loneliness, anxiety, or uncertainty. But you're not alone—and there are steps you can take to build confidence in your identity, connect with supportive people, and find a sense of community.

Struggles With Isolation and Finding Community

Many students who identify as part of the LGBTQ+ community struggle with feelings of isolation at school and at home, especially when those around them don't fully understand or share their same experiences. It's common to experience conflict between wanting to express yourself authentically to others and fearing judgment and exclusion based on your identity. We all deserve people and loved ones who we know will support us regardless of our sexuality or gender identity. But for LGBTQ+ students, finding communities and spaces that feel safe and accepting of them can be difficult, which can take a toll on their mental health and lead to stress, anxiety, and depression. On top of that, ongoing changes in laws and policies can create even more uncertainty about your rights to love openly and express your identity freely.

Tips/Steps:

Find Your Safe Circle:

Seek out a friend, mentor or teacher, someone who you can talk to without the fear of being judged. Think about people who respect your pronouns, listen to you, and make you feel comfortable being yourself! Also, seek out other LGBTQ youth, school clubs, and online communities that are full of people who understand and want to connect with you.

Remember You Are Not Alone:

There are others going through similar experiences, and remind yourself that others feel this too! Books, podcasts, shows, and social media accounts created by LGBTQ+ people can remind you that your identity is real, valid, and part of something bigger. Representation matters—it can feel like a lifeline.

Express Yourself Freely:

Through poetry, music, fashion or journalism, you can use your creativity as a space where you can thrive. You don't have to share everything all at once. Expressing yourself can begin with small choices—like your style, pronouns, or talking to one trusted person. Every step is valid. Expression is a form of healing and can often serve as a path to connection with others.

Mobilization Activity:

Finding Community and Confidence Through Self-Expression

Step 1: Creative Expression as an Outlet

Take a few minutes to identify a few forms of creative expression that resonate with you – this can be writing poetry, drawing, singing, theater, fashion, or any other mode of choice.

1

2

3

Then, choose one of these activities and spend some time creating a piece that is meaningful to you. It doesn't have to be perfect; you should prioritize enjoying the process. You can write some ideas or an outline for your piece below – once you have an idea of what you want to create, you can get started and go at your own pace!

Step 2: Share Your Work With Others

If you want to, share your creative work with a friend or family member who supports you. You can use your work to lead into a conversation about your feelings, struggles, and needs – or you can simply share your piece.

active●minds

YOUR VOICE
IS YOUR POWER.

This resource was created for the Your Voice is Your Power resource hub.
A collection of mental health resources for youth and young adults who are looking to begin or grow as a mental health leader.