

Prevention Professionals of Northern Middlesex



June 11, 2021

Happy Pride 2021! Do you know what the colors of the new “Progress Pride” flag represent? Red = life, orange = healing, yellow = sun, green = nature, royal blue = harmony, violet = spirit, black/brown=communities of color, pink-blue-white= transgender.



Three Ways Parents can Support Their LGBTQ Child

<https://frontline.crediblemind.com/articles/three-ways-parents-can-support-their-lgbtq-child>

Are you the parent or caregiver of a child or teen who identifies as LGBTQ+? If you're worried about knowing how to support them, you are not alone. You want what's best for your child, of course. Pride Month is a good opportunity for all allies of the LGBTQ+ community to learn more about how to lend support. And, as a parent, you may be your child's first and best ally.

How to Find Safety and Acceptance Through Self-Love

<https://frontline.crediblemind.com/articles/lgbtq-pride-month-2020>

While there is a lot to celebrate amongst the LGBTQ+ community, the National Alliance on Mental Illness (NAMI) still reports that the risk of mental health conditions like depression, anxiety disorders, and post-traumatic stress disorder are almost three times as high for youth and adults who identify as LGBTQ+.

Taking Pride in Yourself and Your Wellbeing!

<https://frontline.crediblemind.com/lists/lgbtq-taking-pride-in-yourself-and-your-well-being>

The Front Line in collaboration with Credible Mind provides resources selected to support you wherever you are in your journey.

WHO ARE WE?

SAPC

SAPC is a coalition of eight communities working together to help reduce substance abuse with specific intentions for youth below the age of 18.

Communities include:

Billerica—Mike Higgins
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GLSEN

<https://www.glsen.org/>

GLSEN was founded by a group of teachers in 1990, we knew that educators play key roles in creating affirming learning environments for LGBTQ youth. But as well as activating supportive educators, we believe in centering and uplifting student-led movements, which have powered initiatives like the Day of Silence, Ally Week, and more.

GLAAD

<https://www.glaad.org/>

GLAAD works through entertainment, news, and digital media to share stories from the LGBTQ community that accelerate acceptance. Leading the conversation. Shaping the media narrative. Changing the culture. That's GLAAD at work

PFLAG

<https://pflag.org/>

PFLAG is the first and largest organization for lesbian, gay, bisexual, transgender, and queer (LGBTQ+) people, their parents and families, and allies. With over 400 chapters and 200,000 members and supporters crossing multiple generations of families in major urban centers, small cities, and rural areas across America, PFLAG is committed to creating a world where diversity is celebrated and all people are respected, valued, and affirmed

The Trevor Project

<https://www.thetrevorproject.org/>

Founded in 1998 by the creators of the Academy Award®-winning short film TREVOR, The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.

It Gets Better

<https://itgetsbetter.org/>

The It Gets Better Project's mission is to uplift, empower, and connect lesbian, gay, bisexual, transgender, and queer (LGBTQ+) youth around the globe.

NOH8 Campaign

<http://www.noh8campaign.com/>

The NOH8 Campaign is a charitable organization whose mission is to promote marriage, gender and human equality through education, advocacy, social media, and visual protest.

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