

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!

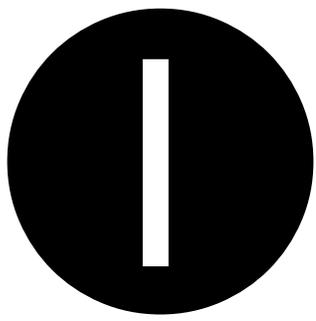
Sincerely,
Brittany Wheaton
The SuperHERO Teacher

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

7

TAKE ACTION

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



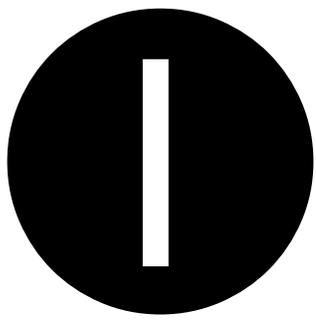
Take **action**: compliment one person in the room, and then compliment yourself.

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.

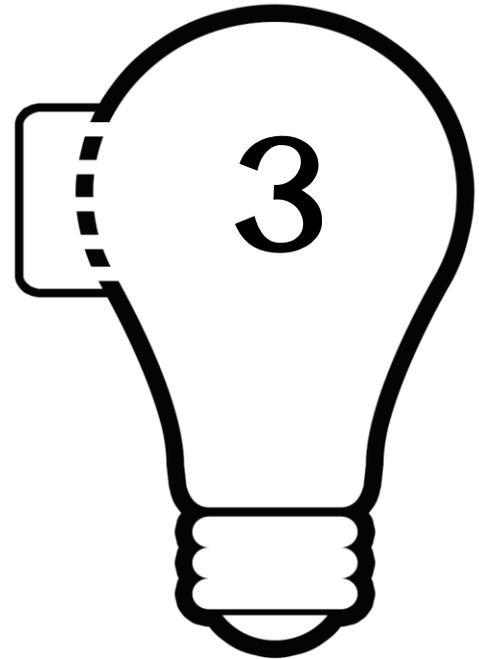
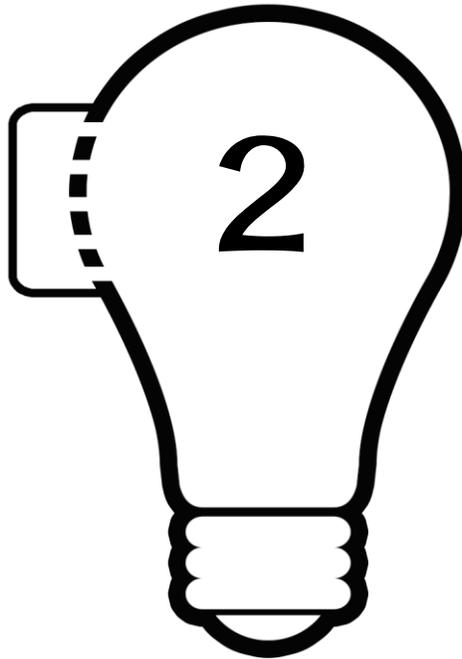
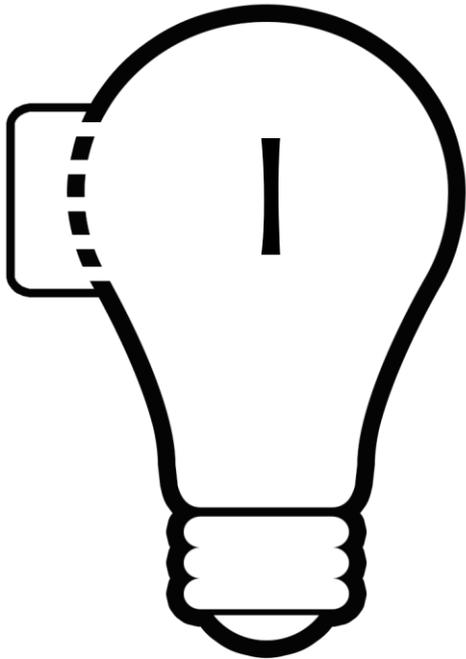
In your opinion, does your school have a good understanding of tolerance? Why?



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.

5

EQUALITY

REFLECT

Journal Prompt #3

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

Define
EQUALITY

Explain the
significance of
equality.

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.

7

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

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

Journal Prompt #4



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.