

On the Rainbow Spectrum

a coloring book with
detailed resources



Showing Allyship

In order to show allyship, you must first understand the basics of the acronym "LGBTQ+" (which is LGBTQQIAA in full length)

♥ LESBIAN

A woman who is sexually/romantically attracted to other women



♥ BISEXUAL

Characterized by sexual/romantic attraction to more than one gender types



GAY ♥

Characterized by sexual/romantic attraction to people of the same gender. (Generally used to describe men loving men)



TRANSGENDER ^

A person whose gender identity differs from their biological sex



Below are traits every person, queer or not, deals with.

Sex assigned at birth(*) *

Physical anatomy you are born with.

what you have

Sexual orientation (<3) ♥

The gender a person is sexually/romantically attracted to in relation to their own.

who you love

Gender identity (^) ^

Conceptualization of one's own gender on a spectrum between male and female.

what you feel

Gender expression (+) +

How a person chooses to outwardly express their gender identity.

how you look and act

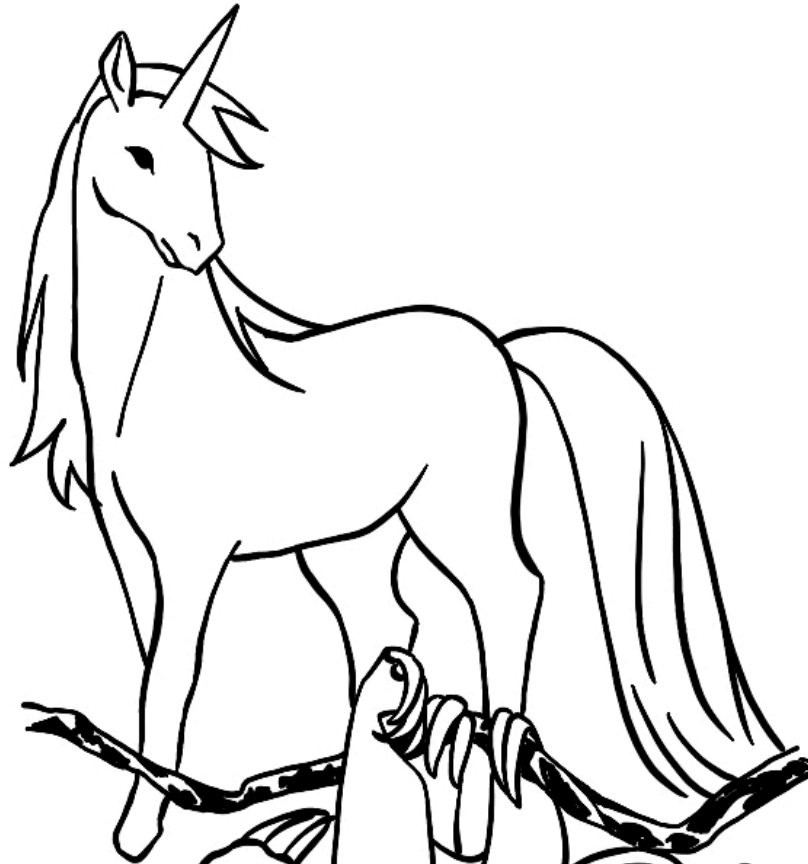
Video explanation



Remember that everything is on a spectrum (instead of just black and white, there are shades of gray in between for transition). Never assume, and if you don't know, carefully ask what the other identifies as and respect their pronouns, chosen names, appearances, and partners.

^ * ♥ QUEER

An umbrella term to refer to anyone who identifies as being part of the community



QUESTIONING

People who are questioning their place on the LGBTQ+ spectrum



ALLY

Non-queer folk who support the queer community



ASEXUAL ♥

Not having sexual feelings toward others



^ * INTERSEX

A person born with a combination of male and female biological traits



and many more!

LGBTQ+ Youth Rights

Safe

Treated equally (free from discrimination and harassment) EC 200, 220, 2107

Not be outed by staff, students, or parents/guardians Lawrence v. Texas, 539 US 558

Access to facilities that align with their gender identity AB1266, EC 2203

Respected

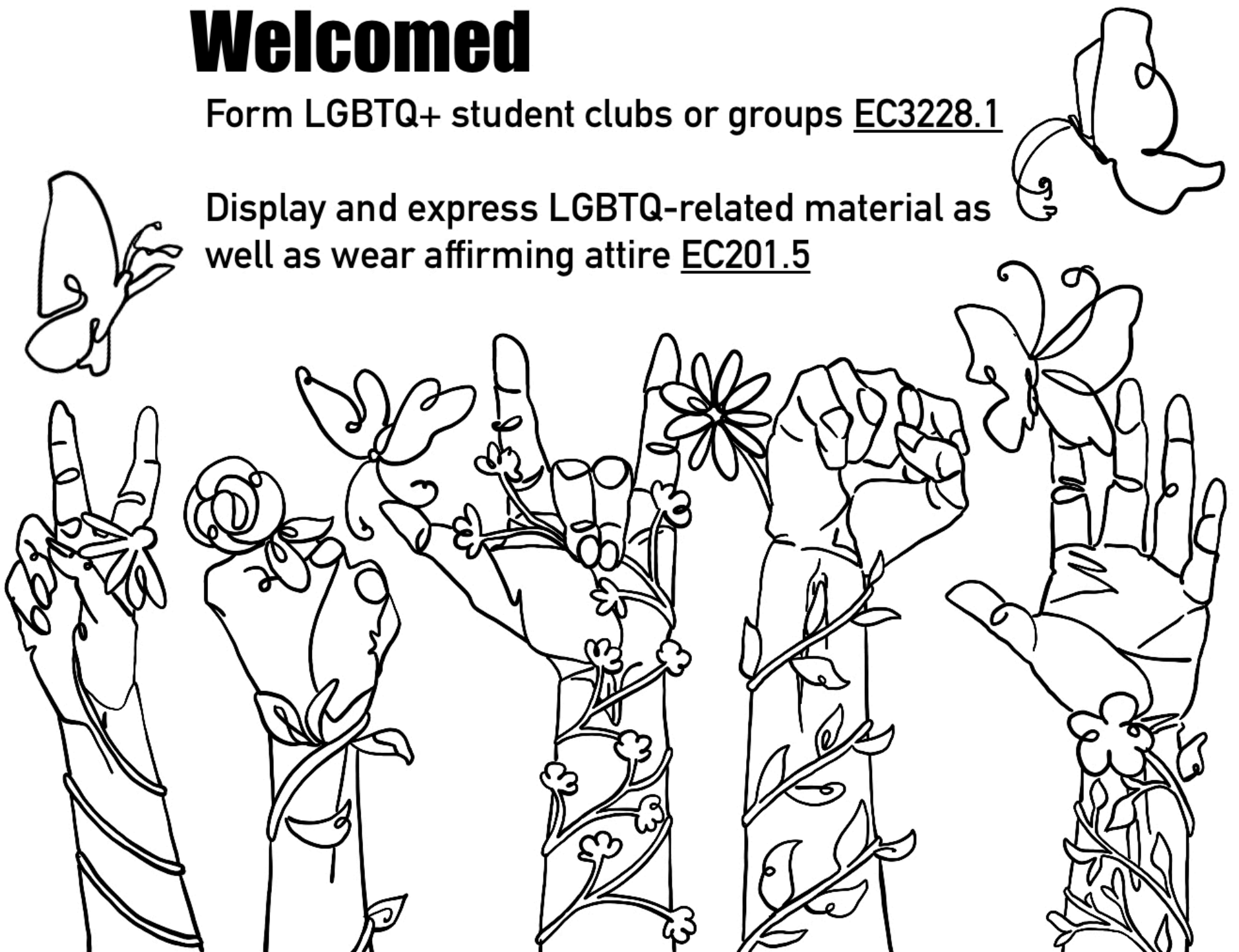
Inclusive learning of LGBTQ+ history and sexual education EC 243, FAIR Act 51204.5

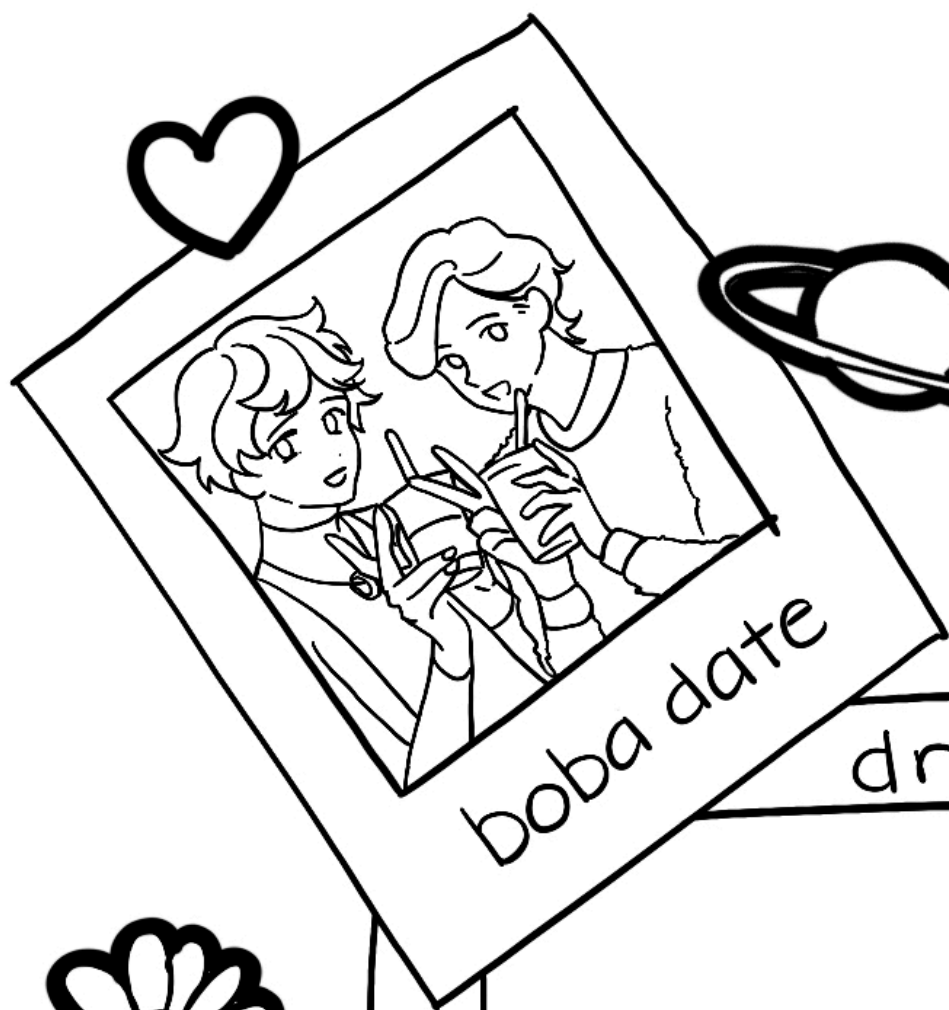
Referred by preferred name and gender pronouns EC 51500

Welcomed

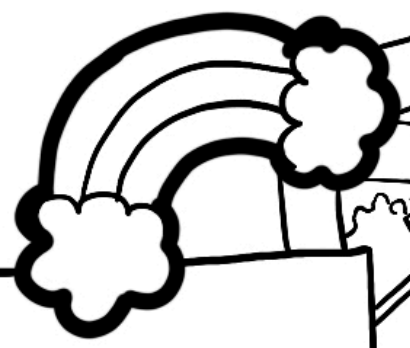
Form LGBTQ+ student clubs or groups EC3228.1

Display and express LGBTQ-related material as well as wear affirming attire EC201.5

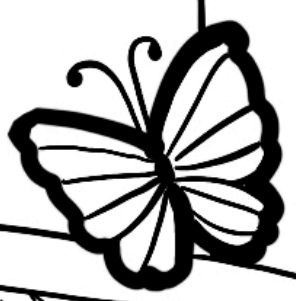




boba date



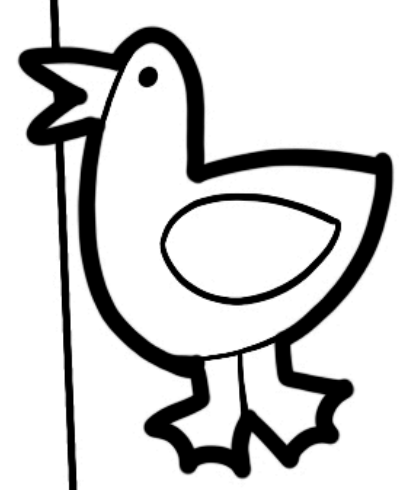
draw!



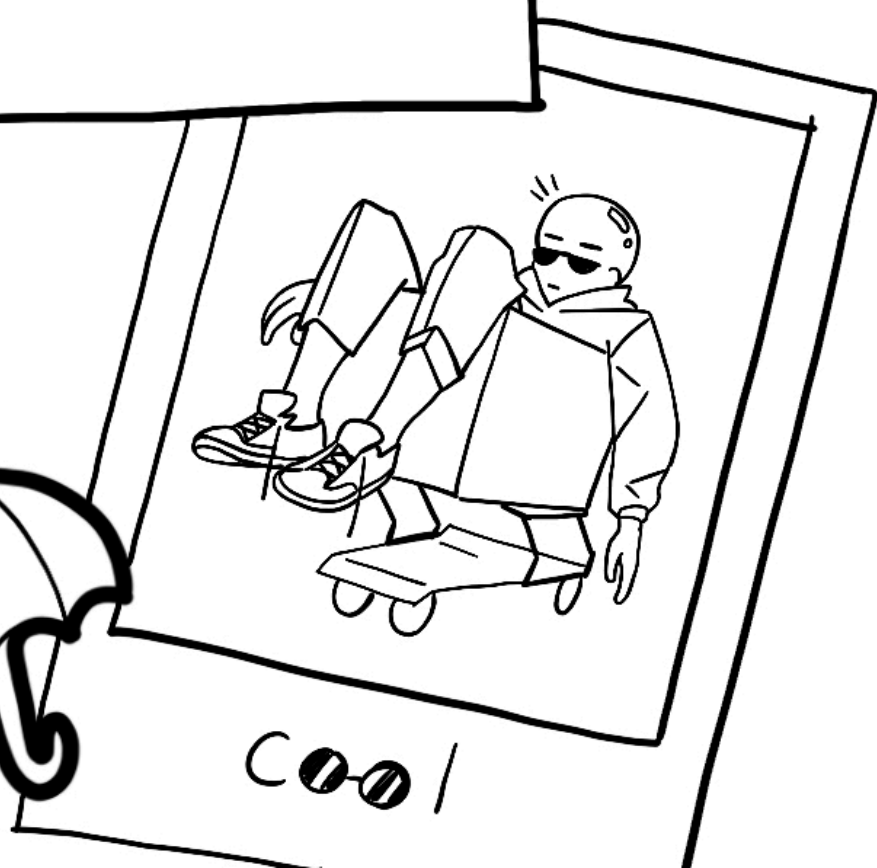
Photoshoot



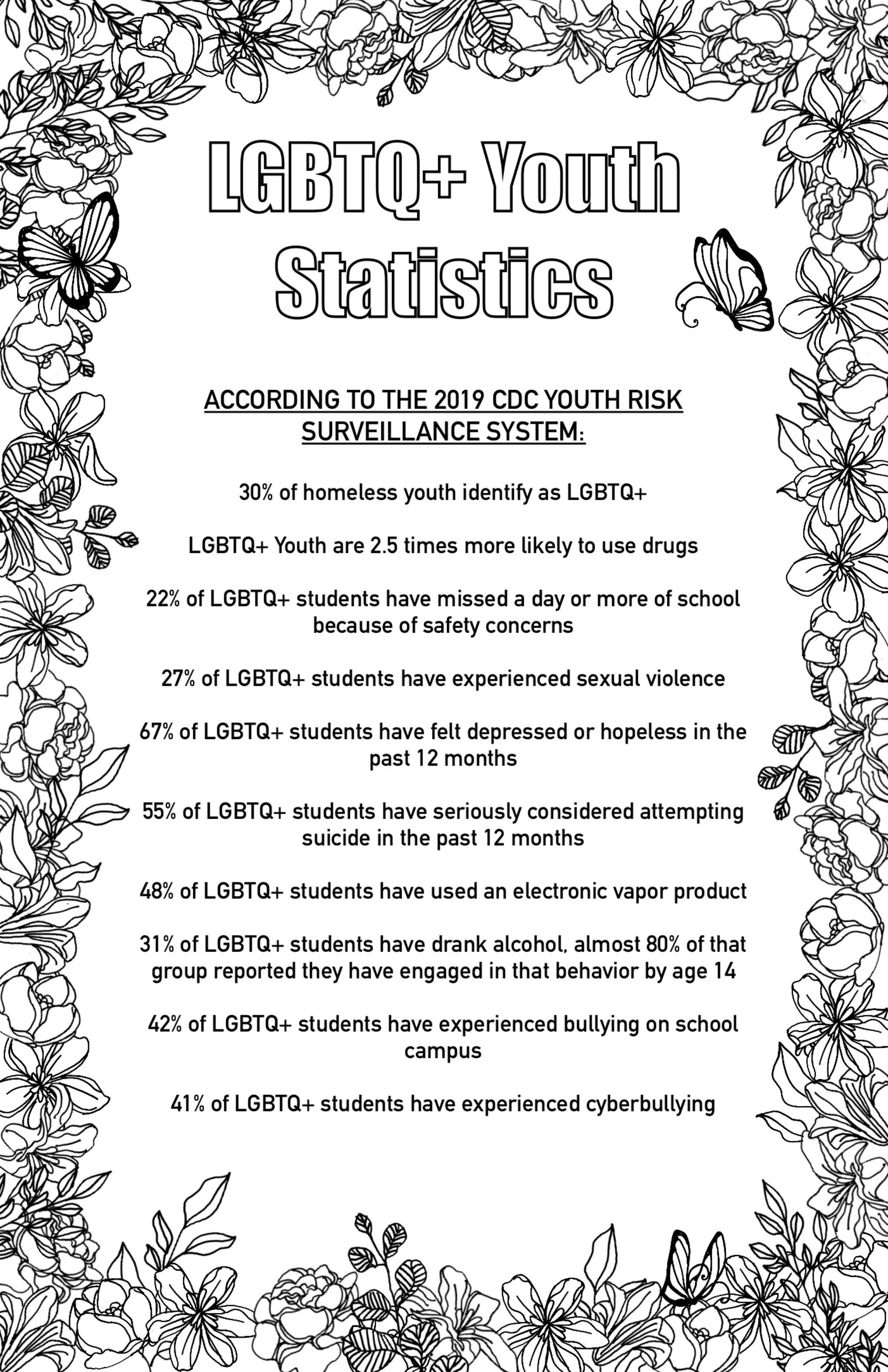
Pride Po



What is your identity?



Cool



LGBTQ+ Youth Statistics

ACCORDING TO THE 2019 CDC YOUTH RISK SURVEILLANCE SYSTEM:

30% of homeless youth identify as LGBTQ+

LGBTQ+ Youth are 2.5 times more likely to use drugs

22% of LGBTQ+ students have missed a day or more of school
because of safety concerns

27% of LGBTQ+ students have experienced sexual violence

67% of LGBTQ+ students have felt depressed or hopeless in the
past 12 months

55% of LGBTQ+ students have seriously considered attempting
suicide in the past 12 months

48% of LGBTQ+ students have used an electronic vapor product

31% of LGBTQ+ students have drunk alcohol, almost 80% of that
group reported they have engaged in that behavior by age 14

42% of LGBTQ+ students have experienced bullying on school
campus

41% of LGBTQ+ students have experienced cyberbullying



Resources List

TOBACCO/VAPE QUIT RESOURCES:

KICK IT CA HELP/TEXTLINE

Call 1-800-300-8086 (English)

Call 1-800-600-8191 (Spanish)

Text "Quit Vaping" or "No Vapear" to 66819

MENTAL HEALTH RESOURCES:

Call 988 or text RENEW to 741741

Visit Local Resources tab at tupe.sccoe.org.

LGBTQ+ YOUTH RESOURCES:

The LGBTQ Youth Space: youthspace.org

LGBTQ Wellness: lgbtq-well.org

PFLAG: pflagsanjose.org

Outlet (Redwood City, San Mateo, Mountain View):

acs-teens.org/what-we-do/outlet/

Office of LGBTQ Affairs (Santa Clara County)

The Q-Corner: theqcorner@hhs.sccgov.org



Comic: Refusal Skills

On a pleasant morning

rustle...

A particular group of friends stayed inside to play Smash Bros.

Win

Lose

Yes! I win!

Hehe-

As always, you've beat me.

Nice play! Dude.

Now I need another way to release all my stress.

Nod

Nod

Say...

Let's release stress with this!

vape/e-cigs

?!

Now, how should he refuse his friends?

Any ideas?

NAME JASON

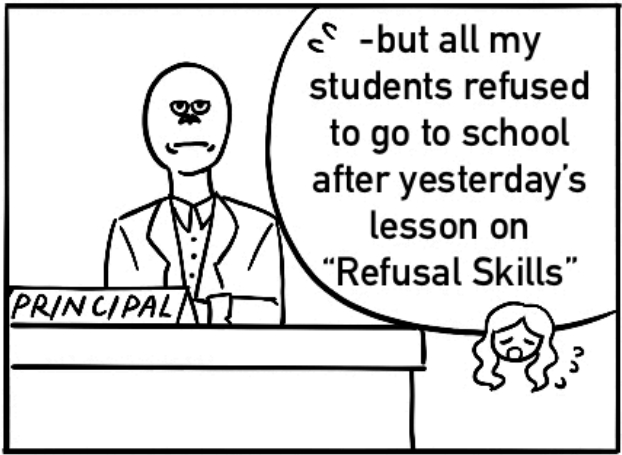
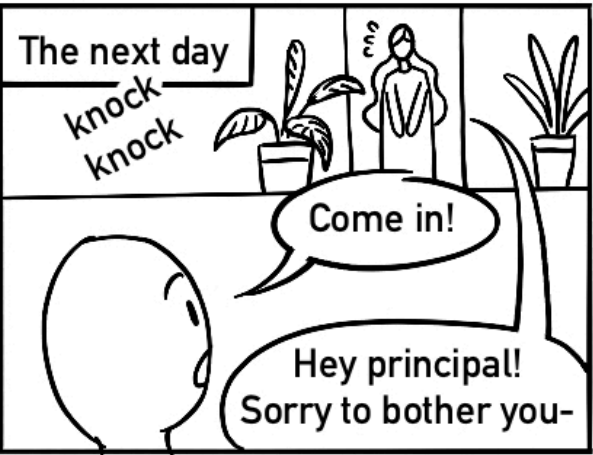
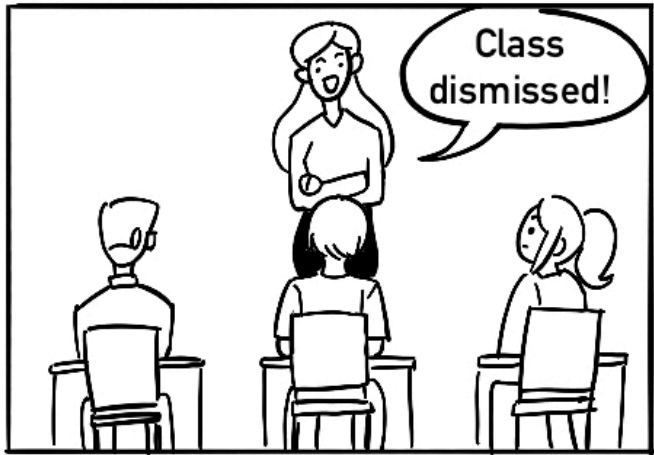
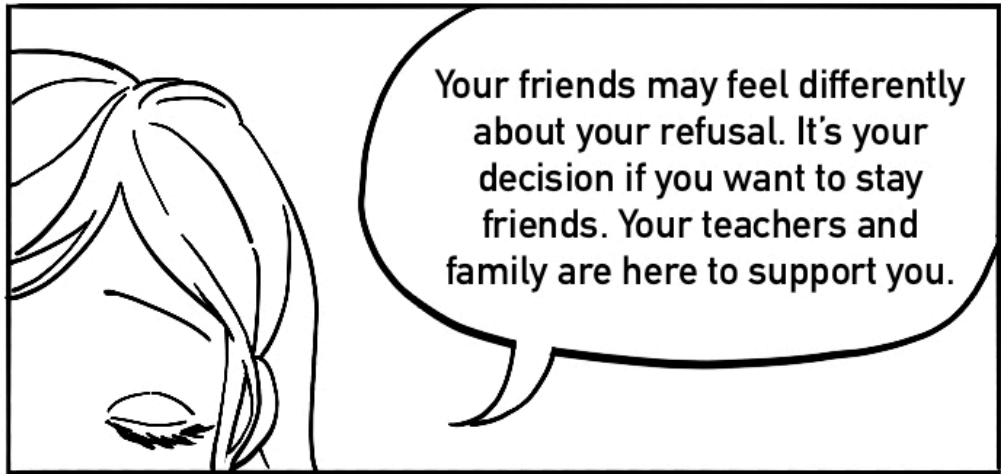
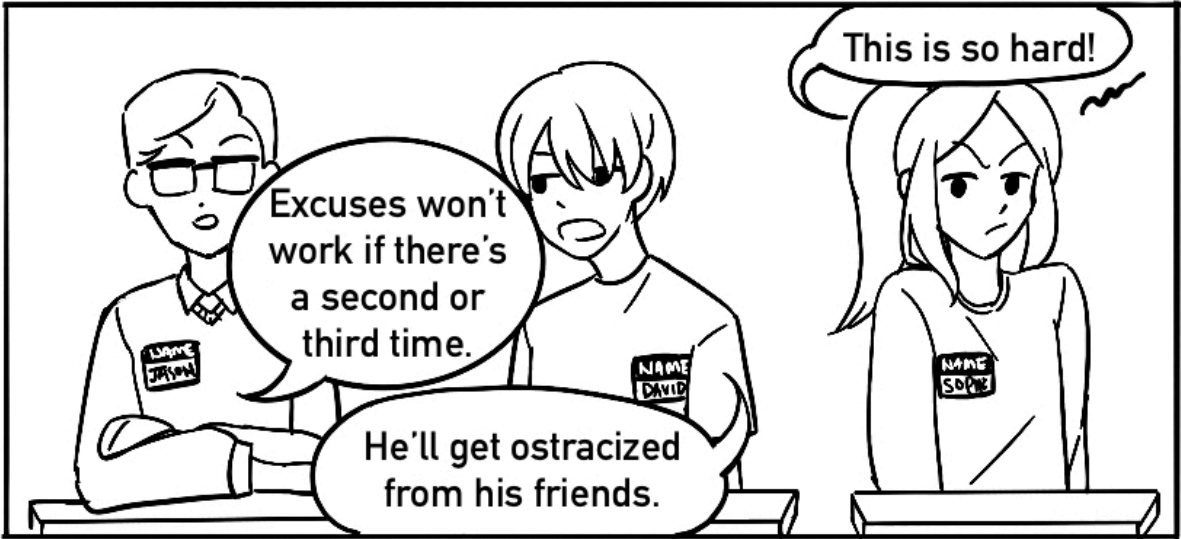
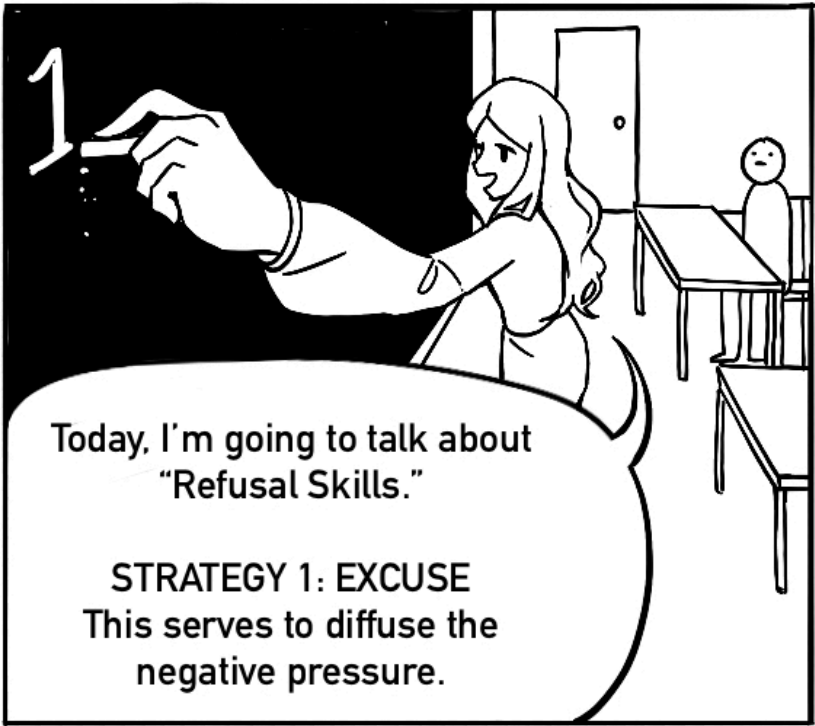
Just say no, and no longer associate with them. They are bad influences.

NAME DAVE

When it's a friend, the peer pressure is a lot harder to overcome.

NAME SOPHIE

I would have a hard time refusing, too. Things are going to get isolating after this.



Word Games

WORD SEARCH

E I T E B K S P G D N S O Q R
U B S T Z Q K F N P C X C V F
Z V U T I C L A Z V C P C M V
H U J E F R H Q O M V R A M N
N Z Y R T Q B U Z Q A D B T C
D N C A N N A B I S P L O X F
F N A G A I E W N O E N T M L
Q D O I Z N L V A S L M A N M
S D D C U V Y X E R D K J K L
I B L X E K V K Q R E E T Z F
Q P X Y J S V O Q Y P N A X N
M A R I J U A N A X R F E X A
D O B D V G V M V Q S A G S Y
H L G R M K C X P L X N E P S
M R Q A G N Z A V O A E M C B

ads

cigarette

prevent

vape

awareness

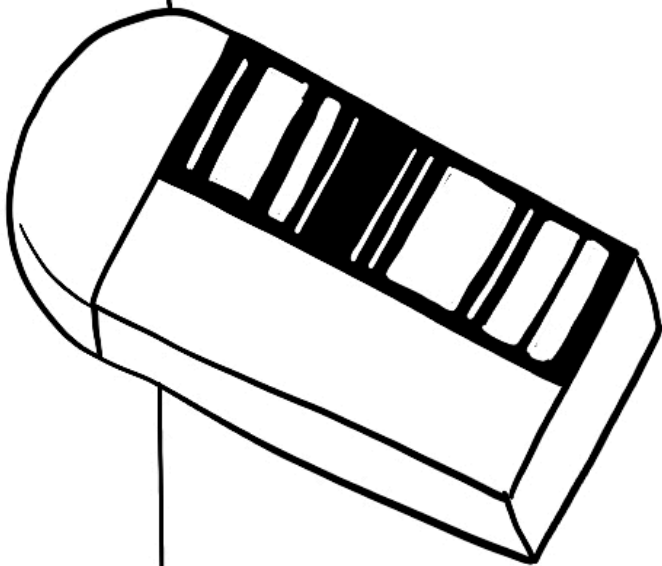
hand

second

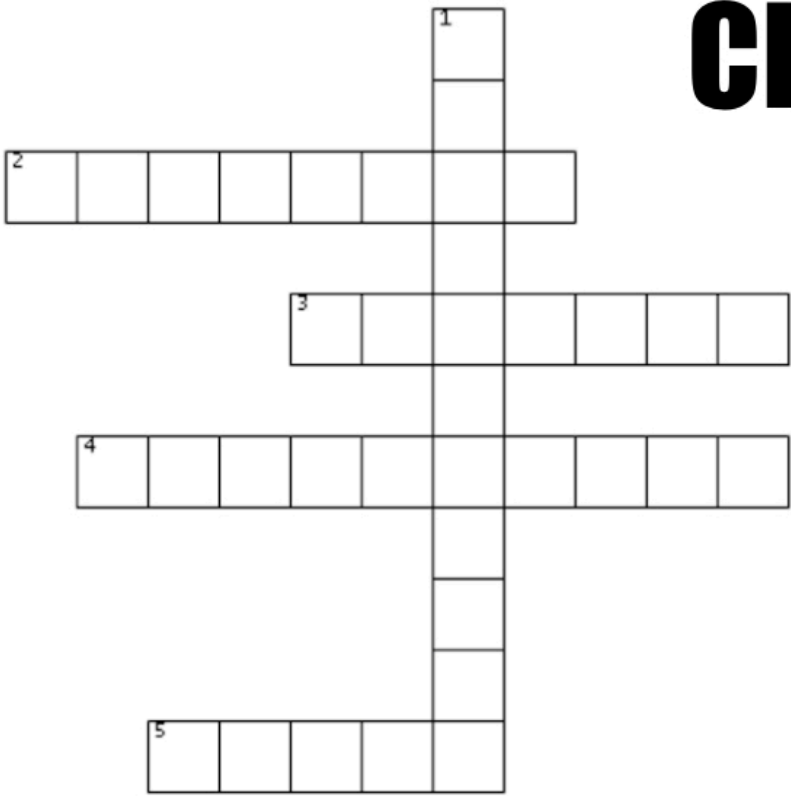
cannabis

marijuana

tobacco



CROSSWORD



ACROSS

- 2. Someone who is attracted to both men and women.
- 3. A woman who is attracted to other women.
- 4. What is the opposite of heterosexual?
- 5. A term used to describe someone who is not heterosexual or cisgender.

DOWN

- 1. Someone who feels like they are the opposite gender of the one they were born with.

About Us

TUPE PROGRAM

Tobacco Use Prevention Education (TUPE) is a comprehensive evidence-based program for students in grades 6th through 12th to reduce youth tobacco, cannabis, and vape use by helping students make healthy decisions through classroom-based curriculum, youth-engagement activities, one-on-one intervention support, and cessation support through referrals and quit groups.

Follow our Instagram @sccoe_tupe.



Santa Clara County  Office of Education

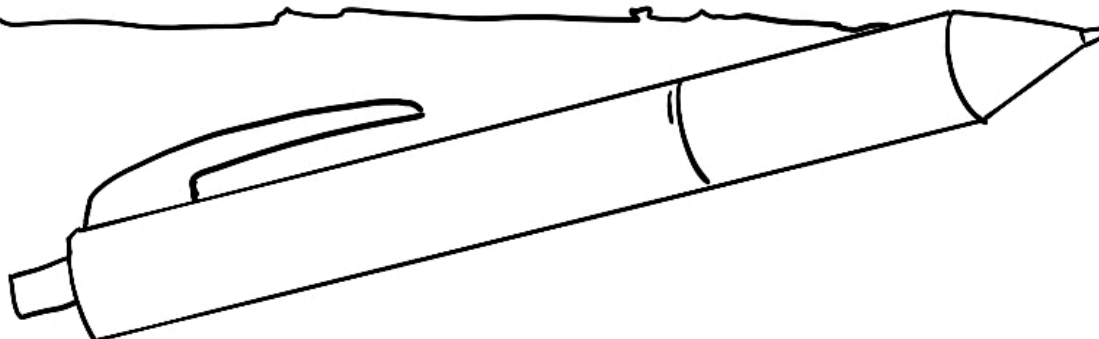
LGBTQ+ PROGRAM

The LGBTQ+ District Resources and Supports Program at the Santa Clara County Office of Education, offers a comprehensive catalog of tailored training, technical assistance, events, and conferences for educators, administrators, parents, students, and partners. Focused on fostering inclusivity and understanding, the program is dedicated to creating safe, supportive school environments for LGBTQ+ individuals, aligning with Title IX, AB 537, SCCOE's non-discrimination policy, and overarching goals.



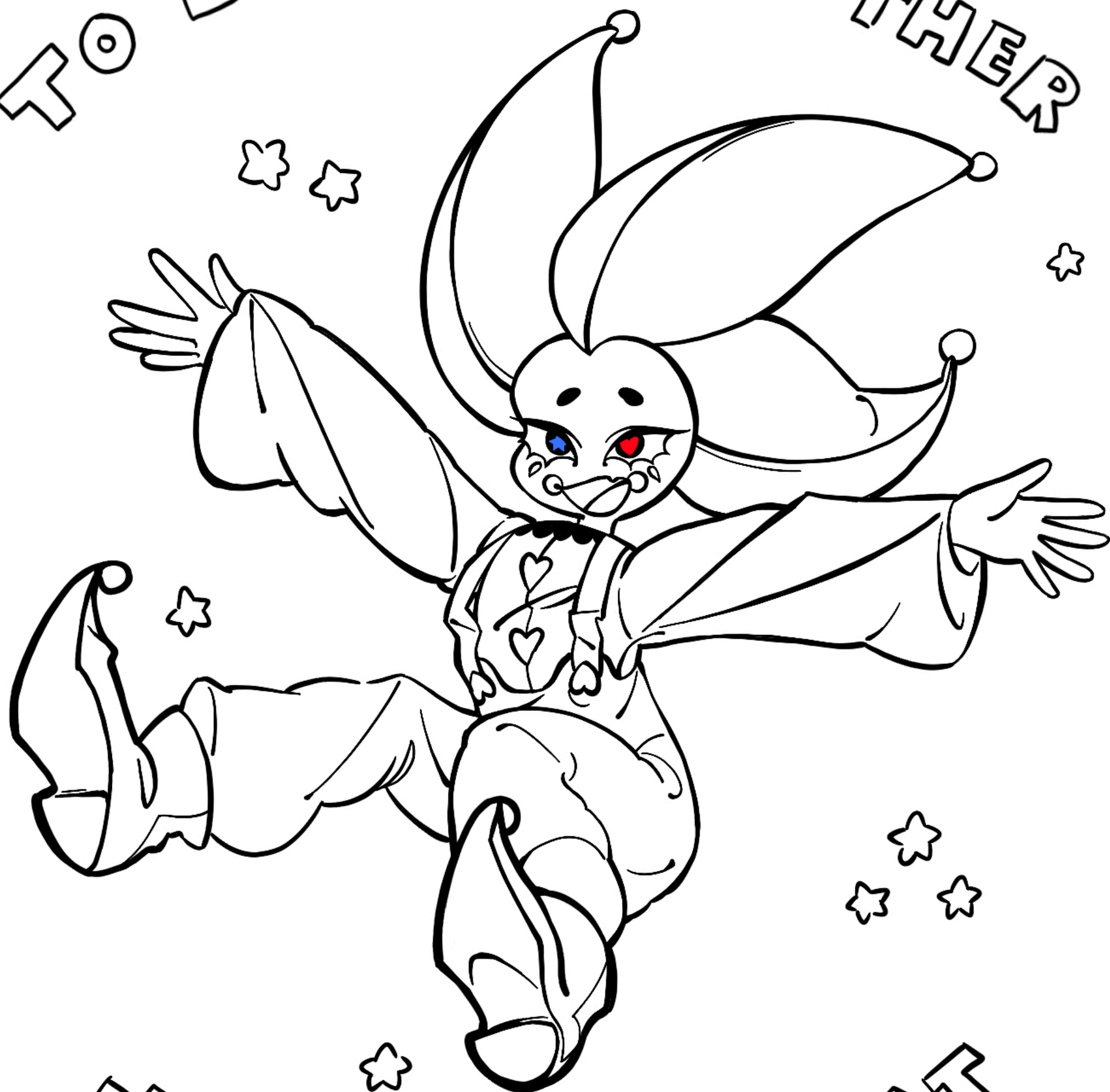
Santa Clara County
Office of Education

This booklet was created by Youjia He,
a current high school senior.



Unity Youth Conference (UYC) 2024

TO LOVE EACH OTHER



NO MATTER WHAT