

# Ten Things You Can Do to Make a Difference

## Youth

1. Love yourself exactly as you are.
2. Become an ally to people who may be targeted because of their gender, gender expression, sexual orientation or gender identity.
3. Critique the media.
4. Encourage yourself and others to engage in “gender nontraditional” activities.
5. Educate your friends, family and community about gender, culture, sexuality and related stereotypes.
6. Don’t bully or harass others.
7. Report bullying and harassment if you see it.
8. Build equitable romantic relationships that allow both people to be their full selves.
9. Advocate for more inclusive curriculum and policies in your school.
10. Work to make your community safer and more inclusive.

## Educators

1. Honor the identity of every student.
2. Reach out to those who are marginalized.
3. Ensure the visibility and acceptance of a wide range of gender experiences, identities and forms of expression.
4. Set clear school rules and expectations that promote safety and respect.
5. Engage in professional development on issues of gender, sexuality, identity, bias and equity.
6. Teach about gender, sexuality, culture, race and other diversity issues.
7. Intervene when you witness bullying, bias, harassment or disrespect.
8. Sponsor a gender support group, social justice club, or Gay-Straight Alliance.
9. Ensure school policies are fully inclusive of both girls and boys, as well as of gay, lesbian, bisexual, transgender and gender nonconforming students, and students of all racial and ethnic backgrounds.
10. Engage parents, guardians and caregivers in this dialogue.

# Ten Things You Can Do to Make a Difference

## Parents and Guardians

1. Accept your children unconditionally.
2. Help them develop a critical awareness of gender messages in the media, peer culture and public discussion.
3. Allow and encourage them to pursue “gender nontraditional” styles of dress, activities and/or career paths, as fits their interests.
4. Talk with your children about building friendships and romantic relationships that are healthy, equitable and free of stereotypes—and that allow them to express their full selves.
5. Look for signs of isolation, bullying, harassment, body-image issues, depression, sexual pressures, cultural conflicts and sexual or gender-identity questions in your children and their friends. Be prepared to offer support and intervene if needed.
6. Advocate strongly for your child if he or she is being bullied, harassed or otherwise harmed at school.
7. Reach out to other families whose children are being bullied or harassed and stand with them as allies. Be sure to step in if you are concerned that your child is engaged in bullying or harassing others.
8. Organize a screening and discussion of ***Straightlaced***—for other parents you know, for the school PTA, at your house of worship, or in your community.
9. Be a role model! Interrupt the use of slurs and stereotypes, and actively communicate your own respect for people with diverse sexual orientations, gender identities and ways of expressing gender.
10. Learn more about issues of gender and sexuality—including topics that may be new or unfamiliar to you.

## Community Members

1. Support community norms of acceptance and respect across all aspects of difference.
2. Host a ***Straightlaced*** screening or other community event to raise awareness of gender and sexuality issues among teens.
3. Advocate for funding to enable schools to address gender, sexuality, race and other diversity issues with students.
4. Volunteer your services to a local school, mentor program, youth leadership program, teen health clinic, LGBTQ center, cultural program, community hotline or community organization that addresses gender equality.
5. Contribute money, as well as time, to school and community projects.
6. Set an example of inclusion and ally behavior in your family, workplace and other settings.
7. Support the establishment of comprehensive anti-bullying and anti-discrimination policies.
8. Include gender nonconforming and LGBTQ youth among those you hire in your business, organization or agency.
9. Donate a copy of ***Straightlaced*** and other related films, books and resources to your local school or neighborhood library.
10. Speak out on community issues related to gender and schools, LGBTQ and racial equality, gender-based violence, adolescent health and wellness, reproductive justice and other important topics.