

True Colors GSA Curriculum*

Our values are safety, respect and inclusion.

True Colors
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This curriculum is set up as follows. For each month this is:

- Discussion topics or ideas centered around a theme
- Movie or Video Ideas
- Fundraising Ideas
- Community Events that your group might participate in

September: Sexual Identity

Discussion

- Sexuality: does it mean something to you or is it a label that has been put on you?
- Do you choose to define yourself in regard to sexuality?
- How has sexuality changed over time?
- Why can it be difficult to talk about sexuality?
- Is sexuality more than sex?
- What is sexual identity?
- What are the similarities and differences between identifying as gay/lesbian/bi/straight/other?
- What questions do you have and who is a safe adult that you can talk to?

Movies

- The “*Different and the Same*” Video Series (short discussion starters)
To order: 800.228.4630

Fundraising Idea

- Activist sticker sale! There are hundreds of stickers with positive messages that you can order in bulk and sell at your school. Donnelly Colt is a local family owned business dedicated to supporting fundraising efforts. They can be reached at 860.455.9621 or www.donnelycolt.com.

Community Events

- This is a great time to get a start on the year by instituting the Safe Zone Sticker Program at your school. Safe Zone stickers are symbolic of a willingness and a commitment on your part to provide an atmosphere of unqualified acceptance and assistance. Each school should discuss what it means to display a safe zone sticker before asking other teachers to put them up. Schools can design stickers themselves or order from the National Youth Advocacy Coalition at 800.541.6922 or nyacyouth.org
- Hispanic Heritage month begins on September 15th – October 15th

**With many thanks to the DeFrank LGBT Center from whom this curriculum is inspired*

October: LGBTQI History Month

Discussion

- Where did the pink triangle come from?
- What are the similarities and differences between racism and homophobia?
- What do Lorraine Hansberry, James Baldwin, and Tennessee Williams have in common?
- What happened at the Stonewall Bar that made it so famous?
- What does transgender mean?
- What is intersex? Sex, orientation, gender?
- Does CT law protect students from harassment because of sexual orientation? What about gender identity?
- Who is Bayard Rustin?
- When is the Day of Silence and what is it for?

Resource

- <http://www.glbthistorymonth.com/glbthistorymonth/>

Movies

- *A Question of Equality*: www.COLAGE.org
- *Before Stonewall: The Making of a Gay and Lesbian Community*: www.amazon.com
- *Screaming Queens*: <http://www.screamingqueensmovie.com/>

Fundraising Idea:

- Sponsor a play, concert, or other cultural event to benefit your GSA. A few years ago, Drake High School in Marin, CA teamed up with their school's Drama Department to put on a play that dealt with issues of homophobia and stereotyping in a school setting. The play ran for four nights to sold out audiences, and raised lots of money for the Drake GSA and the GSA Network.

Community Events

- National Coming Out Day! October 11th 2007
- Hispanic Heritage Month September 15th – October 15th

November: Transgender Awareness

Discussion

- What does transgender mean?
- What is the difference between sexual orientation and gender? Between sex and gender?
- What are some categories or types of transgender people?
- Have transgender people always existed?
- What is the relationship between transgender and sexual orientation?
- How do transgender people transition from one gender to another?
- What should parents do if their child appears to be transgender or gender queer?
- What kind of discrimination do transgender people face?
- What does the media tell us about gender? How does that make you feel?
- How can your GSA be an ally of the trans community?

Resource

- <http://www.apa.org/topics/transgender.html>

Movies

- *Transamerica*: www.amazon.com
- *Boys Don't Cry*: www.amazon.com
- *Normal*: www.amazon.com
- *Ma vie en rose*: www.amazon.com

Fundraiser

- Using the different gender symbols, make buttons or pins to sell at your school. Explain what the symbols mean and why they are important, especially this month!



Female



Male



Transgender

Community Events

- Transgender Day of Remembrance November 20th . For ideas on how to participate visit <http://www.gsanetwork.org/resources/dayofremembrance.html>
- World Kindness Week

December: Queer Spirituality

Discussion

- How does your religion view sexual orientation?
- How do other religions view sexual orientation?
- Which religions openly ordain LGBT people?
- What did Jesus say about homosexuality?
- Who is Fred Phelps?
- What are things you can say when you hear someone say “God Hates Fags” or other derogatory remarks?

Resource

- The Coalition, United Church of Christ Coalition for LGBT Concerns: 800.653.0799, www.uccoalition.org/programs/onahtmlpages.htm
- Welcoming Congregations, Unitarian Universalist: <http://www.uua.org/obgtlc/wcp/stateal.html>
- Interfaith Coalition Listing: <http://www.christianlesbians.com/churches/Connecticut.html>
- Metropolitan Community Church (Interfaith LGBT ministry): <http://www.mcchurch.org>
- Al-Fatiha Foundation, LGBT Muslims: <http://www.al-fatiha.net/>
- Congregation Beth El-Keser Israel, opening and affirming Conservative Synagogue: www.beki.org
- www.gayjews.org and <http://www.glbtejews.org/>

Movies

- *Save*: www.amazon.com
- *For the Bible Tells Me So*: <http://www.forthebibletellsmeso.org>

Fundraising

- Make colorful snowmen with rainbows and sell them as a winter solstice decoration.

Community Events

- World AIDS Day December 1st. You can participate by wearing a red ribbon which has become the international symbol for AIDS awareness.
- Human Rights Day www.un.org/Overview/rights.html

January: Healthy Relationships & Dating

Discussion

- What is love?
- What is a healthy relationship? How do you know?
- Dating – who, what, when, where, why, how?
- Are sex and intimacy the same thing?
- Is it OK to wait?
- How can you be safe?
- What does the media tell us about relationships?
- What are some messages about men and women we see in the media?
- Brainstorm a list of typical and atypical gender roles that we see in the media. How does this make you feel?

Movies

- *The Incredibly True Adventure of Two Girls in Love:* www.amazon.com
- *Prom Queen:* www.amazon.com
- *In & Out:* www.amazon.com

Fundraiser

- Create a secret pen pal day at your school! Have pens, paper, and stickers available at lunch and sell blank notes that can be distributed later in the afternoon.

Community Events

- Martin Luther King Day is the third Monday of January
- The second week of January is Universal Letter Writing week. Use this time to write letters to your local representatives expressing your feelings about gay rights and gay marriage. They will hear you loud and clear!
- Make Sure to register early for the True Colors conference in March!

February: Families & Marriage

Discussion

- Why is gay marriage frowned upon in some religions? How do you feel about this?
- What are the differences between marriage and civil union?
- What is co-parent adoption?
- What does the media tell us about 'normal' families? Is this a good thing or a bad thing?
- How many different types of families can you think of?
- What is hard about coming out to your parents? Siblings? Other relatives?
- How do you know when the 'right time' is?
- Why does it take a long time for some families to accept orientation and gender identities that aren't the norm?
- What should I be prepared for? What questions will they ask?
- What support will you have if someone in your family is not accepting?

Resource:

- www.pflag.org
- www.colage.org
- <http://www.lmfct.org/splashpage.html>
- <http://www.psychpage.com/learning/library/gay/outparents.html>

Movies

- *Both My Moms' Names are Judy: Children of Lesbians and Gays Speak Out:* www.glsen.org/cgibin/iowa/all/booklink/record/1498.html
- *Daddy and Papa:* www.newday.com
- *Daughters of Dykes:* www.mediarights.org
- *In My Shoes:* <http://www.colage.org/inmyshoes/>

Fundraiser

- Spread the love! Valentine's Day is the 14th so play cupid for a day. Set up a table at lunch where kids can buy a blank Valentine and then decorate it with markers, glitter, Hershey kisses. Have the personalized Valentine's delivered around the school and watch as everybody falls in love!

Community Events

- Black History Month
- Random Act of Kindness Week is the third week in February
- Valentine's Day February 14th

March: LGBTQI Health

Discussion

- According to a 1999 study, 59% of gay/lesbian/bi teens reported using tobacco, an overwhelmingly high statistic. Why do you think this is?
- What is it about cigarette advertisements that could appeal specifically to queer youth?
- Some of the major problems that face LGBTQI youth are homelessness, suicidality, survival sex, increased drug and alcohol use, as well as violence and victimization. Why are queer youth at a much higher risk than their straight, gender clear peers?
- How does family impact your overall health?
- How do your close friends impact your overall health?
- What are some fun and easy exercises you recommend?
- Why is exercising your mind just as important as exercising your body? Yoga and meditation anyone?
- What can you do to help a friend who may be dealing with depression or who is not taking good care of themselves?
- What is safe sex? How does safe sex differ for gay men, lesbians, straight couples, and other pairs?
- What is one change you could make in your life to be healthier?

Resource

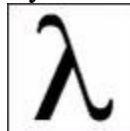
- <http://www.lgbtcenters.org/documents/GayTeensandSmoking.pdf>
- <http://www.jeramyt.org/gay/gayteenhealth.html>
- <http://www.plannedparenthood.org/>

Movie

- Angels in America: www.amazon.com

Fundraiser

- No Smoking Day is this month, use the Lambda and create pins or badges to sell at lunch. Lambda is the Greek letter 'L' and was chosen by the Gay Activists Alliance in 1970 as a symbol of liberation and overall wellness.



Community Events

- **True Colors Conference!!!** March 12th & 13th!
- No Smoking Day www.nosmokingday.org.uk
- International Women's Day to inspire and celebrate women all over the world

April: Be an Activist!

Discussion

- What does activism mean?
- What are some qualities of an ally? Why are allies important?
- What are some GLBTQI issues that you would like to change?
- What does your school policy say about sexual orientation and gender identity and expression?
- What are the current GLBTQI cases in court today?
- What is the AB 537: School Safety & Violence Prevention Act?
- Does CT state law protect against harassment for sexual orientation? For gender identity and expression?
- What does the Marriage Equality Act propose?
- Who are your state legislators?
- What rights do civil unions deny? What rights do they grant?
- What is Love Makes A Family and why are they important?
- What can you do to make change in your community? How will you do this and when?

Resource

- Love Makes a Family homepage: <http://www.lmfct.org/splashpage.html>

Movies

- *Let's Get Real*: <http://www.womedia.org/letsgetreal.htm>

Fundraiser

- Ben & Jerry's Free Cone Day is an event held in either late April or May in which Ben & Jerry's scoop shops give out free ice cream cones all day. Over one million free cones are given away each year. Charitable organizations are often present at the stores each year and enjoy a significant amount of fundraising success. Contact your local Ben & Jerry's and ask if you can set up a fundraising table outside. www.benjerry.com
- In celebration of Earth Day, look into holding a recycling fundraiser where you can collect cans, bottles, toner cartridges, or old cell phones and hand them in for money. Visit <http://fundingfactory.com/> for more information.

Community Events

- **Day of Silence** is an annual student-organized day of action to protest the bullying and harassment of lesbian, gay, bisexual, transgender students, and their straight allies. Students take a day-long vow of silence to symbolically represent the silencing of LGBT students and their rights. Visit www.dayofsilence.org
- Earth Day
- April is Sexual Assault Awareness Month – Take Back The Night events will be held all over the world to raise awareness about sexual assault. Find out more at www.takebackthenight.org

May: The Intersection of Isms

Discussion

- What is heterosexism? What is homophobia? How are they different?
- What is racism? Is black a race? What about white? Asian?
- What is sexism? How are we sexist towards men? Towards women? Towards other genders?
- What does 'institutionalized' mean?
- Can you think of three examples of institutionalized racism? Heterosexism? Sexism?
- What does internalized mean?
- Why is it so hard to identify internalized racism/heterosexism/sexism?
- What kind of person is born into privilege? Is this fair?
- What similarities do you notice between the Isms? What are the differences?
- Why are people racist, sexist, or homophobic?
- Where does oppression come from?
- Why is it important for you to be aware of different types of oppression?
- How can you become an ally that fights racism, heterosexism, homophobia, and sexism?

Resource

- Anti-Defamation League's World of Difference Training: http://www.adl.org/education/edu_awod/default_awod.asp
- True Colors: ourtruecolors.org

Movies

- *All God's Children*: www.mediarights.org
- *De Colores – Lesbian and Gay Latinos*: <http://www.glsen.org/cgi-bin/iowa/all/booklink/record/1560.html>

Fundraiser

Community Events

- Don't forget that the first Tuesday of the first full week in May is Teacher Appreciation Day – thank your advisors for making GSA possible!

June: Celebrate your PRIDE!

Discussion

- What has our GSA done in the past year?
- What did you do well?
- What could you have done better?
- What are your goals for next year?
- Which fundraisers were successful?
- Have you changed the views of anyone in your school including yourselves?
- Have you used safety, respect, and inclusion throughout the year? How?
- What are you going to wear to CT PRIDE!?

Movies

- *Camp*: www.amazon.com
- *But I'm a Cheerleader*: www.amazon.com

Community Events

- Local P.R.I.D.E. celebrations will be under way. Visit www.connecticutpride.com to see when the annual parade will be held. Have a blast and be proud!

Other Resources

- The **GSA Network** is a national organization devoted to empowering youth activists to fight homophobia and transphobia in schools. <http://www.gsanetwork.org/>
- **Love Makes a Family** <http://www.lmfct.org/splashpage.html>
- **The National Youth Advocacy Coalition** (NYAC) is the only national organization focused solely on improving the lives of lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth through advocacy, education, and information. They are also a good resource to get safe zone stickers. 202.541.6922 www.nyacyouth.org/
- **PFLAG** Parents, Families, and Friends of Lesbians and Gays www.pflag.org
- **True Colors** works to create a world where youth, adults, and families of all sexual orientations and gender identities are valued and affirmed. 860.649.7386 <http://ourtruecolors.org>

For other resources, check out the True Colors Inc. resource guide available on our website: www.ourtruecolors.org