

MY SPACES AND ACTIVITIES...



...THAT HELP ME FEEL SAFE

Include out-of-school and online spaces.

MY CHOSEN FAMILY

Adults and youth who respect my identity, listen to me, and offer social support. Add names and phone numbers!



Good conversation starters:

I'm feeling _____. Can we text about it?

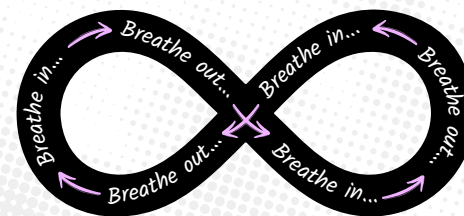
I need to talk to someone who will just listen. Can you do that soon?

I'm having a lot of emotions. Do you think we could talk?

I need to do something to take my mind off things. Can you hang out?

Turn over for more activity ideas

MY WAYS TO CALM MYSELF



MY SIGNALS

Ways I can tell I am not feeling safe or supported.



Body:

Feelings:

Thoughts:

Actions:



When these happen, it's time to use my Lavender Plan.

MY HELPERS



The Trevor Project: Call 866-488-7386, text 678678, or message chat.trvr.org 24/7

Trans Lifeline: Call 877-565-8860

Uplift Center for Grieving Children's Philly HopeLine: Call 833-PHL-HOPE (833-745-4673) or email PHLHope@UpliftPhilly.org



AFFIRMATIONS

- ★ I belong and I am loved for exactly who I am.
- ★ My feelings are **valid**.
- ★ I deserve to be **supported**.
- ★ My identity is **unique** and **brings light** to the world.
- ★ I was enough, I am enough, and I will always be enough!

Read & repeat.



KIND THOUGHTS TO SAY TO MYSELF



List things you like about yourself.

UPLIFTING SONGS

- 📺 **Somebody Loves You:** Betty Who
- 📺 **The Joke:** Brandi Carlile
- 📺 **Rise:** Calum Scott
- 📺 **Chosen Family:** Rina Sawayama ft. Elton John

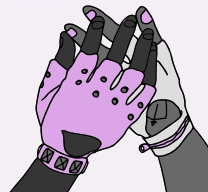
Add your own favorites!



MY BIGGEST REASONS FOR LIVING

The difference I've made:

Why I matter:



KEEP HOPE ALIVE

Believe in the beauty of your dreams.

Use the numbers on the back if you are in crisis.

