2024-2025 Pride Peers MENTOR HANDBOOK



LGBTQIA Resource Center

Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual

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PRIDE PEERS

Pride Peers is a peer mentoring program designed for established students to assist incoming students with the transition to Georgia Tech by providing a consistent student mentoring relationship during their first year on campus.

You and your mentor will have regular informal meetings and mentees are encouraged to use the time to ask any questions related to your experience or discuss pertinent topics. Also, together you may decide to visit Institute resources or attend cultural events. Often, mentors and mentees meet for lunch or coffee.

MISSION OF PROGRAM

Pride Peers Mentoring Program seeks to connect incoming lesbian, gay, bisexual, transgender, queer, questioning, intersex, and/or asexual (LGBTQIA) undergraduate and graduate students with peers for community, support, and resources.

GOALS OF OUR PROGRAM

- Connections to facilitate community
- Positive identity development
- Provide on- and off-campus resources
- Promote health and wellness across the dimensions of professional, physical, spiritual, emotional, and social wellbeing
- Support self-care, healthy boundaries, and mental health
- Encourage resilience

WHO CAN BE A MENTOR

Mentors are undergraduate or graduate students who are mature, show good judgement, are knowledgeable about community resources, are connected to LGBTQIA community on campus, and seek to contribute to the Georgia Tech community by connecting with incoming students. Mentors must be able to meet with their peer monthly throughout the year. and dedicated to the program.

MENTOR ETHICS

- Engage in healthy relationships
- Promote inclusivity within the mentor group and Pride Peers group in general
- Be trustworthy and honest resources for your peers and mentees
- Create and sustain an environment free of rumors and gossip
- Do not date your mentee while you are in the mentorship relationship
- Be aware of power dynamics with your mentee
- Take the initiative for mentee meet ups
- Attend all required meetups with mentee/s

YEARLY TIMELINE

Fall Semester

- August Be paired with mentor
- September Meet & Greet & Goal Setting
- September Cohort off campus outing
- October "What Does It Mean to Come Out to Yourself?"
- November "Am I Fully Me for the Holidays?"

Spring Semester

- January Vision Board Mixer
- February Queering Stem Classroom Experiences at Tech
- March "Where Are We Now?"
- March Cohort off campus outing
- April Final cohort meeting

IDEAS FOR INTERACTING WITH YOUR MENTEE

- Connecting with community, meeting people, finding community at Georgia Tech
- Living here in Atlanta
- Going off-campus cool resources in town
 afternoon to explore the city more
- Talking about/enjoying their hobby
- Mentee to come to Coming Out Week, Pride Alliance, Grad Pride Meetings, Resource Center events

POINTS TO REMEMBER

- Be an advocate and a role model. You are someone your mentee looks up to.
- Give your mentee voice and choice in deciding on activities. What are they comfortable with, what are they not comfortable with? What is your reaction to that?
- Be positive but honest.
- Let your mentee have control over what you talk about -- and how you talk about it. Be sensitive to the mentee's cues.
 Don't push for confidences or fire too many questions at your mentee.
- Listen. "Just listening" is a critical form of emotional support.
- Respect the trust your mentee places in you. Respond in ways that show you see your mentee's side of things. Give advice sparingly. Maintain privacy.
 Please seek guidance from William if you are ever concerned about your mentee.
- Remember that you are responsible for building the relationship. Take responsibility for making and maintaining contact. Be consistent and maintain regular contact.

• Have fun together.

MENTOR EXPECTATIONS

- Attend initial Meet & Greet
- Meet monthly with your Pride Peer Mentee
- Participate in monthly Pride Peer Mentoring Program meet-ups
- Be on time for all meetings
- Engage in open and constructive communication with your Pride Peer Mentee
- Be a trustworthy and honest resource for fellow Pride Peer Mentors and your mentee
- Point to campus resources that are available such as the LGBTQIA Resource Center, the Dean of Students Office, Women's Resource Center, Chaplains, etc.

WHAT TO EXPECT OF THE MENTORSHIP RELATIONSHIP

- Respect
- Guidance
- Support
- Connections to LGBTQIA community oncampus
- Monthl mentor/mentee meetings
- Semesterly large gatherings with all mentors and mentees
- Invitation to campus events
- Resource sharing

WHAT NOT TO EXPECT OF MENTORSHIP RELATIONSHIP

- Counseling therapy
- Complete confidentiality
- Best friendship and/or romantic partnership



TIPS FOR DEVELOPING A RELATIONSHIP WITH YOUR MENTEE

- Establish a warm, genuine and open relationship that encourages learning and sharing.
- Keep in frequent contact with each other with either taking the initiative. Don't always wait for the other person to call or make the contact.
- Establish realistic expectations for the relationship.
- Be a good listener. Show a genuine interest in what is being said.
- Encourage the asking of questions.
- As a mentor, do not be afraid to admit you do not know everything about the topic.
- Share your own experiences and insights -good and bad.
- Build trust with respect, open communication, and support. Attempt to offer as much of these as possible.
- Contact your mentee regularly.
- Try to be nonjudgmental and open.
- Discuss problems realistically and know that sometimes you have the same problems.
- Offer support. Be positive. Ask what is needed.
- Be accessible. Be willing to help in areas that feel more pressing.
- Be available, open, and honest. Be reliable, and follow through with activities.
- Both can benefit from the experience; the mentee from the knowledge and experience of the mentor, and the mentor from the enthusiasm of the mentee.

ESTABLISHING A TWO-WAY CONNECTION

One of the most important factors in mentoring is good communication. Talking and communicating are not the same. Communicating involves:

- Listening: for understanding, facts, and feelings.
- Create a positive, comfortable environment for listening.
- Listen until it is your turn to speak.
- Looking: making eye contact.
- Pay attention to the whole person. Is the speaker smiling, frowning or neither?
 Watch the speaker's body language.
- Show interest by leaning forward and moving closer with respect for personal space.
- Leveling: being genuine about what you are feeling and thinking.
- Use "I" statements when responding.
- Accept the speaker's feelings.
- Don't try to change the feelings or give advice without being asked.
- Maintaining confidentiality in this relationship is extremely important. Key to the relationship is a sense of trust.
- This relationship is to support your mentee through their developmental growth, not to evaluate.
- Maintain two-way communication throughout the mentoring year.

• Maintain a sense of humor!

SHARING YOUR EXPERIENCE: "COMING OUT"

Coming out can mean many different things to different people. A common way to define it is identifying as something other than the sexual orientation or gender assigned to you. This process of self-identification takes two forms: changes in your personal identity (how you identify to yourself), and changes in your public identity (how you identity to others). Coming out is a lifelong process of understanding, accepting, and acknowledging your identity as lesbian, gay, bisexual, transgender, intersex, queer, asexual (LGBTQIA+) or a combination of these identities. Because we live in a society that assumes that everyone is straight as well as gender and sex conforming, an LGBTQIA+ person is never done coming out.

WHY SHARE?

Sharing information regarding sexual orientation or gender identity can be a very powerful experience for both you and whomever you choose to come out to. It can lead to feelings of relief and greater selfacceptance on your part and closer ties to the people you've trusted with this personal information. After coming out to yourself, your private identity may not line up with the outward, public identity you present. Other reasons that people have for coming out include increasing visibility of LGBTQIA+ people, educating people who assume that everyone is straight as well as gender and sex conforming.

WAYS TO SHARE?

There are many different ways in which individuals can come out:

- Take someone aside to tell them. If you choose to pull people aside and tell them, it is recommended that you ask yourself the following: "Who is the most openminded and caring person I know who is also the least likely to be shocked, threatened or put off?'" This might be a friend, a relative or a teacher. Say you've come to them because you trust them. Try not to come out when one of you is in a hurry, emotionally distraught, distracted, or under the influence of alcohol or other drugs.
- Write a message. This gives the person you are coming out to time to react in their own way. This is probably a better approach if, for example, you live a long way from your family or friends. Writing a letter allows you to take your time and to compose your thoughts carefully and clearly. It can also give the person you are writing to space to react and consider the news before discussing it with you. This could be a useful approach if you are expecting a very hostile or negative reaction.
- Some people prefer to think of themselves as just "being out" as opposed to "coming out." They attempt to represent themselves in a way that feels comfortable to them despite cultural pressures without needing to constantly declare their identity or identities.

Note: Positive associations and feelings with sharing this personal information may not be the case for everyone, and there may be all kinds of reasons why someone may not want to come out to family, friends, or acquaintances. Everyone has the right to make this personal decision when they want and to whom they want, and whatever decision they make is valid.

SOME WAYS TO SUPPORT YOUR PEER IN THEIR PROCESS

If someone feels comfortable coming out to you, keep in mind this is something very personal and they're placing a lot of trust in you. Here are some tips to help you be a supportive friend:

- Listen. Try to appreciate where they're coming from.
- Believe them. Don't ask, "Are you sure?" or respond with things like, "Really?" that may give the impression you doubt them.
- Be comfortable with change. After coming out, someone's appearance, activities, or relationships might change. Encourage and respect the changes your peer may experience. Allow them to explore their identity or identities and help them feel safe.
- Don't make assumptions. Just because someone identifies a certain way doesn't mean they'll express or present themselves a certain way. There are all different kinds of self-expression and all of them are valid.
- Keep their secret. Respect their privacy, and don't gossip about their business.
- Offer to go to events with them. Show your support by coming with them to LGBTQIA Resource Center events. They might feel nervous going alone and having a close friend come along might make them more comfortable.
- Read up on queer issues. Part of being a good peer is taking an active role in educating yourself. Just because you might be a member of a specific community does not mean you can speak for the entirety of that community.

• Refer them to other resources. This packet and the LGBTQIA Resource Center website are some of the concrete resources you have access to.

Most importantly, you are a great resource for your cohort! The best way to support them is through sharing your stories and knowledge and being there to listen to and empathize with their experiences!

FREQUENTLY ASKED QUESTIONS

Q: How am I matched with a mentee? A: Mentees are asked to identify 3 priority areas that will assist in the matching process. As a mentor, you will be asked to offer information about all priority areas listed in the mentee application to find the best possible match for the mentee.

Q: Who will see my application?

A: Applications are kept in a secure Microsoft Drive which is only accessed by the LGBTQIA Resource Center professional staff. Currently, the Coordinator of the Office will be overseeing matches for the program. Staff coordinating mentee/mentor pairs use the information in every application only for matching purposes.

Q: How much time will I need to dedicate to the program?

A: As part of the program, Mentees and Mentors will be expected to meet once a month for 30 to 45 minutes. You will also have the opportunity to attend semesterly meetups with the other participants in the Pride Peers Mentoring Program. Mentors and mentees can determine their individual comfort levels on connecting via social media, texting, etc.

FREQUENTLY ASKED QUESTIONS

Q: What if my mentee and I are not connecting?

A: Hopefully this isn't the case, but if it is, we will work with you and your mentor to discuss what challenges you are facing and how we can move forward. If there are problems beyond repair, we will work diligently to find a new mentor.

RESOURCES

On Campus Coming Out Resources

Health and Wellness

The <u>Center for Mental Health Care &</u> <u>Resources</u> provides individual and group counseling for LGBTQIA students and students who may be questioning and/or coming out. Many of the psychologists on staff have participated in Safe Space and Trans 101 training to learn more about LGBTQIA identities.

Many of the staff in <u>Health Initiatives at</u> <u>Georgia Tech</u> have completed Resource Center workshops, including our Dieticians and several Health Educators, and all of them love working with our LGBTQIA communities!

Our <u>VOICE Advocates</u> have completed Resource Center workshops and are experienced in providing LGBTQIA-sensitive care and support to survivors of sexual and relationship violence.

The Women's Clinic in Stamps Health

Services provides sensitive and informed care to students who identify as trans men or transmasculine. Trans students can request that their patient record be updated with their chosen name and pronouns.

<u>Cultural Programs and Offices</u> <u>Intercultural Programs</u>

provides an institutionalized approach for meeting the co-curricular needs of students by coordinating and planning educational opportunities that enhance interaction and learning across groups.

The Women's Resource Center staff have

completed Resource Center workshops, and they provide a welcoming and inclusive space for our LGBTQIA students and employees. They also partner with the LGBTQIA Resource Center on programs that support queer and trans women.

The Office of International Education

provides resources on their website for LGBTQIA students who are considering studying abroad, and they also partner with the Center to host an annual <u>Study Abroad</u> <u>Workshop.</u>

GT H.U.B. (Home. Unity. Belonging.) is a newly created initiative run out of Parent and Family Programs to provide support to students who have experienced foster care, are homeless, or may be at risk of being homeless. Visit their website to see the financial support, programs, and resources they offer.

<u>Campus Ministries</u>

Grace House is home to Georgia Tech's Lutheran and Episcopalian ministries. Campus Pastor Andrew Rickel has completed Resource Center workshops and is committed to creating a welcoming environment for all, including LGBTQIA people.

<u>Academic and Professional Resources</u>

- In April 2014, the <u>Career Center</u> received the Out for Work gold certification which indicates that staff members of the Career Center have delivered programs to LGBTQ organizations on the Tech campus, and that they assist individual students in career counseling and interview preparation activities. The Career Center currently partners with the LGBTQIA Resource Center to host the <u>OUT at Work series</u> for students.
- Student Initiatives

Pride Alliance is Georgia Tech's oldest LGBTQIA student organization. Visit their website to learn more about upcoming events and how you can get involved. The group meets weekly throughout the academic year for social opportunities, activism, and education.

Grad Pride is a student org run by LGBTQIA grads, post-docs, and allies at Georgia Tech. They meet few times a month for social mixers and professional development activities.

Atlanta Area Coming Out Resources

<u>General Resources</u>

<u>Atlanta Pride</u> is a non-profit that organizes the annual Pride Festival and Parade, as well as community events throughout the year.

<u>Charis Books and More</u> in Little 5 Points offers queer-inclusive yoga, workshops, writing and reading groups, author readings, and community discussions.

Georgia Equality is a statewide advocacy organization working for changes to laws and conditions impacting LGBTQIA people. The Rush Center is a community meeting place for LGBTQIA organizations.

SPARK Reproductive Justice Now

coordinates events and a media camp to engage queer and trans youth, especially youth of color, in organizing for reproductive justice.

• Physical Health

Yoga at Charis is a weekly, all levels, donation based, yoga class facilitated by a rotation of yoga instructors.

<u>ATL Bucks</u> is Georgia's only inclusive gay rugby team.

<u>Atlanta Rainbow Trout</u> is an LGBT-friendly aquatics club.

Pride Kickball welcomes LGBT players of all skill levels.

• <u>QPoC</u>

Atlanta Black Gay Pride is hosted by In the Life Atlanta each fall, usually on Labor Day weekend.

S.O.N.G (Southerners on New Ground)

engages queer people in advocacy and justice work at the intersections of race, immigration, class, disability, gender, and sexuality.

Southern Fried Queer Pride is an alternative pride movement and celebration that hosts workshops, performances, and community gatherings.

<u>HIV/AIDS and Sexual Health</u>
 <u>AID Atlanta</u> provides HIV/AIDS-related services, care, and education services. The mission of AID Atlanta is to reduce new HIV infections and improve the quality of life of its members and the community by breaking barriers and building community.

Feminist Women's Health Center provides a range of healthcare services and is committed to making their services safe and welcoming to the LGBTQIA+ community. The center's healthcare services includes a Trans Health Initiative.

Planned Parenthood Southeast believes in the fundamental right of each individual, throughout our service area, to manage his or her fertility, regardless of the individual's income, marital status, race, ethnicity, gender identity or expression, sexual orientation, age, religion, disability, or residence.

Positive Impact provides client centered care for the HIV community to have a life worth loving.

NAESM, Inc,. engages, educates and empowers individuals living with HIV/AIDS and other health disparities to achieve better health outcomes by eliminating barriers to culturally sensitive services, building a network for underserved groups, and increasing client resiliency.

• Spiritual Health

The <u>Queer Dharma LGBTQ-QIA2 Sangha</u> is a community of meditation practice for all people, founded and hosted by LGBTQ people and sponsors a free meditation open house that caters to Atlanta's LGBTQ community.

Kashi Atlanta offers a Trans and Queer yoga class.

• <u>Trans Support Groups</u> <u>Trans and Friends</u> is a youth focused group for trans people, people questioning their own gender, and aspiring allies.

TransDecatur is an affirming support group for the Decatur, Georgia area Transgender, Gender Non-Conforming community and their family and friends.

Atlanta Gender Explorations gives support to transgender community. They also except cross dressers, gender queer, and gender fluid people.

North Fulton Trans Support Group offers a safe space to discuss trans issues, with a confidentiality agreement amongst all group members to ensure the privacy of everyone in attendance.

Trans Health and Wellness

• Mental Health and Counseling

<u>Eli Budd, Ph.D.</u> <u>Tana Hall, LPC</u> <u>Ren Massey, Ph.D.</u> <u>Treah Caldwell, MA, LPC</u> <u>Mick Rehrig, MSW, LCSW</u> <u>All 1 Family</u>

<u>Primary and Preventative Care, General</u> <u>Wellness Programs</u>

Erin Duncan, MD, MPH (OB-GYN who provides sensitive and affirming care to post-operative transgender women)

Feminist Women's Health Center offers sensitive, friendly, and affordable health care to transgender, gender nonconforming, and intersex individuals. They currently provide care to trans men, gender non-conforming and intersex clients from across the Southern states.

The Health Initiative is dedicated to improving the health and wellbeing of Georgia's LGBTQ community through education, support, access to care and advocacy. We work directly with LGBTQ Georgians and LGBTQ-friendly providers.

Intown Primary Care takes pride in creating a non-judgmental, safe, and welcoming environment that serves individuals who identify themselves as Lesbian, Gay, Bisexual or Transgender. They also provide access to quality health care and understand the elevated physical and mental health risks such as suicide, HIV, cancer, and other chronic diseases.

Avita Care Atlanta Ponce Primary Care

 Endicrinology/Hormone Therapy Dr. Izzy Lowell and QueerMed Kate Wheeler, MD

- Plastic Surgeons Providing Top Surgery and Breast Enhancements Sheldon Lincenberg, MD James Parker, MD The Garramone Center
- Providers of Surgeries for Trans Men and Women Papillon Gender Wellness Center

<u>Trans Health Information and Guidelines</u> <u>World Professional Association of</u> <u>Transgender Health</u> National Resources

General Resources Family Acceptance Project **Gay, Lesbian and Straight Education** Network **Gender Spectrum** GLBT Near Me **GSA Network** HelpPRO – Therapist Finder Human Rights Campaign Lambda Legal Parents, Families and Friends of Lesbians and Gays SoulForce National LGBTQ Taskforce Trans Youth Family Allies **Mental Health and Crisis Support**

The Trevor Project provides 24/7 crisis intervention and suicide prevention support for LGBTQIA youth via phone, text, and online chat.

Trans Lifeline is a hotline for trans people who need support. The line is staffed by trans volunteers.



988 Suicide & Crisis Lifeline

Can all help prevent suicide. The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

OTPoC General Resources

Take a look at the LGBTOIA Resource Center's online resource guide for Queer and Trans People of Color.

Online Sexual Health Resources Scarleteen **GSA Network**

On-Campus Financial Resources

• Emergency Loans through STAR (Students' Temporary Assistance and Resources)

The Dean Griffin Hip Pocket Fund offers interest-free emergency loans to students for academic or personal matters.

For more information or assistance, contact the Vice President and Dean of Student's office at

studentlife@studentlife.gatech.edu

• Housing and Klemis Kitchen (housing and food support)

Georgia Tech offers temporary housing to students who become unexpectedly displaced or put under financial stress. If you are in need of housing assistance, complete the Crisis Housing Petition or for more information, contact Steve Fazenbaker,

steve.fazenbaker@gatech.edu

Klemis Kitchen serves as a food pantry for Georgia Tech students with dietary needs and financial concerns that limit their access to proper nourishment. As of February 2016, the functioning and volunteer organization of Klemis Kitchen has been absorbed by Campus Kitchen. Social media:

www.facebook.com/klemiskitchen Campus Kitchen:

www.facebook.com/CampusKitchens.GT/ Main contact: Steve Fazenbaker, steve.fazenbaker@gatech.edu

• <u>Student Emergency Fund</u> The Student Emergency Fund was

established by the LGBTQIA Resource Center, GT Lavender Alumni and Pride Alliance to assist LGBTOIA students at Georgia Tech with emergency expenses. Learn more and apply here.

Document Change Funding Lambda Legal has <u>compiled a webpage</u> dedicated to showcasing organizations and websites that can offer guidance to transgender people needing to change their gender markers or names on identity documents.

LGBTQIA+ Scholarships

The Theda G. and Dennis Larrimore Scholarship Endowment Fund

Preference shall be given to qualified students who are Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Intersex, Asexual, and Ally (LGBTQIA). Further preference shall be given to qualified students who are residents of one of the following counties in the State of Alabama listed in order of preference: Clarke; Cleburne; Dallas; Monroe; Wilcox; or, any other county. Must reach out to Financial Aid!

IThe HRC (Human Rights Campaign) collates a list of scholarships, fellowships, and grants for LGBTQIA and allied students at both undergraduate and graduate-level. <u>View the list here.</u>

Study.com has collected numerous scholarship opportunities for LGBTQ students in one webpage. <u>Their comprehensive guide</u> covers everything from common questions about the application process to Title IX and LGBTQ-friendly colleges.

- HRC Scholarship Database
 - Pride Foundation

• <u>The #TransgenderFirst Scholarship</u> <u>Study.com's Scholarship Database</u>

- The Point Foundation
- NOGLSTP Scholarship
- Davis-Putter Scholarship Fund
- League Foundation LGBTQ Scholarship
- Mary Bowman Arts in Activism Award
- Specific Scholarships
 - Pride Foundation
 - The #TransgenderFirst Scholarship
 - The Point Foundation
 - NOGLSTP Scholarships
 - League Foundation LGBTQ Scholarship
 - Mary Bowman Arts in Activism Award

Other Funding Sources

Gender Bands

GenderBands is a non-profit organization that helps transgender people pay for transition-related costs. GenderBands provides grants, services, and events. To learn more about the organization and the grants, <u>visit their website</u>.

• Let's Get By Together

Let's Get By Together provides donations for name/gender marker changes, binders, and other assistance to LGBTQIA and/or disabled community members. <u>Visit their website to learn more</u>.

Queer and Trans People of Color Resources

On-Campus

The QPoC <u>Q Chats</u> discussion group provides a welcoming and friendly environment for lesbian, gay, bisexual, trans, queer, questioning, intersex, asexual, pansexual, same gender loving, and two spirit students who identify as people of color. Your facilitators will lead the group in a discussion each week about whatever topics the group would like to explore together, with a focus being on the intersections of race, gender, and sexuality.



Off-Campus Resources in the Atlanta <u>Area</u>

<u>Atlanta Black Gay Pride</u> is hosted by In the Life Atlanta each fall, usually on Labor Day weekend.

S.O.N.G (Southerners on New Ground)

engages queer people in advocacy and justice work at the intersections of race, immigration, class, disability, gender, and sexuality.

Southern Fried Queer Pride is an

alternative pride movement and celebration that hosts workshops, performances, and community gatherings. <u>Trans People of Color Coalition</u> is a national organization that promotes the interests of trans peopole of color.

Latinx Resources

The Trans Latin@ Coalition engages in advocacy, education, and activism to create positive change for trans Latinas across the U.S.

Somos Familia provides information for families of LGBTQ youth in English and Spanish.

Las Memorias aims to promote wellness and prevent illness among Latinx individuals living with HIV and AIDS. • <u>Black and African American Resources</u> <u>Black Trans Advocacy</u> is a national social justice organization that hosts an annual conference and provides free wellness and advocacy services.

National Black Justice Coalition is a civil rights organization working to empower Black LGBTQ people.

• <u>Asian, Asian-American, Pacific Islander</u> <u>Resources</u>

NQAPIA is the National Queer Asian Pacific Islander Alliance, is a federation of LGBTQIA Asian, South Asian, Southeast Asian, and Pacific Islander organizations.

<u>Gaysi</u>, the Gay Desi, is a blog site with news and articles centered on LGBTQIA South Asian experiences.

Asian Q+A is a collective of friends, activists, and advocates looking to create spaces for LGBTQIA and TGNC Asian/Desi folks to be uniquely themselves.

Desi Rainbow Parents & Allies is space for parents and families of LGBTQIA individuals to find community with another and learn how to better support their children.

 Indigenous, First Nations, and Two Spirit <u>Resources</u>

NativeOUT provides information and resources for and about Two Spirit communities.

Native Youth Sexual Health Network

works on the issues of sexual and reproductive health, rights, and justice.

More Helpful Resources!

- Visit our curated webpage for <u>LGBTQIA</u> <u>Self-Care Resources</u> and learn about techniques, resources on- and offcampus, and common stressors and ways to combat them for LGBTQIA people.
- The LGBTQIA Resource Center and the Women's Resource Center are <u>confidential reporting sources</u> for anyone who has experienced sexual violence, stalking, and intimate partner violence.
- The Aguirre Center for Inclusive Psychotherapy is a group practice comprised of talented and experienced therapists who are passionate about providing culturally-responsive psychological services to our communities.
- Ethical Non-Monogamy Literature More Than Two by Eve Rickert and Franklin Veaux
 Loves Not ColorBlind by Kevin Patterson
 5 Love Languages- Gary Chapman
 Opening up- Tristan Taormino
 Ask Me About Polyamory: The Best of Kimchi Cuddles by Tikva Wolf
- Online LGBTQIA Relationship Resources What is a Healthy Relationship? Domestic Violence in LGBTQIA+ Relationships Who is in Your Support System? What is Your Saftey Plan? Get Help for Yourself Healthy Relationships Online Workshop How to Set Boundaries With Your Family, According to a Life Coach

How to Set Boundaries with a Toxic Family Member

How to Set Healthy Boundaries

 Trans Support Groups in the Atlanta Area <u>Trans and Friends</u> <u>TransDecatur</u> <u>TILTT</u> <u>North Fulton Trans Support Group</u>

Trans Law and Policy

These national organizations provide information regarding laws that impact transgender people, along with resources for advocacy, activism, and support.

National Center for Trans Equality Transgender Law Center Lambda Legal

Gender Inclusive Housing

The Georgia Tech Department of Housing and Residence Life is committed to serving the holistic needs of our student population. Georgia Tech Housing offers a residential option in which two or more students choose to live in a multiple-occupancy traditional, suite, or apartment style space. It is offered to every student regardless of class status, gender, or sexual orientation.

The roommate selection process mirrors what is provided for all students. Students have the option to list eligible roommate(s) in their application, search for eligible roommate(s), or choose to be paired with another student who has also chosen to participate in gender inclusive housing and has completed the agreement. The application is available at <u>My Housing</u>.



For more information, please contact <u>The Department of Housing and Residence</u> <u>Life</u>

Gender Inclusive Restrooms Map

