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PRESENTS

How do I see the world?

An activity for parents, relatives
and their LGBTQ+ children.

2019



It Gets Better Brazil is the national affiliate of It Gets Better Project and our mission is to uplift, empower and connect LGBTI + youth.

It Gets Better Project is a non-profit organization based in the United States and since 2010 has been spreading a message of hope and positivity to LGBTI + youth around the globe.

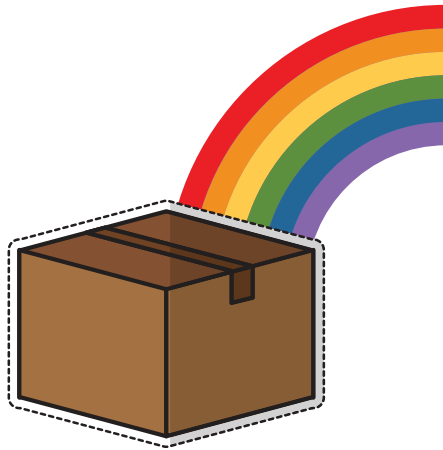
Currently, It Gets Better Project has affiliates in about 20 countries, including Mexico, Argentina, United Kingdom, India, Russia, Chile, Portugal and Canada, inspiring change in local communities.

Find out more in our social networks and spread our message with **#itgetsbetter**.

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HOW DO I SEE THE WORLD?

The activity "How do I see the world?" aims to connect parents, mothers and families to the opinions, perspectives and feelings of LGBTQ+ youth.

Young lesbian, gay, bisexual, transgender, queer and intersex people have particularities and specific challenges in their path, which can bring them closer to alarming mental health and self-image rates.

Therefore, we have developed 30 questions on topics such as diversity and inclusion, empathy, self-care, memory and community, identity and pride for family and guardians to interact and discuss with their LGBTQ+ children.





GET TO WORK!

To do the activity, you only need:

- Printer and sheets of paper
- Scissors
- A recipient to drop the questions.

Download this file in pdf format, print it out and cut out all the white squares with the questions. You can also print the questions on colored paper and make everything much more powerful!

Then, fold all the questions and put them in a jar, vase or bag of easy-to-handle fabric and mix!

You are ready! Invite your family to play and reflect on these important topics together. If you consider that any question might be a trigger or is not appropriate, do not worry: just do not put it in the game!

Each person should take a question and answer it, until all questions are answered. Oh, we have prepared some introductory texts to guide you on this journey.





FEELINGS AND MENTAL HEALTH

Knowing how to identify and talk about how we are feeling is a precious step in the healthy growth of teenagers and young adults.

In addition, talking about our feelings with trusted people brings us closer together and increases our perception of acceptance and belonging.

Anxiety, frustration, fear and apathy are feelings that can be dangerous if they are not understood or given due attention. In some cases, it may be necessary to follow up with a mental health professional, such as a psychologist or psychiatrist.

Use our questions to talk about feelings and self-care practices with your children. These questions do not have a "right" answer and should be seen as tools for reflection, debate and learning.

When we share, #itgetsbetter!



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Questions about feelings and mental health

How are you feeling right now?

When do you feel afraid?

Share an advice with someone about anxiety.

What was your moment of greatest gratitude for your life?

What makes you feel frustrated? How do you respond to this?

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MEMORY AND COMMUNITY

Perceiving yourself as a member of a community is crucial for healthy interaction with your peers and developing a citizen-based supportive perspective.

For lesbians, gays, bisexuals, transgender and queer people, the rescue of our community memory is even more important, since it places us as belonging to a large family of people who share similar characteristics, dynamics and challenges.

Knowing your story is getting in touch with your identity. The story of the LGBTQ+ community necessarily goes back to 1969 when gay, lesbian and transgender youth resisted to a violent police approach at Stonewall bar in New York and began what now is known as the LGBTQ+ Pride.

Our path, however, does not end there and we are all an important part in sharing our stories, promoting our culture and gathering with our peers to guarantee our rights. Everyday, we write a new page in the history of our community and your participation is indispensable!





Questions about memory and community

What do you understand by community?

Have you heard about Stonewall? If not, do a quick search and share what you found out!

What is your role in building a more inclusive society?

Do you consider it important to rescue history and preserve the memory of a community?

Acknowledge a situation where someone has been supportive to you. What can you do to give back?

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DIVERSITY AND INCLUSION

The LGBTQ+ community is made up of all kinds of people! As an individual's sexual orientation and gender identity is something completely intimate, people from the most diverse backgrounds, financial conditions, skin tones, body types and political opinions may be lesbian, gay, bisexual, transgender or queer.

This diversity only enriches our community and should be valued and promoted! Thus, we should listen and learn from the experience of people living lives differently from ours.

A more plural community is one that welcomes and respects women, black or asian people, all body types, the disabled or neurotypical, non-binary people and immigrants, for example.

What is your role in building a more inclusive society?





Questions about diversity and inclusion

Do you think it is important to know the perspective of other people?

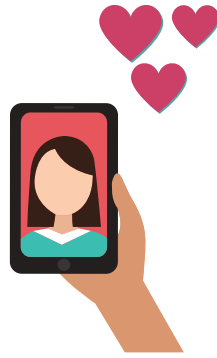
What is your role in building a more inclusive society?

What do you understand by empathy?

Quote a situation where you changed your mind after knowing someone else's perspective.

Acknowledge a privilege of yours.

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SELF-IMAGE AND SELF-LOVE

Self-image is the perception we have about ourselves. This perception can encompass matters such as our appearance, our attitude or even our achievements and it is directly linked to our self-esteem.

Our judgment about ourselves is often very critical and hard. We establish unrealistic comparisons and blame ourselves for behaviors we regret.

A healthy relationship with your identity is one in which dialogue with your self-image is exercised with respect, understanding and care. We need to cultivate self-love and lighten the weight of our judgment, knowing that all people are made up of qualities and defects - and you would be no different!

Your existence is beautiful, valid and important. Celebrate it!





Question about self-image and self-love

How important are other people's opinions about you?

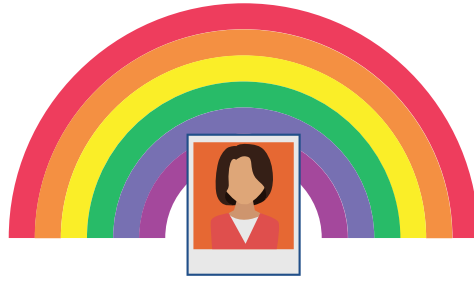
What could you improve in your attitude to feel more confident and satisfied about you?

What do you understand by self-love?

Acknowledge one quality in you and in someone else!

Share a self-care tip or practice that makes you feel comfortable.

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PRIDE AND IDENTITY

LGBTQ+ Pride comes from the need to reaffirm our value and validity in response to homophobic and transphobic practices in our society. Our Pride flourished despite prejudice and discrimination towards our ways of loving and existing.

Exercising pride is acknowledging our achievements and our worthiness. It is saying that no one should be mistreated because of their sexual orientation or gender identity. It is to remember that we are all born free and equal in dignity and rights.

This way, "coming out of the closet", affirming and asserting your sexual orientation or gender identity is a big and important step! Being honest with yourself and the people around you about your desires, dreams and personality is a crucial part of building your self-esteem and happiness.

Getting to know stories about people who have gone through the same situations as you - whether through testimonials, videos or music - is a good strategy and helps us remember that, regardless of the scenario we are in, we are not alone and #itgetsbetter.





Questions about pride and identity

Are you proud of who you are?

Indicate a movie or song that was important for you to get to know yourself better.

Share your It Gets Better Project's favorite video (or search for one!)

Recognize a challenge you faced because of your sexual orientation or gender identity that you have overcome.

Think about what has improved after you came out of the closet.

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TOXIC BEHAVIORS

Toxic behaviors are all those that push us away from emotional balance and detract our mental health and well being. Although they have various degrees of severity and consequences, examples of toxic behaviors include alcohol and other drugs abuse, bullying, abusive relationships, self-deprecation, and involvement in risky activities.

Identifying when you are having a toxic behavior or being a victim of another person's behavior is a necessary step towards establishing a healthy relationship with yourself and others.

Understanding the origin, foundation and consequences of these negative postures is also essential to the process of repairing them.

After all, your current situation is not your final situation, and #itgetsbetter.





Questions about toxic behaviors

How do you acknowledge a behavior that is toxic to your physical or mental health?

How would you help a friend get through a toxic habit or relationship?

If comfortable, talk about a behavior or toxic relationship that you have overcome.

Treat yourself with affection and forgive a behavior you had in the past.

Do you believe that social networks have changed our process of self-assertion and validation?

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BEAT THE GAME?

GO STRAIGHT TO THE NEXT LEVEL!

Although you have already answered all the questions, some matters should never stop being reminded and discussed. To do this, write down these tips:



Make some coffee and keep in touch with your children.



Write new questions together.



Share the activity with your friends.



Follow our content on social media.



Tell us about your experience and get to know other families at [#itgetsbetter](#).



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