



An Original EduGuide for

IT GOT BETTER

THE EVOCATIVE ONLINE SERIES

IT GETS
BETTER
PROJECT

IT GOT BETTER

[It Got Better](#) is a 2014 to 2016 original video series created by Hypomania Content and Is or Isn't Entertainment in association with the It Gets Better Project that ran for three seasons on Lexus' online channel, L/Studio. Each episode in the series highlights a different LGBTQ+ icon from the entertainment industry. They discuss coming out, finding community, navigating relationships, building careers, and so much more. This evocative series features:

SEASON 1 (p. 3)

Tim Gunn (p. 4)

Jane Lynch (p. 6)

George Takei (p. 8)

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Tegan and Sara (p. 12)

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RuPaul (p. 27)

SEASON 3 (p. 29)

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To explore the complete video series, visit:

www.itgetsbetter.org/ItGotBetter

This official viewer's guide for *It Got Better* will walk you through each season and episode/video in the series, asking you to think critically about the stories you watch. It's intended for young adults (YA) ages 14+, or those already in late middle or high school, but it can be adapted for younger and older audiences, if necessary. You can follow this guide on your own, with your fellow GSA members, during family night, or in a classroom. You can watch and discuss one video at a time or watch the series in one sitting. The options are limitless.

To check out more of our original educational materials, visit:

www.itgetsbetter.org/education

SEASON 1



Trailer:

<https://youtu.be/kifSPQhIWuc>

Tim Gunn (p. 5)

Jane Lynch (p. 7)

George Takei (p. 9)

Jason Collins (p. 11)

Tegan and Sara (p. 13)

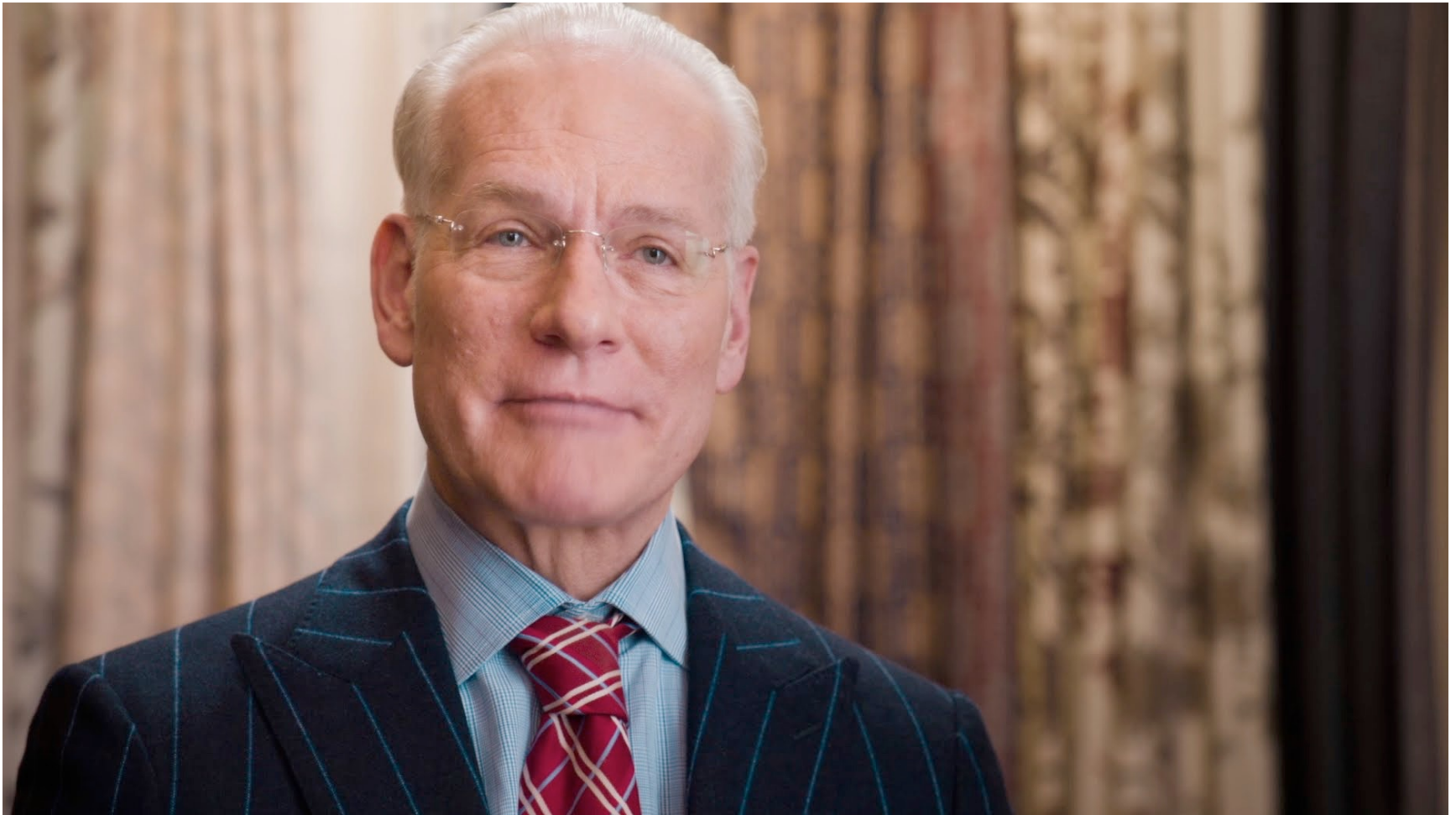
Laverne Cox (p. 15)

Access all of the videos in Season 1 together:

<http://itgetsbetter.org/blog/lesson/season-1>

SEASON 1, EPISODE 1

IT GOT BETTER FEATURING **TIM GUNN**



Watch the video:

<https://youtu.be/HlQdteemhmc>

6 minutes, 50 seconds

DISCUSSION QUESTIONS

1. As a judge and on-air mentor for over 16 seasons on the popular fashion reality show *Project Runway*, Tim Gunn became well known for his blunt catch phrases like “make it work.” How do you think that phrase relates to Tim’s life story as shown in the video? What experiences might have led him

to having such a determined view when it comes to his work and life?

2. Tim was raised in an intensely homophobic household. However, when talking about his father, Tim remarked that “there was a lot of pressure on me to be like he was, but it wasn’t external it was internal.” What do you think he meant by the pressure being internal? How did he learn to cope with that pressure?
3. Dr. Goldblat was a great mentor who helped Tim through some of his toughest struggles. Who has been a similar “immovable rock” in your life? What makes them such a great mentor?
4. Tim states that he’s now able to present himself as a “full person.” What do you think he means by that? What do you think being a “full person” looks like for you? What might your path look like to get you there?
5. ***If you could ask Tim Gunn one question, what would it be?***

SEASON 1, EPISODE 2

IT GOT BETTER FEATURING JANE LYNCH



Watch the video:

<https://youtu.be/wjk7grELDfY>

6 minutes, 10 seconds

DISCUSSION QUESTIONS

1. The world knows Jane Lynch best for portraying the aggressive cheerleading coach, Sue Sylvester, on the popular TV show *Glee*. But where Sue the character was harsh, Jane the person is full of encouragement. Of all the words of advice that Jane shares in her video, which ones speak to

you the most? How could you apply those words of advice in your own life?

2. When she was growing up, Jane shared that “there were certain things boys did and certain things girls did, and I did not fit in that.” How true is that still today, that the world sees some things as boy things and some things as girl things? What are your thoughts on that?
3. Reflecting on her childhood experience of playing baseball, Jane says she gained a life lesson on perseverance that has served her career well. Think of an experience you’ve had that has taught you a life lesson. What was that lesson, and how do you see it shaping your life moving forward?
4. At the end of the video, Jane says “everyday, I do something creative.” What’s something you do (or can start doing) everyday to keep yourself motivated, fulfilled, and happy? Why do you think that activity brings you so much joy?
5. ***If you could ask Jane Lynch one question, what would it be?***

SEASON 1, EPISODE 3

IT GOT BETTER FEATURING **GEORGE TAKEI**



Watch the video:

<https://youtu.be/oWL3xmjhC3c>

7 minutes, 46 seconds

DISCUSSION QUESTIONS

1. George Takei has lived an extraordinary life, from his experience as a child being held in the Japanese internment camps during World War II to forging a successful career as an actor playing Lieutenant Hikaru Sulu on the hit TV series *Star Trek*. What part of George's life story stands out to you

the most? What sort of lessons or inspiration do you take away from that part of George's story?

2. In the video, George talks about seeking out advocacy groups in New York City while still being closeted. Like gender and sexuality alliances (GSAs) today, those advocacy groups helped George find self acceptance. Does your school have a GSA? If not, what can you do to help create one? If it does, what is your GSA doing to help LGBTQ+ students at your school and how can you get involved?
3. As a young man, George constantly felt torn. On one hand, he wanted to pursue a career in acting, but he'd have to hide being gay to do so. On the other, he wanted to live out and open at places like the Stonewall Inn, but that could cost him his career if he did. He felt like he had to choose one or the other. Have you ever faced a similar dilemma? Take a moment to ponder on how that made you feel, or how it would make you feel if that was your experience.
4. George would love to go back in time and tell his younger self that everything would get better. If you could give a piece of advice to your younger self, what would it be? How would that advice have shaped your life differently?
5. ***If you could ask George Takei one question, what would it be?***

SEASON 1, EPISODE 4

IT GOT BETTER FEATURING **JASON COLLINS**



Watch the video:

<https://youtu.be/a-NnTNLqqCc>

7 minutes, 38 seconds

DISCUSSION QUESTIONS

1. Jason Collins played as a center for 13 seasons in the NBA. Throughout his career, he had a reputation for being a team leader. He was praised for his intelligence on the court and his professionalism. Do you see those character traits reflected in Jason's video story? What role do you think

those traits played in his coming out process while in the NBA?

2. The death of Matthew Shephard in 1998 had a major impact on Jason. For a time, it instilled in him a sense of fear for being gay, but it also inspired him to choose the number 98 for his jersey. Take a few minutes to visit www.matthewshepard.org to learn more about Matthew's story. What sort of impact has Matthew's story had on the world?
3. Seeing his trainer, Keith Anthony, share his coming out story on social media empowered Jason to eventually share his own. The It Gets Better Project is an organization that works to collect such stories on behalf of LGBTQ+ youth. You can check out those stories at www.itgetsbetter.org. Now think of some positive stories you've seen on social media. What made these stories so inspiring for you?
4. Jason shares that he is a firm believer in controlling his own truth and his own story. Think of your own life so far. On a scale of 1 to 10 (1 being low and 10 being high), how in control of your own truth and your own story do you feel like you've been up to this point? What do you think you can do to better own your truth and your story moving forward?
5. ***If you could ask Jason Collins one question, what would it be?***

SEASON 1, EPISODE 5

IT GOT BETTER FEATURING

TEGAN AND SARA



Watch the video:

<https://youtu.be/fV3IVHYdjXs>

6 minutes, 56 seconds

DISCUSSION QUESTIONS

1. Tegan and Sara is the name of a popular indie pop band from Canada. It's also the names of the band's members, identical twin sisters, Tegan and Sara Quin. The pair has released 9 studio albums during a career that has spanned over two decades. As queer women, their music inspires people

the world over. Who are some recording artists that have inspired you?
What makes their music so empowering?

2. When talking about coming out, Tegan and Sara share this advice: “Wait for the right moment, but don't waste your whole life waiting for the right moment.” What do you think they mean by that?
3. How did role models such as Ani DiFranco and Melissa Ethridge, two influential queer women and singer-songwriters, impact the way Tegan and Sara view themselves? Who have been some role models that have impacted you in a similar way?
4. It was a process for Tegan and Sara’s mom to learn how to accept that her daughters were gay. What was her initial reaction when they each came out to her? As a mother, how did she change and evolve over time?
5. ***If you could ask Tegan and Sara one question, what would it be?***

SEASON 1, EPISODE 6

IT GOT BETTER FEATURING **LAVERNE COX**



Watch the video:

<https://youtu.be/1MfxtM9N3fw>

8 minutes, 30 seconds

DISCUSSION QUESTIONS

1. Laverne Cox became the first openly trans woman to be nominated for a Primetime Emmy Award in any acting category for her portrayal of Sophia Burset in *Orange is the New Black*. Laverne, both in and out of character, has stood unapologetically firm in who she is and in standing up for others. Who

are some activists or public figures you look up to that exhibit similar leadership traits?

2. Laverne remembers her third grade teacher telling her mom that Laverne would “end up in New Orleans wearing a dress if we don’t get him into therapy right away.” Though that prophecy eventually came true, it didn’t play out quite as the teacher had imagined. How was Laverne able to reclaim that memory and turn it into a positive?
3. Laverne says her gender was constantly being policed as a kid, by her teachers, by her peers, and even by her mother. What does she mean by that? What sort of impact do you think that kind of policing can have on kids like Laverne?
4. “Who you are authentically is right.” That’s a powerful statement born out of Laverne’s own experience growing up and finding success as a trans woman of color. What about her story do you find transformative or empowering? What part resonates with you the most?
5. ***If you could ask Laverne Cox one question, what would it be?***

SEASON 2



Trailer:

<https://youtu.be/NTfQPrk-K7I>

Rosie O'Donnell (p. 18)

Nate Berkus (p. 20)

Portia De Rossi (p. 22)

Janet Mock (p. 24)

Andrew Rannells (p. 26)

RuPaul (p. 28)

Access all of the videos in Season 2 together:

<https://itgetsbetter.org/blog/lesson/season-2/>

SEASON 2, EPISODE 1

IT GOT BETTER FEATURING

ROSIE O'DONNELL



Watch the video:

<https://youtu.be/JDWb47yyGZw>

7 minutes, 51 seconds

DISCUSSION QUESTIONS

1. Rosie O'Donnell became known as the “Queen of Nice” during her time hosting her own syndicated daytime talk show, *The Rosie O'Donnell Show*. But it wasn't just her bright personality and comedic chops that got her that name. She's also well regarded for her vast philanthropic efforts,

particularly in support of LGBTQ+ adoption. If you had the means to support any charitable cause, what would it be and why?

2. While growing up, Rosie was able to spot “tomboy prototypes” on TV that she could relate to. For many people, seeing themselves reflected in the characters they see in movies and on TV is very important. Who are some characters you’ve been able to relate to? How does seeing them on screen impact the way you see yourself?
3. After her mother passed away, Rosie found support and an ally in Ms. Maravel, a teacher at her school. Ms. Maravel “loved her back to life,” Rosie says. How was that love manifested? What sort of impact did Ms. Maravel have on Rosie’s life?
4. What inspired Rosie to come out in 2002, at the height of her career? What words of advice does she share for LGBTQ+ kids who are planning to come out themselves?
5. ***If you could ask Rosie O’Donnell one question, what would it be?***

SEASON 2, EPISODE 2

IT GOT BETTER FEATURING **NATE BERKUS**



Watch the video:

<https://youtu.be/LAbsLdtRAj4>

8 minutes, 22 seconds

DISCUSSION QUESTIONS

1. Ever since his first appearance on *The Oprah Winfrey Show* in 2002, Nate Berkus has become one of the world's most recognizable interior designers. When speaking of design, Nate has said "I believe your home should tell your story." While listening to Nate's own personal story, what impressed you

the most? How does that piece of Nate's story relate to your own?

2. Though "Don't Ask, Don't Tell" was strictly a United States policy on military service from 1994 to 2011, Nate labels his experience growing up in the 70s and 80s as the "don't ask, don't tell" period. What do you think he means by that? How does the military policy and that period of time in Nate's youth compare? (To learn more about "Don't Ask, Don't Tell," go to https://en.wikipedia.org/wiki/Dont_ask_dont_tell.)
3. The tsunami that hit Sri Lanka and 13 other countries surrounding the Indian Ocean in 2004 killed an estimated 227,000 people. Surviving the tsunami, while losing his partner, Fernando, was a turning point in Nate's life. How did that traumatic experience shape Nate's perspective on life moving forward? What experiences have shaped your own perspective on life?
4. "Everybody's different. But in the long run, our differences are actually what make us so exceptional." What are five traits that you would use to describe yourself that make you exceptional? Explain your choices.
5. ***If you could ask Nate Berkus one question, what would it be?***

SEASON 2, EPISODE 3

IT GOT BETTER FEATURING

PORTIA DE ROSSI



Watch the video:

<https://youtu.be/5ZTDVIAbR5g>

8 minutes, 49 seconds

DISCUSSION QUESTIONS

1. Though many people know her best as Ellen Degeneres' wife, Portia De Rossi has also built a very successful career of her own as a model and actress. She has consistently appeared in leading roles on major primetime TV shows, like *Scandal*, since 1998. What did Portia's path to success look like?

What were some of the challenges and obstacles she faced along the way?

2. As a result of her father passing away at age 9, Portia primarily remembers her childhood as one of loss rather than one of happiness. How did that impact her perspective on life? What has been your experience with loss, and what are some ways you've learned to cope?
3. Portia's experience modeling at the age of 12 had a major impact on the way she viewed herself and her worth. How did her struggle with an eating disorder relate to her struggle with being a lesbian? How did she learn to overcome both of those struggles?
4. "We can get married, like actually married." What was so pivotal about Portia's realization that she and Ellen could finally get married? What impact has marriage equality had on LGBTQ+ people in general? (To learn more about the fight for marriage equality in the United States, go to <https://www.history.com/topics/gay-rights/gay-marriage>)
5. ***If you could ask Portia De Rossi one question, what would it be?***

SEASON 2, EPISODE 4

IT GOT BETTER FEATURING JANET MOCK



Watch the video:

<https://youtu.be/iedimNVkIXM>

8 minutes, 37 seconds

DISCUSSION QUESTIONS

1. Janet Mock is a trailblazing storyteller. As an award-winning writer, she's published two bestselling memoirs about her journey as a trans woman. She's also written and directed for several TV shows, including the groundbreaking drama series *POSE*. What do you think it took for Janet to

get to where she is today in terms of her success and self-acceptance?

2. “The māhū within Hawaiian culture was someone that...embodies all genders, was kind of a champion of gender nonconformity [and] of the arts.” Do you see the role of the māhū reflected in your own culture(s)? To what extent is gender nonconformity and/or gender diversity accepted within your community? Explain why you think that is.
3. Meeting Wendy, another trans girl in 7th grade, changed Janet’s life. Wendy was the first person who ever saw Janet as a girl. Why do you think meeting Wendy, and becoming best friends with her, was such a game changer for Janet? Who’s been a game changer in your life?
4. After moving to New York City, Janet recalls learning about Silvia Rivera, Marsha P. Johnson, and Miss Major Griffin-Gracy, trans women of color who were radical revolutionaries. Why do you think it’s so important for Janet that these women’s names be spoken and that they be remembered as pioneers within the larger LGBTQ+ movement?
5. ***If you could ask Janet Mock one question, what would it be?***

SEASON 2, EPISODE 5

IT GOT BETTER FEATURING

ANDREW RANNELLS



Watch the video:

<https://youtu.be/gSCnYHXTvpw>

7 minutes, 9 seconds

DISCUSSION QUESTIONS

1. Andrew Rannells has been a major Broadway sensation since 2011 when he performed as Elder Price in the original musical *The Book of Mormon*. During his career, he's also performed in hit musicals such as *Hairspray* and *Hamilton*. Beyond bringing him success, how has theater impacted

Andrew's life as a gay man?

2. How did the portrayal of gay characters in John Hughes' films and other popular media of the 1980s affect Andrew's view of himself growing up? Have portrayals of LGBTQ+ characters in the media improved since then? Explain your answer.
3. After a producer turned down Andrew Rannell's for a role simply because he was gay, he took on a different attitude when auditioning for *The Book of Mormon*. What changed? Why do you think this new approach opened up even bigger opportunities for him moving forward?
4. Andrew has had the opportunity to embody self-acceptance and self-empowerment in some of the characters he's portrayed on stage, like Hedwig in *Hedwig and the Angry Inch*. Who are some characters you admire from film, TV, theater, or books that also embody those values? What else draws you to those characters?
5. ***If you could ask Andrew Rannell's one question, what would it be?***

SEASON 2, EPISODE 6

IT GOT BETTER FEATURING **RUPAUL**



Watch the video:

<https://youtu.be/K5zGQt6EOow>

8 minutes, 13 seconds

DISCUSSION QUESTIONS

1. Through the incredibly popular reality TV series *RuPaul's Drag Race*, RuPaul has helped inspire countless young people to participate in the art of drag – the act of performing a gender for the purpose of entertainment. Why do you think being able to openly do drag is so liberating for so many people,

both LGBTQ+ and non-LGBTQ+ alike?

2. In order to try and deal with the trauma he experienced as a child, RuPaul says he would sort of detach and disconnect himself from his emotions and feelings. Have you ever had that experience? Why might doing that be so harmful for kids?
3. “I knew that... my tribe was out there waiting for me.” Describe some of the people and/or groups described in the video that eventually became part of RuPaul’s personal tribe. What sort of things bonded them together? Who would you consider to be part of your chosen family?
4. RuPaul is known for his uplifting and powerful views on life. Two that stand out from the video include “[play] with all the colors in the Crayon box” and “know your rhythm.” What does he mean by these statements? How can you put these words of advice to good use in your own life?
5. ***If you could ask RuPaul one question, what would it be?***

SEASON 3



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- Candis Cayne (p. 33)
- Raven-Symoné (p. 35)
- Adam Lambert (p. 37)
- EJ Johnson (p. 39)
- Ian McKellen (p. 41)

Access all of the videos in Season 3 together:

<https://itgetsbetter.org/blog/lesson/season-3/>

SEASON 3, EPISODE 1

IT GOT BETTER FEATURING WANDA SYKES



Watch the video:

<https://youtu.be/VwBeDxJWdUw>

6 minutes, 59 seconds

DISCUSSION QUESTIONS

1. Long before she was recognized as one of the 25 funniest people in America by *Entertainment Weekly* in 2004, Wanda Sykes worked as a contracting specialist for the government. What kind of personality traits might it take for someone like Wanda to leave a desk job to embark on a

career in stand-up comedy?

2. In her video story, Wanda talks a lot about her family being one of the only black families in her neighborhood growing up. How did that experience impact the way Wanda's parents raised her? How did that experience impact Wanda and how she viewed herself?
3. As a fellow woman working in comedy, Wanda feared coming out after seeing some of the backlash that Ellen DeGeneres received. At the same time, it propelled her to come out herself at the age of 40. How was Wanda eventually able to navigate her own coming out process?
4. "It's important for us to tell our stories and to be so vocal because this is how we affect the community." What valuable lessons can you extract from Wanda's story? How might Wanda's story relate to your own?
5. ***If you could ask Wanda Sykes one question, what would it be?***

SEASON 3, EPISODE 2

IT GOT BETTER FEATURING CANDIS CAYNE



Watch the video:

<https://youtu.be/JZ9aMvRBQXY>

9 minutes, 18 seconds

DISCUSSION QUESTIONS

1. Candis Cayne came to national attention in 2007 for her role as Carmelita in the drama series *Dirty Sexy Money*. It was the first time in history that an openly trans actress got to play a recurring trans character on primetime TV. Who are some of the trans actors and/or characters on screen today

that you admire?

2. Candis went through some really negative experiences growing up, from being physically bullied by her peers to being verbally harassed by one of her teachers. At the time, Candis couldn't see how things could possibly get better down the road. But they did. How did life eventually get better for Candis?
3. As early as age 7, Candis remembers thinking: "I'm born in the wrong body." In Candis' case, this was gender dysphoria, the condition of feeling like her physical body didn't match her true gender identity. How did Candis navigate those feelings and eventually come to embrace her true identity? How did her family help her?
4. "How can you possibly not be right if this is who you are?" What an incredibly powerful statement. Take a look at yourself. In your mind, how would you define who you really are? What is right about who you are?
5. ***If you could ask Candis Cayne one question, what would it be?***

SEASON 3, EPISODE 3

IT GOT BETTER FEATURING RAVEN-SYMONÉ



Watch the video:

<https://youtu.be/8dKVdvJCeTE>

7 minutes, 20 seconds

DISCUSSION QUESTIONS

1. While playing Raven Baxter on the hit Disney Channel show *That's So Raven*, Raven-Symoné got to experience what it would be like to be a teenager with psychic abilities who could see into the future. If you could look into the

future and see yourself 10 years from now, what do you think you'd see?

2. Starting at the age of 3, Raven spent her childhood working on hit TV shows such as *The Cosby Show* and *Hangin' with Mr. Cooper*, as well as movies like *Dr. Dolittle* and *The Cheetah Girls*. How did a life in front of the camera impact Raven's ability to be her true self off set?
3. Raven shares that as a teen, she pushed herself to like boys even though she knew she really liked other girls. What was happening in the world around her that made her feel like she couldn't be herself? What eventually changed?
4. "It doesn't matter what you see me as and you label me as, it's what I label myself." At this moment in time, what are some words you'd use to label yourself? What words would others use to label you? What could be done to bring those two perspectives closer together?
5. ***If you could ask Raven-Symoné one question, what would it be?***

SEASON 3, EPISODE 4

IT GOT BETTER FEATURING ADAM LAMBERT



Watch the video:

<https://youtu.be/9Bb9wV9BZA4>

8 minutes, 4 seconds

DISCUSSION QUESTIONS

1. As a singer-songwriter, Adam Lambert has sold over 3 million albums worldwide. With his 2012 album *Trespassing*, he became the first openly gay artist to ever top the *U.S. Billboard* album charts. Why might it be important to view Adam's professional achievements (best-selling albums) in

connection to his sexuality (being gay)? Explain your answer.

2. Seeing Pedro, a cast member on the MTV reality show *The Real World: San Francisco*, be openly gay and still taken seriously was a major milestone for Adam in his process of coming out. So was the show *Will & Grace*. What made these shows so pivotal for Adam?
3. When photos of Adam kissing a boyfriend surfaced during the *American Idol* competition in 2009, they were seen as highly controversial at the time. Many people in the media speculated on whether or not TV audiences were ready for an openly gay winner. How has society changed (or not) since then?
4. Adam's parents were super accepting of him being gay. How do you think this shaped Adam's life and career path moving forward? How might things have turned out differently if his parents hadn't been so accepting?
5. ***If you could ask Adam Lambert one question, what would it be?***

SEASON 3, EPISODE 5

IT GOT BETTER FEATURING EJ JOHNSON



Watch the video:

<https://youtu.be/JTphsfDt0Bk>

7 minutes, 52 seconds

DISCUSSION QUESTIONS

1. *EJNYC* premiered in 2016. It was one of the first reality series to center on the life of a young LGBTQ+ person of color, in this case, EJ Johnson, the son of basketball legend Magic Johnson. Despite this achievement, it's still quite rare to see young queer people of color featured on TV. Why do you think

that is?

2. It wasn't until EJ was a freshman in high school that he met other gay kids for the first time. What impression did these kids make on EJ? Why do you think meeting them was so impactful?
3. If you were out at EJ's high school, no one seemed to care. But if you tried to remain incognito or keep your sexuality a secret, that's when it became a topic of conversation. Why do you think that is? How does that compare to your school experience?
4. "I love playing with gender roles...I think that's the beautiful thing about fashion and art." In addition to EJ, who are some other celebrities or artists you've seen play with gender roles? How has seeing them impacted the way you choose to express yourself?
5. ***If you could ask EJ Johnson one question, what would it be?***

SEASON 3, EPISODE 6

IT GOT BETTER FEATURING IAN MCKELLEN



Watch the video:

https://youtu.be/U_U54CUVmxY

8 minutes, 46 seconds

DISCUSSION QUESTIONS

1. With a stage and screen career spanning nearly 60 years, Sir Ian McKellen is one of the world's most revered actors. You might know him best as Gandolf from *The Lord of the Rings* trilogy or as Magneto from the *X-Men* film franchise. What impressed you the most from watching Ian's incredible

life story as it was captured in this video?

2. Back in 1953, Ian shares that “to accuse someone of being gay or even to ask that question, it was thought to be the most insulting thing you could possibly say.” In fact, even talking about being gay at that time in the United Kingdom could land you in prison. How has the world changed (or not) since that time?
3. Ian shared that in the British theatre, individuality was celebrated. In what spaces have you felt like your individuality has been celebrated? How did your experience(s) in that space make you feel?
4. Though Ian was out to his fellow actors early on in his stage career, he didn’t come out publicly until 1988 at nearly 50 years old. “Once you are honest about your sexuality,” he shared, “you will feel better about it.” Why might it be important, on a personal and emotional level, to be open and honest with others about who you are?
5. ***If you could ask Ian McKellen one question, what would it be?***

BEYOND THE SCREEN

ACTIVITIES

Watching is only half the experience. You can also choose one of the following activities to take your learning one step further. Don't be afraid to step outside of your comfort zone.

CHOOSE YOUR OWN ADVENTURE

- ★ **EXPRESS** – Create a playlist of songs on a platform of your choice (Spotify, Apple Music, etc.) that have helped you with self-discovery and/or self-acceptance. These can be songs that have helped you navigate tough feelings or have helped you through your struggles. For example, *Born This Way* by Lady Gaga is widely embraced by much of the LGBTQ+ community for being this type of song. Once you have your playlist complete, share it on social media and tag the It Gets Better Project (@itgetsbetter, #ItGetsBetter).
- ★ **CREATE** – Imagine if you could put up a billboard in Times Square in New York City, one that captures who you are and how you wish the world could see you. What would this billboard look like? What elements of your personality would it highlight? With those thoughts in mind, bring your billboard to life as either a physical poster, or perhaps in a PowerPoint or Google Slides presentation. Be as creative as you'd like – it's your story. Consider sharing it with a family member or friend you think would appreciate it.

- ★ **SHARE** – Make an It Gets Better video or write your own personal story. Tell the world who you are, why stories like those in *It Got Better* matter to you, and what message of support you'd like to share with an LGBTQ+ young person having a tough time. Submit your video or written story to the It Gets Better Project through the organization's website at www.itgetsbetter.org/share-your-story.



ABOUT THE ORGANIZATION

IT GETS BETTER PROJECT

This guide was written by education staff at the It Gets Better Project, a nonprofit organization based in Los Angeles, California (USA). The organization uses the power of story - told through online videos (like those in *It Got Better*), films, books, and more - to uplift, empower, and connect LGBTQ+ youth around the globe. To learn more, please connect with the organization online:

Website:

www.itgetsbetter.org

YouTube:

www.youtube.com/itgetsbetter

Instagram:

www.instagram.com/itgetsbetter

Facebook:

www.facebook.com/itgetsbetterproject

Twitter:

<http://twitter.com/ItGetsBetter>

Tumblr:

<http://itgetsbetterproject.tumblr.com>

The It Gets Better Project has identified over 1,100 organizations in 40+ countries around the world offering support to LGBTQ+ youth. To find a resource near you, go to www.itgetsbetter.org/GetHelp.

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