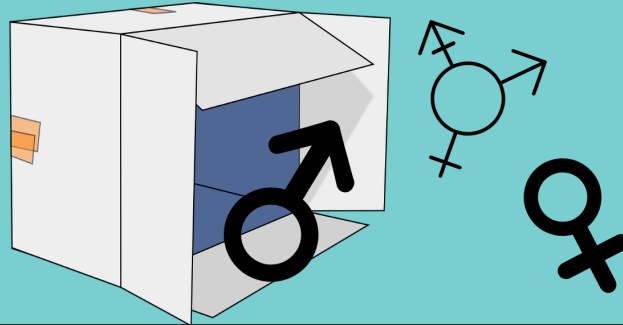


OUT OF THE GENDER BOX

SURVIVAL GUIDE

3 Ways to Help Friends and Yourself Combat Harmful Gender Stereotypes



1. Respect Yourself / Respect Others



- You may encounter others who dress or express themselves outside of the typical way you would think a "man" or "woman" looks like. Respecting this person's choices and not participating in bullying keeps others safe.
- If you are an individual who does not follow society's traditional gender expressions, respect and love your choice because you are worthy of that respect from yourself or others.

2. Search for Safe Spaces and Groups



- Finding supportive environments is important for your mental health. Supportive friend groups keep us from feeling isolated and lonely.
- In person groups can be found through sports teams or clubs. There are also online options such as the Trevor Project.

3. Look Out for Each Other



- Keeping an eye out for friends and fellow students helps to build a supportive community that checks in on members of that community ensuring everyone has support if and when they need it.
- Keeping an eye out for friends and fellow students can be done by stepping in if someone is getting bullied or even just asking a friend how they are doing.