



The last Friday of August marks  
Wear it Purple Day.

Join thousands of schools, universities,  
workplaces and community groups and  
wear purple on Friday August 26th to  
show LGBTIQ+ young people every-  
where that they are loved and supported,  
and that they have the right to be proud  
of who they are.

[wearitpurple.org](http://wearitpurple.org)

We asked LGBTIQ+ young people

**“what makes you feel good about yourself?”**

4,754 young people responded, and some common themes emerged\*.

Here are some ideas for supporting LGBTIQ+ young people to feel good about themselves.



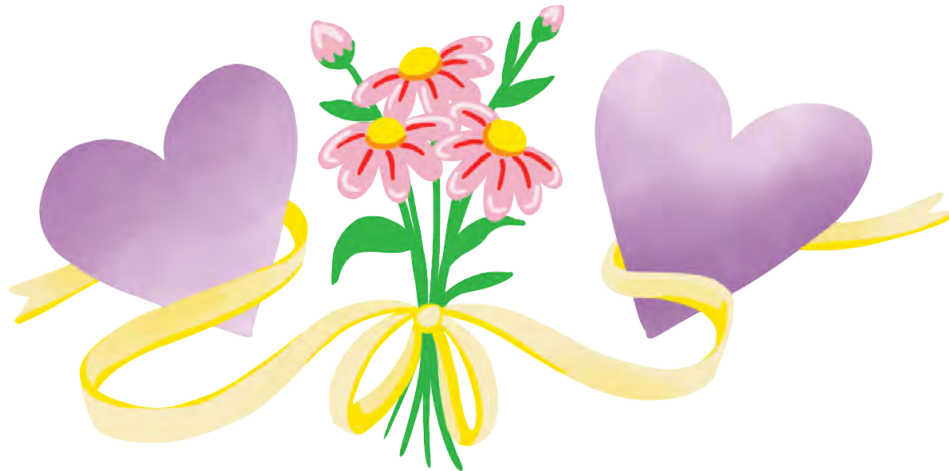
# Social connectivity to friends and family

- LGBTQIA+ social and support groups in community and Stand Out groups in schools to build connections.
- Offer online social and support groups for young people who are not able to make it to face to face groups due to ability, location, anxiety, out status or personal preference.
- Support and education for families of LGBTQIA+ young people.
- Ensure opportunities and services for young people are affirming and celebratory of LGBTQIA+ people, such as inclusive sports teams, community events and activities.



# Romantic connection

- Support young people to form healthy relationships with an understanding of boundaries, consent, and respect.
- Create safe and affirming spaces to meet other LGBTIQA+ young people such as social events.  
You can find an extensive list of social and support groups on the [Rainbow Network website](#).



# Creating and achieving

- > Include creative projects, event organising and political campaigning as part of the program for your social group, support group or Stand Out group.
- > Invite LGBTIQ+ community members to speak to your group about their creative, academic, political, or sporting projects and/or achievements as a way of igniting inspiration.



# Affirmation from within

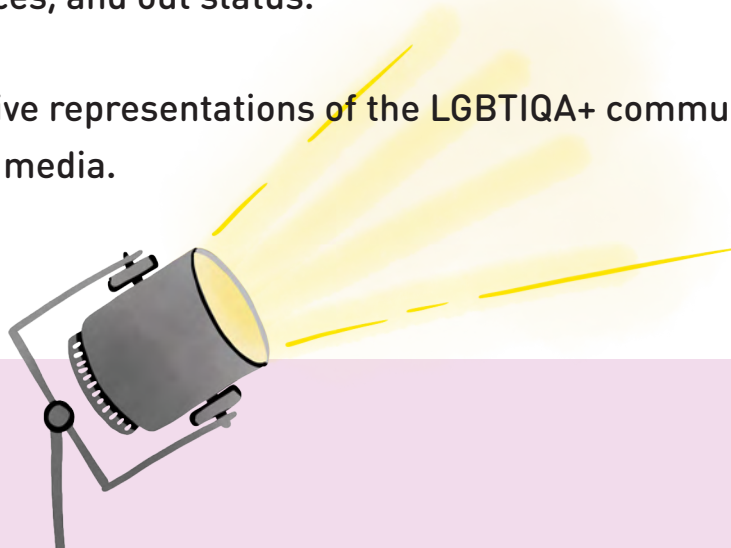
- Encourage self-expression and support young people to express themselves as they want to be. This could include a gender-free haircut day, clothes swaps or dressing up.
- Celebrate bodily diversity and support confidence with non-competitive physical activities such as dancing and circus games.



# Being affirmed by others



- Show LGBTIQ+ young people that they are deserving of love and respect. Ensure they feel welcome and safe in your organisation or service. You can do this by putting up posters, brushing up on your pronoun use and ensuring that you don't make assumptions about bodies, gender or sexuality.
- All LGBTIQ+ young people deserve to have pride in their identity. Make sure your programs or activities are safe and welcoming for LGBTIQ+ young people of all abilities, cultural and linguistic backgrounds, faiths, socio economic circumstances, and out status.
- Share positive representations of the LGBTIQ+ community in culture and media.



# Having influence on others - making a difference

- Give young people a role to play in organising the kinds of groups and activities they want to be a part of. Encourage political participation by supporting them to start a campaign within their school or local council.
- Provide opportunities for mentoring or caregiving. Find ways for young people to help within the broader community. This could be by mentoring younger LGBTIQ+ people or getting involved in programs which support people in need or contribute positively to the local environment such as revegetation and weeding.







# RAINBOW NETWORK

Rainbow Network is here to support you in the work you do with LGBTIQA+ young people. We run capacity building workshops and events and create opportunities for connection within the sector. We also produce resources and share knowledge, drawing on evidence-based, peer-reviewed research and in collaboration with community.

To join our network, sign up to our mailing list via the [link on our website](#), and receive our monthly newsletter, new resources and invitations to events.

Check out the Rainbow Network website for more [resources](#) and familiarise yourself with our [directory](#) of groups and services that specifically cater for LGBTIQA+ young people.

[rainbownetwork.com.au](http://rainbownetwork.com.au)



\*Hill AO, Lyons A, Jones J, McGowan I, Carman M, Parsons M, Power J, Bourne A (2021) Writing Themselves In 4: The health and wellbeing of LGBTQIA+ young people in Australia. National report, monograph series number 124. Melbourne: Australian Research Centre in Sex, Health and Society, La Trobe University.