



BE YOU AT MSU

LGBTQ+ IDENTITY DEVELOPMENT & RESILIENCE PROGRAM
FALL 2020 & SPRING 2021 • SAFEZONE.MSSTATE.EDU

WHAT IS “BE YOU AT MSU”?

Through bi-weekly virtual sessions based on *The Queer and Transgender Resilience Workbook: Skills for Navigating Sexual Orientation and Gender Expression* written by Dr. Anneliese A. Singh, the program is designed to help LGBTQ+ undergraduate and graduate students develop their understanding of gender identities, other intersecting identities, and the diverse LGBTQ+ community and gain skills to cope with and heal from negative experiences including homophobia, discrimination, and any other bigotries against the LGBTQ+ community.



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LGBTQ+ STUDENTS WILL BE ABLE TO:



- Reflect and better understand themselves, especially their intersecting identities.
- Gain extensive knowledge about the LGBTQ+ community.
- Acquire practical skills to challenge and navigate various forms of oppression.
- Find a support system among other participants.
- Develop sustainable resilience to be who you are and thrive in life.

HOW DOES “BE YOU AT MSU” WORK?

- 2-Semester Program
- 4 to 6 bi-weekly 1-hour sessions per semester on Webex
- A meeting time will be decided based on participants' availability.
- Facilitators from the Safe Zone Advisory Board will lead sessions.
- Participants will receive the guidebook and other items for the program.



ABOUT THE QUEER AND TRANSGENDER RESILIENCE WORKBOOK

“How can you build unshakable confidence and resilience in a world still filled with ignorance, inequality, and discrimination? The Queer and Transgender Resilience Workbook will teach you how to challenge internalized negative messages, handle stress, build a community of support, and embrace your true self.

Resilience is a key ingredient for psychological health and wellness. It's what gives people the psychological strength to cope with everyday stress, as well as major setbacks. For many people, stressful events may include job loss, financial problems, illness, natural disasters, medical emergencies, divorce, or the death of a loved one. But if you are queer or gender non-conforming, life stresses may also include discrimination in housing and health care, employment barriers, homelessness, family rejection, physical attacks or threats, and general unfair treatment and oppression—all of which lead to overwhelming feelings of hopelessness and powerlessness. So, how can you gain resilience in a society that is so often toxic and unwelcoming?

In this important workbook, you'll discover how to cultivate the key components of resilience: holding a positive view of yourself and your abilities; knowing your worth and cultivating a strong sense of self-esteem; effectively utilizing resources; being assertive and creating a support community; fostering hope and growth within yourself, and finding the strength to help others. Once you know how to tap into your personal resilience, you'll have an unlimited well you can draw from to navigate everyday challenges.

By learning to challenge internalized negative messages and remove obstacles from your life, you can build the resilience you need to embrace your truest self in an imperfect world.”

By Anneliese A. Singh, Ph.D

Cited from <https://www.newharbinger.com/queer-and-transgender-resilience-workbook>.

**SIGN UP AT [HTTPS://TINYURL.COM/Y4XCTV4X](https://tinyurl.com/y4xctv4x)
BY MONDAY, AUGUST 31**

HOW MANY PARTICIPANTS WILL BE IN THE PROGRAM?

We expect to have between 10 and 20 participants for the program. In order to foster a comfortable and safe environment, we might need to limit the number of participants if many people sign up.

DO I NEED TO ATTEND EVERY SESSION?

Yes, participants are expected to commit to our bi-weekly sessions throughout the school year. Continuous participation is a key to make the most out of the program and the guidebook because each session is built upon one another. If you would like to discuss participation, please feel free to contact us. We might be able to accommodate your situation and needs flexibly.



WHAT DOES CONFIDENTIALITY LOOK LIKE?



Everything that participants share during sessions including personal information and identities, stories, perspectives, and so on must stay in the program and not to be shared with anyone outside of the program. In addition, the program will discuss with participants and establish agreements in order to create a safe environment for all and facilitate sessions meaningfully. Because the program focuses on self-reflection, participants are expected to be vulnerable, share stories and perspectives, and engage in dialogues. However, participants will not be forced to share information in any ways, and some of your personal information can be confidential in case you are not open about your identities to the public.



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