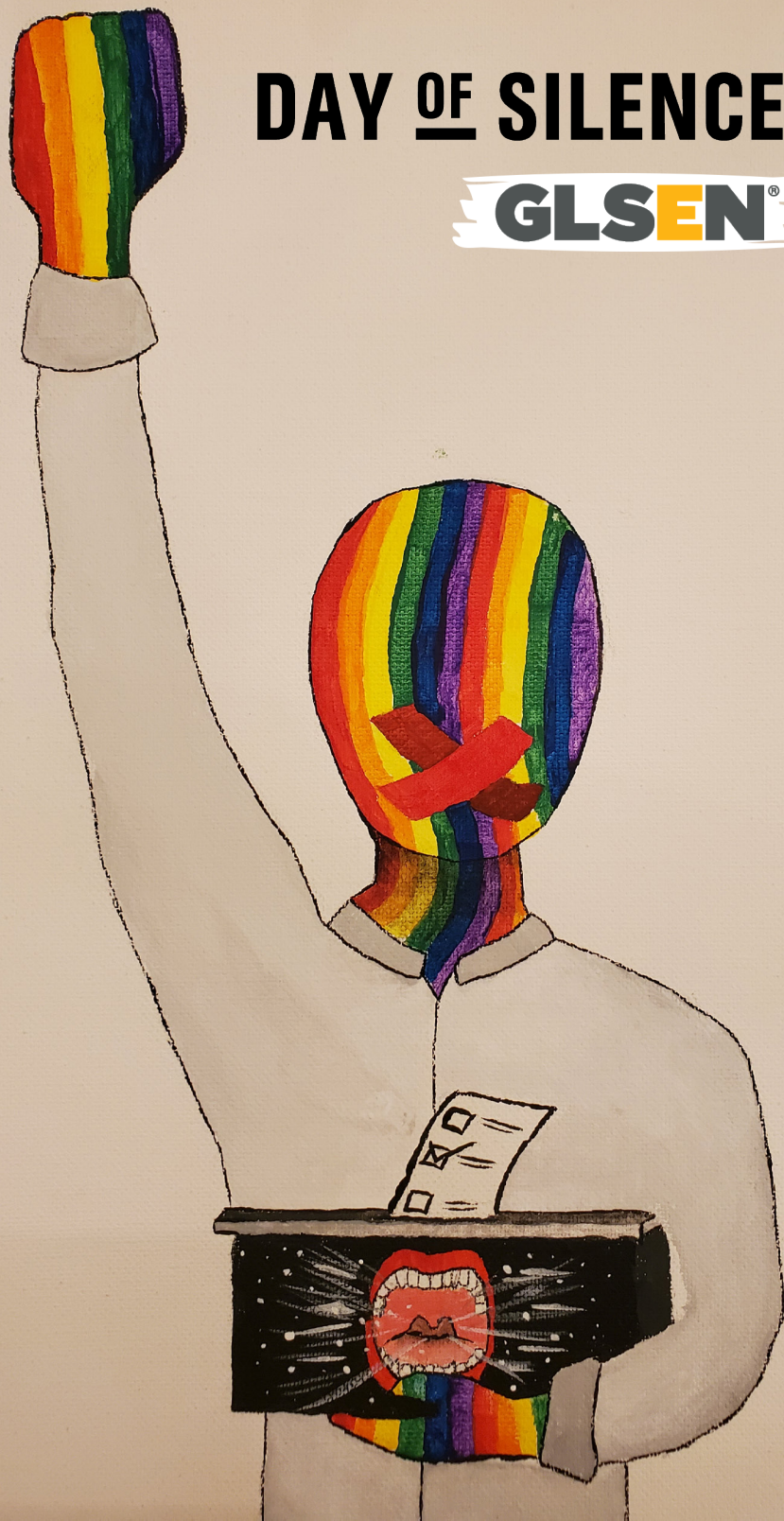


# DAY OF SILENCE

**GLSEN**<sup>®</sup>



# INTRODUCTION

*by Soli Guzman (any pronouns) Pleasant hill, CA*

Welcome to the 2020 National Day of Silence Zine! This zine was created by GLSEN's 2020 National Student Council. We are focusing on the theme **"Shaping Our Future"** and this year, due to COVID-19 and its effects on LGBTQ youth across the country, our social connection and presence matters more than ever! We persist and will continue our advocacy work to make spaces inclusive and supportive for all LGBTQ+ students.

GLSEN's National Student Council and all of us are challenged to think more creatively and we collaborate on this zine with playlists, art, poetry, and resources for you to use. I hope this zine allows you to feel connected and empowered to create change for our community and be resilient in this uncertain time. Check out some of the ideas to work with your GSA online and even create your own zine for Day of Silence and Breaking the Silence.





# RESPECTING TRANS HISTORY

*by Oliver Smith (he/they) Auburn, ME*

I remember the first time I heard the story of Stonewall. I was probably 14, recently out, and thirsty for every ounce of information I could get my hands on. For months I thought about throwing bricks and marching in the streets, surrounded by trans and queer people like those in the stories. I was trapped in my own history, overwhelmed by what I should have learned so much sooner. No one had ever taught me who my queer and trans ancestors were. No one taught me about the AIDS crisis, or about the Black and brown trans women that fought for my freedom. Trans history is a part of me, queer history is a part of me.

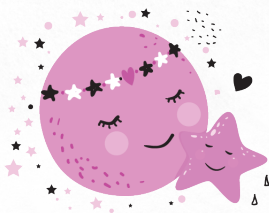
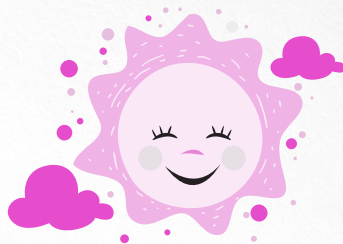
Every time our history is erased is another moment that kids like me are in the dark. We deserve our history. We deserve to know about those who have come before us, and how we can carry on their legacies. It is time to break the silence.

“  
**TRANS HISTORY IS A PART OF ME,  
QUEER HISTORY IS A PART OF ME.**

# AFFIRMATIONS FOR DAY OF SILENCE

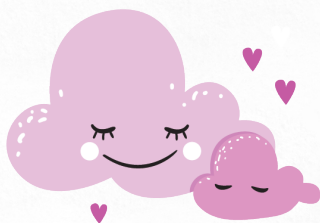
*by Selena Jeffers (pronouns) Durham, North Carolina*

You are a ray of beautiful sunshine that shines through on a rainy grey day. You bring joy and hope. For that we thank you.



Today marks one of the days you are the bravest person in the world. Because you are deciding to help fight for a better future for everyone.

Your heart is so big and caring! You are fighting for people who couldn't use their voices today.



When times get hard, raise your head high and say "I am fighting for more than myself! Today I am fighting for everyone who has ever been forced to be quiet!"

# OWNING MY TRUTH

by JP Grant (he/him) Boston, MA

Trans

Queer

Latinx

Nonbinary

Pieces of my identity that I used to hide

Pieces of myself that I know I should take pride in

Will people hear me?

Will people understand me?

Will people judge me?

Or will people just accept me?

I will no longer depreciate the value of my identity

I will no longer question my worth

But it was not always this easy

To let go of my fears of others opinions

To let go of my fears meant to not accept people's lack of knowledge

But educate them

Ignorance is not bliss

We must teach our youth

To activate their voice

I had to learn how to let go of my fear

Of being seen

Now I walk with my head held high

I am not looking around for guidance

I am leading the way

Because I am the leader of change

I am proud of the man I am becoming





# CALL TO ACTION TO OUR LEGISLATORS

*by El Martinez (they/them) Massachusetts*

*Feel free to take this and post on your social media.*

April 24<sup>th</sup>, 2020 is GLSEN's National Day of Silence and this is a call to action to politicians and those with legislative power. Do not forget us. Do not tune us out. Continue to take action to pass policies that support us. With the world in this state, the significance of this day is amplified. On Day of Silence, we as a country come together to honor the voices of those who have been and continue to be affected by harassment, bullying, and discrimination. But this year the silence runs deeper. I am writing this in a time of social isolation. A time in which many LGBTQ+ students do not have access to their safe spaces, allied educators, or supportive peers. Uncertainty is difficult for everybody but hits harder for those who must actively seek spaces in which they can be their complete selves. Now is the time for you to be vocal to ensure that LGBTQ+ students are healthy and safe but also a time to tell us that we are valid and loved. It is a time to ensure that resources are not being taken from populations disproportionately affected by the current crisis. A time to demonstrate compassion through equitable action. Support GLSEN's Day of Silence: take the oath, break the silence, and most importantly tell students that you want to hear our voices.



**BREAK THE SILENCE**  
BREAK DOWN THE WALLS SOCIETY BUILT FOR US

# YOU CAN BE AN ADVOCATE!

## A GUIDE TO MAKING SCHOOLS SAFER FOR LGBTQ+ YOUTH

*by Jessica Chiriboga (she/hers) Glendora, CA*

Below are two ways that you can take action in advocating for policy change in your community.

### 1. Write to your elected representatives!

**Determine your local, state, and national elected representatives.** A helpful place is your town's website or [myreps.datamade.us](http://myreps.datamade.us)

- **Use EI's message on the previous page** to share about the Day of Silence.
- Craft your core message and include personal stories, statistics, and what you need from your representative.
- **Send either by email** (can find on the representative's website) **or in the mail!**
- **Congratulations! Words on paper can be as powerful as words spoken.**

### 2. VOTE (or encourage others to register)!

Voting is so crucial! 36% of young adults voted in the 2018 midterms, but 64% did not let the government know what they need. **Our vote is a way of communicating what we value and what we want to change!**

Some states allow pre-registration at 16, voting at 17 for local elections, registration at DMV or through your state's Secretary of State website, election-day registration, and **voting by mail if you're out of state for college.**

You can often help register others, at your school as a high schooler, by contacting your county's registrar or voting/elections office.

**To register to vote visit [Vote.gov](http://Vote.gov)!** It takes just a couple minutes to ensure your electoral voice is heard.



# POWER PLAYLIST, BABY

*by Reggie Eaton (he/they) Wisconsin*

These songs are my personal favorites to hype myself and others up. If you're feeling down, turn up the volume and vibe to these songs. Reclaim your space and reclaim your happiness.

Flawless (Go to the City) - George Michael  
Fighter - Christina Aguilera  
Born This Way - Lady Gaga  
Brave - Sara Bareilles  
Bulletproof - La Roux  
Respect - Aretha Franklin  
Beautiful - Christina Aguilera  
Hit Me With Your Best Shot - Pat Benatar  
This Year - Mountain Goats  
Movement - Hozier  
Jackie and Wilson - Hozier  
Cherry - Harry Styles  
Sunflower, Vol. 6 - Harry Styles  
Gay in the South - Susto  
Ghostride - Crumb  
Photos from When We Were Young - Nana Grizol  
Enjoy Right Now, Today - Tyler, The Creator  
Wait a Minute! - WILLOW  
On The Regular - Shamir  
Don't Rain On My Parade - Barbra Streisand  
Doo Wop (That Thing) - Ms. Lauryn Hill  
Proud Mary - Tina Turner  
Q.U.E.E.N (feat. Erykah Badu) - Janelle Monae, Erykah Badu  
F\*\*kin' Perfect - Radio Edit - P!nk  
Who Says - Selena Gomez & The Scene  
Proof - Paramore  
Old Friends - Pinegrove  
Doin' It By Myself - Guster  
Nobody - Mitski  
Ode to Artifice - Samia  
Honestly - Hippo Campus  
Digging Your Scene - The Blow Monkeys  
I Wanna Be Your Lover - Prince  
Are You Gonna Go My Way - Lenny Kravitz  
Treat Me Like A Love r- Will Joseph Cook  
Australia - The Shins  
Someone Tell the Boys - Samia  
I Eat Boys Like You For Breakfast - Ida Maria  
Nasty - Janet Jackson  
Electric Lady (feat, Solange) - Janelle Monae, Roman GianArthur, Solange





# DAY OF SILENCE SELF CARE

*by Chris Li (he/him) NY*

Part of feeling empowered is taking care of yourself!

To help with this, we have curated a list of 20 ways that you can relax, reduce stress, and take care of your physical, mental, and emotional health during and after Day of Silence. Try one of these and maybe it will become a routine activity for you!

## 1. Gas yourself up.

Take a second and think about why you love yourself and who you are. It seems simple, but it can be very helpful to give yourself a quick pep-talk!

## 2. Write or draw the LGBTQ+ characters you want to see.

Art and writing are major outlets that can allow you to express yourself and create more representation in art and writing for the LGBTQ+ community.

Watch a show or movie you love (especially those with queer characters).

From dramas to comedies, to horrors, watching a favorite program can be great for your mood, and one with non-problematic queer characters is even better.

## 3. Cook or bake.

Baking cookies and muffins are one of my favorite ways to wind down after a long day.



# DAY OF SILENCE SELF CARE (CONT.)

*by Chris Li (he/him) NY*

## **4. Talk to a therapist if you have the means. (If not, find a supportive friend)**

It always feels good to have someone that I can unload on, talk through my thoughts, and recenter with no judgment, bias, or agenda of their own.

## **5. Get your Kondo on!**

As much as it sucks to do sometimes, tidying up is such an effective form of self-care. Creating a clean and organized environment is always a great place to start when feeling trapped or overwhelmed and it will feel so much better after you're done!

## **6. Take a social media break.**

One of my best self-care tips is to delete social media off your phone for periods of time. Many times people don't care how their post or tweet can hurt others and it is helpful to distance yourself from that negativity.

## **7. Listen to a queer podcast.**

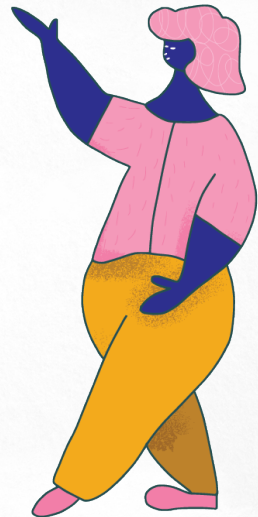
Nancy and Gayish are my favs!

## **8. Treat yourself to a face mask.**

When I'm really struggling, I like to give myself a facial for self-care. It's a great way to relax and actually care for yourself.

## **9. Journal.**

Journaling is an awesome way to express yourself, your ideas, and your emotions without sharing it with others. Plus, it's been shown to improve emotional health!





# DAY OF SILENCE SELF CARE (CONT.)

*by Chris Li (he/him) NY*

## **10. Jam to queer musicians.**

From David Bowie to Sam Smith to King Princess, have a dance party in your bedroom!

## **11. Attend a queer-led performance (a drag show, concert, variety show).**

## **12. Learn about the LGBTQ people who paved the way.**

Visit [GLSEN.org](https://www.glsen.org) to find plenty of resources on LGBTQ history and important people who have fought for the LGBTQ community.

## **13. Meditate.**

Light a candle, lay down a mat, and take out your favorite essential oil. Or, just sit down with your favorite meditation/mindfulness app (I recommend Calm or Headspace) and clear your mind.

## **14. Wear an affirming piece of jewelry or clothing.**

This can be something that is visible to others if that's safe for you, or it can be something you wear under your clothing (Ex: socks or necklace)

## **15. Exercise.**

Whether it's yoga, pilates, running, powerlifting, or dancing, getting that elevated heart rate and endorphin rush can give you a sense of freshness and is a good way to de-stress.

## **16. Breathe.**

Find a controlled breathing pattern, such as 4-7-8 or 3-2-4, and take a quick minute or two to relax and just focus on breathing in and out. Afterward, you will feel alert, calm, and ready to go!

# DAY OF SILENCE SELF CARE (CONT.)

*by Chris Li (he/him) NY*

## **17. Surround Yourself With Nature.**

Sometimes after a day like Day of Silence, it is good to take some time away from the trouble of humans and explore nature. Going on a hike or walk on a trail can be relaxing and will allow you to take your mind off of things. If you live in a city, try a nearby garden or park!

## **18. Food.**

Eating your favorite meal can greatly boost your mood, especially when you're hungry.

## **19. Sleep!**

This one may seem obvious but before and after a long day, especially one like DOS, getting to bed and getting quality sleep drastically reduces stress and anxiety. Get that beauty sleep!



# GSA ACTIVITIES FOR DAY OF SILENCE

*by Matthew Yekell (he/him) Houston, TX and Chris Staley (she/hers) NY*

If your school is not in session, you can do a lot of these activities virtually!

- **Queer Breakfast!** - Start your day off with a fun and exciting start by having a breakfast party via video or drop photos in a group chat! During the breakfast party, feel free to use it as a chance to get everyone's spirits up for the day and get all of your energy out before staying in silence in solidarity for the rest of the day. You can also use it as a chance to discuss the importance of Day of Silence and remind everyone that silence is powerful!
- **Rainbow Tags** - Encourage your GSA members to create tags that say "silence in solidarity" or anything you choose and have information about the day of silence on the back of the card. This is a helpful way to explain to people why you're currently silent and encourage others to also stay silent in solidarity with you. You can also post this on your social handles.
- **One word** - Have each member focus on one word throughout the day to share with your GSA at the end of the day on video. This could be a word about what it felt to remain silent all day or why it was important to them to remain silent. This can help open up conversations with your GSA on what this day means to LGBTQ+ students and how we can work towards ending bullying against LGBTQ+ teens.

## GSA ACTIVITIES FOR DAY OF SILENCE (CONT.)

by Matthew Yekell (he/him) Houston, TX and Chris Staley (she/hers) NY

- **At 3:00 your time, BREAK THE SILENCE!** Staying silent all day is draining. Share affirmation and words of encouragement with others in your GSA. Take a moment to consider ways your GSA can support each other all year long. Watch the GLSEN national Breaking the Silence Rally together at 3:00PM EST. Check out this resource to organize your [Virtual Breaking the Silence Rally!](#)
- Lastly, debrief the day. Come together as a GSA to discuss the feelings and takeaways from the Day of Silence. Consider the following questions:
  1. How did you show your participation in the Day of Silence today?
  2. How did remaining silent all day feel?
  3. How was it received by your classmates and peers?

Asking these questions can help your GSA acknowledge the impact of their activism. Answering these questions can help you process the day and prepare for future events and Days of Silence.





# UNTITLED

*by Darid Prom (Any/All pronouns) Philadelphia PA*



**SAVE YOUR VOICE  
FOR THE FIGHT!**

# IN SOLIDARITY

GLSEN's National Student Council 2019 - 2020



*Chris Li, he/him*  
12<sup>th</sup> grade, NY



*Selena Jeffers, she/he*  
12<sup>th</sup> grade, NY



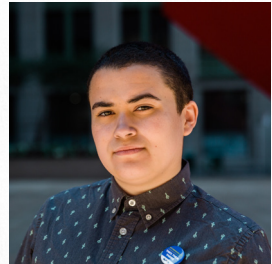
*Ayana Boyd, she/her*  
12<sup>th</sup> grade, WA



*Reggie Eaton, he/they*  
11<sup>th</sup> grade, WI



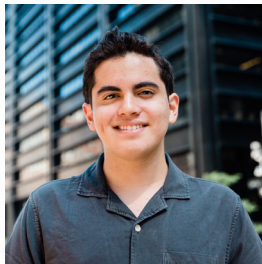
*Chris Staley, she/her*  
12<sup>th</sup> grade, NY



*El Martinez, they/them*  
12<sup>th</sup> grade, MA



*Jessica Chiriboga, she/her*  
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*Matthew Yekell, he/him*  
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*Oliver Smith, he/they*  
12<sup>th</sup> grade, ME



# IN SOLIDARITY

GLSEN's National Student Council 2019 - 2020



*David Prom, any pronouns*  
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Download free resources online at [www.glsen.org](http://www.glsen.org)

Engage with @GLSEN on

