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# EFFECTIVE STRATEGIES FOR LGBTQIA+ SELF-ADVOCATES

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## 1. Understanding

- Let go of Judgement
- Trust the Journey
- Listen Deeply
- Honor the Intersection

## 3. What is Their Vision in Terms of:

- Appearance
- Medical
- Social
- Sexual Preferences

## 2. Support

- Ask what they need without making assumptions
- What does their life look like 5 years from now?
- Create steps to make their dreams a reality

## 4. Scooching

- Tiny steps toward growth
- Movement better than stagnant
- Gradual progress creates long-lasting change

## 5. Ways to Scooch

- Write down 3 action steps and dates when you are accountable for these action steps.
- Identify an accountability partner
- Notify them now that you want to touch base with them by these dates
- Put these dates on your calendar with these action steps.
- Write a to-do list of the people/ emails/resources you need to get this work done

***“Being trans does not make people suicidal, it's the shunning. Shunning pushes people away, ignoring does not heal.”***

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