

Holiday Message from the 2SLGBTQ+ Committee

The holidays can be tough for 2SLGBTQ+ individuals due to pressure to conform, family rejection, and navigating unsupportive environments, often highlighting heteronormative ideals and traditional roles. Our committee encourages anyone in the Rainbow community to find joy and resilience through chosen family, creating new traditions, setting boundaries, self-care, finding inclusive events that emphasize that love and chosen support systems are central to the season and of course spending quality time with allies.

Here are a few Strategies for Support & Joy

- Find Your Chosen Family: Prioritize time with supportive friends and community members who affirm your identity.
- Set Boundaries: Communicate needs clearly and establish limits for gatherings to protect your well-being.
- Create Your Own Traditions: Develop new rituals that align with your authentic self and values.
- Practice Self-Care: Engage in activities that bring you peace and joy, like listening to music, reading, or quiet time.
- Educate & Advocate: Gently correct misinformation and challenge anti-LGBTQ+ jokes to foster understanding.
- Find Inclusive Events: Seek out 2SLGBTQ+ specific holiday events or community gatherings. Check out [Spectrum](#) and the [Waterloo Public Library](#) for ongoing safe space activities.
- Remember Your Values: Focus on love and gratitude, and recognize your inherent worth, notes [the Human Rights Campaign](#).

Some Advice for Allies & Parents

- Address Harmful Jokes: Don't tolerate homophobic/transphobic humor; address it directly or ask for an explanation.
- Be Available: Offer to be an "ally-on-call" and make yourself available to loved ones in need.
- Center Their Experience: Your actions should focus on supporting them, not making yourself feel better.

The 2SLGBTQ+ WROTL Committee wishes everyone a joyful, safe and restful Holiday season.

Trish Morgan (Chair of the 2SLGBTQ+ Committee)