

The Neon Unicorn: Letter Project

The Letter Project is here to remind members of the LGBTQ+ community that they are never alone. Our goal is to make them feel loved, important and understood.

How do we help him/her/they feel loved and heard?

- Validate what he/she/they are feeling.
- Normalize what he/she/they are feeling.
- Encourage he/she/they with empathy.

You don't have to solve their problems, you just have to help them know they are heard and supported.

Empathy is important, so feel free to add in your own experiences and how you overcame them. Also feel free to add in any coping strategies you used.

It's important to validate how he/she/they feel. Let him/her/they know it isn't crazy for feeling this way - feelings are always valid. For example:

- Middleschool/highschool/college can be really hard.
- Sexuality can be tough to navigate.
- It really hurts to feel that way.

Help normalize what he/she/they are feeling, but do not downplay it. You can help normalize feelings by:

- Sharing your situations that may have been similar to theirs.
- For example: I'm also in highschool, and I recently came out, too. My friends and family had similar reactions to yours.
- I have been there before and understand how hard it can be.
- I have felt isolated, too...

Encouragement is key! Point out qualities you find admirable or offer him/her/they supportive words.

- For example: You have already chosen bravery by digging into these tough topics.
- Your sister told us you are joyful and are such a good friend.
- You have so many gifts to offer the world.

Remember: these are only suggestions. Please write from the heart and share experiences. Make sure to assure him/her/they that they are never alone and that they are loved.

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