

# COPING STRATEGIES FOR DEALING WITH ANTI-LGBTI POLITICS AND STIGMA

- Allow yourself all the time you need to grieve, and then move on.
- Notice the strength and courage of LGBTI people who have fought for and continue to fight for their rights.
- If you belong to a faith tradition or community, make use of it for spiritual and emotional support during this time.
- Channel your anger into productive activities.
- Allow yourself to spend time in LGBTI-friendly spaces.
- Create LGBTI-friendly spaces for others.
- Participate in LGBTI culture: read an LGBTI magazine, attend LGBTI cultural events, create cultural events.
- Use this as an opportunity to look at the negative messages about LGBTI people that you have internalized and currently believe are true. Examine them and let them go.
- Understand how homophobia has impacted you at personal and political levels.
- Talk with other LGBTI people about homophobic campaign messages and learn how homophobia works.
- Figure out the ways you are comfortable taking a stand, and then push yourself a bit beyond these.
- Be aware of areas where you have privilege (by virtue of sex, age, ability, education, etc.) and use that privilege to foster positive change in the world.
- Use your experiences with homophobia to help teach yourself about other forms of oppression.
- Learn what you can about other movements for social change.
- Understand parallels and differences between the LGBTI rights movement and other rights movements.
- Notice the number of heterosexuals who care about the issue and are on the side of justice.
- Spend time talking with heterosexuals who want to be allies.
- Work on a project with other LGBTI people and supportive allies.
- Develop and keep a perspective that recognizes that the movement for LGBTI rights is an ongoing process that inevitably has both defeats and victories.
- Look at how much the LGBTI movement has changed and what it has accomplished in a relatively short time.



RESILIENCE +  
RESISTANCE  
COLLECTIVE