

August Newsletter

Wear it Purple: Empowering LGBTQIA+SB Young People

It's time to dust off your favourite purple shirt! We are coming together to celebrate and support our LGBTQIA+SB young people.

Wear it Purple day, taking place on the 28th of August, is a day dedicated to the empowerment and celebration of LGBTQIA+SB young people.

It was founded in 2010 by Katherine Hudson and Scott Williams after a series of tragic stories that demonstrated the devastating impact that bullying, discrimination and exclusion were having on LGBTQIA+SB young people. Wear it Purple Day is a response to these tragic incidents that highlight that every person has the right to feel safe, supported, proud of their identity and provide hope that they are not alone.

Wear it Purple Day is an opportunity to show your support for LGBTQIA+SB youth! In fact, 86% of LGBTQIA+ youth felt a sense of belonging when allyship was on display. This is especially important when considering that 89% of LGBTQIA+ youth have experienced online, verbal, and physical harassment. Showing your support is also very important as LGBTQIA+SB youth have a higher tendency to have negative mental health outcomes and doing something as simple as showing your support and affirming people's identities can put LGBTQIA+ youth on the same footing as their peers.

This year's theme is Colours of Courage; this courage has been continuously shown by LGBTQIA+SB young people, allies, and communities. Courage can look like coming out, being yourself seeking support, and standing for change.

There'll be many fun activities to take part in: facepainting, a scavenger hunt, kahoot, and many more! Everyone is encouraged to wear a dash of purple in support of the LGBTQIA+SB community.

Let's make this school a safer space for all our students and Wear Purple Proudly!

If you need support our Wellbeing team at Rowville Secondary College is inclusive and are here to support you.

Urgent help 24/7

- Kids Helpline 1800 551 800
- Lifeline 13 11 14
- Emergency 000

LGBTQIA+ Support and Resources

Minus 18: an Australian charity improving the lives of LGBTQIA+ youth via life affirming events, leadership programs and education for the whole community

PFLAG: Support and resources for family and friends across Australia

Knox Youth Services: 9298 8000, includes peer groups and other supports.

Rainbow Network: Directory to LGBTQIA+ groups and services across Australia

Queerspace: A community organisation that creates safe, inclusive spaces and support services to promote the wellbeing, connection, and empowerment of LGBTQIA+ people.

Reachout: A free online mental health service that provides LGBTQIA+ young people with inclusive information and peer support in order to support their wellbeing and mental health.

Qlife: Helpline – 1800 184 527

Qlife are a free and anonymous helpline for LGBTQIA + people and their loved ones 3pm to midnight every day through either webchat or phone

Headspace: 1800 650 890

For further resources please [click here](#).

