



Healthy Relationships Program *for LGBT2Q+ Youth*

WHAT IS HRP FOR LGBT2Q+ YOUTH?

The Healthy Relationships Program (HRP) for Lesbian, Gay, Bisexual, Trans, Two-Spirit, Queering/Questioning (LGBT2Q+) Youth is a small groups positive mental health promotion program for gender, sexual, and romantic minority youth.

This program includes 18 sessions, each lasting 45 minutes. It may be delivered in Gender and Sexuality Alliances (GSA) or LGBT2Q+ youth group settings.

The HRP for LGBT2Q+ Youth helps build resiliency and promote wellbeing among LGBT2Q+ youth. It affirms, validates, and celebrates sexual and gender diversity, cultivates a caring and supportive community, and helps LGBT2Q+ youth develop skills and strategies that promote healthy relationships.

This trauma-informed, strengths-focused program explores stressors unique to LGBT2Q+ youth, including identity and expression invalidation, stigma, prejudice and discrimination, internalized oppression, coming out, safety, and microaggressions.

WHY HRP FOR LGBT2Q+ YOUTH?

Promotes healthy coping strategies

Builds a caring and supportive community for LGBT2Q+ youth

Validates and affirms LGBT2Q+ identities and expressions



Utilizes a harm reduction approach

Provides skills for managing prejudice and discrimination

Explores coming out and safety planning

Encourages student-led dialogue



• Youth-Centered

• Mental Health promotion & awareness

• Skills Practice

• Promotes Positive, Healthy Relationships



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