



THE PREVENTION POST

from Centennial Mental Health Center's Prevention Team

JUNE 2022

Welcome to the June 2022 Prevention Post, celebrating PRIDE Month!

History of Pride Month, why it's significant, and how it's evolved over the years:

Pride Month's roots trace back to June of 1969, when members of the LGBTQ community and their allies in New York City rioted against the raid of LGBTQ-friendly establishments, police brutality, and mafia control. While the riots lasted six days, the spirit of gay pride has thrived over the last 53 years and has expanded into what we now know as Pride Month: a time to celebrate, advocate, and commemorate those who initiated the uprisings on Christopher Street. We have taken massive collective steps forward in protecting LGBTQ rights, however there remains a lot of work to be done. This Pride Month, we invite you to take part in the movement with some simple yet actionable ways to be a better ally from GLAAD:

1. Be a listener
2. Be open-minded
3. Be willing to talk
4. Be inclusive and invite LGBTQ friends to hang out with your friends and family
5. Don't assume that all your friends and co-workers are straight. Someone close to you could be looking for support in their coming-out process. Not making assumptions will give them the space they need
6. Anti-LGBT comments and jokes are harmful. Let your friends, family and co-workers know that you find them offensive
7. Confront your own prejudices and bias, even if it is uncomfortable to do so
8. Defend your LGBTQ friends against discrimination
9. Believe that all people, regardless of gender identity and sexual orientation, should be treated with dignity and respect
10. If you see LGBTQ people being misrepresented in the media, contact glad.org.

You can also help by joining local events and organizations that support the LGBTQ community, like this one happening on June 18th in Sterling, CO. Being allies for our LGBTQ family and friends helps reduce the risk for both mental health and physical health challenges and creates a healthier community for us all. Happy Pride!

Upcoming Trainings/Events

**First annual:
Logan County
Diversity
Celebration**

June 18, 2022
1pm-6pm @ The Moustache Cafe
Parking Lot

Pride march to the event (courthouse plaza)
Vendors, Performers, Speakers, Music, Live

16+ GLOW Party @ the Speakeasy
9 pm- 1 am
5\$/person

Sponsored by:   

SOURCES:

<https://www.them.us/story/the-complete-history-of-pride>

<https://www.loc.gov/lgbt-pride-month/about/>

<https://www.glaad.org/resources/ally/2>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5478215/>