

IT GETS BETTER PROJECT™

VIDEO SUBMISSION TALKING POINTS

Positive Messages of Hope for LGBT Youth

Your story can be the one that makes an impact.

Remind LGBT young people that they are unique, that they should be proud of who they are and that if they are struggling, there is a community available that is there to support them.

Use Safe Messaging Practices

We want to ensure that the young people who watch It Gets Better videos are inspired by your message.

Keep messages positive, uplifting and avoid any language that might be interpreted as negative or that specifically mentions self-harm.

DO emphasize individual and collective responsibility for supporting the well-being of LGBT people.

DON'T describe the method used in a suicide attempt/death or idealize suicide victims or create an aura of celebrity around them

Speak authentically and from the heart. Make your message your own.

Suggest Resources, Help & Support

If you or someone you know might be in need of help, be sure to check out itgetsbetter.org/resources.

If you would like to mention specific organizations that can provide immediate assistance for someone in need, we suggest:

The Trevor Project Help Line: 866-4-U-TREVOR (866-488-7386)

National Suicide Lifeline: 800-273-TALK (8255)

WWW.ITGETSBETTER.ORG/SUBMITVIDEO