



LGBTQ+ MONTHLY NEWSLETTER

October 2026

🏳️🌈 Awareness Days 🏳️🌈

International Lesbian Day - October 8, 2026
National Coming Out Day - October 11 2026
Intersex Awareness Day - October 26, 2026

🏳️ Asexual Awareness Week 🏳️

October 25th - 31st, 2026

Literature and Film

"Bad Queer"



Goodreads Review

"Surya knows exactly who they are. Coming out as non-binary to their queer parents and best friend? A total non-event. Catching feelings for Blessing - the boy in drama club whose smile makes their heart race? That's trickier."

"Sistagals: Australia's Indigenous Gay and Trans Communities"



[Click here to watch!](#)

"The remote community of the Tiwi Islands, located 80km north of the Australian mainland, has a thriving gay and trans community known as the Sistagals. In this episode of Australiana, VICE embeds with the Sistagals to explore the intersection of traditional culture and gender identity."



Domestic Violence Awareness Month



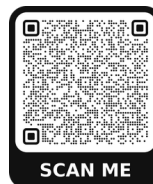
Month of October

October is dedicated to educating communities about the prevalence and impact of domestic violence. Domestic violence disproportionately affects LGBTQ+ people, particularly bisexual, transgender, and gender expansive folks, highlighting the need for inclusive support and awareness.

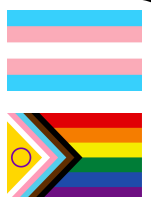
LGBTQ+ Spotlight

Zulfikar Ali Bhutto

Zulfikar Ali Bhutto (they/them) is a Pakistani American multidisciplinary artist, filmmaker, and educator whose work explores queer identity, masculinity, Islam, migration, and the experiences of Muslim and South Asian communities. Their series "Mussalman Muscleman" reimagines images of muscular male bodies through colorful floral textiles, creating a playful contrast between traditional ideas of masculine strength and softness while questioning how masculinity and Muslim identity are represented.



LGBTQ+ Ventura County Resources





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New Research:

Could Technology Help LGBTQ+ Youth Manage Difficult Emotions?

A 2026 study explored this question by looking at Purrble, a small interactive device designed to help people regulate intense emotions. It starts with a fast, heartbeat like vibration and gradually calms into a purr as the user strokes and comforts it, providing a physical focus that may help someone regulate intense emotions in the moment. Researchers wanted to see whether it could support LGBTQ+ young people experiencing thoughts of self harm by giving them something they could turn to during moments of distress. (Williams et al., 2026)

Who Took Part In The Study?

The study included 153 LGBTQ+ young people, about half of whom were transgender or gender diverse. Participants were randomly assigned to receive either a safety planning session plus Purrble, or a safety planning session alone. Researchers followed participants for 13 weeks and looked at changes in emotion regulation, depression, anxiety, and self harm.

What Did Researchers Find?

The results were encouraging. Young people who received Purrble experienced fewer difficulties with emotion regulation than those who received safety planning alone. They also experienced greater improvements in depressive symptoms, while anxiety symptoms were lower among those who received Purrble. 29% of participants who received Purrble showed a clinically meaningful improvement in emotion regulation, compared with 14% of those who received safety planning alone.

What Do These Findings Tell Us?

The researchers did not find a significant difference in self harm between the two groups. This means the study does not show that Purrble prevents self harm. Instead, the findings suggest that having an accessible tool for managing intense emotions may help some LGBTQ+ young people cope with distress and could potentially complement existing mental health supports. The study is a reminder that support does not always have to look the same for everyone. Alongside counseling, crisis services, safety planning, and community support, simple tools that help someone pause, regulate, and get through a difficult moment may have a place in a larger network of care.

Coalition for Family Harmony
24-hr Bilingual Crisis Hotline



1.800.300.2181

Trevor Project
24-hr LGBTQ+ Crisis Support



866.488.7386

Trans Lifeline
Bilingual Crisis Hotline



877.565.8860