

Support and Resource List

For LGBTQ teens and allies.

Keshet works for the full equality of all LGBTQ Jews and our families in Jewish life.

We strengthen Jewish communities. We equip Jewish organizations with the skills and knowledge to build LGBTQ-affirming communities; create spaces in which all queer Jewish youth feel seen and valued; and advance LGBTQ rights nationwide.

IF YOU NEED HELP RIGHT NOW...

TREVOR PROJECT SUPPORT CENTER

www.thetrevorproject.org

TrevorLifeline is a crisis intervention and suicide prevention phone service available 24/7/365. If you need immediate support or help, Trevor's counselors are just a phone call, chat, or text away. You are not alone. Call the TrevorLifeline at **866-488-7386** or text **START** to **678678**

TRANS LIFELINE

www.translifeline.org

Trans Lifeline's Hotline is a peer support service run by trans people, for trans and questioning callers. Our operators are located all over the U.S. and Canada, and are all trans-identified. If you are in crisis or just need someone to talk to, call **877-565-8860**

GLBT NATIONAL HELP CENTER

glbtnationalhelpcenter.org

Serves the LGBTQ+ community with free and confidential peer support and resources.

LGBT NATIONAL YOUTH TALKLINE

800-246-7743

Provides confidential peer-support, information, local resources and more. For callers through age 25.

IF YOU NEED AN ALLY...

When an adult displays a safe space or safe zone sign, it means they want to help you, support you, and answer questions. There are many kinds of safe zone stickers — these are just a few examples!



10 WAYS TO BE AN ALLY FROM GLSEN.ORG

- DON'T LAUGH.** Let others know that jokes and comments based on race, religion, sexual orientation, gender, ethnicity, etc. are not funny.
- SPEAK UP!** If you feel safe, let those who behave disrespectfully know that you don't appreciate it.
- CHALLENGE BYSTANDERS.** If you feel safe, let spectators know they are not helping.
- DON'T "GET EVEN."** Responding to meanness with meanness won't help matters.
- BE A FRIEND.** Show kindness and support to the targets of negative behavior.
- INVOLVE ADULTS.** Tell a teacher or counselor about ongoing incidents and get support at home from parents and family members.
- BE NONJUDGMENTAL.** Demonstrate to others that you are willing to listen and talk with an open mind.
- BE INCLUSIVE.** Ensure that your language and behavior are respectful to all people.
- BE SELF-REFLECTIVE.** Be aware of your own prejudices and work to change them.
- TAKE ACTION!** Speak out against bias in your community and in the media.

Seven Jewish Values

Guidelines for inclusive Jewish community

Kavod: Respect

כבוד

Judaism teaches us to treat ourselves and others with respect; even the stranger is to be treated with respect. Kavod is a feeling of regard for the rights, dignity, feelings, wishes, and abilities of others. Teasing and name-calling disrespect and hurt everyone, so learn to respect people's differences.

Shalom Bayit: Peace in the Home

שלום בית

Our community centers, synagogues, youth groups, and camps are often our second homes. Everyone needs to feel comfortable, safe, and respected at home. Don't ostracize those who seem different. Strive to settle disagreements in peaceful and respectful ways that allow all community members to maintain their dignity.

B'tzelem Elohim: In God's Image

בצלם אלוהים

The Torah tells us that we are all created "b'tzelem Elohim" (Bereshit 1:26), in the image of God. This is a simple and profound idea that should guide our interactions with all people. If we see each person as created in the image of God, we can see humanity and dignity in all people. True inclusion is built upon this foundation.

Kol Yisrael Arevim Zeh Bazeh: Communal Responsibility

כל ישראל ערבים זה בזה

The Jewish principle that "All Israel is responsible for one another" (Shavuot 39a) means each of us must take action and inspire others to create a community in which we can all take pride.

Sh'mirat Halashon: Guarding One's Use of Language

שמירת הלשון

The Talmud warns us that we must take care in how we use language. Talking about others behind their backs, even if what we are saying is true, is prohibited. The guidelines for "sh'mirat halashon" remind us that what we say about others affects them in ways we can never predict. Words can hurt or heal depending on how we use them.

V'ahavta L'reiacha Kamocha: Love your neighbor as yourself

ואהבת לרעך כמוך

Commenting on Leviticus 19:18, "Love your neighbor as yourself," Rabbi Hillel once stated that this is the foundational value of the Torah. It begins with loving ourselves. We must love and accept our whole selves, and in doing so create the capacity for extending that love and acceptance to others.

Al Tifrosh Min Hatsibur: Solidarity

אל תפרוש מן הציבור

"Don't separate yourself from the community" (Pirke Avot 2:5). When you feel different from others in your community, don't isolate yourself. Find allies and supporters who you can talk to. If you know someone who is feeling isolated, reach out; be an ally and a friend.