

# **RAINBOW PRIDE YOUTH ALLIANCE**

# **LGBTQ YOUTH ACTIVITY BOOK**

**COLORING PAGES, WRITING PROMPTS,  
INSPIRATIONAL QUOTES, POWER PHRASES  
& INFORMATION RESOURCE GUIDE**



**[WWW.RAINBOWPRIDEYOUTHALLIANCE.ORG](http://WWW.RAINBOWPRIDEYOUTHALLIANCE.ORG)**



## **HOW TO SCAN A QR CODE**

- OPEN THE QR CODE READER ON YOUR PHONE.
- HOLD YOUR DEVICE OVER A QR CODE SO THAT IT'S CLEARLY VISIBLE WITHIN YOUR SMARTPHONE'S SCREEN.

TWO THINGS CAN HAPPEN WHEN YOU CORRECTLY HOLD YOUR SMARTPHONE OVER A QR CODE.

- THE PHONE AUTOMATICALLY SCANS THE CODE.
  - ON SOME READERS, YOU HAVE TO PRESS A BUTTON TO SNAP A PICTURE, NOT UNLIKE THE BUTTON ON YOUR SMARTPHONE CAMERA.
- IF NECESSARY, PRESS THE BUTTON. PRESTO!

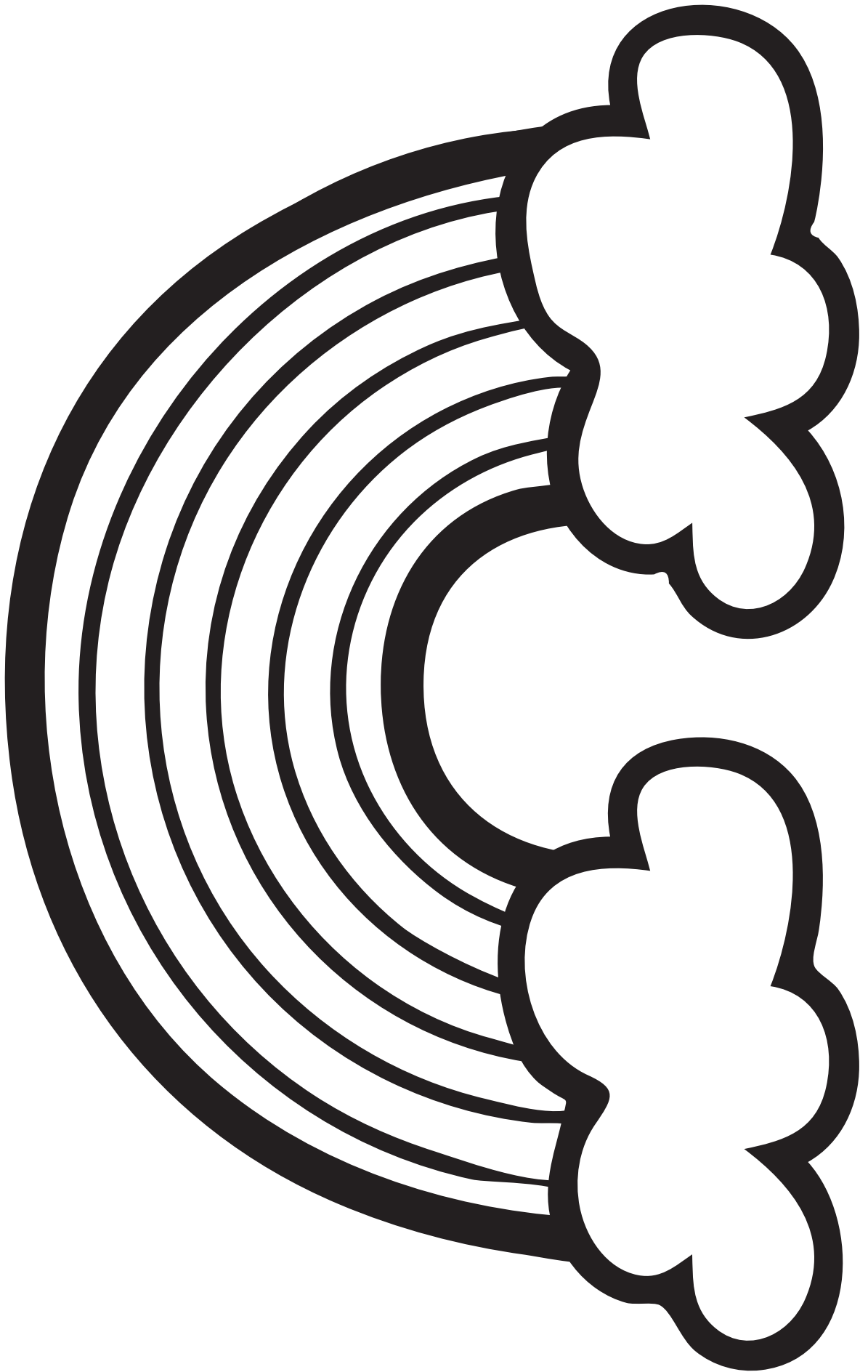
**THE QR CODE ABOVE WILL TAKE YOU TO THE RAINBOW PRIDE YOUTH ALLIANCE WEBSITE.**



“I’m not missing a minute of this. It’s the revolution!”  
– Sylvia Rivera

This is one of the most famous quotes to come out of the Stonewall Riots. Uttered by Latina LGBTQ activist Sylvia Rivera, this statement served as a rallying cry for many who were afraid of the violence that occurred at Stonewall. Rivera knew the dangers, but also knew that the risk was worth the potential reward. She knew that the queer community had been put down for long enough and was ready to fight for their rights and for their voice. Participating in the riots at only 17 years old, Rivera was an inspiration to many.

<https://www.humanrightscareers.com/issues/lgbt-quotes/>

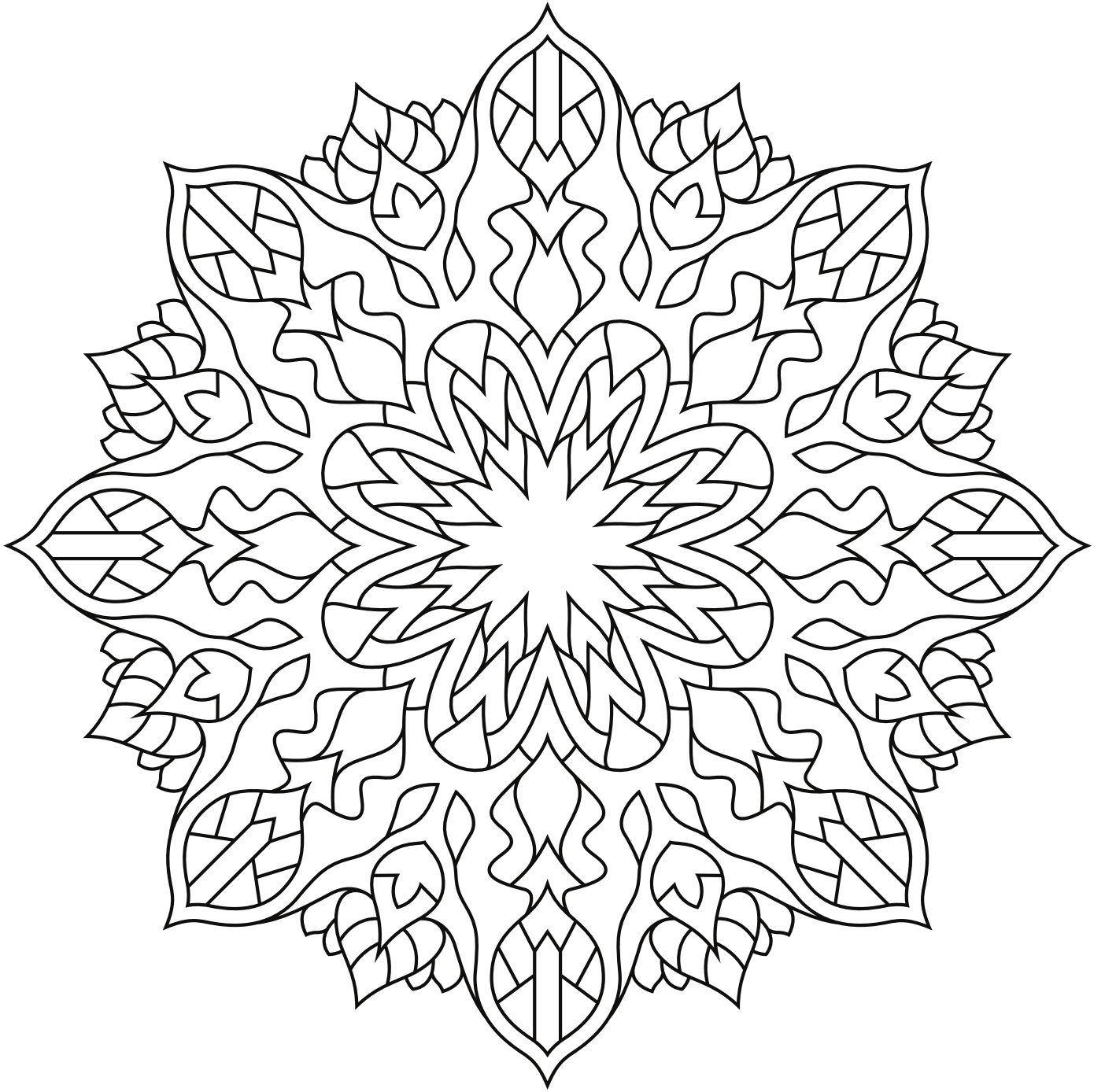


**“If a transvestite doesn’t say I’m gay and I’m proud and I’m a transvestite, then nobody else is going to hop up there and say I’m gay and I’m proud and I’m a transvestite for them.”**

**– Marsha P. Johnson**

Another important figure in the Stonewall Riots, Marsha P. Johnson was also one of the first activists to fight for the rights and dignity of drag queens. She was vocal throughout her life about the unique struggles faced by those who dressed in drag and encouraged others not to become complacent and to continue fighting for rights and respect.

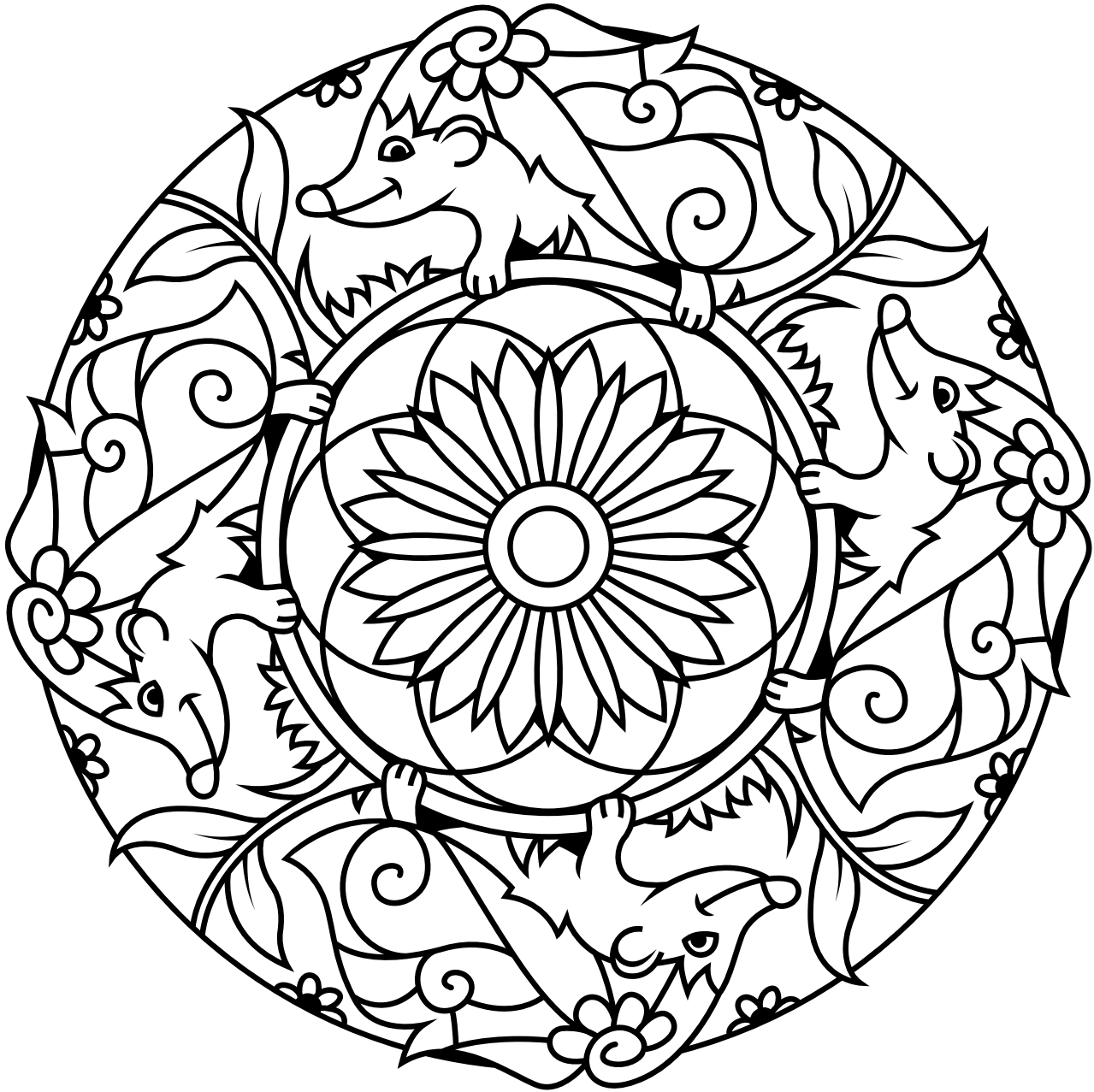
<https://www.humanrightscareers.com/issues/lgbt-quotes/>



**YOU  
got  
this**

The text "YOU got this" is rendered in a bold, expressive, hand-drawn style. The word "YOU" is in all caps, while "got" and "this" are in lowercase. The letters are dark navy blue with thick white outlines and internal white highlights, giving them a three-dimensional, bubbly appearance. The text is set against a light blue, cloud-like background with soft, wavy edges. Small, teardrop-shaped pink accents are scattered around the blue background, adding a pop of color and a sense of movement. The overall composition is centered and has a playful, motivational feel.





Keep  
going

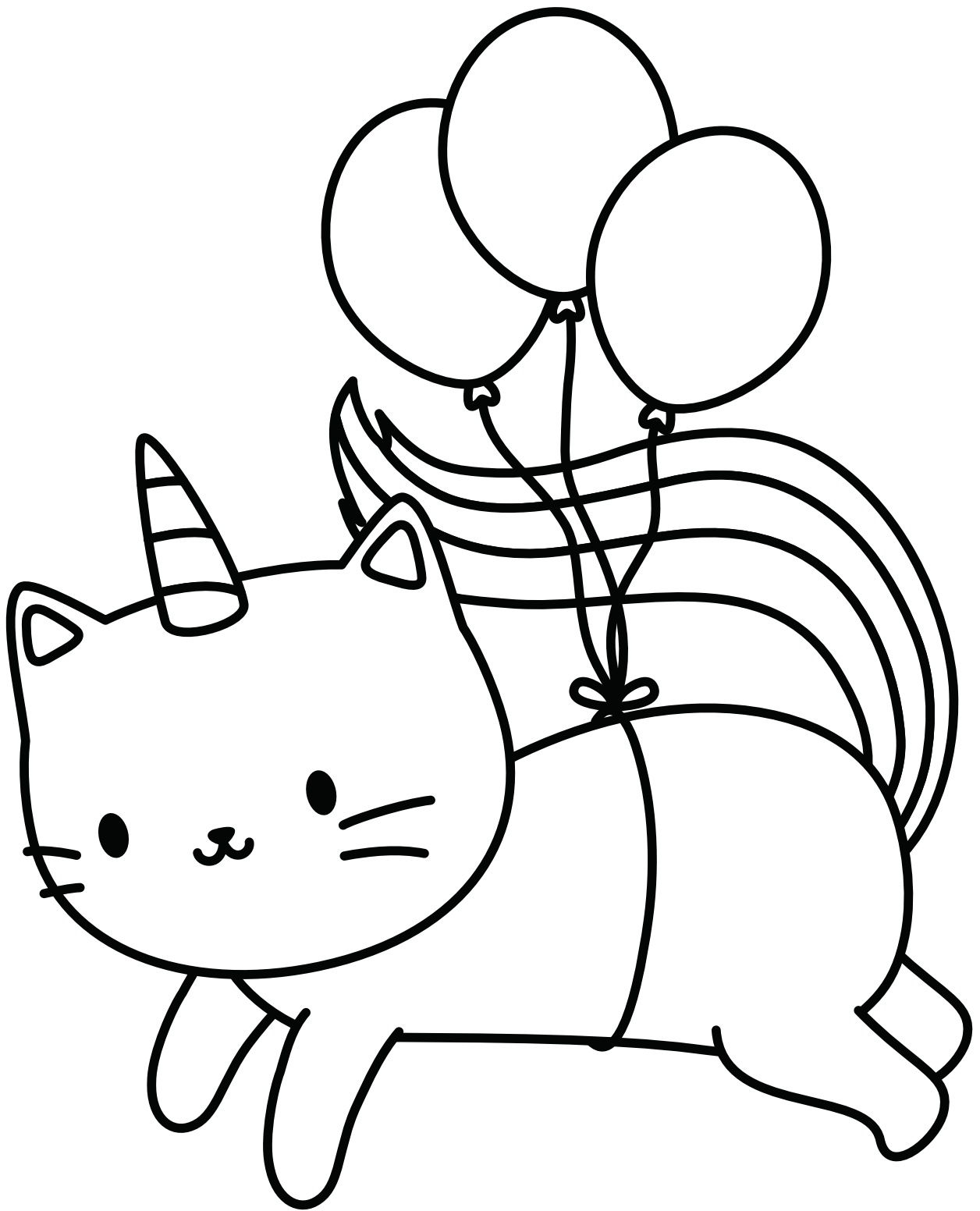


It's All Good



you are  
Enough

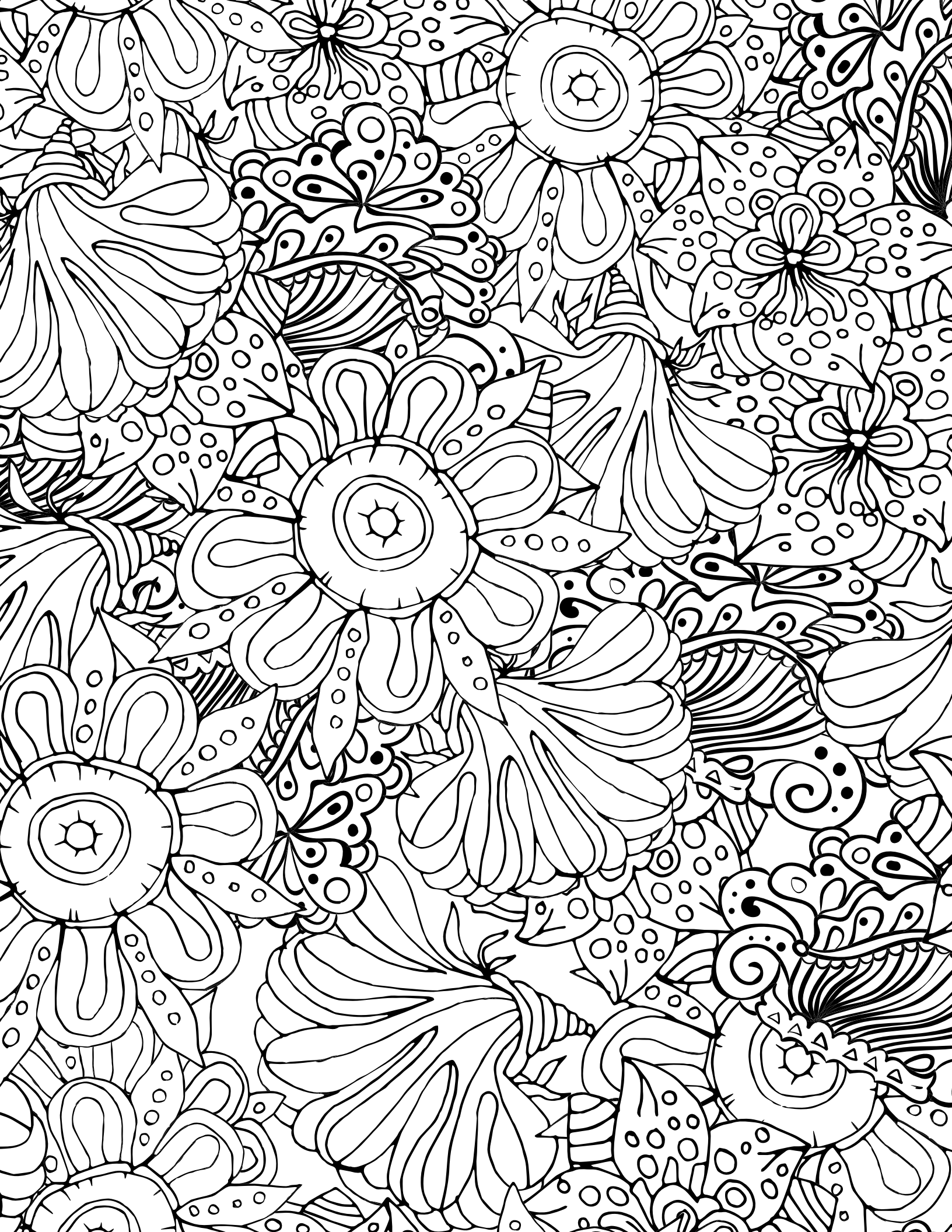
The image features the phrase "you are Enough" in a playful, bubbly blue font. The text is set against a vibrant red background that has a soft, cloud-like or watercolor-like texture. Several small, blue-outlined hearts are scattered around the text, adding to the affectionate and romantic feel of the design. The overall aesthetic is clean, modern, and emotionally warm.



reach  
for  
the  
stars!

The text is written in a dark blue, cursive script. There are five pink starburst graphics scattered around the text: two on the right side of the word 'reach', one on the left side of the word 'stars', and two more on the left side, one above and one below the word 'stars'.





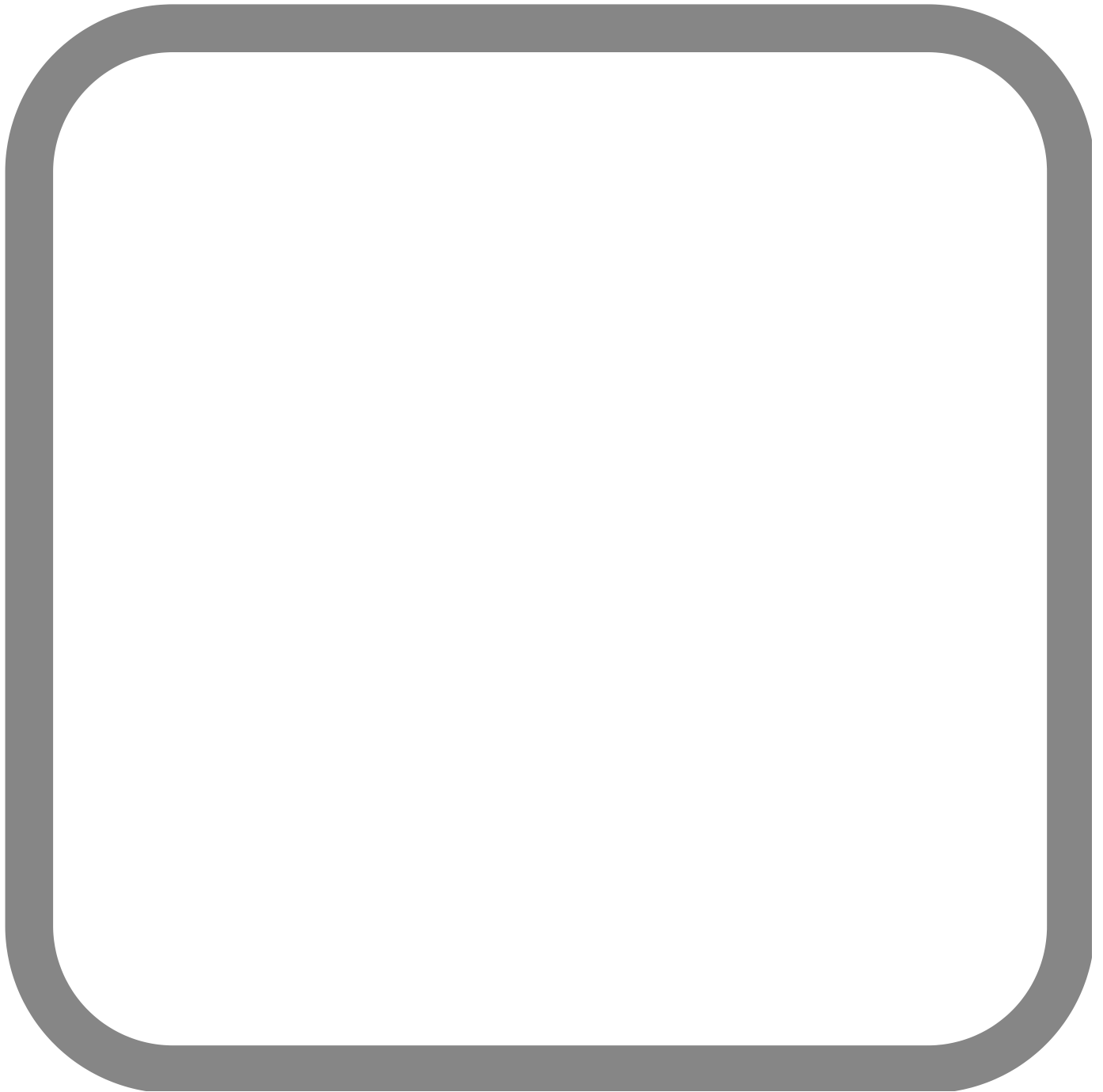
Let your  
light  
shine



YOU'VE  
GOT THE  
POWER



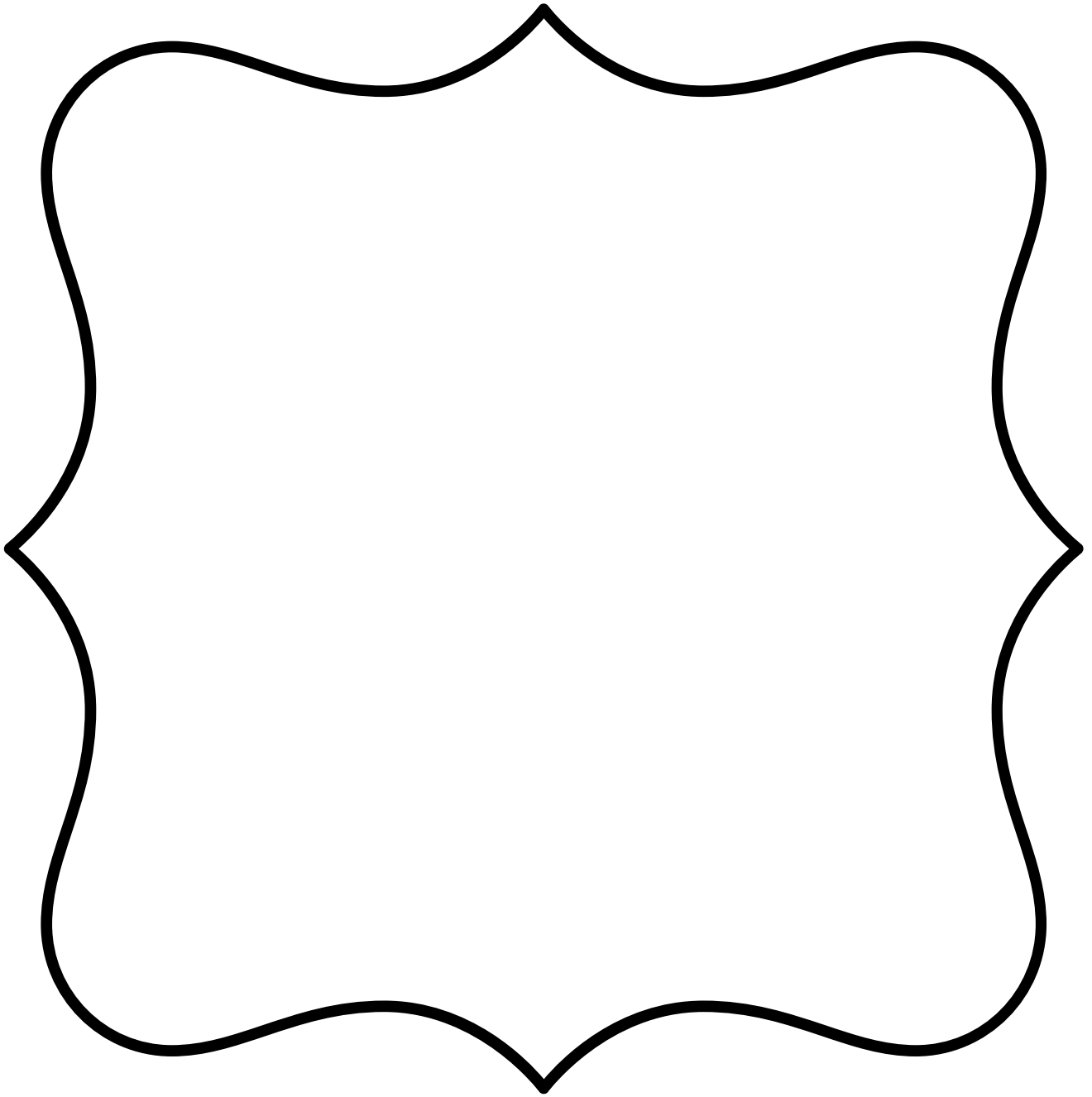
**WRITING PROMPT:**  
*MY DREAM VACATION*

A large, empty rounded rectangular box with a thick gray border, intended for writing a response to the prompt.

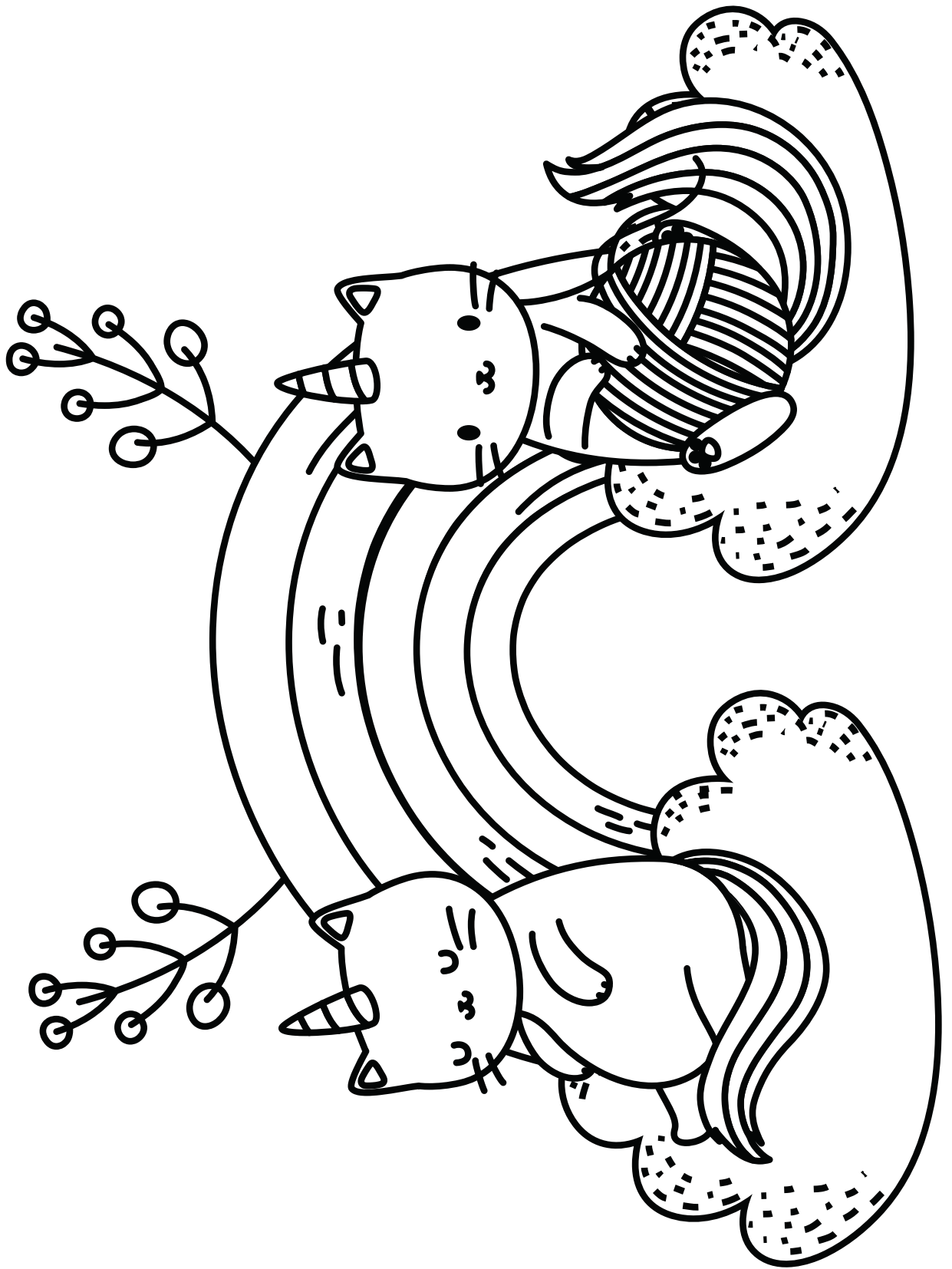


**WRITING PROMPT:**

*THINGS THAT MAKE ME LAUGH*







**WRITING PROMPT:**

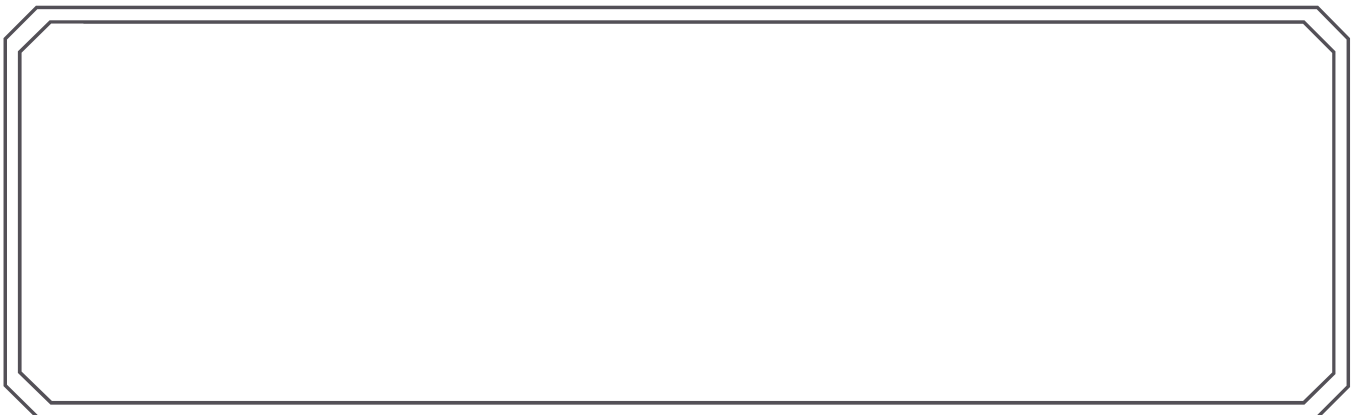
**ONE WEEK FROM NOW, I WILL**



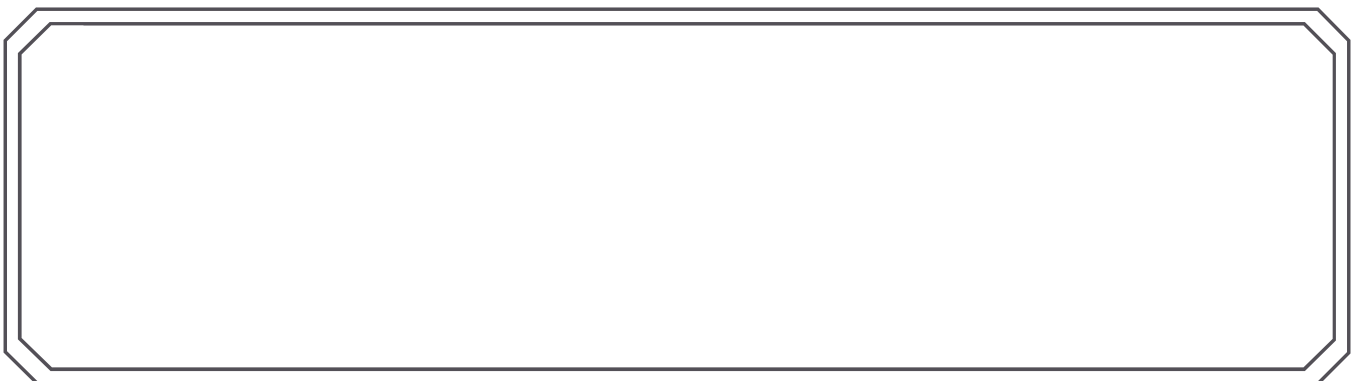
**ONE MONTH FROM NOW, I WILL**

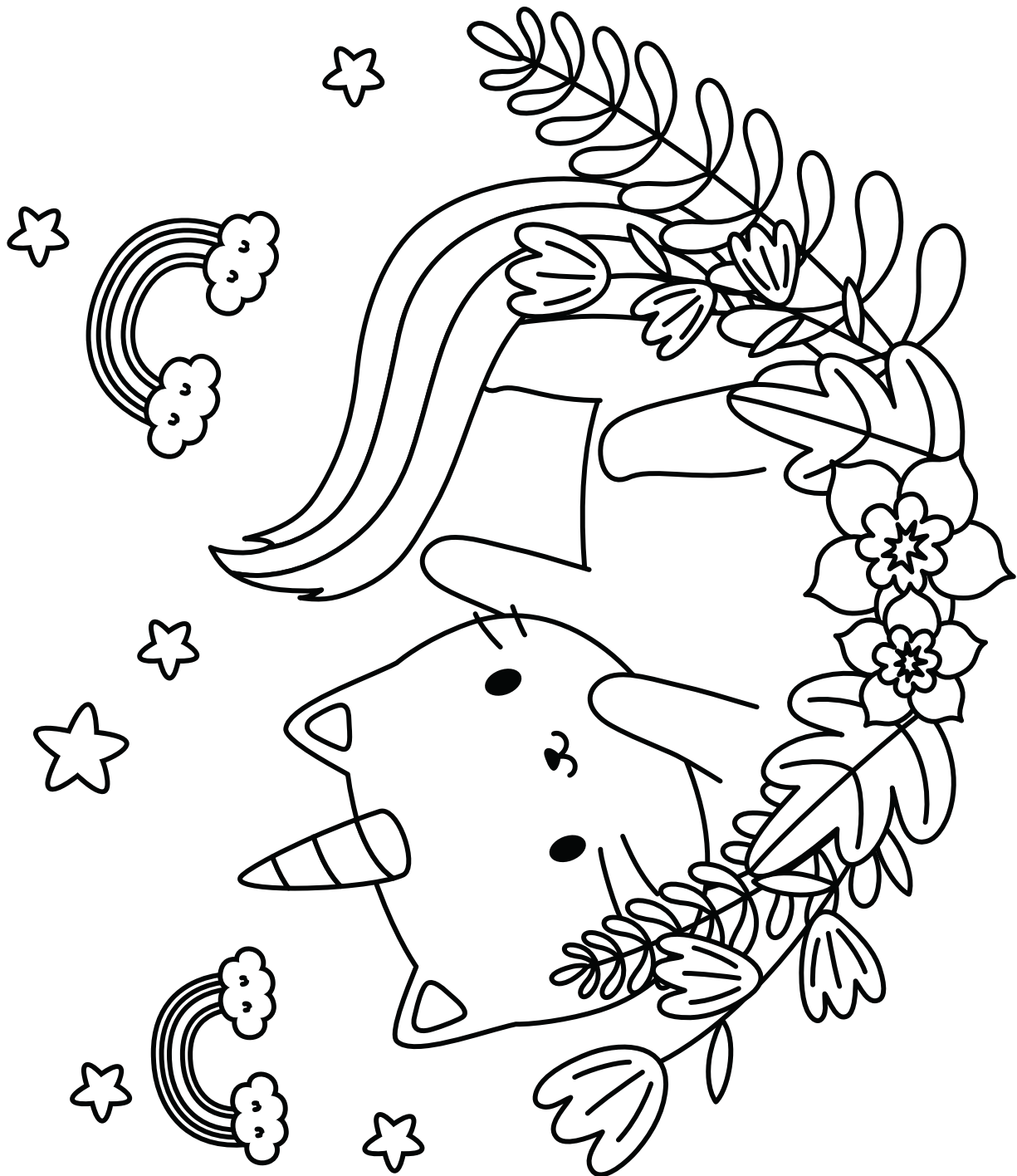


**ONE YEAR FROM NOW, I WILL**



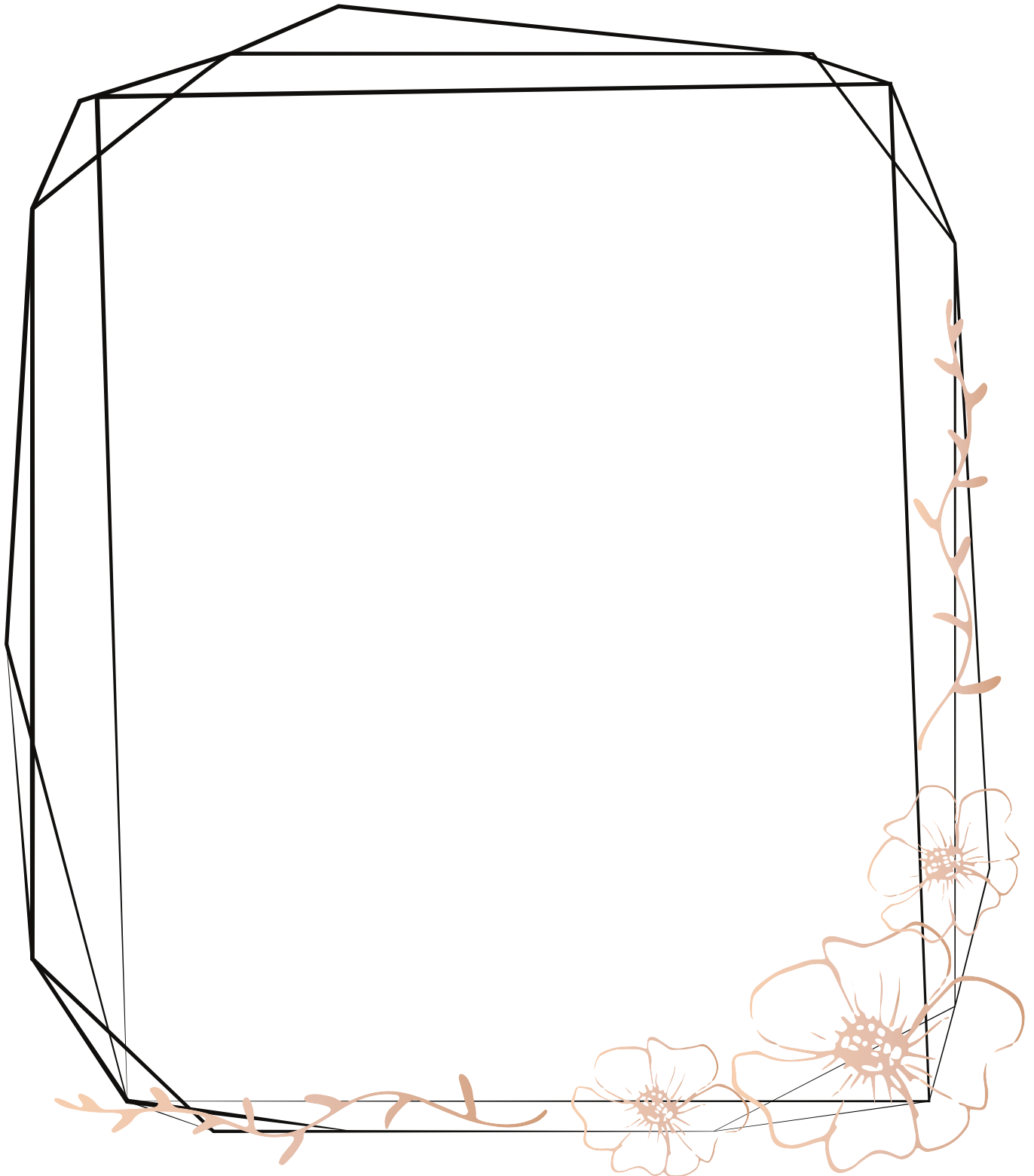
**TENS YEARS FROM NOW, I WILL**





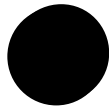
**WRITING PROMPT:**

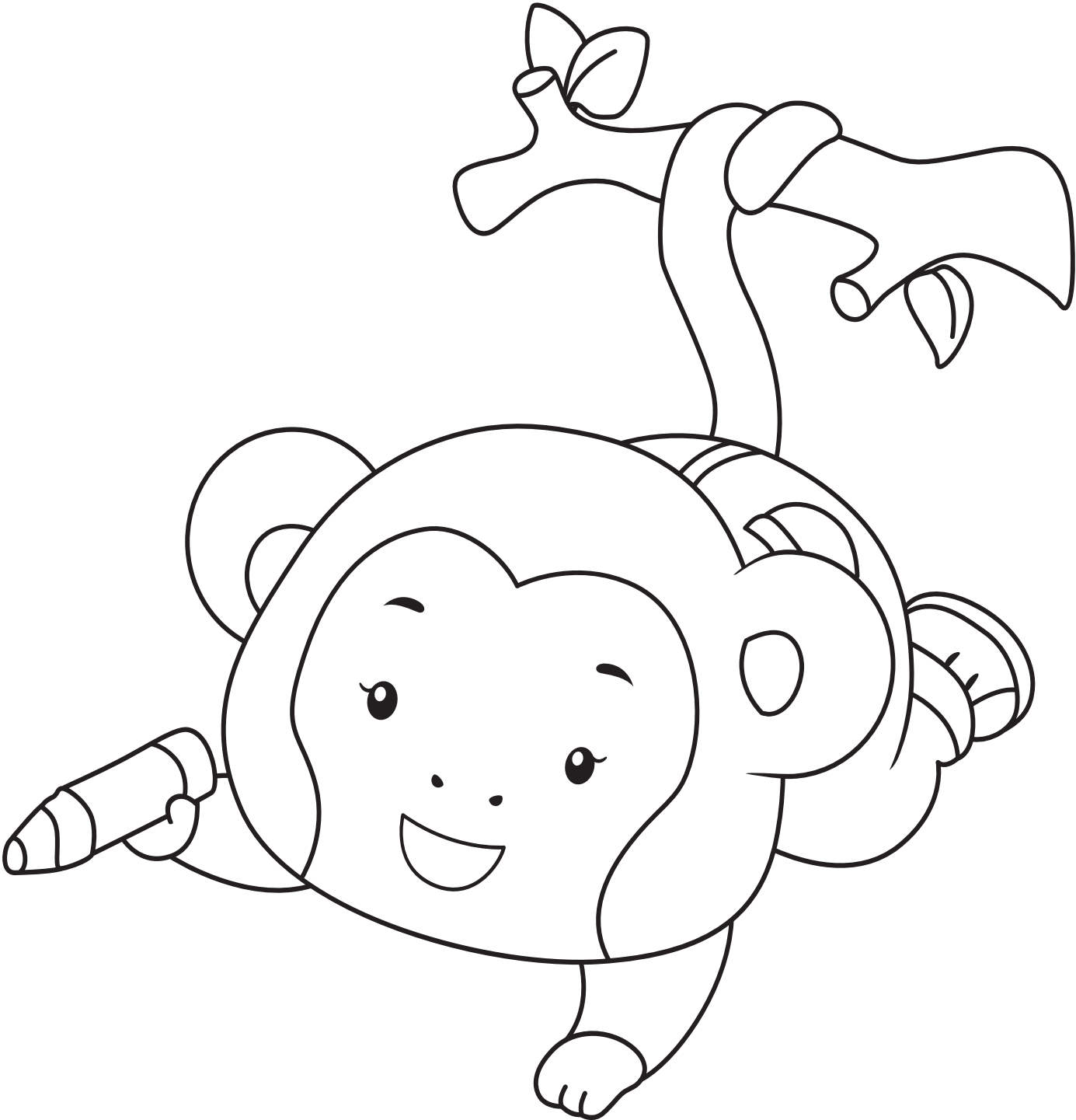
*THE NICEST THING I'VE EVER DONE THAT NO ONE KNOWS ABOUT*





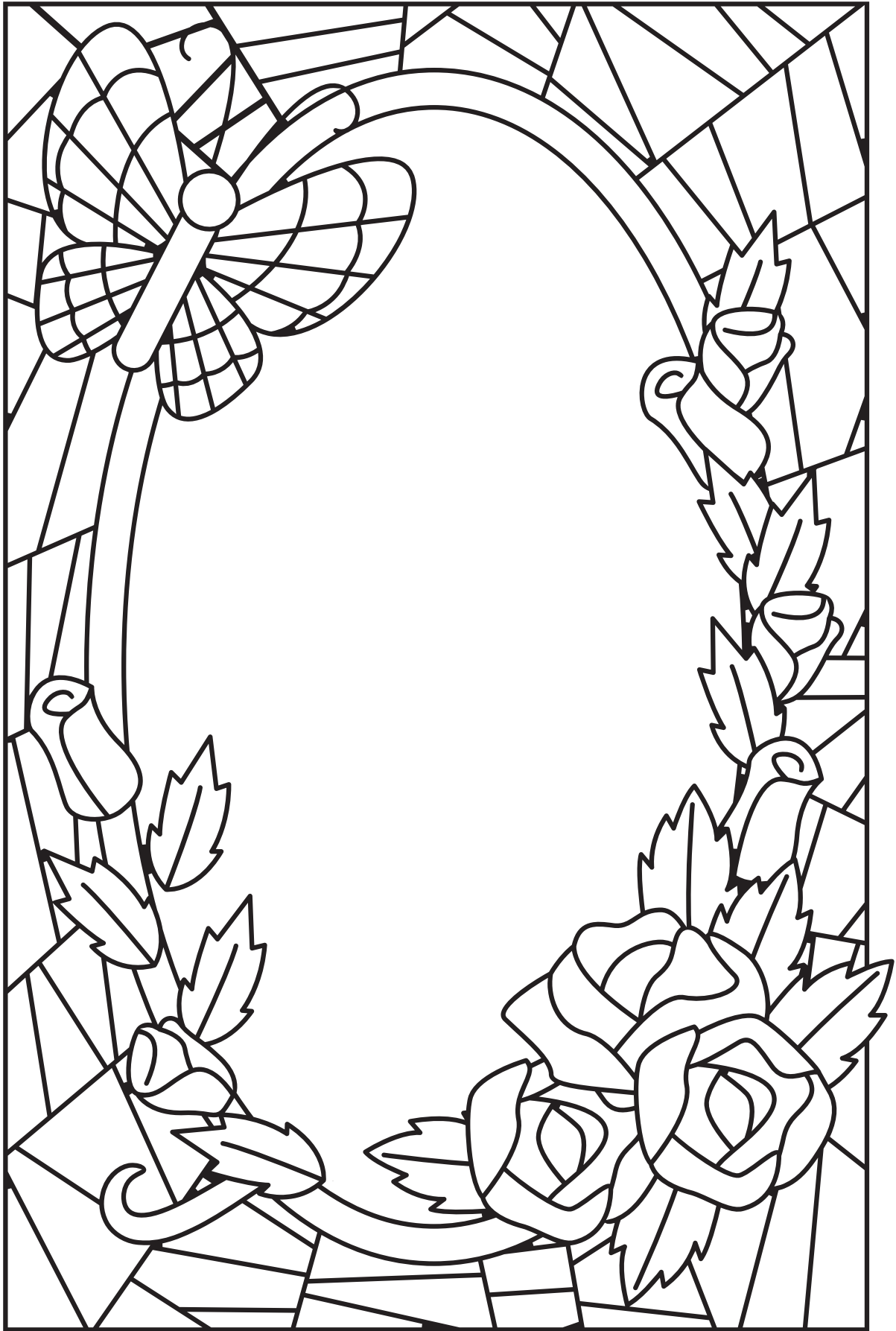
**WRITING PROMPT:**  
*MY DREAM JOB*

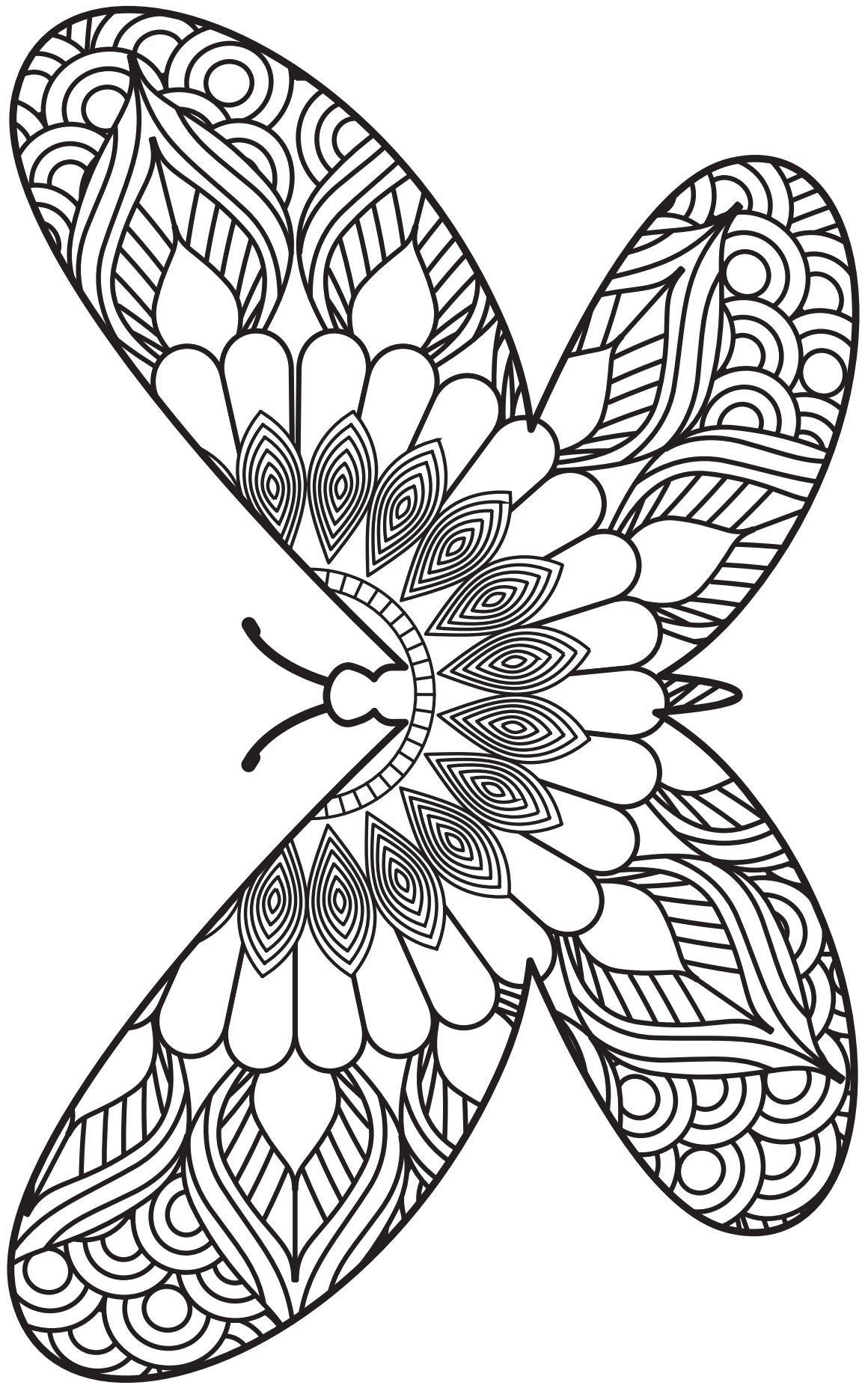


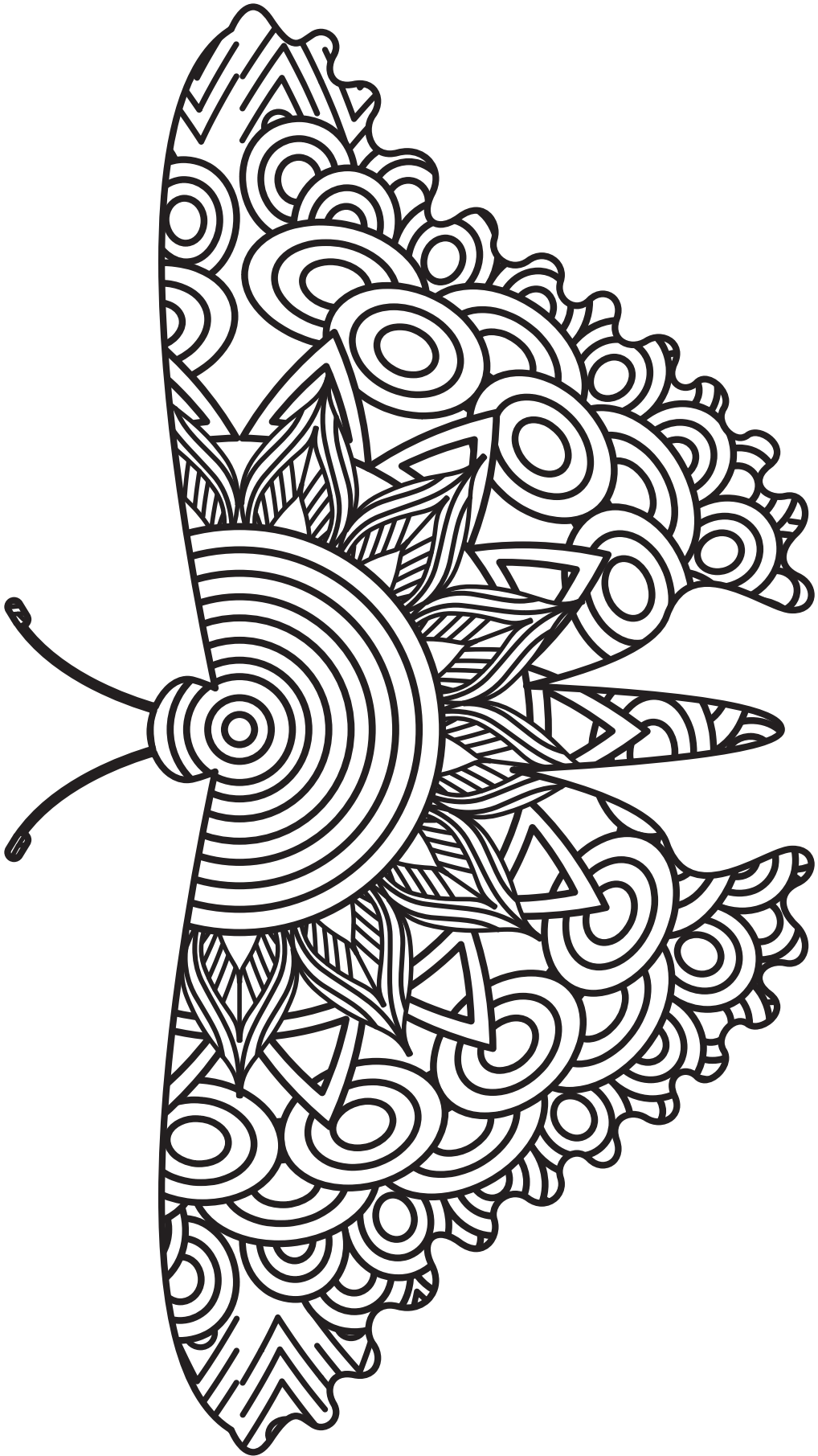


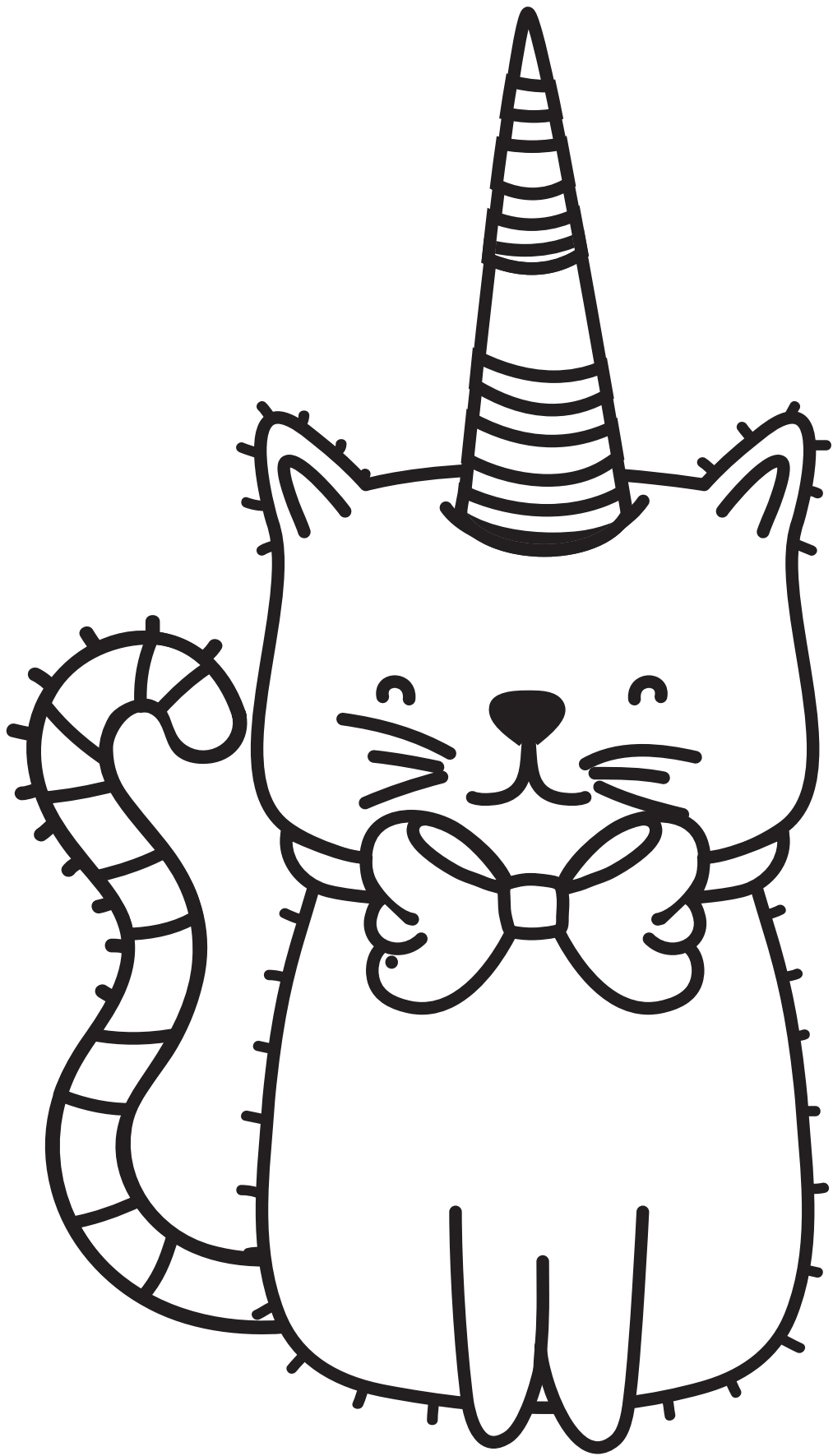


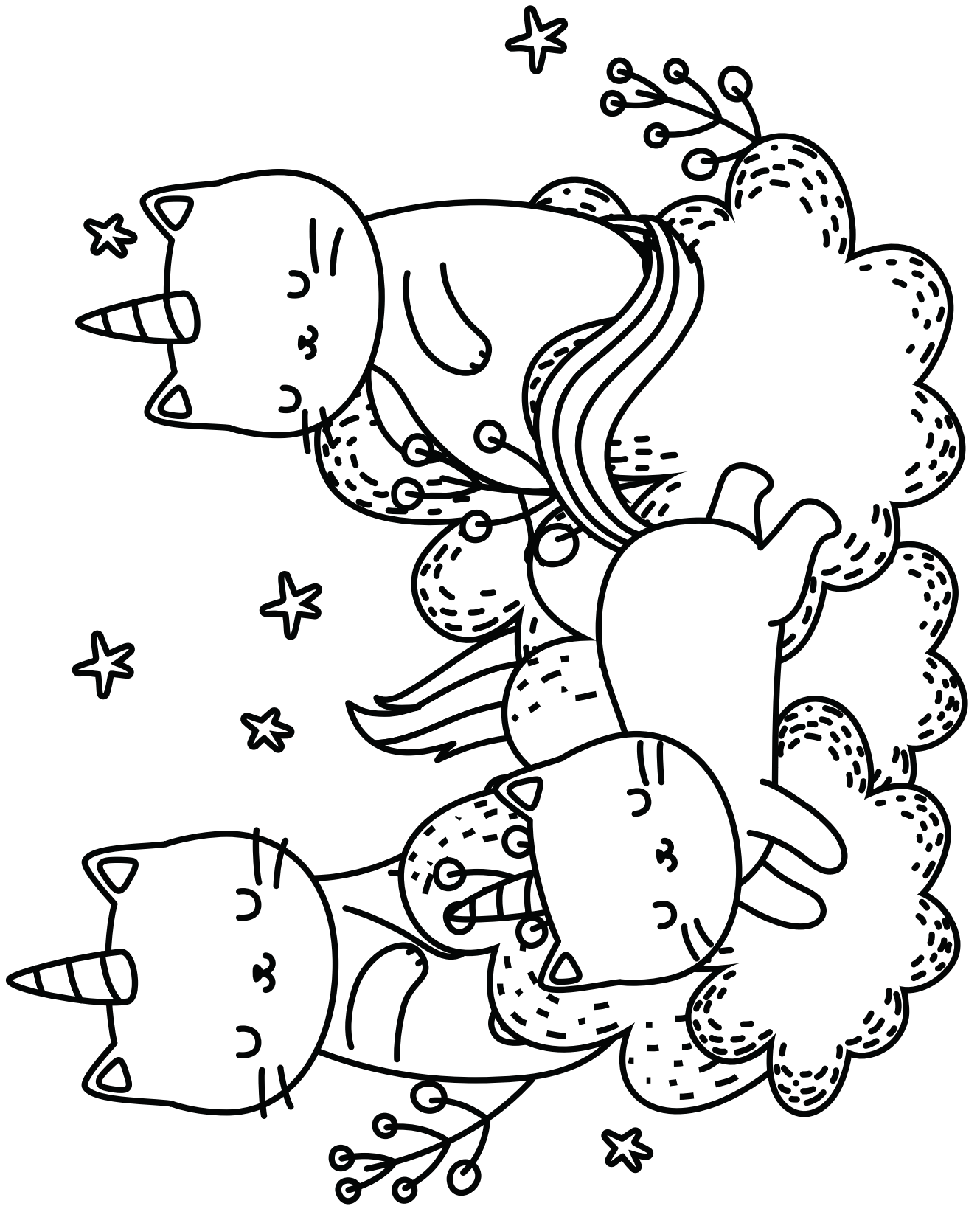










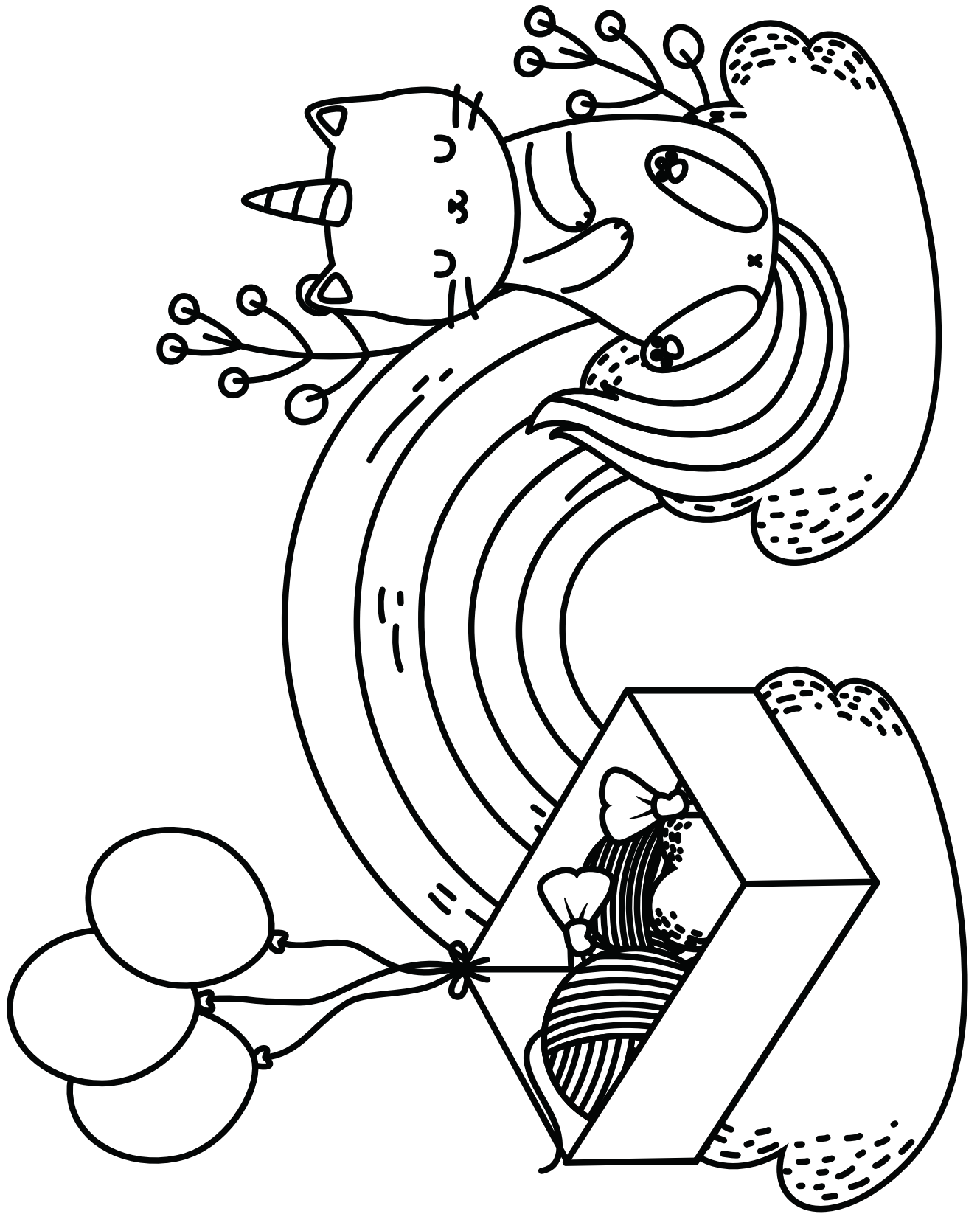


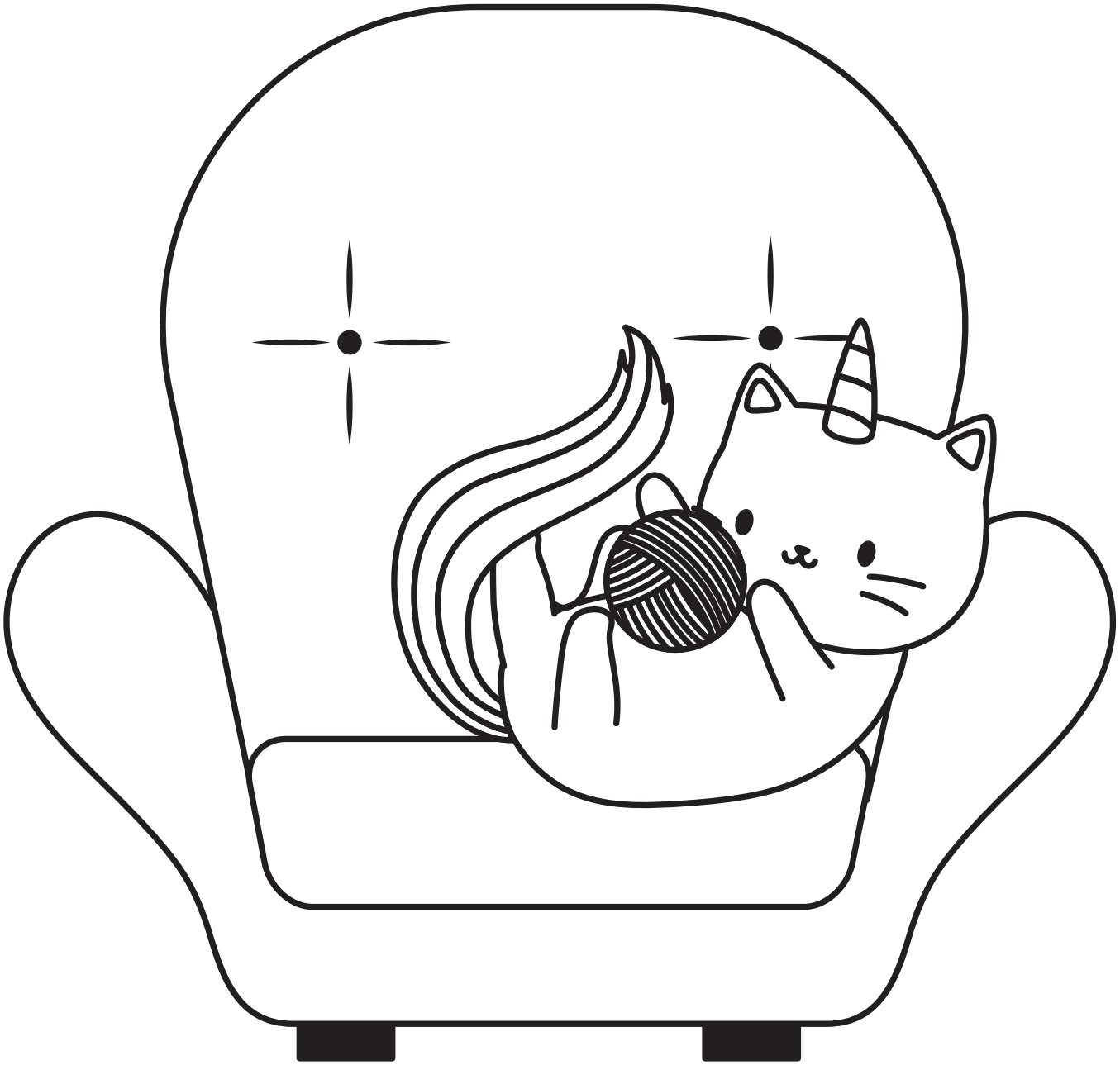














THE FOLLOWING TWO PAGES ARE COLORING PAGES CREATED BY **DREAMS OF HOPE**. RPYA DOES NOT OWN THESE IMAGES BUT WE ARE SHARING THEM BECAUSE THEY ALIGN WITH OUR PROMISE TO PROMOTE HEALING AND WELLNESS IN THE LGBTQ+ COMMUNITY:

**"WE COMMIT TO HEALING OURSELVES WHILE WORKING TO HEAL OUR COMMUNITIES. WE COMMIT TO REVOLUTIONARY SELF-CARE AND UNAPOLOGETIC AUTHENTICITY, BY REDEFINING STRENGTH, EMBRACING WELLNESS, AND PROVIDING A CLEARINGHOUSE OF RELEVANT AND CULTURALLY CENTERED RESOURCES."**  
**- BENITA RAMSEY (RPYA EXECUTIVE DIRECTOR)**

**"DREAMS OF HOPE QUEER COLORING PAGES!"**

CHECK OUT OUR ISSUU PAGE TO DOWNLOAD IT FOR FREE!  
**[HTTPS://ISSUU.COM/DREAMSOFHOPE](https://issuu.com/dreamsofhope)**



WEEK 1- SELF LOVE  
WEEK 2- HEALING

"WE ARE SHARING OUR LOVE OF ART, COLORING, AND COMMUNITY WITH YOU! WE KNOW THAT DURING THESE TIMES IT IS IMPORTANT TO DO ALL THAT WE CAN TO KEEP OURSELVES HEALTHY, CREATIVE, AND CONNECTED TO EACH OTHER. WE'RE SHARING THESE DOWNLOADABLE PAGES WITH YOU SO THAT YOU CAN BRING THE JOY, PEACE, AND CALMING ENERGY OF COLORING INTO YOUR LIFE WHILE ALSO AFFIRMING OURSELVES AND THE POWER AND BEAUTY OF OUR LGBTQA+ COMMUNITY.

"WE'LL SHARE NEW PAGES EVERY 2 WEEKS SO FOLLOW US TO GET THE LATEST UPDATES! IF YOU DON'T HAVE A PRINTER AND WOULD LIKE US TO MAIL YOU A COPY OR COPIES PLEASE EMAIL US AT [INFO@DREAMSOFHOPE.ORG](mailto:info@dreamsofhope.org) AND REQUEST WHAT YOU NEED!"

ART BY THE TALENTED: BREYDON PRIOLEAU!"

**[WWW.FACEBOOK.COM/DREAMSOFHOPEORG](http://WWW.FACEBOOK.COM/DREAMSOFHOPEORG)**







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# LGBTQ+ INFORMATION RESOURCE GUIDE

Rainbow Pride Youth Alliance - Contact Us for Local Resources  
[www.rainbowprideyouthalliance.org](http://www.rainbowprideyouthalliance.org)



**RAINBOW PRIDE  
YOUTH ALLIANCE**

## Anxiety

[www.adaa.org](http://www.adaa.org)  
[youth.anxietybc.com](http://youth.anxietybc.com)  
[www.helpguide.org/home-pages/anxiety.htm](http://www.helpguide.org/home-pages/anxiety.htm)



## Asexuality

[www.asexuality.org](http://www.asexuality.org)  
[www.asexualawarenessweek.com](http://www.asexualawarenessweek.com)



## Bisexuality

[www.biresource.org/bi-info/youth/](http://www.biresource.org/bi-info/youth/)  
[www.bisexual.org](http://www.bisexual.org)



## Coming Out

[www.thetrevorproject.org/section/YOU](http://www.thetrevorproject.org/section/YOU)  
[www.hrc.org/resources/coming-out](http://www.hrc.org/resources/coming-out)  
[www.iknowmine.org/for-youth/coming-out](http://www.iknowmine.org/for-youth/coming-out)  
GLBT National Youth Talkline: 1-800-246-PRIDE (7743)





# LGBTQ+ INFORMATION RESOURCE GUIDE

## Depression

[www.helpguide.org/articles/depression](http://www.helpguide.org/articles/depression)

[www.kidshealth.org/teen/your\\_mind/mental\\_health/depression.html](http://www.kidshealth.org/teen/your_mind/mental_health/depression.html)

[www.us.reachout.com](http://www.us.reachout.com)



## Eating Disorders

[www.nationaleatingdisorders.org/find-help-support](http://www.nationaleatingdisorders.org/find-help-support)

[www.helpguide.org/home-pages/teen-issues.htm](http://www.helpguide.org/home-pages/teen-issues.htm)

[www.eatingdisordersanonymous.org/](http://www.eatingdisordersanonymous.org/)



## Family and Friends

[www.mykidisgay.com/about](http://www.mykidisgay.com/about)

[www.community.pflag.org](http://www.community.pflag.org)

[www.genderspectrum.org](http://www.genderspectrum.org)



## Gay and Lesbian

[www.qchatspace.org](http://www.qchatspace.org)

[www.youthhelp.net](http://www.youthhelp.net)

[www.gsanetwork.org](http://www.gsanetwork.org)

[www.qplusedu.org/queer-life](http://www.qplusedu.org/queer-life)

[www.glbtnearme.org](http://www.glbtnearme.org)

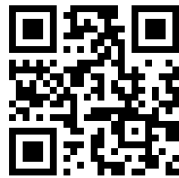




# LGBTQ+ INFORMATION RESOURCE GUIDE

## Healthy Relationships

[www.scarleteen.com/article/relationships](http://www.scarleteen.com/article/relationships)  
[www.breakthecycle.org/learn-about-dating-violence](http://www.breakthecycle.org/learn-about-dating-violence)  
[www.thehotline.org](http://www.thehotline.org)  
[www.asexuality.org](http://www.asexuality.org)  
[www.rainn.org](http://www.rainn.org)  
or call 1-800-656-HOPE



## Homelessness

[www.ourtruecolors.org](http://www.ourtruecolors.org)  
[www.truecolorsunited.org](http://www.truecolorsunited.org)  
[www.nationalhomeless.org](http://www.nationalhomeless.org)  
[www.aliforneycenter.org](http://www.aliforneycenter.org)



## I Have A Crush

[www.au.reachout.com/articles/getting-into-a-relationship](http://www.au.reachout.com/articles/getting-into-a-relationship)  
[www.au.reachout.com/articles/managing-the-p pressures-of-a-relationship](http://www.au.reachout.com/articles/managing-the-p pressures-of-a-relationship)  
[www.gayteens.about.com/od/crushes/](http://www.gayteens.about.com/od/crushes/)



## In School

[www.stopbullying.gov](http://www.stopbullying.gov)  
[www.glsen.org](http://www.glsen.org)  
[www.gsanetwork.org](http://www.gsanetwork.org)  
[www.campuspride.org](http://www.campuspride.org)  
[www.athleteally.org](http://www.athleteally.org)





# LGBTQ+ INFORMATION RESOURCE GUIDE

## Mental Health

[www.nami.org](http://www.nami.org)

[www.eachmindmatters.org/mental-health/young-adult/](http://www.eachmindmatters.org/mental-health/young-adult/)

[www.aglp.org](http://www.aglp.org)

[www.beam.community](http://www.beam.community)



## Gender Identity

[www.genderqueerid.com](http://www.genderqueerid.com)

[www.genderspectrum.org](http://www.genderspectrum.org)

[www.thegenderbook.com](http://www.thegenderbook.com)

[www.genderfork.com](http://www.genderfork.com)



## Intersex

[www.oiiinternational.com](http://www.oiiinternational.com)

[www.intersexday.org/en](http://www.intersexday.org/en)

[www.interactadvocates.org/our-advocacy/intersex-youth/](http://www.interactadvocates.org/our-advocacy/intersex-youth/)



## Trans

[www.transstudent.tumblr.com](http://www.transstudent.tumblr.com)

[www.transstudent.org](http://www.transstudent.org)

[www.imatyfa.org](http://www.imatyfa.org)

[www.wpath.org](http://www.wpath.org)



