

WELLNESS WEDNESDAYS NEWSLETTER

June 10 – June 17, 2020

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JUNE IS PRIDE MONTH:

This is the time to celebrate with the LGBTQ2 community. The North Bay PRIDE have been organizing Pride events throughout the year. The big celebration is usually in July.



This week's challenge

Watch Lindsay Amer Ted Talk. This 8-minute video explains "Why kids need to learn about gender and sexuality".

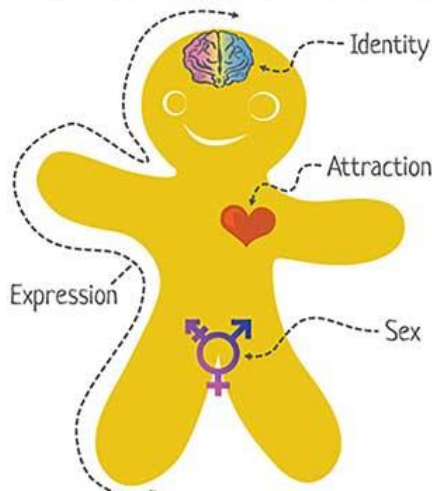
<https://youtu.be/OQuwz64qsBM>

Deep thoughts by Christine Golden

Last week's newsletter was dedicated to Black Lives Matter, because right now they need us to be loud allies. We also need loud allies for the L(lesbian) G(ay) B(i) T(rans) Q(ueer and Questioning) community. They too have had to fight for acceptance and equality. LGBTQ2 are at an increased risk of death by suicide and Trans folk are at a higher risk than that. Just like some people say "there's no racism here" people say that there is no more injustices occurring in the LGBTQ community any more. "Gay marriage is legal isn't it?" We all need to keep fighting for our LGBTQ friends. They need us too!

The Genderbread Person*

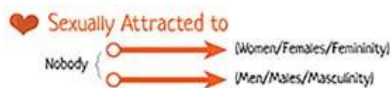
Gender is one of those things everyone thinks they understand, but like the Genderbread Person, it's all made up to mess with your head



(YOU ARE REAL, THIS IS ONLY A MODEL)

WORK IN PROGRESS

#satiria
From an original by its pronounced METROsexual.com



These are made up. Dress & act as you like. You can call yourself whatever you like, but no-one else ever has to do anything more than be polite about your "identity"

This is real, You are male, or female (or some of you may be intersex). This does not change with your "identity". It's never anything to be ashamed of or worried about.

This is who you oggle at the beach. Don't be ashamed of your sexuality - it's part of who you are.