LGBTQ2IA+

affirmations
colouring book

PRESENTED BY THE
LGBTQ2IA+ ENGAGEMENT
PEER HELPER TEAM
THIS COLOURING BOOK IS BROUGHT TO YOU BY...

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A big and special thank you to all of the artists that contributed to this project!

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Credit for the affirmations that were used in the coloring pages goes to Teen Health Source: http://teenhealthsource.com/blog/resource-affirmations-deck/

If you’d like to share any of your creations, we encourage you to upload a photo to Instagram and tag @UofGStudentExperience
ALL BODIES ARE GOOD BODIES
MY BODY IS A GOOD BODY
IT IS IMPORTANT TO REMIND MYSELF...

- I deserve people in my life who can see my pain, who are willing to witness my stories and be patient with my growth.
- I deserve people who will support me with love and patience when I am making difficult decisions.
- I deserve to be surrounded by people who never ask me to apologize for being who I am.
- I don’t have to justify a “no”.
- I get to name my body parts however I want.
- My identity is what I say it is.

Below, write some of your own statements that you’d like to remind yourself...
my pronouns are not too complicated.
Sometimes bravery is, “I will try again tomorrow”.
It’s okay to tell my family to get over their fear of my sexuality and identity.
My gender expression is valid.
My body is not wrong or bad for being triggered and having a hard time letting go.

Below, write some of your own statements of support…
Figuring out who you are is not a race to the finish line.
WRITE YOUR SELF CARE ROUTINE!

No one knows you and your needs better than yourself.

Use the space below to:
- Write about some things that make you happy.
- Remind yourself what things you like to do for self-care.

Here is an idea to get you started!
- Colour in my LGBTQ2IA+ Affirmations Colouring Book!
You are allowed to change,

and it does not mean that the things you said or felt about yourself before were wrong or untrue. Change is not shameful.
MAKE YOUR OWN FLAG

We’ve provided some empty spaces for you to draw and colour in different flags with how you’d like to be represented, either with particular labels or identities or with symbols that you embody!
my sexual identity is NOT determined by the sexual experiences. I have, OR haven't had.
I Am Not a Problem, I Must Be Fixed.
DOODLE AWAY!

Here’s a free page that you can use to doodle away!
Proud to be a Gryphon
ON CAMPUS

Indigenous Student Centre  |  indigenous.student@uoguelph.ca  
offers a number of supports, including student advising and opportunities to meet with visiting Elders

EngiQueers  |  engiQueers@uoguelph.ca  
a student group advocating for the inclusion of LGBTQ2SIA+ & allies at the university

Guelph Queer Christian Community  |  www.facebook.com/groups/QCC.Guelph  
a variety of events for people who wish to explore the intersection of Christian faith & their LGBTQ2SIA+ identities

Guelph Queer Equality  |  gqe@uoguelph.ca  
a student run group focused on creating a safer space for students, offering free safer sex supplies & free menstrual products

Guelph QTPOC  |  QTPOC@uoguelph.ca  
a student run group focused on building connections amongst queer & transgender BIPOC students

ARCH Guelph  |  education@archguelph.ca  
anti-oppressive, sex-positive, inclusive care, treatment, & prevention services in the area of HIV/AIDS & other sexually transmitted blood-borne infections

Guelph Pride  |  https://guelphpride.com  
celebrate diversity, education, visibility within the LGBTQ2SIA+ communities

Gender Intersect  |  genderintersect@gmail.com  
a hub for trans & gender-independent folks to come together to find support & community

Out on the Shelf  |  info@outontheshelf.com  
offers resources and various monthly programming

aim to increase access to identity-affirming culture & support

YouthLine  |  http://youthline.ca  
youth-led organization that affirms & supports the LGBTQ2SIA+ youth by providing anonymous peer support & referrals

Guelph Resource Centre for Gender Empowerment and Diversity  |  http://grcged.com  
a feminist group dedicated to diversity & equity

Office of Diversity and Human Rights  |  dhhrinfo@uoguelph.ca  
helps individuals pursue human rights complaints

OUTline  |  www.uoguelph.ca/outline  
a confidential support & resource service for individuals with questions relating to sexual orientation & gender identity

OVC Pride Veterinary Community  |  www.facebook.com/groups/216170581893732/  
OVC students, faculty, & staff helping to create a safer space & raise awareness of the LGBTQ2SIA+ community within the veterinary profession

Queer UofG Faculty and Staff Network  |  queer@uoguelph.ca  
aim to provide education, resources, & support for employees across the spectrums of gender & sexuality

Student Help and Advocacy Centre  |  shac@uoguelph.ca  
student run advocacy & referral centre providing a safe space for questions

Student Experience - Sexual and Gender Diversity Advisor  |  cacnioj@uoguelph.ca  
one-on-one confidential advising