



GROW, EVOLVE  
AND THRIVE WITH  
SEL



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EMPOWERING PHRASES  
FOR LGBTQ+ YOUTH

**Here are some phrases that can help  
create a supportive and affirming  
environment for LGBTQ+ youth**





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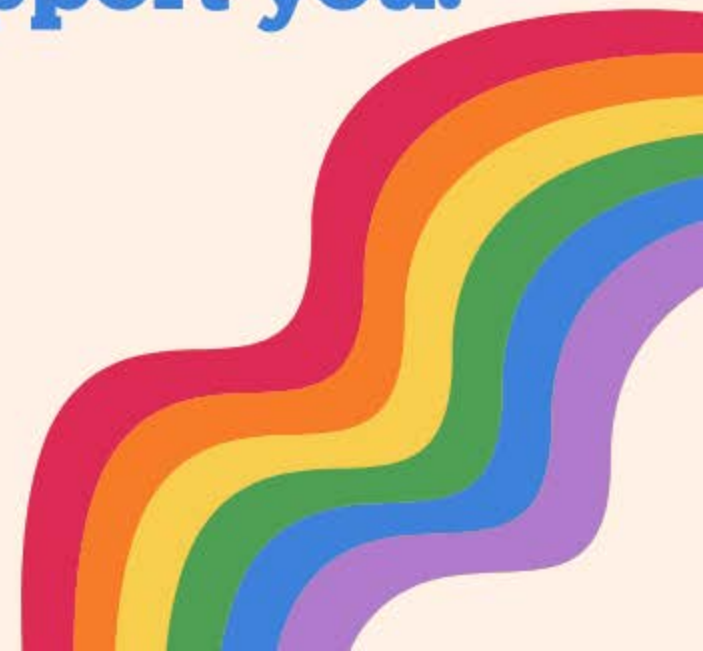
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## AFFIRMATION OF IDENTITY

**"I support you for who you are."**

**"You are loved and accepted just as you are."**

**"I'm here to listen and support you."**





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## VALIDATION OF FEELINGS

**"Your feelings are valid and important."**

**"You have every right to feel proud of  
who you are."**

**"I understand that it can be tough, but  
you're not alone."**





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ENCOURAGEMENT AND  
EMPOWERMENT

**"You are capable of achieving your  
dreams."**

**"Your voice matters, and I encourage you to  
speak up."**

 **"You are a valuable member of our  
community."**





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## CREATING SAFE SPACES

**"Your confidentiality and privacy are always respected here."**

**"You can trust that you're safe and supported in this space."**

**"We celebrate diversity and welcome everyone with open arms."**





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## ACKNOWLEDGING RESILIENCE

**"I admire your courage and resilience."**

**"Your strength in being true to yourself is inspiring."**

**"Remember, you are not defined by the challenges you face."**

