

FIVE THINGS YOU CAN DO FOR PFLAG BOULDER

1. **Be Informed** Learn the issues that impact LGBTQ people. Know your facts and have talking points. Learn how to be an ally and stay informed about legislations affecting the rights of LGBTQ people.
2. **Belong** Become part of our family. Attend meetings and join PFLAG Boulder County at pflagboulder.org. or make a donation to Boulder PFLAG or National PFLAG at pflag.org.
3. **Volunteer** We need volunteers for
 - Scholarship committee
 - Program committee
 - Communications Team
 - Special events-Holiday dinner, Awards banquet, Gender-expansive fashion show, Pride events
 - Provide snacks for our meetings.
4. **Advocate** Stay Alert! Stand up and speak out about LGBTQ issues. Learn about what it means to be transgender. Share your own story. Be visible at your schools and be aware of issues.
5. **Take care of yourself** Stay strong by exercising and eating well. Go where you feel safe and surround yourself with supportive loving people. Remember you can't help others if you don't care for yourself.