

## SERVING AND SUPPORTING 2SLGBTQIA+ SURVIVORS: RESOURCE GUIDE

### WHO CAN HELP?

- The Blue Bench Hotline (English and Spanish) 303-322-7273
- The Blue Bench's Resource Line 303-329-9922
  - Our Resource Line can connect you with more information about our individual or group therapy services or our *Someone I Love Workshop*
- Colorado State Child Abuse Hotline 1-844-CO-4-KIDS (264-5437)
- Safe2Tell 1-877-542-7233
- Colorado Crisis Counselors 24/7 at 1-844-493-TALK (8255)
- Suicide Hotline (988)
- National Sexual Assault Hotline 1-800-656-HOPE (4673)

### COMMUNITY EDUCATION PROGRAMS

**Uniting in Action** – Developed in collaboration with high school students, educators, and this workshop empowers high schoolers in their role in shaping community responses to sexual violence.

**Let's Talk About It** – This middle school program focuses on healthy relationships, boundaries, and skill-building to become an active bystander for middle school youth.

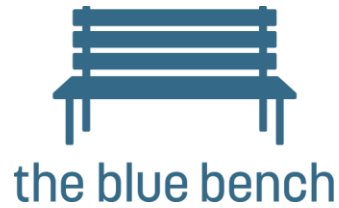
**Safe Bars** – Workshop for preventing or reducing sexual violence in alcohol serving establishments

**SHIELD (Sexual Harassment Intervention Education and Leadership Development)** – Partnering with local businesses/corporations to offer workplace harassment training

**Knowledge is Power** – An overview of the problem of sexual violence and techniques that bystanders can use to keep their communities safer

**Youth Empowerment and Safety** – A program for parents and youth-serving professionals to learn how to identify and prevent sexual violence against young people.

Email [communityed@thebluebench.org](mailto:communityed@thebluebench.org) or [preed@thebluebench.org](mailto:preed@thebluebench.org) to learn more or to schedule a program.



## DEFINITIONS

**BIPOC:** Black, Indigenous, People of Color

**QTBIPOC:** Queer, Trans, Black Indigenous, People of Color

**POGM:** People of the Global Majority, alternative to BIPOC that de-centers whiteness.

**Cissexism:** Prejudice and discrimination against transgender or genderqueer individuals

**2SLGBTQI+:** Two-Spirit, Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, and other individuals who do not identify as cisgender and/or heterosexual

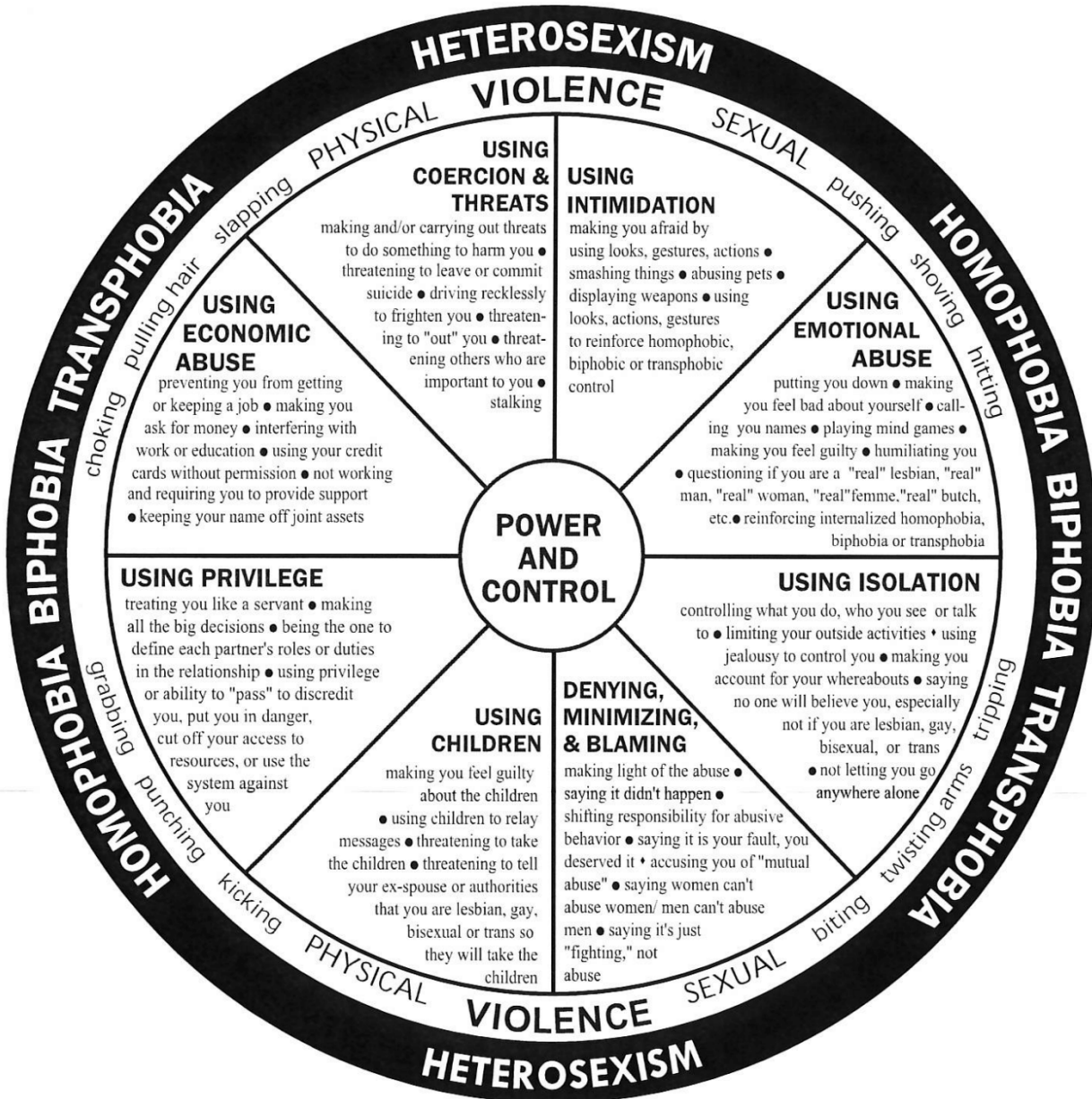
**Two-Spirit:** Refers to Indigenous individuals who embody and identify with masculine, feminine and unique traits

**Latine:** Gender-inclusive term for Latin-American ethnicity and cultural identity

\*Language is incapable of truly encapsulating lived experiences and identities. These terms are inherently insufficient and do not align with all perspectives



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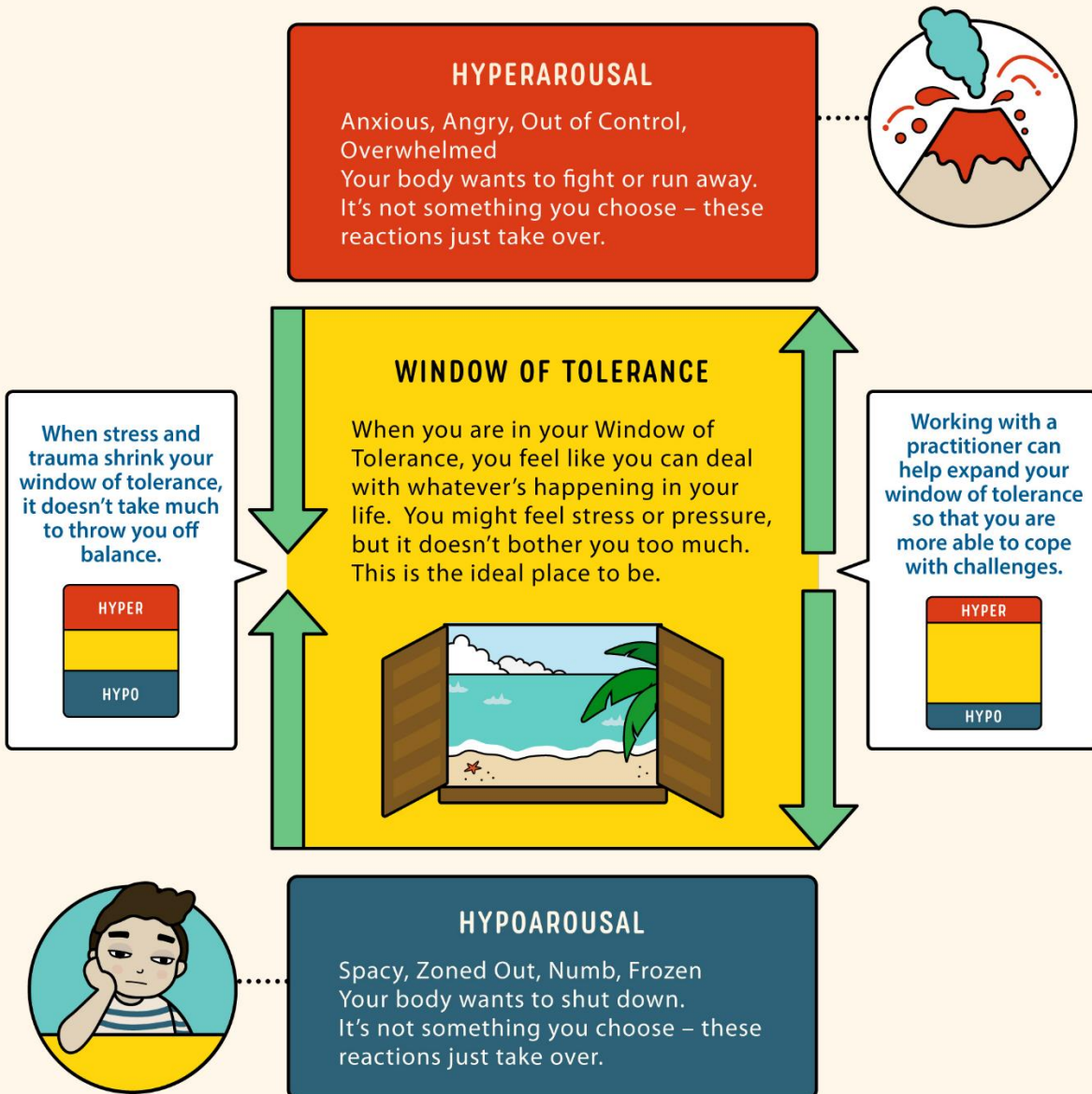
Phone: 303.329.9922

[thebluebench.org](http://thebluebench.org)



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## How Trauma Can Affect Your Window Of Tolerance

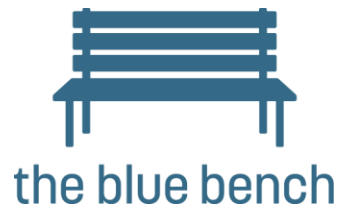


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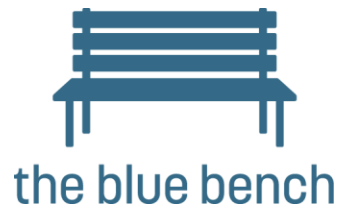
## TEN WAYS TO SERVE & SUPPORT 2SLGBTQI+ SURVIVORS

1. **Educate Yourself and Others and Hold Each Other Accountable**
  - You are doing this!
  - Attend or organize workshops on 2SLGBTQI+ identities, consent, and bystander intervention.
  - Commit to learning and sharing something new about 2SLGBTQI+ experiences each month
  - Commit to reading more articles, books, or survivor stories about LGBTQ sexual violence
2. **Speak Up, Call Out and Challenge Harmful Behavior**
  - Interrupt jokes, slurs, or comments that are homophobic, transphobic, or promote violence. The next time you hear harmful language, speak up—silence enables abuse.
  - Ensure your work and community spaces don't tolerate harmful language or harassing behaviors.
3. **Create a Culture of Consent**
  - Normalize asking for and giving consent in all kinds of relationship, romantic, sexual, platonic, or otherwise.
  - Make consent part of everyday conversation, not just before sex, but in hugs, photos and other forms of touch.
  - Talk openly and clearly about boundaries and check in regularly.
4. **Build Peer Safety Plans**
  - Develop safety strategies together—at parties, protests, or public outings.
  - Increase group size when gathering and socializing, especially when alcohol is involved.
  - Designate a check-in buddy for nights out or dates. Use code words to ask for help.
  - Share resources like crisis lines, 2SLGBTQI+ affirming therapists, and survivor support networks. Make a shared Google doc or zine with community resources and circulate it. Don't forget about our resource line!
5. **Create Safer Spaces**
  - Make sure your workplace, school or community space has inclusive policies and spaces. Ask: Does this space affirm 2SLGBTQI+ people? If not, start the conversation.
  - Support 2SLGBTQI+ led community safety teams and peer support groups.
  - Help build networks of mutual care and safety that don't rely solely on police.

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## **6. Advocate for Policy and Systems Change**

- Support or initiate campaigns for 2SLGBTQI+ inclusive sexual violence prevention laws and training.
- Call your local officials—demand protections for 2SLGBTQI+ survivors in your city or school.
- Encourage schools and organizations to teach 2SLGBTQI+ inclusive sex and prevention education.
- Join or form a parent/student coalition advocating for inclusive curricula.

## **7. Care for Each Other Outside of Crisis**

- Practice mutual aid—support each other with rides, food, housing, or emotional support.
- Check in even when nothing's wrong. Show up consistently, not just in emergencies.
- Prioritize mental health and community rest.
- Encourage taking breaks. Honor your limits and respect others' boundaries

## **8. Listen and Support Survivors**

- Believe 2SLGBTQI+ survivors and direct them to affirming support services.
- Learn trauma-informed ways to respond to disclosures of sexual violence.

## **9. Utilize Artistic Outlets**

- Use art to educate, disrupt, and mobilize.
- Embrace art/joy/community as resistance.
- Turn creativity into collective care—art can raise both awareness and funds.
- Organize a healing circle, journaling workshop, or quiet hangout space for survivors.

## **10. Be an Active Ally**

- Visibly support 2SLGBTQI+ people.
- Show your support—be the person people can look to for safety.
- Volunteer with 2SLGBTQI+ organizations that offer support or crisis services.
- Donate your time, skills or money to help.



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## DONATE, SUPPORT, ENGAGE

First Nations Development Institute - <https://www.firstnations.org/>

Indian Law Resource Center - <https://indianlaw.org/>

Native American Housing Circle - <https://www.nativeamericanhousingcircle.org/>

Colorado Black Health Collaborative - <https://coloradoblackhealth.org/>

Colorado Black Women for Political Action - <https://cbwpa.org/>

National Black Trans Advocacy Coalition - <https://blacktrans.org/>

Rocky Mountain Immigrant Advocacy Network - <https://www.rmian.org/>

Justice and Mercy Legal Aid Center (JAMLAC) - <https://jamlac.org/>

Colorado Rapid Response Network - <https://www.coloradorapidresponsenetwork.com/>

## COMMUNITY SPACES

### General:

**Rainbow Dome** - hosts queer events, markets, and parties

- IG: @therainbowdome

**Denver Black Queer Collective** - providing uplifting, protective, and supportive community for Black queer folks in Denver

- IG: @denverblackqueercollective
- Meetup Site: <https://www.meetup.com/denver-black-queer-collective/>

**Soul to Soul Sisters** - offers Black healing spaces for all women-identifying trans, nonbinary, and queer folks based in Denver

- IG: @soul2soulsisters

**Queer Nature** - workshops and programs to engage with nature

- Website: <https://www.queernature.org/>

### Affirming Kink (18+)

**Melanin Munch** - monthly kink munch for queer QTBIPOC folks

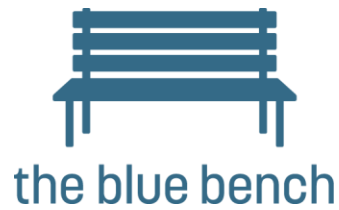
- IG: @melananinmunch.colorado

**TACK (Trans Affirming Community in Kink)** - a trans kink munch that happens every second Thursday, location varies

- Follow @boot.bot.cyanide on IG for location updates

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### **Creativity & Movement:**

**Artists in Sync** – host various public crafting and other creative events – very queer and trans friendly, free and paid events.

- IG: @artists.in.sync

**Crafty Queers of Color** – monthly crafting events for QTBIPOC folks

- IG: craftyqueersofcolor\_denver

**Urban Sanctuary** – first Black-woman owned yoga studio in Denver; offers weekly Wednesday classes for 2SLGBTQI+ folks

- IG: @urbansanctuary.love
- <https://urbansanctuary.love/>

### **For Youth:**

**YouthSeen** – an organization serving LGBTQ+ and BIPOC youth in Denver area)

- IG: @youth\_seen

**Fortaleza Familiar** – supports Indigenous, Chicanx, Latine/Latinx, queer, trans young people in Colorado

- IG: @fortalezafamiliarco

**Asian Girls Ignite** – creates community spaces in Denver area for AANHPI girls and gender-expansive youth (grades 6-12) “to explore and define their identity on their own terms”

- IG: @Asiangirlsignite
- Website: <https://www.asiangirlsignite.org/>

**Joy as Resistance** – Mental health and mentorship services for 2SLGBTQIA+ youth ages 10-24

- Website: <https://www.joyasresistance.org/>

### **Low/No Cost Resources**

**The Center on Colfax** – [Offers resources, services, programs, and events to 2SLGBTQI+ community members]

- <https://lgbtqcolorado.org/>

**Queer Asterisk** – [Offers counseling services and other programs to trans/gender expansive individuals]

- <https://queerasterisk.com/>

**Hey Denver** – [Queer-centered, safe STD & HIV testing and safe substance use tools]

- <https://www.heydenver.org/>

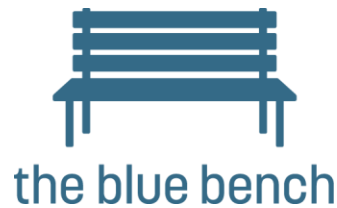
**Vivent Health** – [Health care for HIV affected persons]

- <https://viventhealth.org/>

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**Rose Andom Center** – [Domestic violence family justice center]

- <https://roseandomcenter.org/>

**The Gathering Place** – [Services and programs for women, gender expansive people, and children facing houselessness]

- <https://tgpdenver.org/>

**SafeHouse Denver** – [Domestic violence shelter and services]

- <https://safehouse-denver.org/>

**The Delores Project** – [Shelter and services for women, children, and gender expansive individuals facing houselessness]

- <https://thedeloresproject.org/need-shelter>

### **BIPOC Specific Resources:**

**Colorado Black Health Collaborative** – [Working to achieve Black health equity through services, programs, and collaborations]

- <https://coloradoblackhealth.org/>

**Denver Indian Family Resource Center** – [Services and community programs for Indigenous families]

- <https://difrc.org/>

**Asian Pacific Center** – [Health care, crisis support, advocacy, and other services and programs]

- <https://www.raisethefuture.org/colorado-resources/asian-pacific-center>

**Servicios de la Raza** – [Services and programs for Latine individuals and families]

- <https://serviciosdelaraza.org/>

**Colorado Immigrant Rights Coalition** – [Statewide coalition of partners offering advocacy, education, and support services]

- <https://coloradoimmigrant.org/>

**For the Gworls** – [Black trans led collective curating fundraising opportunities to support Black transgender individuals pay for housing, gender affirming surgeries, etc.]

- <https://www.forthegworls.com/home>

**Black LGBTQIA+ Migrant Project** – [Through the Transgender Law Center, services and advocacy serving Black trans migrants in the U.S.]

- <https://transgenderlawcenter.org/programs/blmp/>

**Kind Therapy Inc.** – [Affordable and free therapy emphasizing cultural responsiveness]

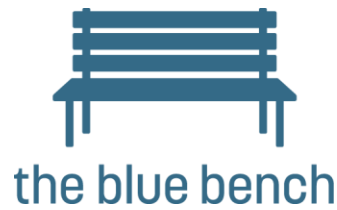
- <https://www.khesedwellness.com/>

**It Takes a Village** – [Non-profit organization geared towards reducing health and social disparities among people of color in the Denver metro area]

- <https://www.ittakesavillagecolorado.org/>

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## Other Resources

### Providers of Color Directory

## Media Resources

### Books

- Stone Butch Blues by Leslie Feinberg
- What my Bones Know by Stephanie Foo
- The Body is not An Apology by Sonya Renee Taylor
- My Grandmother's Hands by Resmaa Menakem
- Queering Sexual Violence by Jennifer Patterson
- Free Cyntoia: My Search for Redemption in the American Prison System by Cyntoia Brown
- CHOSEN: A Memoir of Stolen Boyhood by Stephen Mills
- CPTSD: From Surviving to Thriving by Pete Walker
- Written on the Body: Letters by Trans and Non-Binary Survivors of Sexual assault and Domestic Violence edited by Lexie Bean

### Podcasts

- **Gender Reveal: A Podcast**
  - <https://www.genderpodcast.com/>
- **Making Gay History: A Podcast**
  - <https://makinggayhistory.org/the-podcast/>
- **Town Hall: A Black Queer Podcast with Bob the Drag Queen and Peppermint**
  - <https://podcasts.apple.com/us/podcast/town-hall-a-black-queer-podcast-with-bob-the/id1666353027>
- **Resource on the Go Podcast by National Sexual Violence Resource Center**
  - <https://www.nsvrc.org/podcasts>
- **Sexual Violence Research Podcast by Sexual Violence Research Initiative**
  - <https://www.svri.org/the-sexual-violence-research-podcast/>

### 2SLGBTQI+ Historical Figures to Learn More About

- Audre Lorde
- Sylvia Rivera
- Angela Davis
- Leslie Feinberg
- James Baldwin