



PFLAG Olympia, Washington

HeartBeat



Issue 92 ♦ March-April, 2009

Cultivating Respect

by Gabi Clayton

The PFLAG-Olympia chapter has a proud history of working to help make our schools safe for lesbian, bisexual, gay and transgender students, teachers, staff and families. We have done everything from speaking to assemblies, testifying at local school boards, working with local Gay Straight Alliances, supporting student projects related to the issues facing our youth, and raising money for the wonderful Pizza Klatch lunches happening with local leadership and community support.

We've been inspired and supported in this work by our National PFLAG office in Washington D.C., and once again they have come through with some great new offerings in this work with the new *Cultivating Respect* certification training program that we hope to bring to the area in the future, perhaps in conjunction with other nearby chapters.

In addition, the PFLAG National website has a list of *Top 10 Ways to Make Schools Safer... For All Students*.

Here is the list.

1. **Learn the Facts:** Students report hearing anti-gay epithets and enduring hostile environments on an almost daily basis.
2. **Understand the Language:** Before we can act we need to understand terminology and show respect.
3. **Stop Bad Behavior:** Three key things every adult must do to stop disruptive behavior and model respect in your school.
4. **Set the Policy:** Critical components of an effective safe schools policy.
5. **Plan School-Wide Activities:** There are simple, and important, ways to educate the school community about why respect for everyone must be the rule, and not the exception.
6. **Be Public:** Let students know that you are their advocate and ally.
7. **Cyber Bullying:** Know about high tech harassment and what to do to help those who are targets.
8. **Train and Educate Everyone:** Ask for faculty to be trained to respond to bullying in the most effective, helpful way.
9. **Work for Comprehensive Health Education:** Comprehensive and age-appropriate health education is essential for every student, and especially for those who are LGBT.
10. **Resources, Resources, Resources:** Where to go for help, support and more information.

See the national website for more details about each item, and learn more about PFLAG National's Safe Schools work at:

<http://community.pflag.org/Page.aspx?pid=1011>

PFLAG National, PFLAG-Olympia and PFLAG chapters in Bellevue and Seattle are also members of Safe Schools Coalition, and so the work of the Coalition is part of what we do to make schools safe. <http://www.safeschoolscoalition.org/>

We need your help to do this work. Let us know if you would like to know more!

The durability of prejudice is no reason to go slow in pushing for full equality. Speak up for fairness, and trust that the nation will catch up.

Deb Price



▼ SUNDAY, MARCH 8, 2-4:30 PM

Legislative issues — We've invited area legislators to come and talk to us about current GLBT issues before the state legislature, such as equal marriage rights and increased benefits for domestic partners. This will also be a preparation for Equality Day, March 12.

▼ SUNDAY, APRIL 12, 2-4:30 PM

Pizza Klatch — We'll have facilitators and some students come to update on the Pizza Klatch. This is a wonderful program providing pizza lunches for GSAs in area high schools. It is not run by PFLAG, but we are one of the supporting organizations that have help fund it.

PFLAG-Olympia meeting format

| | |
|----------------|--------------------|
| 2:00-2:30 p.m. | Introductions |
| 2:30-2:40 p.m. | Announcements |
| 2:40-3:15 p.m. | Support |
| 3:15-3:30 p.m. | Social time/snacks |
| 3:30-4:30 p.m. | Program |

Note: This meeting format may change depending on the program for any given meeting.

Writers Wanted

We need writers for the newsletter and the blog. If you would like to write on GLBTQ issues, local or national, or review books or movies. This is your opportunity to voice your opinion. If you want to write for us, send a note to newsletter@pflag-olympia.org.

Kathy Reim Named PFLAG's Regional Director of the Pacific Northwest

Washington State Community Leader Will Serve the Pacific Northwest Region for the Largest National Organization of Parents, Families & Allies of LGBT Americans



PFLAG National has announced that Washington State community leader Kathy Reim has been elected Regional Director for PFLAG in the Pacific Northwest, a region that includes Washington State, Oregon, Montana, Idaho and Alaska. Kathy Reim, in one of her first actions as Regional Director, traveled to New York City for the first annual Straight for Equality Awards Gala, held in Times Square on February 5. The Gala featured awardees Dr. Maya Angelou, Sigourney Weaver and Dr. Johnnetta B. Cole. Straight for Equality

seeks to engage straight allies to provide support for lesbian, gay, bisexual and transgender people.

Kathy has served as president of Skagit PFLAG which meets in Sedro-Woolley, WA since 2001 and volunteered as state coordinator for Washington since 2003. In this new role she will work with chapters across the region as they support, educate and advocate in their communities.

Kathy takes over from Marcie Mathis of Bremerton, WA. Regional Directors serve for three-year terms and are the voice of those involved in this grass roots effort to the larger National PFLAG organization. As a retired teacher and with her training in mediation, Kathy, along with her husband Robert, has seen

their local chapter grow in numbers.

"My family and a growing number of people are stepping forward to become activists. Allies and family members have always been essential to extending civil rights to all our people. We love this work and have fun whether we are hosting the Seattle Women's Chorus or standing on the steps in Olympia. We continue the work of other good people- many of them like us- moms and dads with gay children," Kathy says.

We extend our thanks to Marcie for her service—we hope to stay connected with her as we look forward to working with Kathy in her new role. We are lucky to have them both!

Are you online?

Subscribe to the PFLAG-Olympia Alert list!

The PFLAG-Olympia Alert is a one-way announcement e-mail listserv designed to inform our members and friends of upcoming events, programs, and more. Email updates are sent out prior to each of our regular meetings and whenever something comes up that we think that our list subscribers might want to know about. To subscribe, go online to:

<http://lists.pflag-olympia.org/listinfo.cgi/alert-pflag-olympia.org>

... and check out our blog! You could be a contributor! You can subscribe! <http://pflagolympiawa.blogspot.com/>

NEW or RENEWAL MEMBERSHIP

Please check the membership types you prefer:

- Individual \$35
- Household \$50
- Senior/Student/Low Income \$15

New Renewal

Membership \$ _____

Add this amount as my tax-exempt gift (thank you!) \$ _____

TOTAL MEMBERSHIP AND GIFT \$ _____

- I want Olympia's bi-monthly newsletter *HeartBeat* (which is mailed in an envelope with no identified return address.)
- I want the national quarterly newsletter *PFLAGpole* (which is not mailed in an envelope).
- I want to be added to the PFLAG-Olympia email alert/announcement list (include your email address.)

DATE: ____/____/____ PHONE: (____)____-____

SIGNED: _____

PRINT NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

EMAIL ADDRESS: _____

Mail with your check to: PFLAG Olympia, P O Box 12732; Olympia, WA 98508-2732

PFLAG is a tax-exempt non-profit 501(c)(3) organization not affiliated with any political or religious institution.

PFLAG

Olympia, Washington

MEETS at 2PM on the second Sunday of each month at First United Methodist Church, 1224 Legion Way SE, Olympia (except in August when we have our annual picnic at a local park.) It is handicap-accessible.

DIRECTIONS: from Sylvester Park on Capitol Way and Legion Way, go 12 blocks east on Legion Way to Boundary Street. Turn left around the church. Park in the lot at 5th Avenue and Boundary and enter through the glass doors.

Letters, articles and requests for literature are welcome.

Mailing address:

PO Box 12732; Olympia, WA 98508-2732

For information or to discuss personal matters with an understanding parent and experienced PFLAG member, phone numbers are on our website.

Email: info@pflag-olympia.org

Website: <http://www.pflag-olympia.org>

Blog: <http://pflagolympiawa.blogspot.com/>