



2022
In-Person
Student Guide

My Silence, My Action.

GLSEN's Day of Silence occurs every April, when people in schools across the country engage in direct action through a silent protest to call attention to the silencing and erasure of LGBTQ+ people in schools. **This year, GLSEN's Day of Silence is April 22, 2022.**

This year, the Day of Silence theme is *My Silence, My Action*. Where LGBTQ+ people in schools are often silenced and erased, this direct action is a reclamation of that forced silence and erasure. This time, LGBTQ+ students are choosing to be silent on their own accord and demonstrate the impact on the entire school community when LGBTQ+ people are silenced and erased. GLSEN's resources provide opportunities for student leaders to organize their day of action and engage in creative and impactful ways to tell their story, especially in incorporating racial, gender, and disability justice. The purpose of this guide is to help students like yourself participate and support folks on your campus to take action and join this campaign on April 22, 2022.

PREPARE FOR THE DAY OF SILENCE

In-person action takes some prep work! Always take safety precautions by staying at least six feet apart from each other, sit in well ventilated rooms with air circulation, wash your hands, and wear a mask. [Here are some other ideas to get your started in planning for your Day of Silence:](#)

- Meet with your GSA, LGBTQ+ club, or other students who would like to participate. Identify a supportive adult to back you up on your day of action. This is helpful in case anyone gives you trouble or if you need school staff to sponsor your event.
- **Register** for the Day of Silence with GLSEN! We will update registrants on all new material, celebrity engagements, and other opportunities! You won't want to miss out.
- Connect with your local **GLSEN Chapter** for support in organizing your event.
- Hold a planning meeting with other students. What are your goals for this event? How will this change your school climate?
- Create an outreach plan. Tabling a week before or during the week of the Day of Silence on April 22nd is an effective way to get folks to sign up, learn about the event, and take a pledge to participate. Go to **GLSEN's Day of Silence** page for tabling resources.
- Make posters and hang them around school, share on social media, and on your school's morning announcements.
- If you are planning a Breaking the Silence event, check out **GLSEN's Breaking the Silence Guide** to brainstorm ideas of how to host this celebratory event at the end of the day!

Over 4 in 5 LGBTQ students don't see positive LGBTQ representation in their curriculum, nearly 9 in 10 experience harassment or assault, and almost a third miss school because they feel unsafe or uncomfortable.¹

¹Kosciw, J. G., Clark, C. M., Truon, N. L., & Zongrone, A. D. (2020). The 2019 National School Climate Survey: The experiences of lesbian, gay, bisexual, transgender, and queer youth in our nation's schools. New York: GLSEN



PARTICIPATING IN THE DAY OF SILENCE AS AN EDUCATOR

It's tricky to teach silently, but not impossible, especially if you prepare your students and families before the Day of Silence. [Here are a few ways to participate:](#)

- Participate all day in being silent.
- If you cannot be silent all day, hold a moment of silence at the beginning or end of each class period and use the opportunity to introduce LGBTQ+ inclusion.
- Hold a moment of silence with the school before school, at lunch, or after school. Some schools are in hybrid scheduling, so there may only be one or two times throughout the day that everyone can gather to participate together. You can also plan this moment with the national moment of silence at 3:00 PM ET / 12:00 PM PT on April 22nd.

WAYS TO PARTICIPATE

Register for GLSEN's Day of Silence to receive more information for engagement opportunities with celebrity influencers, giveaways, and new resources!

Social Media Campaign: Change your profile/photo frame to a Day of Silence graphic now until 3:00 PM your time on April 22. Day of Silence is a silent protest against the erasure and bullying of LGBTQ+ people on school campuses around the country. By changing your profile, you are raising awareness of LGBTQ+ erasure and harassment! Imagine if LGBTQ+ people in schools were invisible. It's a powerful statement that can make folks ask questions and join in solidarity to protect, promote, and empower LGBTQ+ students in schools. Let's paint a message across our online platforms and show them our Silence is Loud!

- **Post a video:** Post a video of you being silent. You can write your own post about Day of Silence. **Why or Who are you being silent for?** Avoid outing folks and use generic words such as "friend, sibling, uncle, etc." [You can write your own or use this template:](#)
 - Today is the Day of Silence — a national student-led movement highlighting the silencing and erasure of LGBTQ people.
 - Over 4 in 5 LGBTQ students don't see positive LGBTQ representation in their curriculum, nearly 9 in 10 experience verbal harassment, and almost a third miss school because they feel unsafe or uncomfortable. I am silent for _____ until 3:00PM on the #DayofSilence (add image description if possible)
- **#DayOfSilence Challenge:** Post a video or photo and challenge your friends, family, and community to participate. Avoid outing folks and use generic words like "friend, sibling, uncle, etc." [You can write your own or use this template:](#)
 - Today is the Day of Silence — a national student-led movement highlighting the silencing and erasure of LGBTQ people. Over 4 in 5 LGBTQ students don't see positive LGBTQ representation in their curriculum, nearly 9 in 10 experience verbal harassment, and almost a third miss school because they feel unsafe or uncomfortable.
 - I am silent for _____. I challenge @_____ to join me in the Day of Silence until 3:00PM #DayofSilence (add image description if possible)



- **Join our GSA Day of Silence Webinar** and learn about all of the resources and opportunities GLSEN will be offering this Day of Silence as well as best practices.

– The GLSEN Bulletin on Instagram Live on Monday, April 18th will also be dedicated to Day of Silence. Tune in at 6:00 PM ET / 3:00 PM PT.

- **Join the National Moment of Silence** at 3:00 PM ET / 12:00 PM PT on April 22nd for 3 minutes of silence.

Visual Representation: There are so many young LGBTQ+ artists and we'd love for these artists to share their gifts! This year's theme *My Silence, My Action* is the perfect prompt for this section. Post your art on your social page and at school, explain the connection to Day of Silence, tag @GLSEN and hashtag #DayofSilence for a chance to be featured on our IG page and story! Work with your school administration on selecting a location to host this art wall.

- **T-shirt design party:** Bring a shirt you can repurpose for Day of Silence and decorate it with words and visuals, then wear it on the Day of Silence.
- **Drawing, painting, graphic design etc.:** This has been the traditional outlet for Day of Silence and Breaking the Silence, and it's an activity you can do with your GSA! Have a gallery walk of all the pieces submitted or showcase them when you table or during your Breaking the Silence event.
- **Poetry and other forms of writing:** Words have power. Share your story through creative and expressive writing. The Day of Silence theme *My Silence, My Action* can serve as the writing prompt. You can also do this with your GSA or group of friends. Share your work with each other in this silent activity.
- **Dance and movement art:** Body movement in all of its forms is an empowering expressive outlet. This is an opportunity to connect what it means to feel erased, silenced, empowered, resilient through body movement.
- **Zine making party:** **Check out the National Student Council's Zine** and share it! You can also create your own zine as a group. Connect with the closest GLSEN Chapter to you and share your zine! They can share it on their social media. If you tag @GLSEN and use the hashtag #DayofSilence and #BreakingTheSilence, you may be featured on GLSEN national's social media platforms!
- **Make Signs** Create large or mini protest signs for the Day of Silence. Find a slogan that works for you such as "Stop Silencing and Erasing LGBTQ+ Students!" or "LGBTQ+ Representation Now!"
- **Make Buttons** Make Day of Silence and Breaking the Silence buttons to wear and give out to folks participating. If you do not have buttons, try printing stickers with the graphic design on the GLSEN Day of Silence page.

ACCESSIBILITY

As for all advocacy work, make sure your participation is accessible and does not perpetuate or engage in ableist behavior. Here are suggestions on how to participate with mindfulness and centering access needs.

- If you are planning an in-person event, offer all the ways your event will be accessible. For example, offering if the event will have live interpreters, wheelchair accessible, fragrance free for folks sensitive to smells, seating availability prioritized for folks who cannot stand for any length of time or need to be closer to the event for visibility. If an interpreter is needed, ask if they have a preferred interpreter. It is important to center the needs and requests of the folks you are supporting.



- Make a note of who to contact and get contact information if someone has accommodation requests such as interpreters, live captioning, image descriptions.
- Some people have light sensitivity, so avoid using flashing lights or give a warning if there will be flashing lights at the moment they happen. Give folks a chance to look away and let folks know when the flashing lights have stopped.
- Use image descriptions for folks who cannot see the image you are promoting or sharing. Here is an example of an image description for a photo. Image description is of a person with short pastel orange hair in a light blue t-shirt and jeans standing on a stage and passing a microphone to another person with long black hair wearing overalls with flower prints on them. For more information about why this is important, [check out this list of “Ways to Create Access”](#) from the Disability Intersectionality Summit.
- Make sure folks are using correct names and pronouns by having name tags and encouraging students to add their pronouns.
- Should they be mentioned or discussed, share content warnings for heavy topics such as mental health, death, violence, slurs, etc.
- Invite students to move up to the front, but do not force or pressure them. For some students, it may have taken a lot for some students to get through the door. Let folks be where they are most comfortable and feel the safest.
- This is the Day of Silence. For hearing folks, using American Sign Language (ASL) or making up gestures like scattergories should not be entertaining, funny, or used as a substitute for not speaking. American Sign Language is a complex and effective language of communication for Deaf and hard of hearing communities. It is ableist and offensive to try and make up gestures to communicate. If you or your peers need to communicate, using a chat feature is the best practice.

ACTIONS TO TAKE AFTER GLSEN'S DAY OF SILENCE

- Join us at the Virtual Breaking the Silence Rally on Friday, April 22nd. Join GLSEN's National Student Council and celebrity influencers as we Break the Silence together and spend the evening and afternoon celebrating in gratitude for our LGBTQ+ identities.
- Continue organizing! Bring your dreams and visions together to shape what a safe and liberated school environment looks like for you and your classmates. Brainstorm what is needed to get there and start building. Use this [#SafeToBe Vision Board](#) activity to get you and your GSA started.

For more information visit glsen.org/DayOfSilence. Email questions to students@glsen.org.



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