



**2022**  
**Virtual**  
**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 will provide opportunities for student leaders to organize their day of action and engage in creative and impactful ways to tell their story, especially by incorporating racial, gender, and disability justice. The purpose of this guide is to help students like yourself participate virtually and support folks on your campus to take action and join this campaign on April 22, 2022.

## WAYS TO PARTICIPATE

**Register for GLSEN's Day of Silence** to receive more information for engagement opportunities with celebrity influencers, giveaways, and new resources! Connect with your local GLSEN Chapter for support in organizing your event.

**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 and Why or Who you are being silent for? 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 \_\_\_\_\_ 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.

**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.<sup>1</sup>**

<sup>1</sup>Kosciw, J. G., Clark, C. M., Truong, 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



– I am silent for \_\_\_\_\_. I challenge @\_\_\_\_\_ to join me in the Day of Silence until 3:00PM #DayofSilence (add image description if possible).

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

- **Change your virtual background!** [Download this graphic](#) as your virtual background letting folks know you are participating in GLSEN’s Day of Silence. For folks asking why you are being silent, drop this [graphic link](#) in the chat that explains what Day of Silence is and why you are participating.
- **Outreach:** Invite folks to join in on the Day of Silence social media take over and share the Day of Silence digital graphics. Use the hashtag #DayofSilence and share the website [glsen.org/DayOfSilence](https://glsen.org/DayOfSilence). Find out if there is a **GLSEN Chapter** near you or in your state to collaborate with for this event.
- **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 LGBTQ+ young artists and we would love for these artists to share their gifts! This year’s theme *My Silence, My Action* is the perfect prompt for this section. If you’re an LGBTQ+ artist, post your art on your social page, explain the connection to Day of Silence, tag us **@GLSEN** and hashtag **#DayofSilence** for a chance to be featured on our IG page and story!

- **Makeup:** Y’all are incredible with your makeup skills and we would love to feature Day of Silence related make-up looks. You may be verbally silent for the day, but that doesn’t mean your expression has to be silent! Get creative and show off your skills.
- **Drawing, painting, graphic design etc.:** This has been the traditional outlet for Day of Silence and Breaking the Silence! And this is an activity you can do together with your virtual GSA! Set up a Zoom or Google hangout video chat and work on your art projects together as a club online.
- **Poetry and other forms of writing:** Words have power, share and tell your story through creative and expressive writing. The Day of Silence theme *My Silence, My Action* can be 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 while on a video call with each other. Connect with the closest GLSEN Chapter to you and share your zine! They can share it on their social media. If you tag us **@GLSEN** and use the hashtag **#DayofSilence** and **#BreakingTheSilence**, you could be featured on GLSEN national’s social media platforms!



## ACCESSIBILITY

As for all advocacy work, make sure that your participation and your students' 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.

- Whether you're planning an in-person or virtual event, you should 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 plus 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 and give folks a chance to look away. 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 Accessibility 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.
- 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](https://glsen.org/DayOfSilence). Email questions to [students@glsen.org](mailto:students@glsen.org).



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[glsen.org/DayOfSilence](https://glsen.org/DayOfSilence)