



HOW LIFE IS:

QUEER YOUTH ANIMATED

ACTION AND DISCUSSION GUIDE
FOR PARENTS, EDUCATORS AND FACILITATORS

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Thank you for watching the first 10-episode season of *How Life Is: Queer Youth Animated*.

The Future Perfect Project believes that the self-expression of LGBTQIA+ Youth is a declaration of a better future for us all. It is our mission to create a world where every LGBTQIA+ person feels safe, seen, and celebrated in their homes and communities. We do this by amplifying the voices of LGBTQIA+ Youth & Allies through digital media content (short films & music) and offering free online workshops for these youth.

Our hope is that these animated videos can be seen as a springboard for further action and that the stories of these ten young give viewers like you more “permission” to speak about your own experience, like all good art does. After watching, *How Life Is*, here are some more things you can do:

Support your child or student in their flexibility and discovery of their own self-expression (see *How To Support LGBTQIA+ Young People: The Do's & Don't's*).

Keep the conversation going with your friends, peers, and other parents or teachers. In small groups, online or in-person, chat with your friends and peers about the animations you just watched. Some overall discussion prompts include:

- What are your feelings after watching the animations?
- What language did you hear that could be helpful in a conversation with your child?
- What are some ways you feel constricted within your own identity?
- What is one thing you are afraid to reveal about yourself?
- If you were to tell your own story, what would you like the world to know?

(Episode-by-episode discussion prompts are available on the following page.)

Stay in the loop and sign up for our monthly mailing list (on our [website](#)). Follow us on [Instagram](#), [Youtube](#), and [TikTok](#).

Take Action in Your Own Community Ask yourself...

- What are some other ways that I can support other LGBTQIA+ Young people in person or online?

- What are some of the resources for LGBTQIA+ youth & adults in my hometown?
- What are some ways I can connect with more LGBTQIA+ in my city, region, or state?

Share these animations with your own networks. Send them to the people in your life who really need to see them.

Spread the word about our offerings to other LGBTQIA+ youth & allies in your community and various online networks. [Here is the link](#) to sign-up for our FREE workshops & get the scoop on our latest offerings.

HOW TO SUPPORT LGBTQIA+ YOUNG PEOPLE (The Do's & Don't's)

DON'T SPEAK OVER US. Don't invalidate queer experience or minimize someone's queerness by speaking over them.

DO SUPPORT US OPENLY. Talk about queer rights with friends and peers and let them know you are a safe person to come out to by being open about your advocacy.

DON'T OUT ANYONE. Being outed when one is not ready yet can be gravely dangerous. Unless you are sure someone has come out already, do not out them to others.

DO CONFRONT YOUR OWN PREJUDICES. This might be uncomfortable at first, but as a cis-gendered, heterosexual person, you need to actively check your privilege and challenge your own previously held beliefs no matter how “woke” you are.

DON'T BE AFRAID TO ASK. No one is born educated or socially aware. We all have biases we grew up holding. Just ask us respectfully about issues and terminologies that you are unsure about. And of course, there is always Google.

SOURCE: [Infographic: Your Guide To Being A Better Ally To The Indian Queer Cause](#)

ADDITIONAL RESOURCES

[Washington Post: Answering kids questions about LGBT Be Prepared for LGBTQ Questions and Concerns](#)
[The Trevor Project](#)
[50+ Resources for LGBTQIA Allies](#)

Viewing this guide in print?
Find a list of all the resource URLs and link to film by visiting:
thefutureperfectproject.com/actionguides

EPISODE-BY-EPISODE DISCUSSION PROMPTS

Here are some discussion prompts to follow your viewing of each episode of “How Life Is: Queer Youth Animated.” In small groups, online or in-person, chat with your friends and peers about the animations you just watched. Or just journal some responses of your own. And of course these are just some suggestions; if you are leading a group through these discussion points, feel free to add any additional questions that occur to you while watching these films.

CAL

- Have you had to change your name before? How did you/would you want people to react to you choosing a different name than the one assigned to you at birth?
- If someone gets your name or pronoun wrong and you correct them, what response do you hope they would have?

BRIANNA

- Can you give an example of a time you saw someone courageously being themselves in public? How did it make you feel?
- Have you dealt with the experience of feeling “less than” because of your skin color or cultural background, gender, or sexual orientation?
- Is there someone in your life who ‘gets it’ and is 100% on board with who you are? How does that make you feel?

VIVI

- Name one thing that a person would not be able to tell about you by simply looking at you.
- Who was the first person you reached out to about being queer and why did you choose them?
- How have you changed since you first came out?

ZION

- What is something that has been normal to you, that you’ve had to explain to others? Do you know why it felt normal to you in the first place?
- How did family, friends, & environment shape your perception of normal?
- When people use the word “normal” what do you think they mean?

SARAH

- Have you ever had romantic feelings for someone of the same sex or gender identity? If so, what was your queer “AHA!” moment? If not, do you remember the first time you felt romantic feelings at all?
- What would you want to see changed about the portrayal of romantic relationships in the media today?

KEN

- What does non-binary mean to you? What are some ways that you live or don’t live in the binary in your own life? Where did you learn that?
- What is something that you hide in public because you are afraid of what people might think?
- Have you ever been harassed because of your identity? What happened and did it change the way you move through the world?

CHEYENNE

- If you could reimagine one narrative you’ve experienced in a novel or movie or TV show to pertain more to your identity, what would it be?
- How much has the online community helped you to embrace your identity? Do you use the internet to find like-minded people?

LOGAN

- List as many labels for yourself as you can in two minutes. Ready. Set. GO!
- What is one label that you wish you could use, but don’t feel ready for?
- What is one thing that people automatically assume about you based on your appearance that isn’t quite true?

WILL

- If you were giving advice to someone who wants to bully people for being different, what would you tell them?
- Write about one person in your life who has been a lifeline for you.
- What does it look like to be a bystander when someone is being harassed? What does it look like to be an advocate instead (when it’s safe to be one)?

JULIANA

- What does it look like when someone is an ally to you?
- What does it look like when you’re an ally to someone else?