

# LGBTQ+ EDUCATIONAL CONTENT

SOCIAL MEDIA & INTERNAL CONVERSATION  
SUGGESTIONS TO INCREASE AWARENESS ON  
LGBTQ+ TOPICS



Training • Credentialing • Consulting • Speaking



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# May

## Monthly Observances

### ***Older Americans Month***

This month asks us to take some time to recognize the contributions of America's 55+ citizens, highlight new trends in aging, and challenge the stereotypes our society uses to approach aging. To join in the observance, consider sharing the stories of your local LGBTQ+ elders through interviews and art exhibitions. Invite folks of all ages to promote a thriving, intergenerational community.

### ***National Walking Month***

Aging up doesn't have to mean slowing down. National Walking Month is all about promoting the benefits of walking, both for physical and mental health. Combat a sedentary lifestyle and promote heart health this May with inclusive community walks. Make sure your local LGBTQ+ center is on the tour!

### ***Military Appreciation Month***

Congress officially designated May as Military Appreciation Month in 1999. Ever since, this month serves as a crucial time to honor the sacrifices and contributions of our military veterans. Historic anti-LGBTQ+ practices, such as the infamous "Don't Ask, Don't Tell" policy and discrimination, can make it difficult for LGBTQ+ veterans to share their experiences. Help bridge the gap by celebrating stories about LGBTQ+ veterans. Partner with a local LGBTQ+ veteran support group, or create your own, to foster positive change within your local community.

### ***Mental Health Awareness Month***

LGBTQ+ older adults often have a complex relationship with mental health. For many, their sexual orientations and gender identities were treated as mental illnesses during their youth. While we've made great progress in eliminating the stigma surrounding mental health, this history can make opening up about mental health difficult for our elders. To help reduce the stigma so many fear, consider hosting LGBTQ+ affirming mental health webinars and partnering with your local healthcare providers to boost mental health resources.

### ***Did you know?***

Conversations about mental health are vital for healing and connection, but they require care, compassion, and an informed approach. If you're looking for guidance on how to support your residents and clients more effectively, we have additional resources and consulting options available to help.

# May

## **First Sunday of May – *International Family Equality Day***

Today is dedicated to celebrating the diversity of families, particularly LGBTQ+ families. Use today to host forums on LGBTQ+ rights progress, affirm the validity of chosen family, and raise awareness for the unique challenges LGBTQ+ families face.

## **May 1<sup>st</sup>, annually – *Lei Day***

This holiday gained official recognition in 1929 and celebrates the act of gifting leis. Leis represent peace, love, and friendship and are gifted to share appreciation and gratitude. Celebrate today by taking time to uplift LGBTQ+ Pacific Islander voices and share the lei's history.

## **May 5<sup>th</sup>, annually – *Cinco de Mayo***

Cinco de Mayo commemorates the day that the Mexican army claimed victory over the French invasion in the decisive Battle of Puebla on May 5<sup>th</sup>, 1862. In the modern age, Cinco de Mayo is an opportunity to spotlight Latinx LGBTQ+ leaders and honor Mexican culture.

## **May 6<sup>th</sup>, annually – *National Nurses Day***

Today is a day for raising awareness of the many contributions and sacrifices nurses make to provide the care many of us depend on. Consider highlighting your local nurses and their achievements and sharing stories about healthcare equity. Don't worry, you've got more than one day to share your thanks because National Nurses Day actually kicks off National Nurses Week, which lasts from May 6<sup>th</sup> to May 12<sup>th</sup> annually!

# May

## **May 16<sup>th</sup>, annually – *National Honor our LGBTQ+ Elders Day***

Established by the Center for LGBTQ+ Health Equity in 2016, this holiday is a time to honor the resilience and share the stories of older LGBTQ+ adults who have fought for the rights we hold today. Uplift your LGBTQ+ elders' voices through story circles and art tributes. Host intergenerational meetings to educate about the struggles, resilience, and triumph of our elders.

## **May 17<sup>th</sup>, annually – *International Day Against Homophobia, Biphobia, & Transphobia***

Today, we hold space to acknowledge that, despite all the progress our community has made, there is still more work to do. IDAHOBIT is a global moment for collection action, solidarity, and visibility. You can join the movement by holding community vigils, participating in inclusive events, and creating safe spaces for healing and dialogue.

## **May 18<sup>th</sup>, annually – *World AIDS Vaccine Day***

We have yet to discover a much-needed vaccine to protect our community from acquired immunodeficiency syndrome, so today is dedicated to raising awareness, breaking down stigma, and advocating for research into a vaccine. You can spread awareness by sharing health facts and the history of HIV, breaking down common misconceptions, and standing in solidarity with the communities most heavily impacted by HIV/AIDS.

## **May 19<sup>th</sup>, annually – *Agender Pride Day***

Agender Pride Day celebrates those who do not identify as any particular gender. It serves as a day to celebrate the diversity of gender identity and remind us of the importance of inclusivity for all. You can participate by sharing stories agender experiences, educating on the importance of SOGI (sexual orientation and gender identity), and uplifting the agender voices in your community.

# May

## **May 22<sup>nd</sup>, annually – *Harvey Milk Day***

Organized by the Harvey Milk Foundation, this holiday memorializes California's first openly gay politician and a leader of the American Civil Rights Movement. You can participate in honoring Harvey Milk's legacy by screening documentaries and hosting panels on LGBTQ+ activism, as well as by spotlighting the LGBTQ+ leaders in your community.

## **May 24<sup>th</sup>, annually – *Pansexual & Panromantic Visibility Day***

Today, we honor and celebrate individuals who identify as pansexual or panromantic. Pan, meaning "all," falls under the bisexual umbrella and is a sexual orientation defined by an attraction to all genders. Pansexual people will often describe themselves as "gender blind." You can participate by sharing pan visibility campaigns, hosting storytelling circles, and organizing Pride socials.



**Check Back Each Month for Next Months Suggestions**