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4 Ways to Practice Queer Joy with LGBTQ+ Services

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What is it?

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Let's Define

Slide 4

Queer Joy

Can be defined in many ways. For some , it means finding deep purpose, warmth, and a sense of thriving in queer lives. For many, Queer Joy is its own act of radical resistance in the face of intolerance.

Oxfam, 2022 "Queer joy: what it is and why we need more of it"

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Queer Joy

Queer joy can also be positive feelings that we get from encountering signs of progress in gender equality and gender diversity.

Oxfam, 2022 "Queer joy: what it is and why we need more of it"

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Queer Joy Reflection

Take a moment to respond to the following prompt

Think of a moment(s) that you felt joy in relation to your identity.

1. What was that moment?

2. Was this a new experience for you? How did it feel?
3. How often do you have moments that make you feel that way?

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Here are 4 tips to help you practice Queer Joy

Community

Learning

Centering Self

Embrace

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Tip 1

Surround Yourself with Supportive Community or Friends

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Having supportive and inclusive friends, community, allies, or fellow LGBTQ+ individuals can give you space and community to uplift, celebrate, and connect.

LGBTQ+ Services host and run many programs to get LGBTQ+ students connected.

Rainbow Compass Mentorship Program
LGBTQ+ Leadership Retreat
Trans Day of Visibility AND MORE!

These programs are offered by LGBTQ+ Services, center mentoring, belonging, community engagement, social justice, and self-advocacy.

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Reflect

Which environments at MIT do you find yourself being supported the most?

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Tip 2

Celebrate and Learn About LGBTQ+ Culture

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Queer culture is diverse and vibrant. Our community is filled with remarkable trailblazers who encompass, scientist, authors, and activist such as

Astrophysicist Nergis Mavalvala (she) MIT '97

Author of "Ace and Proud" by A. Andrews (he)

Activist Angelica Ross (she)

You can learn and discover more about our community by checking out our ever growing LGBTQ+ Library at libib.com/u/lbgtqmit

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Reflect

Do you see yourself reflected in spaces and content you engage in? How does it feel?

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Engage in centering yourself

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Incorporating self-care into your life can increase mental, emotional, and physical well-being.

Try different things until you find what works best for you.

Suggestions:

Crafting Journaling Mindfulness Activities Disengaging from social media Taking time to engage in your environment

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Reflect

How often do you get to engage in activities that are beneficial to your own well-being? How does that make you feel?

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Tip 4

Embrace Self-Expression

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Explore and embrace different forms of self-expression that align with you and your identity. This can include anything that gives you joy and speaks to your authenticity.

LBGTQ+ Services offers \$300 in professional development funds that can cover legal name change, gender affirming clothing, and much more.

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Reflect

What do you appreciate about yourself? Can you think of three specific things?

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Taking steps to engage with Queer Joy

As an LBGTQ+ person, what types of community would you like to have that help foster your queer joy?

List 3 steps you can take to engage with queer Joy.

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Engaging in Queer Joy is

Powerful

Empowering

Resilient

For Everyone

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RESOURCES/STAY CONNECTED

1. [instagram.com/rainbow_lounge_mit](https://www.instagram.com/rainbow_lounge_mit)
2. libib.com/u/lgbtqmit
3. lgbtq.mit.edu/rainbow-compass-mentorship-program
4. lgbtq.mit.edu/programs

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Credit and Sources

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Sources

Queer joy: What it is and why we need more of it. Oxfam International. (2022, June 1).

<https://www.oxfam.org/en/queer-joy#:~:text=Queer%20joy%20is%20a%20positive%20feeling&text=It%20sustains%20the%20fight%20for,gender%20justice%20is%20very%20limited.>

Singh, A. (2018). *The Queer and transgender resilience workbook: Skills for navigating sexual orientation and gender expression*. New Harbinger Publications, Inc.