

# MY STUDENT SUPPORT PROGRAM



## June is Pride Month!

And there's no better time to learn about issues that impact the LGBTQ+ community. Even if you don't identify as someone within the LGBTQ+ community, you can always be supportive through becoming an ally. Here's how to start.

Educate yourself about issues of sexual orientation and gender identity. Become familiar with basic terms like "coming out," "homophobia," "sexual orientation," and "gender identity or expression."

Educate yourself about pronouns. People have the right to choose what pronoun they're addressed by (she/her, he/his, or they/their). If you're unsure what to use, ask what pronouns the person would like to be addressed by. If you make a mistake, apologize and correct yourself. List your own pronouns in your email signature or on your name tag at events where you're meeting new people to signal that you understand and respect addressing people by their preferred pronouns.

Be honest and admit if you don't know what a word means or what language to use. Don't be nervous about using the "right" language. If you aren't sure what words to use or what to say when talking with your LGBTQA+ friend or relative, ask for help or search online for the definition and use of the word.

Lead by example. Don't be afraid to speak up when other people act in a discriminatory way toward LGBTQA+ people, tell offensive jokes, or engage in anti-gay behaviour. Don't use epithets, even if you hear other people use them. If you hear someone use an insulting epithet, tell them that these words are offensive and inappropriate.

Be respectful of people's privacy. Don't pry. Understand that some people may choose not to disclose personal information. Even if you suspect that someone might be gay, bisexual, or transgender, it's their decision to come out of the closet. No one should ever be "outed" by another person as this is a personal choice and there could be unknown dangers that they could be exposed to.

Join efforts in your community to raise awareness about LGBTQ+ issues and to work for equality and non-discrimination. Participate in gay rights fundraisers or other "Pride" event, or volunteer at a support group or organization. Search online for organizations such as PFLAG, who help those struggling to understand their gender identity.

Treat others as you would like to be treated. Remember that actions speak louder than words.

(Reference: "Being an LGBTQ+ Ally" - My SSP App)



## Mindfulness: Finding a State of Calm

Life can be overwhelming, chaotic, and exhausting, especially with the added pressures of the pandemic. These experiences impact our education, health, happiness, work, wellness, and relationships. Practicing mindfulness can help us no matter what is going on in our lives. It can teach us how to be calm even when our surroundings are not, and life feels overwhelming and hard to handle. Mindfulness improves our ability to cope with uncomfortable emotions and leads to greater well-being.

This introductory webinar is a great opportunity to learn what mindfulness is, how it works, and how we can start to experience the great benefits that go along it. We will be discussing ideas, tips, and strategies we can use to support our mental health and well-being in everyday life.

**Join us on June 9th at 1:00pm EDT for our free webinar.**  
This webinar is open to students and staff. [Register here.](#)

## keep.meSAFE Live

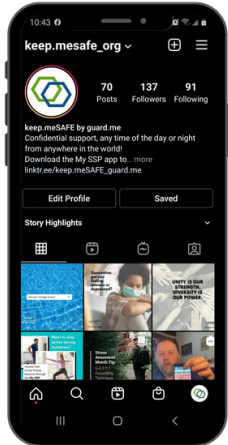
### Understanding Inclusivity.

Wednesday June 16, 2021 12:00 pm EDT

Watch it live on Instagram <https://bit.ly/3hUa7G9>

Each and every 3rd Wednesday of the month the keep.meSAFE team goes live bringing awareness to mental health.

This month we will focus on understanding inclusivity by leveraging the content and material available to students on the free My SSP app.





## Real Talk Episode 4

Having a voice at the table: Taking real action on Equity, Diversity and Inclusion.

Thursday June 17, 2021 12:30 pm EDT

Watch it live on

Facebook <https://bit.ly/3segrKL> or

YouTube <https://bit.ly/2OUr2MU>

Join us on June 17 for a discussion highlighting the important issues surrounding inclusivity, diversity, and equity with an amazing guest panel.

- Don McKenzie - a passionate mental health advocate and the Founder of Heart of a Man
- Tina Gandhi - RSW and ASIST Trainer with Surrey Place Centre
- Jason Murray - President and Managing Partner of BIPOC Executive Search
- Amanda L. Kennedy - Indigenous Social Innovator, and Founder of Yotuni Indigenous Social Enterprise and Kuwahsa^nahawi

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## Resource Spotlight

Here are some great resources to consider using from the free companion My SSP App.

Download the My SSP app from the [Apple App Store](#) or [Google Play](#).

### What Does LGBTQA+ Mean?

If you're looking to be an LGBTQA+ ally, the first step is getting familiar with the acronym.

### Resources for transgender and gender non-binary students

For most people, their college and university years are an exciting time when they explore what they want to

To access these resources open your My SSP app, click the Explore tab and search for the resource typing the resource title into the search.



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## Morneau Shepell now LifeWorks

Since 2015, guard.me International Insurance and Morneau Shepell Inc. have been in partnership supporting the mental health and wellbeing needs of international and domestic students through the keep.meSAFE mental wellness support program. Effective May 14, 2021, Morneau Shepell Inc., a leading provider of technology-enabled total wellbeing solutions, has rebranded to LifeWorks Inc. The rebrand initiates a new chapter for the company and supports the organization's commitment to delivering a continuum of care that improves lives on a global scale.

Combining technology and talent, LifeWorks provides personalized, digital health solutions that feature the level of support students need, when and how they need it. The LifeWorks name was selected following an in-depth name evaluation process and extensive market research with clients and prospects in Canada, United States, United Kingdom and Australia to unify the company under one brand, while continuing to be the same trusted partner they have always been.

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*Don't forget!*

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