

Proud & Empowered

An Intervention for LGBTQ+ Youth

Are you interested in supporting the mental health of LGBTQ+ students? Proud & Empowered is a 10-week intervention designed to help students cope with stress, build resilience, and connect with a supportive community.

Key Benefits

- Decreased anxiety and depression
- Lower rates of sexual minority stress
- Improved coping strategies and resiliency

School Involvement

- Recruit a group of 8-12 LGBTQ+ students
- Schedule space for weekly intervention sessions
- Ensure intervention is administered in a closed group setting

Session Examples

- Coming Out, Disclosure And Decision Making
- Families Of Origin And The Families We Create
- Peers And Relationships
- Social Justice, Power, And Oppression
- Health And Wellness

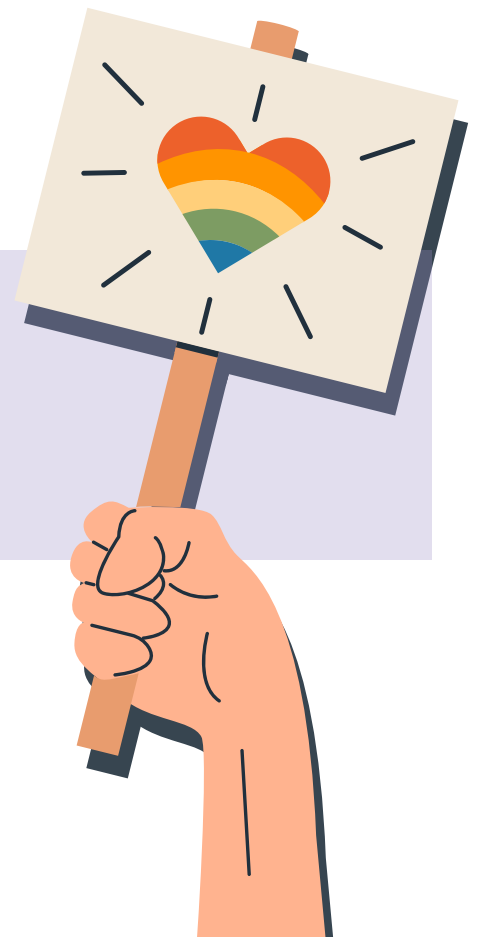
Visit us today to learn how you can bring this program to your school and support LGBTQ+ students in their journey to mental well-being.

[Proudandempowered.com](https://proudandempowered.com)



Sexuality, Health and
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Frequently Asked Questions

What is Proud & Empowered?

Proud & Empowered is a 10-week intervention program designed to support the mental health of LGBTQ+ adolescents by addressing minority stressors and building coping strategies.

Who is eligible to participate?

The program is designed for LGBTQ+ high school students.

What kind of support does the program provide?

The program offers strategies for managing stress, reducing anxiety and depression, and building resilience in the face of minority stressors.

How is the program delivered?

Proud & Empowered is conducted in schools, with weekly sessions facilitated by counselors, social workers, teachers, librarians, GSA advisors, and more.

Is there any cost to participate?

The P&E curriculum and training modules are provided at no cost. The costs of implementation depend on the resources available to the school, including social work or counseling staff, or available teachers to facilitate the intervention.

How can schools implement Proud & Empowered?

Schools can implement the program by contacting us through the forum on our website.

What makes Proud & Empowered different from other LGBTQ+ programs?

Proud & Empowered is a research-backed program that specifically targets minority stressors that impact LGBTQ+ youth.

It is a closed group to LGBTQ+ youth.

How many students can participate?

Typically, we recommend a group of 8–12 students per intervention cycle, but larger or smaller groups can be accommodated depending on the school's needs.



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