



The Pink Triangle Legacies Project Queer History for Queer Liberation

8 ACTION ITEMS FOR STAYING SAFE AS AN LGBTQ+ PERSON IN THE U.S. IN 2025

The Pink Triangle Legacies Project Team has compiled the following action items from resources created by leading LGBTQ+ organizations since November 2024. It is meant to be a guide to help LGBTQ+ people in the United States find resources and take steps to protect their physical and mental well-being. We will strive to update the list as circumstances change. If you would like to suggest additional items, please contact us at pinktrianglelegacies.org/connect.

This guide is also available on our website at pinktrianglelegacies.org/safety.

1 STAY INFORMED OF CURRENT EVENTS FROM TRUSTED LGBTQ+ SOURCES.

With the vast amount of disinformation out there - especially relating to queer and trans issues - it is important to remain informed through trusted sources that uplift LGBTQ+ perspectives and expertise. The following sources are widely respected and committed to ensuring accurate information and inclusive representation.

- [The Advocate](#)
- [The Washington Blade](#)
- [Them](#)
- [The 19th News](#)
- [Erin In the Morning](#)
- Instagram accounts:
 - [@queernewsdaily](#)
 - [@lgbtq](#)
 - [@ExploreWithChase](#)

2 KNOW YOUR RIGHTS, REGARDLESS OF YOUR CITIZENSHIP STATUS

Executive orders and new policies are being announced at a dizzying speed through a coordinated attack on LGBTQ+ rights. However, legal and human rights organizations are fighting back. The following resources will help you remain informed of your rights as the legal landscape shifts around us.

- Lambda Legal's [Know Your Rights](#) portal and ["Legal Help Desk"](#)
- ACLU's [Mapping Anti-LGBTQ+ Legislation in the US](#)
- The Human Rights Campaign's [State Equality Index](#) covers details about state laws.
- The San Diego LGBT Community Center's [PDF resource for LGBTQ+ immigrants](#).

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CHECK THE STATUS OF GENDER-AFFIRMING CARE AND ID LAWS.

Staying informed about developments in policies regulating gender-affirming care and ID laws is essential to protecting yourself and fighting back against attempts to undermine your identity. Check out these resources for more information:

- The ACLU has warned that transgender people risk losing access to their passport and supporting documents if they apply to update their gender marker. Read this article for more information: [State Department is blocking new passports for trans-Americans](#)
- The [Trans Youth Emergency Project](#) helps families navigate the complex and exhausting maze of anti-trans policies and offers logistical and financial support through 1-on-1 custom patient navigation services and emergency grants to families of transgender youth to travel for care.
- The [ID Documents Center](#) by Advocates for Trans Equality is a one-stop hub for name and gender change information.
- The [Identity Document Laws and Policies Map](#) from the Movement Advancement Project includes updated information on state-level policies for driver's licenses, birth certificates, and name changes.

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REGARDLESS OF YOUR RELATIONSHIP STATUS, PREPARE YOUR ESTATE PLANNING DOCUMENTS.

Neither the Trump administration nor Congress has the right to unilaterally revoke marriage equality. However, there is growing concern that the Supreme Court might reconsider the *Obergefell* decision, the case that legalized marriage equality in all 50 states. It is important to be proactive by preparing legal documents that ensure protection for your family. These are called estate planning documents, and include:

- **Power of Attorney** – a legal document that empowers your spouse (or another person) to make financial decisions in case you are unable to do so.
- **Health Care Proxy** (or similar document) – a legal document that empowers your spouse (or another person) to make health care decisions in case you are unable to do so. This document may also allow you to authorize your spouse to access your medical information and to visit you in the hospital.
- **Will** – a legal document where you describe what you would like to have happen to your children and property in the event of your death.

[Family Equality](#) also offers information for LGBTQ+ parents to protect their relationship to their children. Lambda Legal's [free help desk](#) is also a helpful resource.

5 NEED A LAWYER?

Sometimes it's best to have legal representation. Here are some organizations with lawyers specializing in LGBTQ+ issues:

- The National LGBTQ+ Bar Association has a Family Law Institute that has attorneys in many states. [Click here to access that directory.](#)
- [Family Equality](#) can help connect you with lawyers.

6 BE STRATEGIC ABOUT VISIBILITY - YOUR OWN AND OTHERS'.

If you do not feel safe being fully out, you can express yourself in more subtle ways. Throughout history, LGBTQ+ people have used symbols to connect and communicate with other members of the community. You should find what feels meaningful and empowers you, which can include wearing a discreet pin or carrying a personal token. Take steps to protect yourself and your privacy while embracing your identity for YOU.

- Be mindful of your environment and prioritize your safety. Pay attention to the spaces you are in and the people around you.
- Protect your privacy; don't post personal identifiable information on social media.
- Protect other peoples' privacy, too. Don't make a post outing them, and don't post their personal identifiable information.
- Check out these resources for ways to come out and express yourself subtly:
 - [HRC's Coming Out Guides](#) for tips tailored to youth
 - [LGBTQ+ Cultural Heritage](#) for historical symbols and stories of resilience

7 IDENTIFY YOUR ALLIES AND LEAN INTO YOUR COMMUNITY.

In challenging times like these, it is important to identify your community and know that you are not alone. Whether it's biological family, chosen family, or close friends, surrounding yourself with people can help you remain resilient and positive about the future. You should lean into those who uplift you, and draw strength from your community as you remain focused on the ultimate goal of pushing back and moving forward. Check out these resources to help build your community:

- School GSAs, local LGBTQ+ centers, or local LGBTQ+ youth groups.
- [TrevorSpace](#): An online space for LGBTQ+ youth (ages 13-24).
- [Q Chat Space](#): Live chats for LGBTQ+ teens (ages 13-19).
- [CenterLink](#): A directory of local LGBTQ+ centers and programs.

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TAKE CARE OF YOUR BODY AND MIND. SELF-CARE IS RESISTANCE.

Keeping up with the onslaught of executive orders, memos, and policy statements from the Trump administration against LGBTQ+ communities - and especially the trans community - can be physically draining, emotionally exhausting, and can lead to lapses in mental health. These may sound simple, but these tips can help you take care of yourself so we can carry on the important work.

- Drink water. Get sleep. Take a walk.
- Unplug for the day and take a break from the news.
- Do something that brings you joy.
- If you're struggling with your mental health, including feeling like you may hurt yourself or someone else, please reach out to one of these resources for help.
 - **988 Lifeline**: Call or text 988 anytime for free, confidential help.
 - **The Trevor Project**: Call 1-866-488-7386 or text 678-678 for 24/7 crisis support

DESPITE CHALLENGES, THE LGBTQ+ COMMUNITY IS RESILIENT. SEEK SUPPORT, STAY INFORMED, AND KNOW THAT RESOURCES AND ALLIES ARE HERE FOR YOU.

QUEER HISTORY FOR QUEER LIBERATION!

The Pink Triangle Legacies Project team compiled this information from resources published by the following organizations: Lambda Legal, Nico Lang (@queernewsdaily), the Trevor Project, the ACLU, the Human Rights Campaign, the Trans Youth Emergency Project, Advocates for Trans Equality, the Movement Advancement Project, the National LGBTQ+ Bar Association, Family Equality, and the San Diego LGBT Community Center. Thank you for your work in serving the LGBTQ+ community!

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