



# A Guide to Starting and Supporting a GSA

---

This document was produced through the Center for School Mental Health (CSMH), Faculty of Education, Western University, as a supplementary resource for those advising Genders and Sexualities Alliances/Gay-Straight Alliances (GSA) and/or those facilitating the Healthy Relationships Program (HRP) for Lesbian, Gay, Bisexual, Trans, Two-Spirit, and Queer/Questioning (LGBT2Q+) Youth. This document is intended to help educators, administrators, and youth workers better support sexual, gender, and romantic minorities by introducing them to relevant:

- 1) **Research**;
- 2) **Legislation, Policy, and Guidelines**; and
- 3) **Procedures and Practices**

## HRP for LGBT2Q+ Youth:

- [https://cdn.shopify.com/s/files/1/0317/3099/1242/files/HRP\\_LGBT2Q\\_-\\_Overview.pdf?v=1592234902](https://cdn.shopify.com/s/files/1/0317/3099/1242/files/HRP_LGBT2Q_-_Overview.pdf?v=1592234902)
- <https://www.csmh.uwo.ca/docs/Lapointe-Crooks-Banff-2019.pdf>

## CSMH:

- <https://www.csmh.uwo.ca/about/index.html>

---

*Financial contribution from*



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada



**Western**  
Centre for School  
Mental Health

## Research on the Experiences of LGBT2Q+ Youth

LGBT2Q+ youth experience disproportionately negative outcomes compared to their heterosexual and/or cisgender peers in a range of domains, including: mental health, substance use, and violence. The *heightened risk experienced by these youth is largely a function of the discrimination and minority stress* that they face. The statistics below illustrate the urgent need for educational stakeholders and community partners to cultivate LGBT2Q+ affirming learning and social environments.

### LGBT2Q+ Students' Experiences in and Teachers' Perspectives on Schooling

Students' Experiences	Teachers' Perspectives
Felt unsafe at school: Female Bisexual Youth (FBY) - 75% Lesbian Youth (LY) - 73% Male Bisexual Youth (MBY) – 51% Gay Male Youth (GMY) – 62%	Almost all educators surveyed (97.1%) considered their schools to be safe
Experienced physical harassment: FBY – 26% LY – 25% MBY – 12% GMY – 23%	Educators awareness of harassment was less if they were straight and/or white
Skipped school due to feeling unsafe: FBY – 29% LY – 25% MBY – 19% GMY – 28%	51.1% of educators challenged homophobia; 46.9% used inclusive language and examples; 18.3% challenged transphobia; and 16.3% critiqued heterosexual privilege
Heard mean rumors or lies about being LGBTQ: FBY – 56% LY – 52% MBY – 37% GMY – 47%	72.6% of teachers approved of LGBT2Q+ inclusive curriculum, but much fewer felt comfortable discussing LGBT2Q+ topics/issues with students
Cannot identify an LGBT2Q+ supportive staff member: FBY – 36% LY – 28% MBY – 22% GMY – 26%	99% of teachers agreed that “it is important for students to have someone to talk to”
Large-scale Canadian school climate research has found that GSAs help foster more positive learning environments for LGBT2Q+ students.	

\* Data taken from Egale Canada final reports, which are referenced on the next page.

Financial contribution from



Public Health Agency of Canada  
Agence de la santé publique du Canada



Western  
Centre for School  
Mental Health

**Egale Canada: Every Class in Every School:**

<https://www.uwinnipeg.ca/rise/docs/climate-survey-egale-final-report-web.pdf>

**Egale Canada: Every Teacher Project:**

<https://www.uwinnipeg.ca/rise/docs/every-teacher-project-final-report.pdf>

**Canadian Mental Health Association: Lesbian, Gay, Bisexual, Trans & Queer Identified People and Mental Health:**

<https://ontario.cmha.ca/documents/lesbian-gay-bisexual-trans-queer-identified-people-and-mental-health/>

**Members of Rainbow Communities Living Fabulous Lives:**

<https://www.reddit.com/r/LGBTeens/>

<https://www.instagram.com/explore/tags/qpoc/?hl=en>

<https://www.instagram.com/explore/tags/lgbtq/?hl=en>

*Financial contribution from*



Public Health      Agence de la santé  
Agency of Canada      publique du Canada



**Western**  
Centre for School  
Mental Health

## Federal and Provincial/Territorial LGBT2Q+ Rights and Protections

---

Since 1996, the Canadian Human Rights Act has included sexual orientation as one of the prohibited grounds of discrimination (i.e., section 2).

Section 15 of the Canadian Charter of Rights and Freedoms states that every individual must be considered equal under and before the law. Although this section does not specifically mention “sexual orientation,” in the case of *Egan vs. Canada* (1995) the Supreme Court of Canada ruled that Section 15 prohibits discrimination based on sexual orientation as well.

**Sexual orientation**, since 1998 - as a result of *Vriend vs. Alberta*, and **gender identity**, as of 2017 - due to Bill C-16, are protected human rights at federal, and provincial and territorial legislative levels. **Gender expression** is an enumerated protection in all provinces and territories, apart from Manitoba, Saskatchewan, and the Northwest Territories.

For further information on human rights protections by province/territory, please see The Canadian Centre for Diversity and Inclusion’s publication, *Overview of Human Rights Codes by Province and Territory in Canada* (p. 36-37):

<https://ccdi.ca/media/1414/20171102-publications-overview-of-hr-codes-by-province-final-en.pdf>

*Financial contribution from*



Public Health Agency of Canada    Agence de la santé publique du Canada



**Western**  
Centre for School  
Mental Health

## GSA Legislation, Policy, and Guidelines

---

**Ontario:** Students' right to start a student club under the name "gay-straight alliance" is protected under Bill 13, Accepting Schools Act, 2012.

**Location:** Education Act; Part XIII Behaviour, Discipline and Safety; Board support for certain pupil activities and organizations – 303.1 (1,2,3,4,5).

[www.ola.org/en/legislative-buisness/bills/parliament-40/session-1/bill-13](http://www.ola.org/en/legislative-buisness/bills/parliament-40/session-1/bill-13)

**Alberta:** Students' right to start a student club, such as a GSA, was enshrined in 2015 through Bill 10. Bill 24 addresses limits to Bill 10 by making it clear that students can start a club under the name "gay-straight alliance." Amendments to this legislation, through Bill 8, in 2019 mean that administrators do not have to act "immediately" upon a request for a GSA. Teachers are also not explicitly prohibited from notifying a parent/guardian/caregiver of a student's participation in a GSA.

**Location:** Education Act, Division 2 Student Discipline; Bullying Awareness and Non-Discrimination; 35.1(1).

[https://www.assembly.ab.ca/ISYS/LADDAR\\_files/docs/bills/bill/legislature\\_29/session\\_3/201703\\_02\\_bill-024.pdf](https://www.assembly.ab.ca/ISYS/LADDAR_files/docs/bills/bill/legislature_29/session_3/201703_02_bill-024.pdf)

<https://globalnews.ca/news/5406183/alberta-privacy-commissioner-foip-pipa-laws-disclosure-gsas/>

**Northwest Territories:** Currently, legislation to support the formation and functioning of GSAs is absent in the Education Act. As of 2020, "Guidelines for Ensuring LGBTQ2S+ Equity, Safety and Inclusion in NWT Schools" may assist educators' implement promising practices with LGBTQ2Q+ students and staff.

**Location:** Guidelines for Ensuring LGBTQ2S+ Equity, Safety and Inclusion in NWT Schools.

[https://www.ece.gov.nt.ca/sites/ece/files/resources/final\\_eng\\_web\\_lgbtq2s\\_guidelines\\_2020.pdf](https://www.ece.gov.nt.ca/sites/ece/files/resources/final_eng_web_lgbtq2s_guidelines_2020.pdf)

**New Brunswick:** Currently, information related to GSA formation/functioning is not embedded in the Education Act. In 2014, the provincial government announced a potential policy pertaining to GSAs, but it never came to fruition. Guidelines, which outline how to support GSAs or similar student organizations, do not exist.

**Prince Edward Island:** Currently, information related to GSA formation/functioning is not embedded in the Education Act. Guidelines, which outline how to support GSAs or similar student organizations, do not exist.

*Financial contribution from*



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada



Western  
Centre for School  
Mental Health

## Founding and Forming a GSA

What	Why	How
<b>Know LGBT2Q+ rights.</b>	Knowing and understanding LGBT2Q+ rights in and beyond school is the first step towards enacting those rights. Sharing human rights information with community members may help others understand their rights and responsibilities.	Understand federal and provincial/territorial human rights, education acts, education policies and/or guidelines. Refer to the “Federal and Provincial/Territorial LGBT2Q+ Rights and Protections” page of this document.
<b>Look for GSAs within your school district or province/territory.</b>	Various GSAs may experience similar challenges. Having and drawing on a local network may help with trouble shooting.	Reach out to other schools with GSAs, and/or consult with local pride organizations or online GSA networks.
<b>Know your justification for starting a GSA.</b>	Educational stakeholders may have questions about the purpose and activities of a GSA.	Prepare a simple response that describes the club’s purpose (e.g., socializing, support, education, and/or advocacy).
<b>Emphasize student handbook and school-specific policies.</b>	Administrators may attempt to delay the start of a GSA (e.g., ask you to complete and submit forms other clubs do not have to; delay responses to written requests and submissions, etc.).	Prepare all paperwork necessary for student clubs. Keep copies of all paperwork, and a record of who you have submitted these documents to and when you did so.
<b>Meet with the principal and/or relevant administrators.</b>	Administrative support can make this process smoother and allow school leadership teams to learn and participate.	Hold an in-person or virtual meeting with relevant administrators to communicate your plan and answer any reasonable questions. If they are hesitant, refer administrators to relevant legislation and similar initiatives. Be prepared to move up the educational ladder if necessary.
<b>Look for additional support staff and/or student leaders.</b>	Developing and/or running a GSA without assistance may involve a lot of time and emotional energy.	Delegate appropriate responsibilities to additional support staff and/or student leaders.
<b>Review parent(s)/guardian(s) /caregiver(s) consent policies.</b>	Some GSA members may not be out at home or school. Revealing that a student is involved in a GSA may jeopardize their emotional/physical safety and/or relationships.	Plan GSAs activities according to student club consent guidelines so that students are not required to disclose their participation in a GSA.

*Financial contribution from*



Public Health Agency of Canada    Agence de la santé publique du Canada



**Western**  
Centre for School  
Mental Health

## Starting and Running a GSA

What	Why	How
<b>Advertise.</b>	Strategies for advertising a GSA may need to change depending on the staff/student/community social climate.	Options for advertising range from using posters and (online) announcements to disseminating GSA advisor contact information so students and staff can learn more about the club. You can also raise awareness of the group to specific individuals, groups of students, and/or classes.
<b>Create a first meeting plan.</b>	Having a plan going into the first meeting can build facilitator confidence.	The focus of the first meeting can be on community building and sharing (i.e., getting to know students and their interests). You can facilitate an introductory activity (e.g., name, pronouns - optional), favourite movie, etc.) and ask students to share their interest in and expectations for the club. Session 1 from the HRP for LGBT2Q+ Youth can also be used to guide the first meeting.
<b>Make the space welcoming.</b>	Visual signals that the space and facilitators are welcoming of LGBT2Q+ folks help build positive relationships among GSA members and advisors.	Proudly display safe(r)/positive space stickers/images, pronoun posters, and flags from many LGBT2Q+ communities (intersex, asexual, bisexual, trans, genderqueer, etc.).
<b>Co-construct group guidelines.</b>	A wide range of topics can come up in a GSA. Guidelines should be set so all youth feel as safe and comfortable as possible to attend and participate (to the best of their abilities).	Ask youth what they need to make the space safer and more comfortable. Guideline examples include: 'share the air;' what's said in group, stays in group; giving content warnings; right to pass, etc.
<b>Plan for the future.</b>	Knowing youths' interests in and commitment level to a GSA can help inform a successful plan for the club moving forward.	Have youth articulate their availability, and interests in and potential concerns about a GSA. Create an action plan that best suits youths' desires and needs. Unlike athletic teams, these clubs are student-led and guided by youth voice.

Financial contribution from



Public Health Agency of Canada Agence de la santé publique du Canada



Western  
Centre for School  
Mental Health

## 5 Things to Remember for the First GSA Meeting

---

Here are some friendly reminders to help the GSA succeed:

### 1) Identity is fluid, evolving, and heterogeneous

Do not assume you know someone's identities (e.g., sexual orientation, gender identity, race, ability, religion, etc.). Give youth opportunities to describe their ways of being, such as holding space for them to voice: pronouns – if any, chosen name, sexual orientation, favourite animal, pet peeves, etc. Reflect on and feel free to share your identities if you feel comfortable and safe to do so. This gives you a chance to explain where you are coming from.

### 2) Not knowing everything is okay

Get comfortable doing some personal and professional reading/research, learning new terms, and being a little uncomfortable. Just remember that youth do not know everything either and that they are not your teachers. If you hear terms you are unfamiliar with, the following links can help you catch up to youth:

<https://www.the519.org/education-training/glossary>

<http://www.transstudent.org/graphics>

### 3) Individual boundaries need to be respected

Topics or content that can be triggering to youth may come up. Before facilitating discussions, remind students that they are free to leave, tune out, or talk with you or a co-facilitator if they are feeling upset or uncomfortable. You can also remind them to practice taking a break even when the material is not triggering. Sometimes taking a break can be difficult in the moment, so practicing break-taking ahead of time can assist youth in exploring their ability to opt in or out of discussions.

### 4) GSAs are for youth (and largely) by youth

As facilitators, we may have lived experiences with rainbow communities. While that lived experience is important in terms of understanding sexual, romantic, and gender diversity, a GSA is meant to help youth find and develop connections with like-minded peers. Although you work with youth, perhaps in and beyond school, it is important to recognize that adults are still on the periphery of peer cultures.

### 5) Have fun!

LGBT2Q+ youth often deal with many discriminatory and oppressive issues/experiences throughout their lives (e.g., harassment, microaggressions, invalidation, etc.). However,

*Financial contribution from*



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada



Western  
Centre for School  
Mental Health

it is important to remember that this is not the whole story of their lives. Rainbow youth have funny stories to tell, passions outside of activism, dating and friendship drama, homework to do, tests to be nervous about, career ambitions, and favourite Netflix shows. Allow space for them to be uniquely themselves.

If you have any questions about the HRP LGBT2Q+ Youth or about forming, supporting, and/or running a GSA you can reach out to us!

For more information, please contact Annaliese Loeppky (Project Coordinator) at [aloeppky@uwo.ca](mailto:aloeppky@uwo.ca) and/or Dr. Alicia Lapointe (Research Scientist) at [alapoint@uwo.ca](mailto:alapoint@uwo.ca).



*Financial contribution from*



Public Health Agency of Canada    Agence de la santé publique du Canada



**Western**  
Centre for School  
Mental Health