Day of Silence
Writing Assignment

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NATIONAL SURVEY ON LGBTQ YOUTH MENTAL HEALTH 2019

LANDMARK STUDY FINDS 39 PERCENT OF LGBTQ YOUTH AND MORE THAN HALF OF TRANSGENDER AND NON-BINARY YOUTH REPORT HAVING SERIOUSLY CONSIDERED SUICIDE IN THE PAST TWELVE MONTHS
SCHOOLS ARE **UNSAFE** AND UNWELCOMING FOR THE MAJORITY OF LGBT STUDENTS.

- **65%** heard homophobic remarks like “fag” or “dyke” frequently or often.
- **30%** missed at least one day of school in the past month because they felt unsafe or uncomfortable.
- **85%** were verbally harassed in the past year.

Learn more in GLSEN’s latest National School Climate Survey at GLSEN.ORG/NSCS.
The Assignment
GLSEN’s Day of Silence, on April 12th 2019, is a student-led national event where folks take a vow of silence to highlight the silencing and erasure of LGBTQ people at school.

To start, K-12 students and educators should register their participation.

**REGISTER ONLINE**

**OR**

Cell Number

**REGISTER VIA TEXT**
Assignment Logistics

- **Task:** Refrain from speaking (and posting on social media) for an entire day

- **Prompt:** Reflect in any way that’s meaningful for you.

  - What did you do over the course of the day?
  - How did you feel while not speaking?
  - How did other people react?
  - How did you feel when you starting speaking again?
  - Do you think people in your life (past or present) may experience this kind of alienation? Has this activity changed your perspective?
Student Feedback
“What I lost in normal conversations with my friends I gained in perspective... I’m gratified that I was given the opportunity... and would never hesitate to recommend this exercise to [anyone].”

–Occidental College undergraduate, Fall 2018
“[This activity] changed my perspective because to a certain extent I was left without a voice and I have always taken my speech for granted… We must speak up for those around us and be more aware of these situations [and] take a closer look at how we treat those around us and change [our attitudes and habits] for the better.”

–Summer@USC pre-college student, Summer 2016
Link to the Assignment Description!

bit.ly/SPSSIsilence