

## Rainbow resources for schools

This list contains resources to help you support rainbow ākonga and their whānau at school. Please note that this list is not exhaustive, and new resources will be added to InsideOUT's website. You can find links to regional support groups across Aotearoa on InsideOUT's website.

### Campaigns, research and advocacy groups

#### **Day of Silence**

A day of action in which students across Aotearoa vow to take a form of silence to call attention to the silencing effect of homophobic, biphobic and transphobic bullying, name-calling and harassment in schools.

#### **F'INE Pasifika Aotearoa**

A Pacific LGBTQI+ / MVPFAFF+ focused Charitable Trust that provides Whānau Ora navigational services to Pasifika rainbow people and communities.

#### **Intersex Awareness NZ (ITANZ)**

A intersex-led charitable organisation that seeks to educate and transform social and medical understandings of those with variations of sex characteristics in Aotearoa, NZ.

#### **Intersex Youth Aotearoa**

A platform providing information, connecting and supporting intersex young people and their whānau.

#### **Legal Rights at School**

A resource for rainbow students about their rights at school.

#### **Out on the Shelves**

An online resource and annual campaign to promote visibility and positive representation of rainbow characters and themes in books. You can also find printable bookmarks, posters, and sample lesson plans on the website.

#### **Rainbow Rights**

A comprehensive legal resource about rainbow people's rights in various settings including at home, work, school, in public spaces, relationships, and healthcare settings.

### **Shift Hui**

InsideOUT's national hui (gathering) for rainbow young people. It is held each April over a weekend of making connections, learning about different issues facing the rainbow community, taking part in workshops and activities and gaining new skills and knowledge to help them set up and/or sustain a support group in their schools and communities.

### **Speak Out**

InsideOUT's radio show, covering local and international news and events, interviews and discussion, music by rainbow artists, reviews, live performances and more. Speak OUT is also uploaded online as a podcast that you can listen to on Spotify, Podbean and Apple Music.

### **The Darlington Statement**

Read and affirm this joint consensus statement written by intersex individuals and organisations across the world.

### **The Manalagi Project**

A project that aims to create a safe cultural research space for Pacific Rainbow+ communities to communicate their unique health and wellbeing needs.

### **The Needs of Students with Intersex Variations**

An Australian study outlining the unique challenges intersex students face at school.

### **Village Collective Rainbow Fale**

Rainbow Fale represents all the work Village Collective does that contributes to building a supportive environment for the Pasifika Rainbow community. Rainbow Fale provides a safe place to develop resilience, which leads to a greater confidence in school, family and community settings for our Rainbow youth.

## **Education and professional development**

### **All of Us**

A resource about minoritised identities, disability and inclusion in Aotearoa New Zealand.

### **Creating Rainbow-Inclusive School Policies and Procedures**

InsideOUT's comprehensive guide on how to update and implement new policies and procedures at your school to ensure rainbow students are supported, safe and celebrated at school.

### **How to be a Trans Ally**

A practical guide on how to be an ally and advocate for trans and non-binary people.

### **Join this Chariot**

A resource to support Christian faith-based schools to be welcoming and safe places for rainbow rangatahi.

### **Pōwhiri Guidebook**

An inclusive resource to support young people to understand what a pōwhiri is, and how a pōwhiri can be inclusive of takatāpui, whakawhahine, tangata ira tane and trans and gender diverse people given the gender roles involved.

### **PPTA Rainbow Taskforce for Safe Schools**

A nationwide group to help make secondary schools safe and welcoming places for rainbow students, whanau, and teachers.

### **Professional Development and Workshops**

InsideOUT offers tailored workshops for workplaces and schools to help you make your workplace environments more inclusive and supportive of rainbow staff and students.

### **Pronouns video**

An educational video on pronouns highlighting the importance of using people's correct pronouns.

### **Relationships and Sexuality Guidelines**

A guide to assist boards of trustees, principals, and teachers in all New Zealand state and state-integrated schools to implement and deliver comprehensive and inclusive sexuality education.

### **Staff Supporting Rainbow Diversity Groups**

This resource aims to support teachers, guidance counsellors, and other school staff who support rainbow diversity groups/QSAs in their school.

### **Starting and Strengthening Rainbow Diversity Groups**

A resource to help students and staff start up and run a rainbow diversity group at school.

### **Takatāpui: Part of the Whānau**

A resource hub for takatāpui, their whānau and communities, sharing stories and information about identity, wellbeing, and suicide prevention.

### **What we wish our teachers knew**

A brochure created by InterACT Youth, for teachers to support intersex students at school.

## Health and wellbeing

### **Aotearoa's Guidelines for Gender-Affirming Healthcare**

A document for healthcare professionals to provide affirming healthcare to young people and adults based on models of informed consent.

### **Counting Ourselves Community Report**

Findings from Aotearoa New Zealand's first trans and non-binary health and wellbeing survey.

### **Gender-Affirming Healthcare in Aotearoa**

An accessible booklet about accessing gender-affirming healthcare in Aotearoa, pathways to care, and services available

### **Gender Minorities Aotearoa**

A nationwide transgender organisation offering information, advocacy, and wraparound support for transgender, intersex and takatāpui people of all ages, ethnicities, and backgrounds.

### **Naming New Zealand**

An organisation supporting trans youth to update identity documents such as birth certificates and passports.

### **Supporting Aotearoa's Rainbow People**

A practical guide for anyone who provides mental health support in Aotearoa, including youth workers, group facilitators, and peer supporters. It provides tools and tips about how to support the rainbow community.

## Useful resources in the classroom

### **A Place in the Middle**

A narrative-based video resource about affirming gender diversity within schools and embracing the intersections of gender and culture.

### **Creating Trans Histories**

A collection of photos and stories of objects of importance to trans and gender-diverse people in Aotearoa, curated by Te Papa.

### **Inside Out**

A video-based learning resource for teachers and educators, to help increase understanding and support of gender and sexuality diversity, and variations of sex characteristics.

### **More than Four**

InsideOUT's video resource, representing diverse rainbow identities beyond 'LGBT'.

### **Out on the Shelves Sample Lesson Plans**

Examples of how to plan a lesson centred around rainbow-inclusive texts.

### **Rainbow-inclusive Curriculum Ideas**

A list of ways you can integrate rainbow-inclusive content into your curriculum across all levels.

### **Rainbow Tamariki and Whānau at Primary and Intermediate Schools in Aotearoa**

A video presenting the voices and experiences of children and their whanau on what it's like growing up as rainbow tamariki at school in Aotearoa.

### **Schools Pride Printable Posters and Timeline**

Posters profiling well-known rainbow New Zealanders, and a timeline of rainbow history in Aotearoa.

### **Sparklers**

Free resources for schools in Aotearoa to promote students' wellbeing, including anti-bullying activities.

### **Welcoming Schools**

A US-based professional development training programme for educators, which includes free ready-made lesson plans about understanding gender diversity and other useful resources.

### **YOUth&I**

An anthology of writing by intersex young people.

## **Working with whānau**

### **Be There**

A resource hub for whānau supporting their rainbow rangatahi.

### **Families in Transition**

A Canadian resource for families supporting their children and loved ones throughout their transition.

### **Help! Is my child transgender?**

A resource created by Gender Minorities Aotearoa for parents and caregivers supporting their children who are trans or exploring their gender.

### **NZ Parents of Transgender Children**

A parent-led group where you can find the information, guidance, advice and companionship to help you and your family safely and happily navigate your journey, knowing you are never alone.

### **Parents of Transgender and Gender Diverse Children**

A private Facebook support group for parents to connect with people going through the same journey.

### **What we wish our parents knew**

A brochure created by InterACT Youth, for parents to prepare other families with intersex children for the journey ahead of them.

### **Your Child is a Taonga**

A resource for parents of intersex rangatahi.