Room to Be You

FREE / 10 pages / All-ages creative and support activities

Your words. Your colors. Your pace.

Inside

Affirming journal prompts, sensory-friendly self-care, three create-and-color pages, a supporter handout, and a free-product/flag resource directory. Younger readers can use the pages with a trusted supportive adult.

Amber Michaels, LPC

Original educational exercises. Not diagnosis, individualized treatment, or a promise of a particular outcome. No therapy relationship is created by downloading.

No perfect label required.

Choose one prompt. A drawing or one word is enough.

Gender is part of how some people understand themselves; orientation can describe attraction or connection. They are not the same thing. You may use labels, change them, question, or use none. You do not owe an explanation.

A word, color, name, or symbol that feels comfortable today:

Something about me I want respected, even if I keep it private:

A moment I felt accepted, or what acceptance could look like:

Care that fits your day.

Choose one. Rest, movement, quiet, and support can look different for everyone.

What I might need	A small option
Less sensory input	A quieter place, soft clothes, familiar audio, or ear protection.
Comfort and care	A tolerated snack, usual water, rest, or one easy hygiene step.
Expression	Draw a symbol, choose a comfortable accessory, or try a word privately.
Connection	Ask a safe person for listening or quiet company.
Privacy	Keep a page unnamed, decide who can read it, or skip writing.

My one small care option:

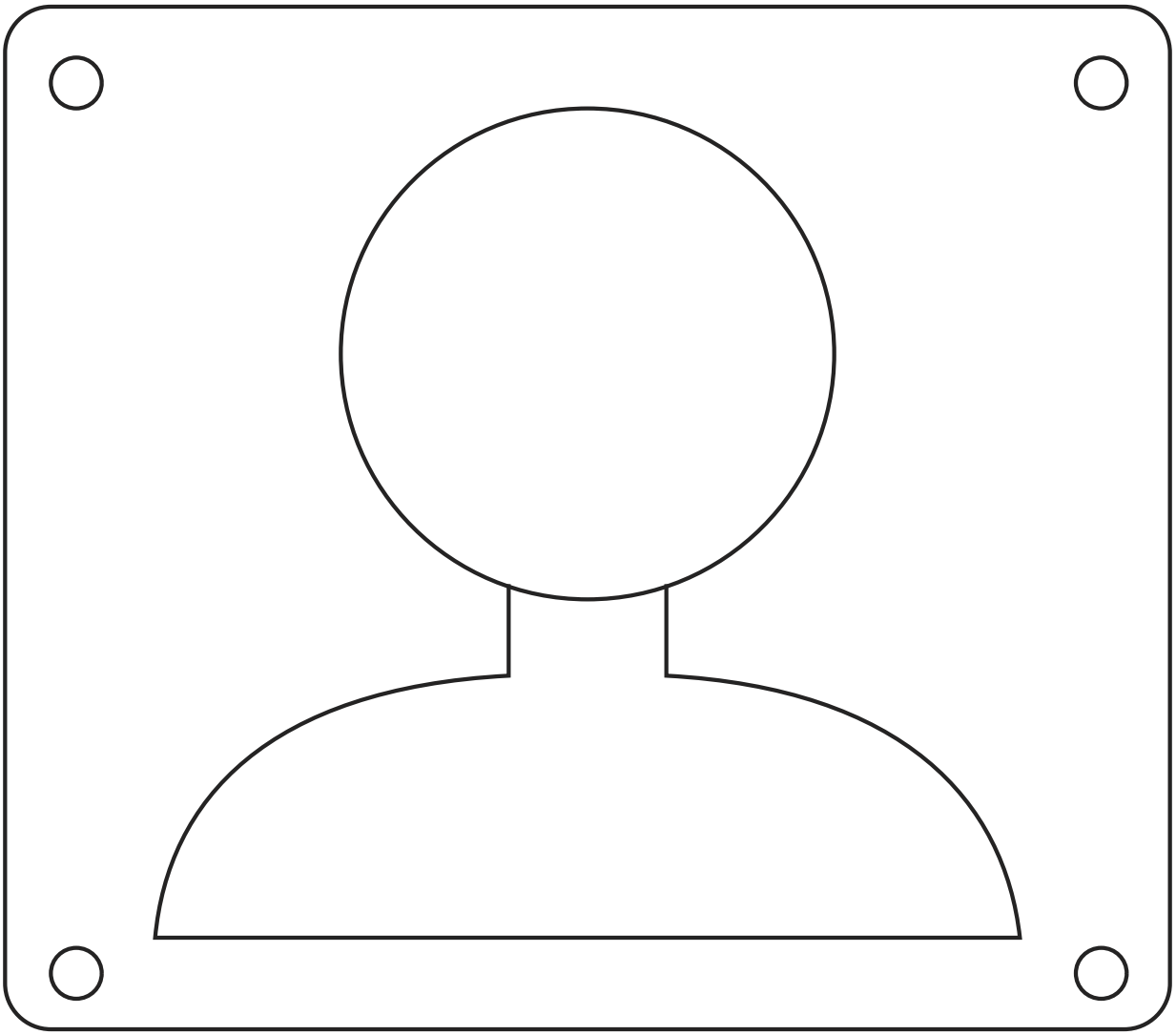
A safe person or place; an easy way to ask for support:

No item, body change, hairstyle, or disclosure is required. You can be LGBTQ+ and have many different relationships to your body and identity. Ask for help with anything that feels unsafe.

My portrait, my way.

Draw, color, trace, collage, or ask someone to help. No realistic likeness is required.

Add your own face, hair, clothing, aids, colors, and symbols. Use a real, imagined, or future portrait. A self-portrait can also be an object or pattern; you can draw outside the outline.

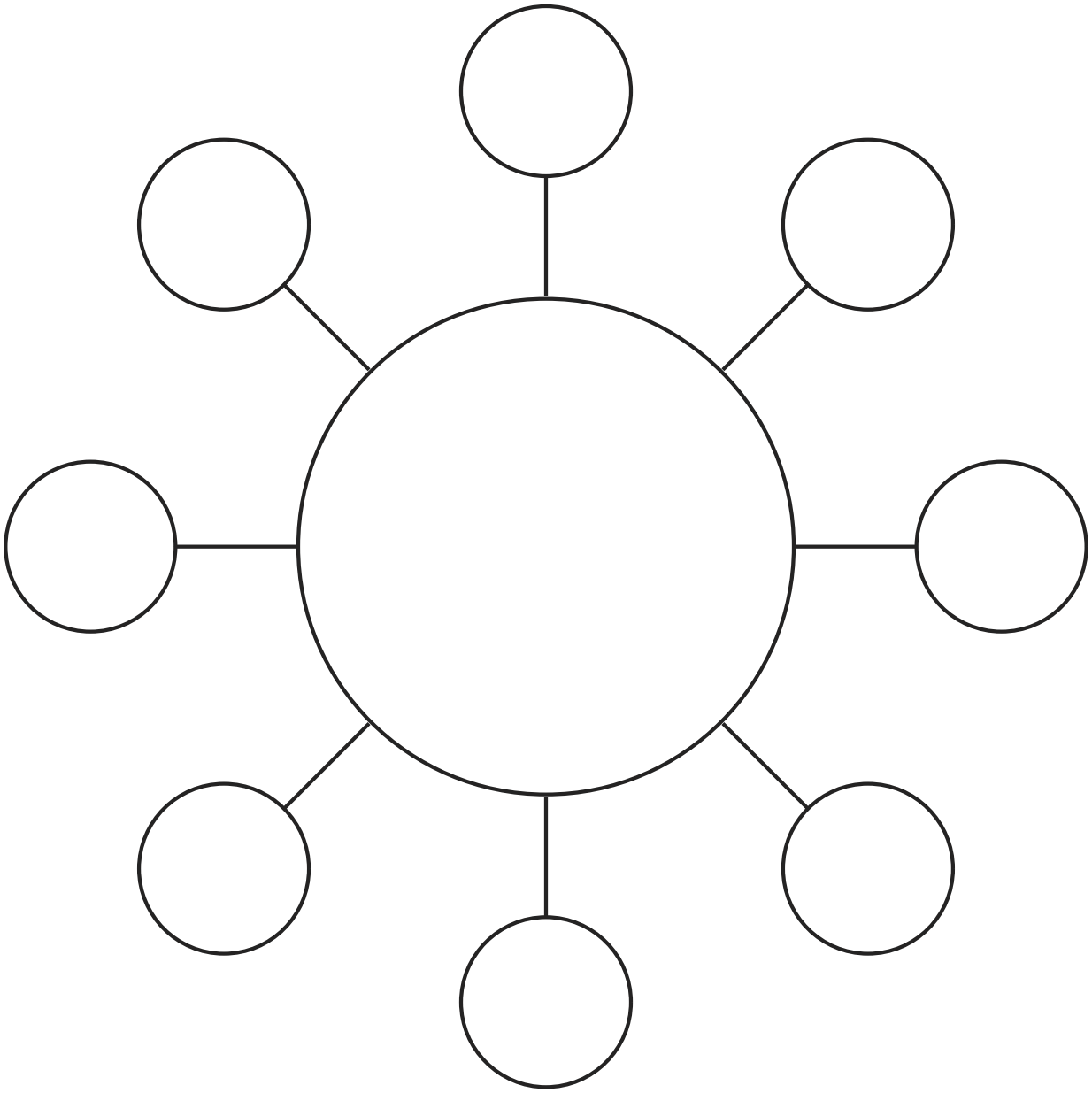


You can use any skin tone, shape, style, or symbol. There is no correct way to look LGBTQ+. You may leave the page blank or keep it private.

Me as a whole world.

Draw, color, trace, collage, or ask someone to help. No realistic likeness is required.

Use the center for a portrait or a symbol of you. Let the circles hold interests, important people, values, languages, or anything else that matters.

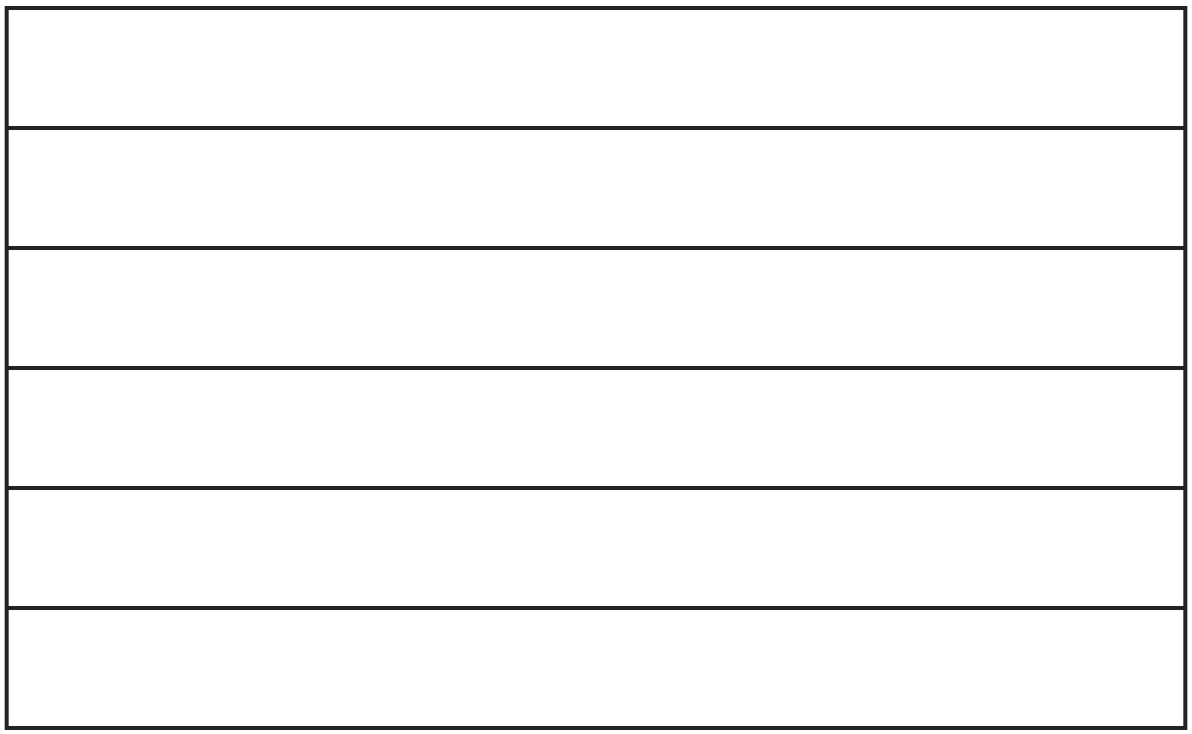


You can use any skin tone, shape, style, or symbol. There is no correct way to look LGBTQ+. You may leave the page blank or keep it private.

Colors that feel like me.

Invent a flag, use a known flag, or choose patterns without explaining what they mean.

Draw a symbol or color the bands. The same colors can mean different things to different people. You may make an abstract self-portrait instead of a public identity label.



My colors or symbols can stand for (optional):

You decide whether to share or display your creation. Keeping it private is valid.

Support without taking over.

For parents, caregivers, loved ones, educators, and other support people.

You do not need to understand every label to offer respect. Thank the person for what they choose to share. Ask which name or pronouns to use, with whom, and where. Do not announce an identity, share a journal, or post photos without permission.

Helpful responses

"Thank you for telling me." "How would you like me to support you?" "Who knows, and what should stay private?" If you make a mistake, correct it briefly and continue without asking the person to comfort you.

Do not debate whether an identity is real, pressure someone toward a label or medical decision, or tie love to a particular appearance. Respect asexual and aromantic identities, questioning, cultural identities, and people who do not use labels. Gender expression is not proof of anyone's identity.

Offer concrete access: written options, processing time, quiet, AAC, chosen language, or help finding an affirming professional. Work on your questions with another adult or an affirming resource, not only the person asking for care.

One supportive action I will take; what I will ask permission for:

Affirming items: start here.

Checked October 19, 2026 / Supplies, rules, shipping, and wait times can change.

Point of Pride: free chest binders

For trans people who cannot afford or safely obtain one. Current policy: requests at 18+; ages 13-17 may join a waiting list for contact at 18. Read the full policy before applying. Waitlists; international shipping offered, with possible customs charges.

Queer Trans Project: Build-a-Queer Kits

Free U.S. kits with gender-affirming items, such as binders, makeup, and health supplies. Limited restocks; one kit per person per 365 days. Review the current item/size guide and eligibility. Priority access may be offered to BIPOC and disabled applicants; selection is not guaranteed.

Origami Customs: community programs

Directory of free/subsidized garment programs and partner locations. Each partner sets availability and eligibility; not every item or location is free.

For younger readers and support people

These links are a directory, not instructions to use a garment or a recommendation for every age or body. A trusted adult and qualified affirming healthcare professional can help assess fit, comfort, and safety. No one needs a product to prove their identity.

Check who can see mail, email, payment, or account activity before requesting. Discreet packaging cannot guarantee privacy. Use a recipient/address only with permission. Follow current manufacturer and clinical guidance; stop using a garment that causes pain or breathing trouble and seek care.

Pride can be low-cost.

Free printable designs, school/community options, and support resources.

Pride Flows: free printable flag designs

Free downloadable/printable fluid pride designs from the project creators. Digital files are free; you supply printing/materials. This is not a free mailed-flag program.

Youth Pride Association: Acceptance Week

No-cost school program in the U.S. and U.K.; the program reports distributing pride flags. A school/supporting adult can ask about current participation and materials. Not an individual flag-by-mail guarantee.

PFLAG: find resources and local support

Ask a local chapter or LGBTQ+ center about clothing closets, lending libraries, swaps, pins, and flags. Stock and free options vary; ask first. Support and learning resources are available online.

Make something of your own

Use the blank flag and portrait activities in this collection, or draw a small symbol on scrap paper. Pride can be private, quiet, or not displayed. You do not have to buy or publicly wear anything to belong.

Some sellers advertise a "free flag" but charge shipping. Check the full total and privacy terms before ordering. No paid purchase is needed to use the free directory or the free starter PDF.

You get to keep becoming.

Sources and a next step / Checked October 19, 2026

One thing that feels like me; one care step or support request:

PFLAG: Guide to Being an Ally to LGBTQ+ People

PFLAG: Supporting Your LGBTQ Child or Loved One

The Trevor Project: educational resource center

Youth-focused educational guides for readers and supportive adults. External pages may have their own age guidance and content.

The directory pages link directly to Point of Pride, Queer Trans Project, Origami Customs, Pride Flows, and Youth Pride Association. Confirm eligibility, cost, and privacy directly; listings are not endorsements or promises of access.

If you feel unsafe or may hurt yourself, reach out to a safe person now. U.S. crisis support: call 988 or text 988. In immediate danger, use emergency services. Elsewhere, use local crisis/emergency support.

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