

## RESOURCES: PROTECT YOUR RIGHTS

- **GLAD Answers**  
Call: (800) 455-GLAD (4523)  
Email or Live Chat:  
[www.GLADAnswers.org](http://www.GLADAnswers.org)
- **New Hampshire Commission for Human Rights**  
(603) 271-2767  
[humanrights@nhsa.state.nh.us](mailto:humanrights@nhsa.state.nh.us)  
[www.nh.gov/hrc](http://www.nh.gov/hrc)
- **Department of Children, Youth and Families**  
(603) 271-6562  
[www.dhhs.state.nh.us/dcyf/](http://www.dhhs.state.nh.us/dcyf/)
- **Department of Education**  
(603) 271-3494  
[Lori.Temple@doe.nh.gov](mailto:Lori.Temple@doe.nh.gov)  
[www.education.nh.gov](http://www.education.nh.gov)
- **U.S. Department of Education**  
**Office for Civil Rights**  
(617) 289-0111  
[www2.ed.gov/ocr](http://www2.ed.gov/ocr)

## RESOURCES: KNOW MORE ABOUT YOUR RIGHTS

- The text of the New Hampshire anti-bullying law:  
<http://bit.ly/fEnl2k>
- GLAD's New Hampshire students' rights  
webpage: <http://bit.ly/x6lS5F>
- GLAD's webpage on student rights:  
<http://bit.ly/r1vAla>

## RESOURCES: LOCAL LGBTQ YOUTH GROUPS

- **Concord Outright** (603) 223-0309  
[concordoutright@nhftm.org](mailto:concordoutright@nhftm.org)  
[www.nhftm.org/Xtras/ConcordOutrightWebpage.htm](http://www.nhftm.org/Xtras/ConcordOutrightWebpage.htm)
- **Manchester Outright** (603) 537-7004  
[manchesteroutright@yahoo.com](mailto:manchesteroutright@yahoo.com)  
[www.manchesteroutright.org](http://www.manchesteroutright.org)
- **Seacoast Outright**  
(603)-552-5824  
[www.seacoastoutright.org](http://www.seacoastoutright.org)
- **Youth Guardian Services**  
[www.youth-guard.org](http://www.youth-guard.org)

## OTHER RESOURCES YOU CAN USE

- **Bully Free NH**  
(603) 781-4185 <http://www.bullyfreenh.org/>
- **Child and Family Services**  
(603) 518-4000 [www.cfsnh.org](http://www.cfsnh.org)
- **Gay, Lesbian, and Straight Education Network (GLSEN) New Hampshire Chapter**  
(603) 369-6686  
[www.glsen.org/chapters/newhampshire](http://www.glsen.org/chapters/newhampshire)
- **HIV/HCV Resource Center**  
(603) 448-8887 [www.h2rc.org](http://www.h2rc.org)
- **Parents, Families & Friends of Lesbians and Gays (PFLAG)**  
(603) 536-3823 [www.pflagnh.org](http://www.pflagnh.org)
- **The Trevor Project**  
Crisis/Support Line (866) 488-7386  
[www.thetrevorproject.org](http://www.thetrevorproject.org)
- **WISE**  
(603) 448-5525 [www.wiseoftheuppervalley.org](http://www.wiseoftheuppervalley.org)

If your school doesn't take you seriously, if you find that any of your rights are not being respected, or if you have *any* legal questions, **contact GLAD Answers by email anytime at: [GLADAnswers@glad.org](mailto:GLADAnswers@glad.org)**

**Or work one-on-one with a trained volunteer Monday-Friday, 1:30-4:30 p.m.**

- **Either by live chat:**  
[www.GLADAnswers.org](http://www.GLADAnswers.org)
- **Or by phone: (800) 455-GLAD (4523)**

GLAD Answers is free and confidential and can provide you with additional information about your rights — and resources that can help you fight for them.



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(617) 426-1350 • (800) 455-GLAD • [gladlaw@glad.org](mailto:gladlaw@glad.org)

N E W H A M P S H I R E



**Want to Know Your Rights  
As an LGBTQ Student?**

**GLAD's Got Your Back.**

Knowing Your Rights is the  
First Step to Empowering Yourself.

## All Public School Students Have the Right:

- To be safe in school without being **bullied**.
- To access information about LGBTQ subjects, including educational websites.
- To dress and present yourself in a manner consistent with your gender identity.
- To free speech and expression, including the right to express ideas respectfully that may offend others, and to disagree with others.

## All Public and Some Private School Students Have the Right:

- To be protected from discrimination or harassment based on gender or HIV status.
- To be protected from sexual harassment.
- To form a Gay/Straight Alliance (GSA) that gets treated the same as every other non-curricular group. This means equal funding, access to facilities, and the ability to choose your group's name.

## Bullying is defined as:

A "single significant incident or pattern of incidents involving written, verbal, or electronic communication or a physical act or gesture, or any combination thereof, directed at another pupil which:

- (1) Physically harms a pupil or damages the pupil's property;
- (2) Causes emotional distress to a pupil;
- (3) Interferes with a pupil's education opportunities;
- (4) Creates a hostile educational environment; or
- (5) Substantially disrupts orderly operation of the school."

The law identifies certain characteristics that are often a target for bullying, including actual or perceived race, color, religion, national origin, ancestry or ethnicity, **sexual orientation**, socioeconomic status, age, physical, mental, emotional, or learning **disability - including HIV status - gender, gender identity and expression**, obesity, or other distinguishing personal characteristics, or association with people who possess these characteristics.

## What You Can Do if You're Being Harassed, Bullied or Discriminated Against:

- **Tell somebody**. If you have understanding friends, parents, teachers, or counselors, use them as a support system.
- **Keep notes on what's happening** (and record who, when, where, and how).
- **Get a copy of your school's policies** on student conduct and discipline. It might be in your student handbook, on the school website, or you can talk to your guidance counselor or school administrator.
- **Report it to the person designated in your school's policy**. Make your report in writing or electronically so you can prove you made it. Each school district and charter school must adopt a written policy prohibiting bullying and cyber-bullying that includes a procedure for:
  - reporting bullying;
  - notifying the parents or guardian of a bullying target within 48 hours of the incident report (notification can be waived if the school feels that doing so is in the best interests of the target or perpetrator); and
  - investigating the incident in a timely manner and;
  - for any substantiated incident of bullying, a remediation plan.



If You Need Help, Contact GLAD Answers via Email, Live Chat, or Phone:  
[www.GLADAnswers.org](http://www.GLADAnswers.org)  
(800) 455-GLAD (4523)

## Outside School, You Have the Right:

- To be protected from discrimination based on your actual or perceived sexual orientation, HIV status, or sex in employment, housing, and public accommodations (like restaurants or stores).

*There is currently no explicit protection in the law for transgender persons in New Hampshire. However, even absent explicit protection, in some cases, a transgender person might be protected by prohibitions of discrimination based on sexual orientation, sex or disability.*
- To give your own consent to get tested for HIV without your parents' permission if you are over the age of 14. A physician is not obligated to, but may, disclose a positive test result to a parent or legal guardian of a person who is under the age of 18. If confidentiality is important to you, it is a good idea to talk to your doctor up front and understand his or her policies on this issue.
- To report to the police anyone in or out of school who physically harms you, threatens you or vandalizes your property.

Get more information about your rights:  
[www.glad.org/youth](http://www.glad.org/youth)

