RESOURCES: LOCAL LGBTQ YOUTH GROUPS
- **Concord Outright**  (603) 223-0309  concordoutright@nhftm.org  www.nhftm.org/Xtras/ConcordOutrightWebpage.htm
- **Manchester Outright**  (603) 537-7004  manchesteroutright@yahoo.com  www.manchesteroutright.org
- **Seacoast Outright**  (603)-552-5824  www.seacoastoutright.org
- **Youth Guardian Services**  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
- **HIV/HCV Resource Center**  (603) 448-8887  www.h2rc.org
- **Parents, Families & Friends of Lesbians and Gays (PFLAG)**  (603) 536-3623  www.pflagnh.org
- **The Trevor Project**  Crisis/Support Line (866) 488-7386  www.thetrevorproject.org
- **WISE**  (603) 448-5525  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

Or work one-on-one with a trained volunteer Monday-Friday, 1:30-4:30 p.m.
- Either by live chat:  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.
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.

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.

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
(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).
- 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