

CELEBRATING PRIDE 2024

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June 1 marks the beginning of Pride Month, commemorating the first Pride protest which was led by a Black transgender woman outside the Stonewall Inn in New York in 1969. The roots of the gay rights movement date back to the early 1900s, with the creation of organizations such as the Society for Human Rights. Over the years, LGBTQ Pride Month events have spread from large cities to smaller towns, presenting opportunities for visibility, community, remembrance, and celebration.

“We are not what other people say we are. We are who we know ourselves to be, and we are what we love. That’s okay.”

Laverne Cox

Here are some suggestions for celebrating Pride throughout June and beyond:

Attend Pride Parades and Events

- Pride celebrations are an opportunity to show solidarity and immerse yourself in a supportive and inclusive atmosphere while having a great time. Notable events take place in [Chicago](#), [Los Angeles](#), [Provincetown](#), [New York City](#), [San Francisco](#), and [Washington, D.C.](#) Check resources like [GayCities’ Pride Finder](#) for events near you.

Show Support on Social Media

- Share uplifting messages, stories, and resources related to LGBTQ+ rights and acceptance. Use hashtags such as #PrideMonth2024 and #LoveIsLove to amplify the message of inclusivity and love.
- Demonstrate support with a Pride-themed virtual background for your video calls. Find [free downloadable backgrounds](#) from the Ad Council or create your own!

Educate Yourself and Others

- Take time to [watch/listen](#) or [read](#) about historical moments that led to the origins of Pride Month and how it became an official celebration in the United States. You can also learn about the LGBTQ+ community by reading [books](#), watching [films](#), and listening to [podcasts](#) and [stories](#) that foster understanding, connection, and pride.
- While the Rainbow Pride Flag has become a universal symbol for the LGBTQ community, its history and meaning may not be as well-known. Here you can discover the [Rainbow Flag’s origins](#) as well as the meanings of other Pride flags.
- Familiarize yourself with words and phrases related to gender, sexual diversity, and romantic orientation in this [comprehensive glossary](#). Common words and phrases related to Pride Month include:
 - **LGBTQIA:** Lesbian, Gay, Bisexual, Transgender, Queer & Questioning, Intersex, Asexual & Agender
 - **Cisgender:** Sometimes referred to as “cis,” a cisgender person is someone who identifies with the gender they were assigned at birth.
 - **Transgender / Trans:** A transgender or trans person is someone whose gender identity does not align with the gender they were assigned at birth. Trans people may or may not take steps to transition.

Looking for more? Contact **JHEAP**, for personalized resources, events, or other support you may need any time, any day.

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