

Celebrating Pride 2025

Pride Month is a time to honor the courage, resilience, and voices of the LGBTQ+ community, while promoting acceptance and respect for all.

JOHNS HOPKINS
UNIVERSITY & MEDICINE

Pride is the power of standing tall in your own story.

WHY PRIDE MONTH MATTERS:

- **Pride honors courage.** It's a celebration of the people who fought—and still fight—for the right to live openly, safely, and authentically.
- **Pride affirms belonging.** Everyone deserves to feel seen, valued, and supported for who they are, without fear.
- **Pride pushes for progress.** It reminds us that equality isn't automatic—it takes awareness, advocacy, and action.
- **Pride builds community.** Creating safe spaces for belonging and connection are important for people who might otherwise feel isolated or alone.

PUTTING PRIDE INTO PRACTICE:

- **Show solidarity** by attending a Pride parade or event, displaying a Pride flag, or wearing a pin or clothing that champions support.
- **Post stories, quotes, and acceptance messages** on social media with hashtags #PrideMonth and #Pride2025.
- **Expand your perspective** by watching, reading, and tuning in to works that highlight the experiences of the LGBTQ+ community.
- **Use inclusive language** and respect people's pronouns.
- **Challenge bias** when you see it—even when it's uncomfortable.
- **Invite diverse voices and listen with openness** to different perspectives and experiences.
- **Keep learning**—inclusion is a practice, not a checkbox.

LOOKING FOR MORE?

The Johns Hopkins Employee Assistance Program provides information, referrals, and resources, tailored to the unique needs of you and your household members. Reach out any time, any day for compassionate, confidential assistance.

COUNSELING SERVICES REQUEST FORM: jh.eapintake.com

PHONE: 888-978-1262

WEB: myccaonline.com
Company Code: JHEAP

APP: [CCA@YourService](https://cca.your-service.com)
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