

KALEIDOSCOPE

Out and About Newsletter

In This Issue:

- Meeting Schedule
- LGBTQ+ History
- Events and Opportunities
- Resources and Tips
- LGBTQ+ Book Recommendations

What We Do:

Kaleidoscope is a community-based LGBTQIA+ program that offers monthly meetings and ongoing virtual platforms in a welcoming atmosphere where teens and young adults like you can find support, guidance, and a sense of community. Kaleidoscope provides a safe, supportive environment for LGBTQIA+ and allied teens and young adults to gather, socialize, organize, and help each other!

Kaleidoscope April Calendar:

April 8th: Sussex Youth Meeting (In-person). Open to youth ages 13-18.

April 11th & 25th: Essex County Youth Meetings. Open to youth ages 13-18. The first meeting is in-person, and the second one is virtual.

April 12th: Camden County Young Adult In-Person Meeting. Open to South Jersey young adults ages 18-24.

April 15th: Morris and Sussex Youth Meeting (Virtual). Open to youth ages 13-18.

April 22nd: Morris Youth Meeting (In-person). Open to youth ages 13-18.

April 25th: *NEW* Rider University Young Adult In-Person Meeting. Open to students of Rider University ages 18-24. See more info below.

April 26th: Camden County Youth In-Person Meeting. Open to South Jersey youth ages 12-17.

See the calendar below for meeting times.

Interested in Joining?

Email us at: Kaleidoscope@Centerffs.org

“Kaleidoscope meetings are a good place to talk to people who experience a lot of the same things as you.”

-Kaleidoscope Attendee

To stay up to date on upcoming events and community resources, follow Kaleidoscope on [Facebook!](#)



<https://www.facebook.com/KaleidoscopeNJ/>

We are proud to announce that Kaleidoscope has partnered with Rider University! Kaleidoscope is an LGBTQIA+ peer-to-peer support program offering a welcoming atmosphere. The group is where students that are 18-24 can find support, guidance, and a sense of community. The group meeting is the last Thursday of the month from 11:30am-1pm during the academic year.

April 2024



KALEIDOSCOPE

servicing LGBTQIA+ teens and young adults

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6 International Asexuality Day
7	8 Sussex County Youth Meeting 5:30pm-7:00pm	9	10 National Youth HIV/AIDS Awareness Day	11 Essex County Youth Meeting 5:30pm-7pm	12 Camden County Young Adult Meeting 6pm-8pm	13
14	15 Morris-Sussex County Youth Meeting (Virtual) 5:30pm-7:00pm	16	17	18 National Trans HIV Testing Day	19	20
21 Nonbinary Parents Day	22 Morris County Youth Meeting 5:30pm-7:00pm	23	24	25 Essex County Youth Meeting (Virtual) 5:30pm-7pm Rider University Young Adult Meeting 11:30am-1pm	26 Camden County Youth Meeting 6pm-8pm International Lesbian Visibility Day	27
28	29	30				

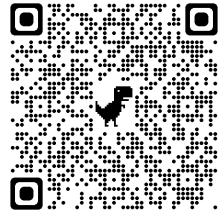
LGBTQ+ DAYS OF SIGNIFICANCE

- ◆ **April 6th: International Asexuality Day**
- ◆ **April 10th: National Youth HIV/AIDS Awareness Day**
- ◆ **April 12th: National Day of Silence**
- ◆ **April 18th: National Transgender HIV Testing Day**
- ◆ **April 21st: Nonbinary Parents Day**
- ◆ **April 26th: International Lesbian Visibility Day**

As many ways as there are to be human, there are that many ways to be queer! Back in the February newsletter, we explored the label “aromantic,” which people often use when they feel little to no *romantic* attraction to others. **Asexual is another layer, and people often use this term to describe themselves if they feel little to no sexual attraction to others.** However, it’s nuanced and complex, and often doesn’t align with the stereotypes portrayed in media. For example, someone can be asexual but not aromantic, seeking romance but not sex. Sometimes this can be confusing. Below is a graphics to learn more about the Ace community, and to learn more about the intersections of gender, sexual orientation, romantic orientation, and sex in general! For a deeper dive into asexuality, visit this link: <https://www.thetrevorproject.org/resources/article/understanding-asexuality/>

Looking for ways to support Kaleidoscope and the queer community? Consider donating to our program, or visiting the resource below to learn more about what it means to be an ally! More information on how to donate can be found at the end of this newsletter.

BEING AN LGBTQ+ ALLY



<https://reports.hrc.org/being-an-lgbtq-ally?ga=2.52062313.1341921333.1701987866.649665543.1697045446>

National Day of Silence is a student-led project that protests against those who bully the LGBTQ+ community. Queer people face discrimination on a systemic and an individual level, as so many other marginalized communities, and National Day of Silence is an example of people reclaiming their power and their voice, standing up for those who are suffering at the hands of hatred. Learn more about this day from the article below. Scan the QR code or click the link!

DAY OF SILENCE



<https://seattlepride.org/news/day-of-silence-2023-the-symbolism-of-silence>

ASEXUALITY ISN'T

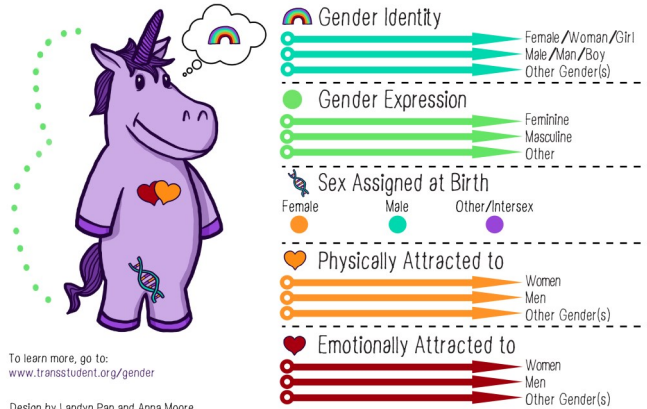
- Abstinence because of a bad relationship
- Abstinence because of religious reasons
- Celibacy
- Sexual repression, aversion, or dysfunction
- Loss of libido due to age or circumstance
- Fear of intimacy
- Inability to find a partner

ACES MIGHT

- Want friendship, understanding, and empathy
- Fall in love
- Experience arousal and orgasm
- Choose to masturbate
- Choose to engage in sexual activity
- Choose not to engage in sexual activity
- Be of any gender, age, or background
- Have a spouse and/or children

The Gender Unicorn

Graphic by: **TSER**
Trans Student Educational Resources



Happy Lesbian Visibility Day! Have you heard of Sappho? She might be the most famous lesbian poet, dating back to Ancient Greece. Scan the QR code to the right to read her most popular poem, and to learn more about Sappho the poet!



<https://www.commonlit.org/en/texts/sappho-31>



We have all heard of Mothers Day and Fathers Day. Well, Nonbinary Parents Day celebrates all the parents out there who break the binary and don't align with traditional gender roles. **Happy Nonbinary Parents Day** to all the parents that are unapologetically, courageously themselves in the face of oppression! You're an amazing role model. (And we want shout out all parents of nonbinary children – you're doing a great job supporting them!)

Your support enables us to provide safe spaces for youth and young adults in need of affirmation of their identity! Follow our Facebook, @KaleidoscopeNJ, to stay up to date on resources, information, and events. DM us or email us at kaleidoscope@centerffs.org with any questions about our program or how we can best support you!

EVENTS, RESOURCES, & OPPORTUNITIES

Coastal Adventures for LGBTQ+ Teens



Monmouth County
Park System

Coastal Adventures for LGBTQ+ Teens Summer Camp

For students entering grades 8-12.

Feel welcome, safe & supported while having fun!!!

Coastal Adventures for LGBTQ+ teens summer camp offers a fun and enjoyable coastal experience.

We have so many things to offer from coastal arts and crafts to swimming and kayaking to a nighttime campfire on the beach to visiting the world-famous Asbury Park boardwalk and more!

On Thursday, camp will be from 4:00pm to 9:00pm as campers will have evening activities at the Seven Presidents beach that will conclude with a campfire.

This will be a fun opportunity for LGBTQ+ teens to make new friends!!

The camp will run outdoors every day. Inclement weather will cancel the camp for a particular stormy day. Additional fee around \$50 for stand-up paddleboarding and boardwalk activities. Join us to discover what coastal New Jersey has to offer this summer. Trip transportation via Park System minibus.

Five Day Sessions \$360.00 Per Person

Seven Presidents Oceanfront Park Activity Center

221 Ocean Ave, Long Branch, NJ 07740

Monday to Friday,

July 15-19

9:00 AM-3:00 PM

Program Number: IK443X

To register for the above camp, please go to www.monmouthcountyparks.com or call 732-842-4000, ext 1. Please have the program number handy.

This camp is small with only 12 participants to make sure everyone gets individual care and is having fun! Please register early!!

Is this opportunity too far from you? Try calling our **NJ PRISM resource hotline** to find something near you.

The NJ PRISM LGBTQIA+ hotline is New Jersey's first statewide information and referral hotline specifically geared to meet the needs of the LGBTQIA+ community.

Compassionate staff ensure all calls are answered in a safe and affirming space.

Get connected to the help you need by calling **844.NJPRISM (657.7476)**.



NJ Queer & Trans Makers Market

Are you a trans and/or queer creative looking to connect with others in your community? Or do you simply love to support LGBTQIA+ artists and their work?

Register for this event on Saturday, April 13th in New Brunswick at the CoLAB Arts Center for a day of celebration, creativity, and community. You'll discover unique handmade products, from art and jewelry to clothing and home goods!

For more information and to sign up, visit the QR code or the link to the left.



NJ Queer and Trans Maker Market

Free Entry, Donation Appreciated

coLAB Arts Center
9 Bayard St
New Brunswick, New Jersey
April 13th, 2024
12 - 6 PM

The Philly Black Pride Kick Off: Spring Fling

SWAY Philly is hosting their Philly Black Pride Kick Off!

This event takes place on April 26th, from 10pm-2am, and will be filled with music, dancing, and all around pride.

For more information, or to join the party and purchase a ticket, visit the QR code to the right!



<https://phillygaycalendar.com/events/the-philly-black-pride-kick-off-spring-fling/>



Facebook

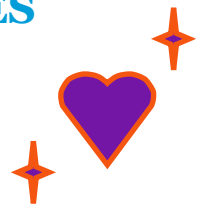
Follow our Facebook @KaleidoscopeNJ to stay up to date on program events and resources in the community. Follow the QR code or link to the right to get connected with us!



<https://www.facebook.com/KaleidoscopeNJ/>

TIPS FROM YOUR ADVOCATES

Peruse these tips from your
Kaleidoscope Advocates
centered on self-care!



1. If your brain is telling you, “I can’t,” **try reframing it to say, “I can’t *right now*.”** It’s perfectly okay to boot something off your to-do list today and add it to another day’s checkboxes. Everything is temporary, and you are capable!
2. Picture a place that makes you feel calm, warm, and at peace. Whether it be the beach with your favorite people, or the cozy bedroom you decorated just so, **recall this place later on if you start to feel stressed, worried, or down.**
3. In the habit of staying up late at night? **Try going to bed earlier in 10-15 minute increments every night,** instead of a big chunk out of nowhere. This will help your body ease into a new rhythm.

It can be hard to love yourself in a world that tells you that you shouldn’t exist. But know that your Kaleidoscope Advocates have your back and are here to remind you how special and worthy you are!



BOOK RECOMMENDATIONS



Note for parents: Chapter books are great choices for youth. Usually aimed for ages 7-10, kids younger than or older than this range can still enjoy them, so it depends if that individual book is right for you or your child. Young adult (YA) books are usually aimed for ages 12-18, but again, due to the various amount of subject matter, it shifts by book, some being more mature than others. Adults can also enjoy YA books!

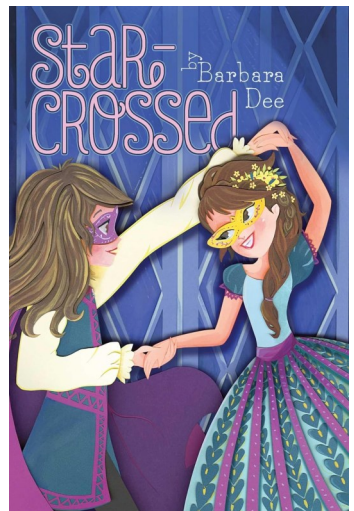
Star-Crossed

By Barbara Dee
(Youth/Best for ages 9-12)

Mattie is chosen to play Romeo opposite her crush in the eighth grade production of Shakespeare's most beloved play in this Romeo and Juliet inspired novel from the author of Truth or Dare.

Mattie, a star student and passionate reader, is delighted when her English teacher announces the eighth grade will be staging Romeo and Juliet. And she is even more excited when, after a series of events, she finds herself playing Romeo, opposite Gemma Braithwaite's Juliet. Gemma, the new girl at school, is brilliant, pretty, outgoing--and, if all that wasn't enough: British.

As the cast prepares for opening night, Mattie finds herself growing increasingly attracted to Gemma and confused, since, just days before, she had found herself crushing on a boy named Elijah. Is it possible to have a crush on both boys AND girls? If that wasn't enough to deal with, things backstage at the production are starting to rival any Shakespearean drama. In this sweet and funny look at the complicated nature of middle school romance, Mattie learns how to be the lead player in her own life.

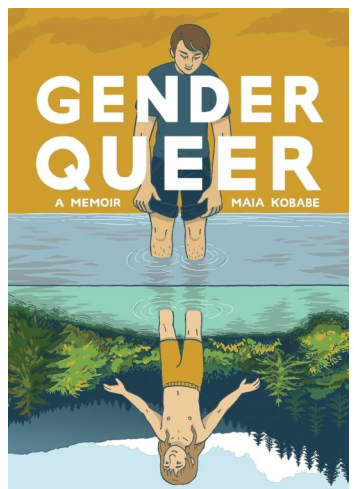


Gender Queer: A Memoir

By Maia Kobabe
(Young Adult/Best for ages 14+)

In 2014, Maia Kobabe, who uses e/em/eir pronouns, thought that a comic of reading statistics would be the last autobiographical comic e would ever write. At the time, it was the only thing e felt comfortable with strangers knowing about em. Now, Gender Queer is here. Maia's intensely cathartic autobiography charts eir journey of self-identity, which includes the mortification and confusion of adolescent crushes, grappling with how to come out to family and society, bonding with friends over erotic gay fanfiction, and facing the trauma and fundamental violation of pap smears.

Started as a way to explain to eir family what it means to be nonbinary and asexual, Gender Queer is more than a personal story: it is a useful and touching guide on gender identity--what it means and how to think about it--for advocates, friends, and humans everywhere.



Bonus points if you check these out at your local library!

Help is just a call away.

NJ PRISM, a 24/7 statewide hotline providing information and referrals to New Jersey's LGBTQIA+ Community, offers resources including prevention and support services, medical care access needs, community safe space groups, advocacy and legal resources.

Get connected by calling 844.NJPRISM (657.7476).



Help is just a call away.

844.NJPRISM

24/7 statewide information and referral hotline for NJ's LGBTQIA+ community



You can make a difference in the lives of LGBTQIA+ youth and young adults.

Your gift in any amount will create a supportive, affirming environment for a young person seeking community with other members of the LGBTQIA+ community.

If you are interested in donating, scan the QR Code to access the Center for Family Services donation page. At the bottom of the page there is an option to select "Donate to a Specific Program" and you can note that you'd like your donation to be for Kaleidoscope.



<https://centerffs.org/get-involved/donate>