

Rainbows to Rainbows

Adapted from the game Apples to Apples. Created by Becky Rudd PhD, LMFT, LMHC

Treatment Modality: Group of teens who identify as LGBTQ+

Age: 13+

Treatment Phase: Working Phase of treatment and established rapport

Goal:

1. Identify situations commonly experienced by LGBTQ+ youth which are challenging and difficult
2. identify solutions to increase assertiveness and advocacy
3. Normalize concerns and situations
4. Process thoughts and feelings associated with the various scenarios.

Materials

- Print and cutout the following “rainbow to rainbow” cards (Description and Solution cards)

Procedure:

1. Each player gets 4 solution cards. The person who has the closest date of birth goes first as the “judge” and then the position of judge moves clockwise around the group
2. The judge turns over a description card and all the other players choose from one of their four solution cards to solve the judge’s problem.
3. Players will put forth their card to the judge upon deciding the best available option.
4. Once all players have put forth their card the judge will choose the best option.
5. The player who put forth that option collects the Description card.
6. All players collect a new Solution card. Previous played solution cards go back into the pile
7. The role of judge moves to the next player and gameplay continues
8. Once all the Description cards have been played the game is over.
9. The player with the most Description cards wins.

Processing

Due to the active nature of this game, processing may be best facilitated during gameplay. The counselor may stop to consider how each description card has been experienced by players.

Elicit other solution suggestions for each Descriptions. Consider both adaptive and maladaptive coping behaviors.

Description Cards	Solution Cards
Your friend just said, “that is so gay.”	Look for a teacher with a “Safe Space” sticker
You are getting teased at school	Join the Gay-Straight Alliance
Your family experiences a negative reaction to you coming out	Ask what pronouns they prefer (he/she/they)
Your friend who identifies as gay was just kicked out of his parent’s house	Call the Trevor Project (866-488-7386)
You are in an abusive relationship	Call the National Suicide Hotline (212-206-0574)
You are depressed	Turn to a trusted friend
You are using drugs	Wear a pink shirt
You feel unsafe attending school	Go for a 26.2 mile run
You don’t have any friends at school	Journal about your thoughts
Someone just said “pink isn’t for boys”	Ask the school for their harassment, bullying and discrimination policy
Your doctor is disrespectful	Spend the night at a friend’s house
Your school won’t allow your friend to use the restroom of her gender identity	Snuggle your cat
Your church is not LGBTQ+ friendly	Volunteer at a homeless shelter
Your friend reported sexual violence to you	Register to vote at 18 years old
You are asked out on a date	Plan to go to college in a LGBTQ+ friendly state
You got a D on a test	Wear a “I am an ally” pin
There is a school dance coming up	Attend a rally

Your friend needs a place to stay	Close your social media account
Your parents keep telling you this is just a phase	Make a police report
You are the only one in your class who identifies as LGBTQ+	Join a student-led club that is LGBTQ+ friendly
Your partner just “outed” you to their friends	Find a LGBTQ+ friendly counselor
Your partner wants to have sex but you don’t have protection	Listen and provide support
Your partner’s parents do not approve of you or your relationship	Access online resources for queer youth
You are not sure what constitutes sex	Get an alarm clock
You are not sure if you are more gay/lesbian or just bi	Listen to music
You have a crush on someone who is straight	Buy flowers
You find gender stereotypes too limiting	Go to a movie
You do not identify with your assigned gender at birth	Dye your hair purple
Your partner tells you you can’t get STDs from Oral Sex	Get an afterschool job
Your partner tells you that you have to have sex with them to know for sure if you are LGB	Join on online support group
	Say “no.”
	Leave
	Find an affirming church at www.gaychurch.org

	Ask a peer through the online chat messenger: www.LGBThotline.org/chat
	Call a peer volunteer at 1-800-246-PRIDE
	Become involved in, or create, a PRIDE club
	Learn how to use a dental dam
	Obtain a condom or dental dam
	Provide scientific evidence
	Get decked out in rainbows
	Read a book
	Ask a mentor
	Wait it out until things get better
	Express yourself!
	Be open with who you are
	Set a very clear boundary
	Tell yourself "it's okay!"
	Ignore
	Provide education
	Be assertive
	Be a leader, not a follower
	Have a sleepover

 <p>Your friend just said, "that is so gay."</p>	 <p>You are getting teased at school</p>
 <p>Your family experiences a negative reaction to you coming out</p>	 <p>Your friend who identifies as gay was just kicked out of his parent's house</p>
 <p>You are depressed</p>	 <p>You are in an abusive relationship</p>
 <p>You are using drugs</p>	 <p>You feel unsafe attending school</p>

 <p>Someone just said “pink isn’t for boys”</p>	 <p>You don’t have any friends at school</p>
 <p>Your school won’t allow your friend to use the restroom of her gender identity</p>	 <p>Your doctor is disrespectful</p>
 <p>Your friend reported sexual violence to you</p>	 <p>Your church is not LGBTQ+ friendly</p>
 <p>You got a D on a test</p>	 <p>You are asked out on a date</p>

 <p>Your friend needs a place to stay</p>	 <p>There is a school dance coming up</p>
 <p>Your parents keep telling you “this is just a phase.”</p>	 <p>You are the only one in your class who identifies as LGBTQ+</p>
 <p>Your partner just “outed” you to their friends</p>	 <p>Your partner wants to have sex but you don’t have protection</p>
 <p>Your partner’s parents do not approve of you or your relationship</p>	 <p>You are not sure what constitutes sex</p>

 <p>You are not sure if you are more gay/lesbian or just bi</p>	 <p>You have a crush on someone who is straight</p>
 <p>You find gender stereotypes too limiting</p>	 <p>You do not identify with your assigned gender at birth</p>
 <p>Your partner tells you you can't get STDs from Oral Sex</p>	 <p>Your partner tells you that you have to have sex with them to know for sure if you are LGB</p>
<p>Look for a teacher with a "Safe Space" sticker</p>	<p>Join the Gay-Straight Alliance</p>

Wear a pink shirt	Ask what pronouns they prefer (he/she/they)
Go for a 26.2 mile run	Call the Trevor Project (866-488-7386)
Journal about your thoughts	Call the National Suicide Hotline (212-206-0574)
Ask the school for their harassment, bullying and discrimination policy	Turn to a trusted friend

Spend the night at a friend's house	Snuggle your cat
Make a police report	Volunteer at a homeless shelter
Join a student-led club that is LGBTQ+ friendly	Register to vote at 18 years old
Find a LGBTQ+ friendly counselor	Plan to go to college in a LGBTQ+ friendly state

Listen and provide support	Wear a "I am an ally" pin
Access online resources for queer youth	Attend a rally
Get an alarm clock	Close your social media account
Listen to music	Buy flowers

Dye your hair purple	Go to a movie
Get an afterschool job	Join on online support group
Say "no."	Become involved in, or create, a PRIDE club
Leave	Learn how to use a dental dam

Find an affirming church at www.gaychurch.org	Obtain a condom or dental dam
Ask a peer through the online chat messenger: www.LGBThotline.org/chat	Provide scientific evidence
Call a peer volunteer at 1-800-246-PRIDE	Get decked out in rainbows
Be a leader, not a follower	Tell yourself "it's okay!"

Have a sleepover	Ask a mentor
Be open with who you are	Be assertive
Wait it out until things get better	Ignore
Express yourself!	Provide education

Read a book	Set a very clear boundary