



# SPECTRUM SCIENCE COLORING BOOK

# SAYING GAY IN THE USA

**Some states are drawing lines that prevent access to information.  
We'll continue to color outside them—for all humankind.**

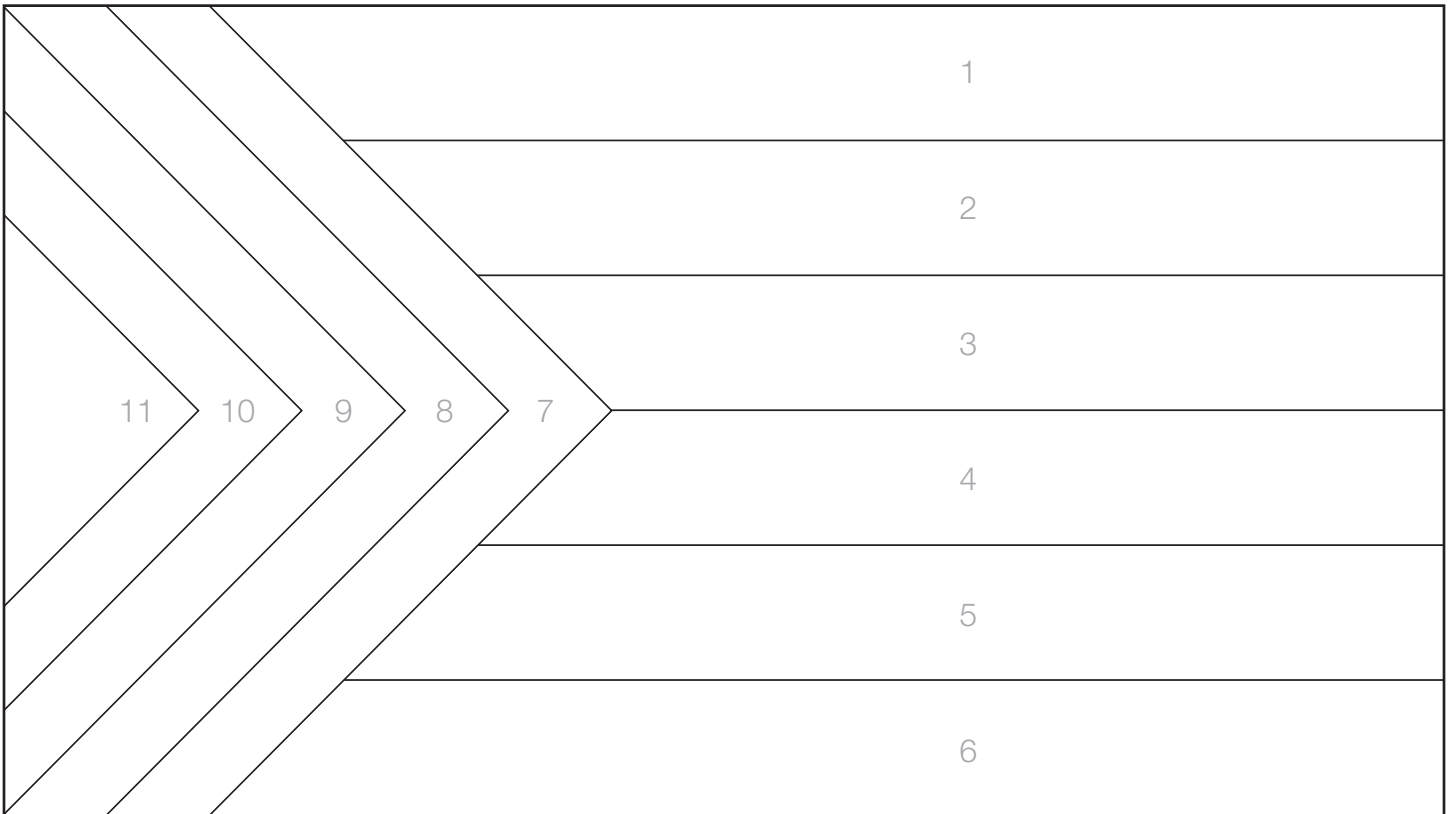


# Color by Numbers

The colors of the pride flag each represent an important value of the LGBTQ community. The original, and still popular, pride flag displayed every June for Pride Month was a simple red to purple rainbow—but in 2018, the Progress Pride flag was created to incorporate designs from other flags that represent the transgender community and people of color.

Can you color the flag correctly below?

**1 – Red | 2 – Orange | 3 – Yellow | 4 – Green | 5 – Blue | 6 – Purple**  
**7 – Black | 8 – Brown | 9 – Light Blue | 10 – Pink | 11 – White**



## What colors of the flag mean<sup>1</sup>:

**Red** - Life

**Orange** - Healing

**Yellow** - New Ideas

**Green** - Prosperity

**Blue** - Serenity

**Purple** - Spirit

**Black / Brown** -  
People of Color (POC)

**White / Light Blue / Pink** -  
Trans Community



# Word Search

Since the start of 2022, more than 150 anti-LGBTQ bills<sup>2</sup> have been introduced at the state level across the U.S.—many which prevent the education of sexual identity and place a ban on books or content that include people within the LGBTQ community. Spectrum is sharing some of the books banned, so you can stay informed and get answers to your questions.

Try to find some of the titles below.<sup>3</sup>

**All Boys Aren't Blue**

**Call Me Max**

**Drama**

**Gender Queer**

**More Happy Than Not**

**This One Summer**

**When Aidan Became a Brother**

**Jack of Hearts (and Other Parts)**

**Lawn Boy**

**Melissa**

**I Am Jazz**

A F U G C D K Y C N R U E D Q A K Y O W S H Y A S  
G L J R R G O V L V Q D O O P S Y R C T L G N M  
M V L A H B O S N D O B X O K L F P P E R L P Q B  
Z O M B N S V Y D M N V N J X H E Z Z W A G L P N  
K A R W O Z B K E G O S M E L I S S A T P O Z R C  
B D A E V Y K B N Q W L F S Z A I D F P R R A L U  
L L J E H G S Y I W C V T K S O W A S W E S W X P  
U V T N D A X A C U N A U V B B L N U F H O B H Q  
Z T V R I O P Q R Y A Q E R H U C E Q N T T L B T  
B Z Z J L X U P S E B X H G V R A T F Z O S J I S  
V P A M H S B J Y F N F R C J F L H D P D X M I K  
G O Q J M H U Y I T U T D R M F L I Q R N B D H M  
C D G G M N N Y K J H N B Z V G M S X H A W H C K  
A W C C S A T H U Z C A H L O W E O G L S A P H H  
V P W X F Q I H T B O E N W U M M N D I T B R O J  
J T K Z H C F C G U O W W N B E A E R J R N W T Z  
G T X O J T O I F K Q F N Y O A X S R X A G G V M  
B M O F G H K T F F K O N M A T O U P B E K A W F  
E G L H J Z K M L U Q Z R X J D B M G A H J X P C  
J N C D R C X E D F Y S W E D L S M Q W F H P M Y  
O Y A L W D F O T O W U K F N S S E M Z O O O O G  
R E E U Q R E D N E G T H B J S G R N B K A H X J  
V C D A T B I F D P L H M F Z T Z E A S C K N G U  
G L R E H T O R B A E M A C E B N A D I A N E H W  
K O G W J Y X H T O H X J M M J P G X M J D W Q Y



# Where's Spectrum?

There is an expansive list of identities that make up the LGBTQ community. Viewing the LGBTQ community through an intersectional lens helps to better understand how an individual's unique identity plays a role in their experiences.

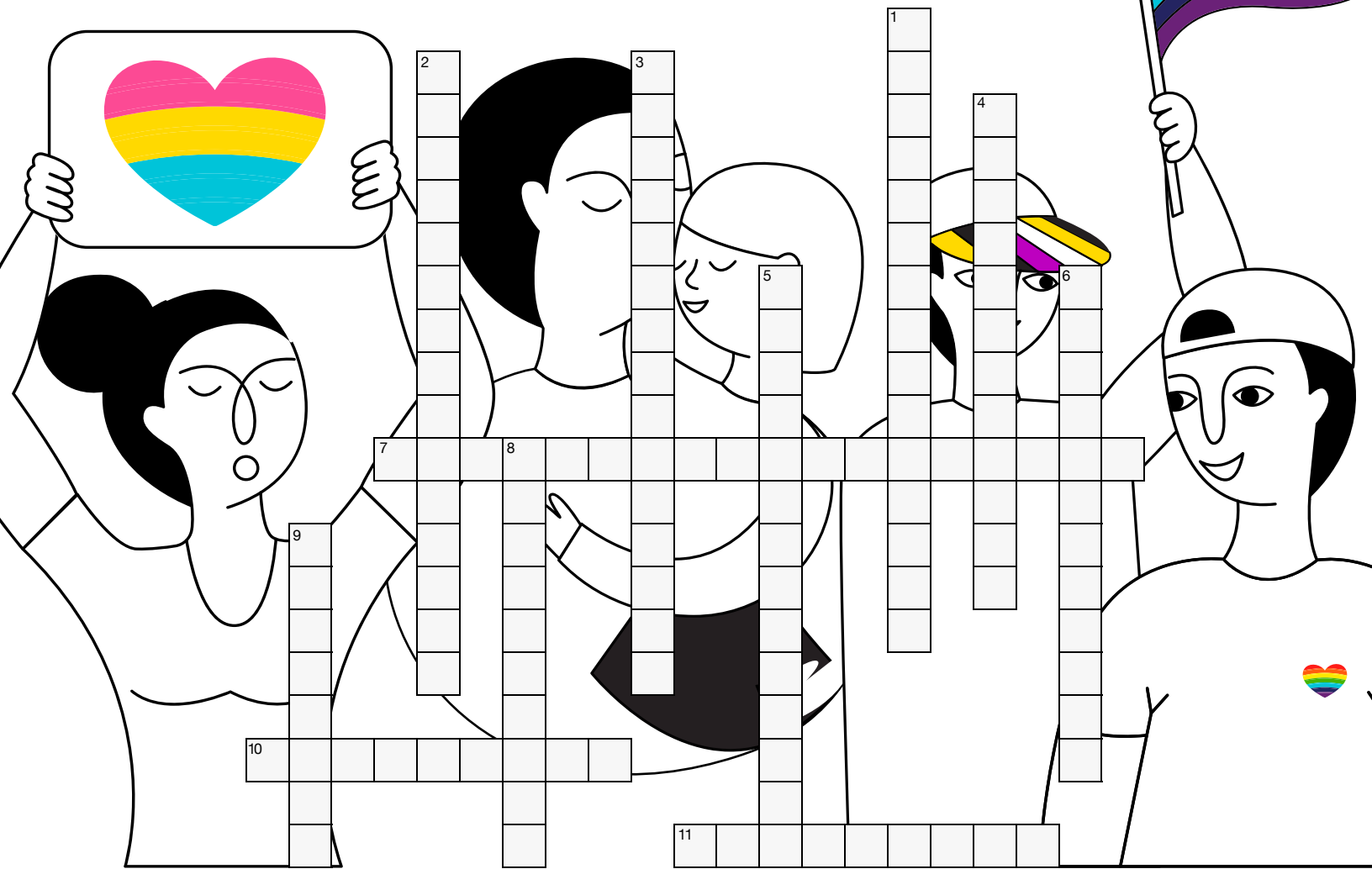
How many  can you spot in a crowd of people from different backgrounds?



# Crossword Puzzle

LGBTQ individuals have contributed to science and medicine since the beginning of time.

Can you name a few?<sup>4</sup>



## Down

1. Chemist who became an expert in porphyrins, which help form the red hemoglobin in blood.
2. First observed gravitational waves from the collision of 2 black holes, proving Einstein's theory of general relativity.
3. The father of the scientific method.
4. Scientist whose work contributed to a cure for the painful and deadly African sleeping sickness, trypanosomiasis.
5. HIV activist who studied the biology of HIV.
6. Scientist and activist who coined the term acquired immunodeficiency syndrome (AIDS) and helped prevent HIV transmission.
7. A public health activist and physician who improved preventative care for mothers and their children.
8. Developed a machine that was the basis for computer engineering.
9. Transgender physician who studied and treated tuberculosis.
10. The first American woman in space.
11. Transgender neuroscientist focusing on the role of glial cells.

Answers listed at the end of the book.

# Matching Game

LGBTQ youth have higher reported percentages of mental health conditions and discrimination than youth outside this demographic—and numbers are even higher for LGBTQ people of color.

See if you can match the stats with the facts.<sup>5</sup>

48%

Percentage of LGBTQ youth who reported **experiencing discrimination based on their sexual orientation or gender identity** at least once in their lifetime.

62%

Percentage of LGBTQ youth of color who reported **discrimination based on their race/ethnicity** in the past year.

70%

Percentage of LGBTQ youth who reported **wanting counseling from a mental health professional** but were unable to receive it in the past year.

75%

Percentage of LGBTQ youth who stated that their **mental health was “poor”** most of the time or always during COVID-19.

72%

Percentage of LGBTQ youth who reported **symptoms of major depressive disorder**.

50%

Percentage of LGBTQ youth who reported **symptoms of generalized anxiety disorder**.

## Here are just a few ways we can help LGBTQ youth:

- Affirming transgender and nonbinary youth by respecting their pronouns
- Allowing LGBTQ youth to change legal documents for gender identity
- Offering crisis lines and providing mental health resources for those who need it
- Providing teachers, medical professionals and counselors with the right tools and resources to communicate with LGBTQ youth



# Color the Pride Parade

We can all become allies for the LGBTQ community. Parades were started to honor those who fought for gay rights and for allies to show their support for this community.



# Additional Resources

States are limiting resources that educate children and young adults about sexual identity—**we're not.**

## MENTAL HEALTH

- **Mental Health Concerns:**  
<https://www.healthychildren.org/English/ages-stages/teen/dating-sex/Pages/Health-Concerns-for-Gay-and-Lesbian-Teens.aspx>
- **GLMA Health Professionals Advancing LGBTQ Equality:** <https://www.glma.org/>
- **The Trevor Project Resources:**  
<https://www.thetrevorproject.org/resources/article/resources-for-mental-health-support/>

## GET INVOLVED

- **Gay, Lesbian & Straight Education Network (GLSEN):** <https://www.glsen.org/>
- **Genders & Sexualities Alliances (GSAs) Network:** <https://gsanetwork.org/>
- **It Gets Better Project:** <https://itgetsbetter.org/>
- **The Trevor Project:** <https://www.thetrevorproject.org/>

## EDUCATION

- **APA's Just the Facts About Sexual Orientation and Youth:**  
<https://www.apa.org/pi/lgbt/resources/just-the-facts>
- **Gender-Diverse & Transgender Children:**  
<https://www.healthychildren.org/English/ages-stages/gradeschool/Pages/Gender-Diverse-Transgender-Children.aspx>
- **A Guide for Trans and Gender Nonconforming Students:**  
<https://www.aclu.org/other/know-your-rights-guide-trans-and-gender-nonconforming-students?redirect=know-your-rights-guide-trans-and-gender-nonconforming-students>
- **Know Your Rights:**  
<https://www.aclu.org/know-your-rights/students-rights#lgbtq-student-rights>

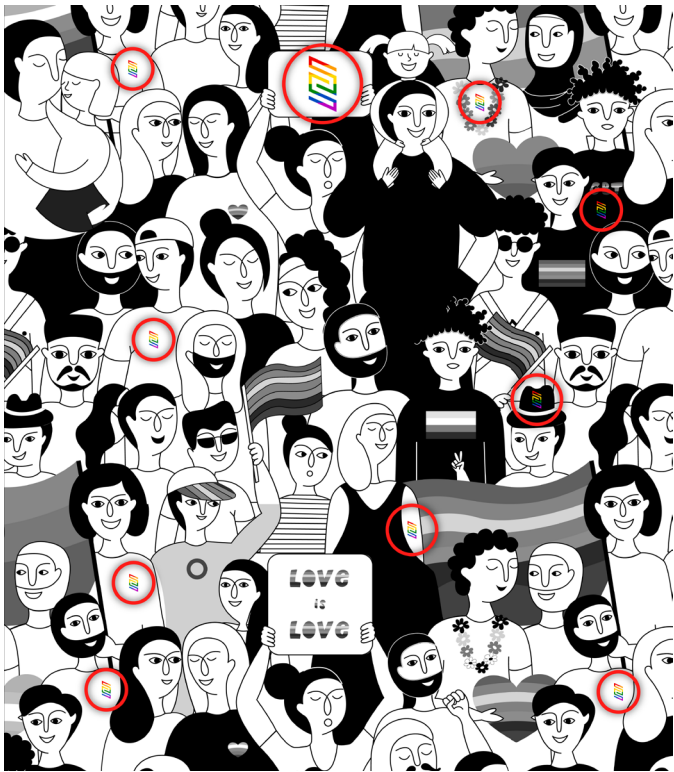
## SUPPORT SERVICES

- **Trevor Lifeline or TrevorText:** 1-866-488-7386 or text START to 678678
- **Q Chat Space:** [www.qchatspace.org](http://www.qchatspace.org)
- **Gender Spectrum Lounge:** [www.genderspectrum.org/lounge](http://www.genderspectrum.org/lounge)
- **National Runaway Safeline:** 1-800-RUNAWAY or [www.1800runaway.org](http://www.1800runaway.org)
- **Trans Lifeline Hotline:** 877-565-8860
- **LGBT National Help Center:** 800-246-7743

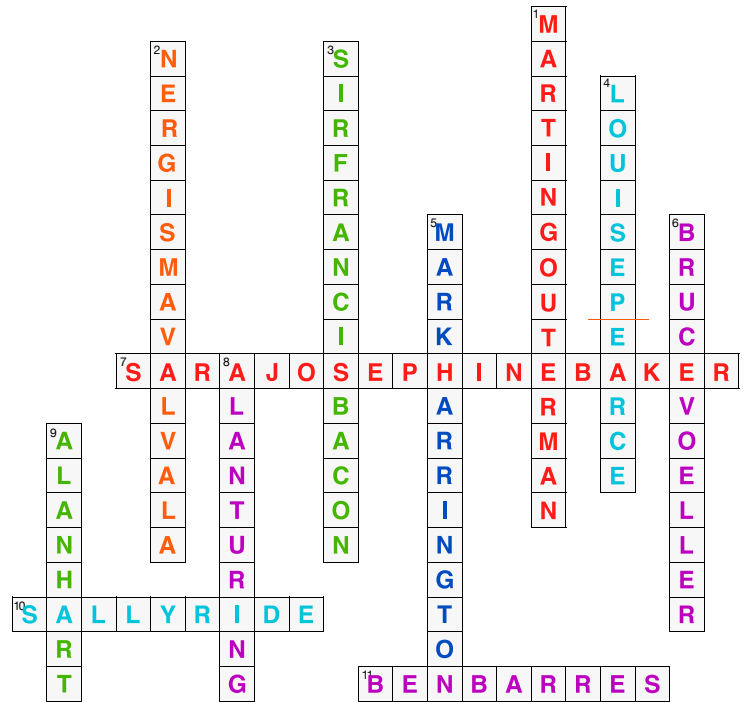


# Answer Key

## Where's Spectrum page 4



## Crossword puzzle page 5



## Matching Game page 6

<b>48%</b>		Percentage of LGBTQ youth who reported <b>experiencing discrimination based on their sexual orientation or gender identity</b> at least once in their lifetime.
<b>62%</b>		Percentage of LGBTQ youth of color who reported <b>discrimination based on their race/ethnicity</b> in the past year.
<b>70%</b>		Percentage of LGBTQ youth who reported <b>wanting counseling from a mental health professional</b> but were unable to receive it in the past year.
<b>75%</b>		Percentage of LGBTQ youth who stated that their <b>mental health was "poor"</b> most of the time or always during COVID-19.
<b>72%</b>		Percentage of LGBTQ youth who reported <b>symptoms of major depressive disorder</b> .
<b>50%</b>		Percentage of LGBTQ youth who reported <b>symptoms of generalized anxiety disorder</b> .

### Sources

1. Resnick A. What do the colors of the new pride flag mean? Very Well Mind. Published June 21, 2021. <https://www.verywellmind.com/what-the-colors-of-the-new-pride-flag-mean-5189173>
2. Rhoden G. Florida isn't the only state pushing legislation that could be harmful to LGBTQ students. CNN. Published March 22, 2022. <https://www.cnn.com/2022/03/10/us/states-anti-lgbtq-legislation-florida/index.html>
3. Masters J. 18 LGBTQ+ books that are banned in schools in 2022. Advocate. <https://www.advocate.com/books/2022/2/03/18-lgbtq-books-are-banned-schools-2022>
4. Top 5 historical LGBT contributors to medicine. Touchcare. Published June 1, 2021. <https://www.touchcare.com/lgbt-in-medicine/>; 6 important LGBTQ scientists who left a mark on STEM Fields. Orlando Science Center. Published June 20, 2020. <https://www.osc.org/important-lgbtq-scientists-who-left-a-mark-on-stem-fields/>
5. National Survey on LGBTQ Youth Mental Health 2021. The Trevor Project. 2021. <https://www.thetrevorproject.org/survey-2021/>