



If you're familiar with my brother Tyler's story and with the focus of the Tyler Clementi Foundation, you probably have a clear sense of our mission to end online and offline bullying. It might feel confusing though when we talk specifically about LGBTQ identities and focus on that as a major point of bullying. Of course people are bullied for many different reasons, not only for sexuality and gender identity/presentation. And we also have to acknowledge that bullying as a power dynamic plays out in people's lives in all different sorts of ways. The reason why we focus so much on the LGBTQ experience is because queer people are a vulnerable and marginalized group. The hateful and discriminatory messaging that impacts us is constantly changing yet steadfast from generation to generation, and is a form of abusive power that constitutes bullying. In 2022 we are seeing negative signs about the future of LGBTQ people in America that are maddening and frightening to consider. Even if you're not a member of this community, having empathy for those of us who are would make it a worrying time - with increasingly hateful laws targeting trans people, trans children and queer families. If you are an ally to the LGBTQ community, we need you now more than ever. Speak up for us, for our humanity and our right to equality under the law. Bystander intervention is one of the most important ways that bullies are influenced positively.



James Clementi, MHC-LP is a graduate from Teacher's College at Columbia University. He is a licensed Mental Health provider in New York State.

"I am excited to bring my perspective as a mental health counselor to address different ways that we can all practice continuing to improve our mental health."

**Help us END**  
**bullying today!**

There is strength in numbers and by showing that queer people are not merely an easily-targeted minority group, but rather integral to families, communities, and the fabric of our society. When those who would strip away our humanity and protections see how unpopular that makes them, how dangerous coming after us is for their grasp on power, then they will understand and back down. Our light and love is valuable, worthy and sacred. Although we have not always been granted the grace to be safe and comfortable being ourselves, we have fought to be ourselves and we are not going to stand by and let that get taken away. If you feel alone right now, I hope you are able to take a moment today and recognize how much love is surrounding you. You matter and you are cared for. Find ways to reach out to the support and love you have around you and rely on that to lift you through difficult times. Take a step towards starting therapy if you're not already trying it. That can be a great resource for overcoming emotional barriers and discovering new depths of strength and support. And for a list of resources, check out the [Tyler Clementi Foundation's website here.](#)

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The Tyler Clementi Foundation is a 501(c)(3) non-profit organization whose mission is to end online and offline bullying in schools, workplaces, and faith communities.



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