





future is already unfolding. shaped by the passion, resilience, and spirit of our 2SLGBTQIA+ communities. It's about recognizing that the work we do today, the connections we make, the stories we share. and the spaces we create are the foundation of a thriving, inclusive tomorrow.

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HISTORY, AND KEEP BUILDING TOWARD A MURE INGLUSIVE ENTURE

**QMUNITY** is a non-profit organization based in Vancouver, BC that works to improve queer, trans, and Two-Spirit lives. We provide a safer space for 2SLGBTQIA+ people and their allies to fully self-express while feeling welcome and included.

We acknowledge that our office and locations in which work are on the occupied unceded ancestral territories of x<sup>w</sup>məθkwəyəm (Musqueam), Skwxwú7mesh (Squamish), and səlilwətał (Tsleil-Waututh) Nations.

# PRIDE SALETY 101

### **Plan Ahead**

Take care of yourself and others by planning ahead and checking in with your friends.

## Buddy System

Go with a friend or group you trust, if possible. Share your plans and location with a close friend, chosen kin, or family member.

Remember to check in with them if your plans or location change.



# 3 Emergency Contacts

Save local emergency numbers, event security, and a trusted friend's number in your phone and on a piece of paper in case your phone dies.

### A Pack Light Pack Right

Bring a small backpack or purse to carry essential items such as a water bottle, snacks, sunscreen, a portable phone charger, government ID, cash, and any personal care items (e.g., medications, mobility aids, earplugs, etc.).

#### **Be Aware**

Plan your route by checking maps to find entrances, exits, first aid stations, safe spaces, and accessible routes.

# Stan Hydrated & Take Break<sup>S</sup>

## PRONOUNS

SHEITHEY

ZE/HIR

how to be a trans ally

HE/SHE/THEY

Introduce yourself using your pronouns

ANY PRONOUNS

TMEX/ME

Hi, I'm

\_, and I use

bronouns

Introducing yourself with your pronouns normalizes sharing them for everyone. It can also signal allyship to other 2SLGBTQIA+ folks.

If you make a mistake: Move on

No need to over-apologize, just acknowledge, correct, and continue.

Use Gender-Neutral Language

Terms like "folks" or "everyone" help create an

What does a queer future look like to YOU?



Greater Vancouver / Lower Mainland

Find QMUNITY at any pride with a \(\rightarrow\) next to it

### INDIGENOUS TERRITORIES:

KATZIE MUSQUEAM STÓ:LŌ

MLAKA PAMSX SEMIAHMOO QAYQAYT

TSLEIL-WASTITH

SOMANISH

TSAWWASSEN

LEQ'Á:NEL



KWANTLEN

Attending other pride activities? Record them here:

Prides in this area:

- Vancouver Pride, Trans March & Dyke March ()
- 2. Burnaby Pride & Tri Cities Pride ()
- 3. White Rock Pride, Surrey Dyke March & Surreve Rice
- 4. Chilliwack Pride ()
- 5. Maple Ridge Pride & Fraser Valley Pride 🔘
- 6. Squamish Pride ()
- 7. Whistler Pride
- 8. Hope Pride





4. Dawson Creek Pride

5. Smithers Pride

6. North Peace Pride

7. Ouesnel Pride

8. Williams Lake Pride

9.100 Mile House Pride 🔿

WET'S! WET'EN

TSILHQOT'IN

DAKELH

HAISLA KASKA DENA

GITKSAN

MISGA'A

SEKANI

### Okanasan / Kootenau

- 9. Cranbrook Pride ()
- 10. Creston Pride
- 11. Trail Pride
- 12. Kelowna Pride ()
- 13. Vernon Pride 🔾

- 14. Penticton Pride
- 15. Lilooet Pride
- 16. Armstrong Pride ()
- 17. SOS Pride 🔾



SYILK SEGWÉPENG

NLAKA'PANISK KTINAKA

LHEIDLI T'ENNEH

ST'AT'ING

15

UBUPUBU

What's your favourite thing about Pride Season?