



*Over the  
↙ ↗ now:*

**LGBTQ+ 101**

Rae Mape & Rei Baldrige

***HELLO!***



# 01. *School/Work Life*

# 02. *Personal Life*

Places to go  
Mental Health  
General Resources  
Events

# 03. *Q&A*

Ask your Queer senpais!!

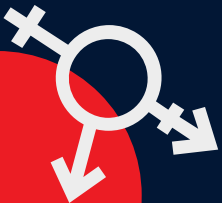




# **01** *School/Work Life*

# ● *School/Work Life*

- **Coming Out**
  - Do what you think is best for you and what makes you feel comfortable
- **Keep an Open Mind**
  - Find allies in unexpected people/places
- **Pride Board**
  - Raising awareness
- **Incorporating in Lessons**





# **02**

***Personal  
Life***

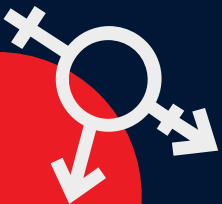
# Personal Life

- Finding a community, finding your people
  - Within LGBTQ community and allies too!
    - JET community or apps
    - Going to queer- inclusive places



# General Resources

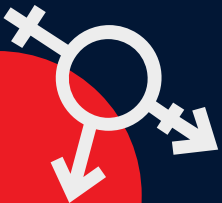
- **Stonewall J apan**
  - **Website:** <https://stonewalljapan.org>
  - **Stonewall J apan FB:**  
<https://www.facebook.com/groups/stonewalljapan>
  - **Stonewall Kyushu FB:**  
<https://facebook.com/groups/545208139011699/>
- **Kumaniji (J apanese)**
  - **Facebook:**  
<https://www.facebook.com/kumanijiLGBTQs/>





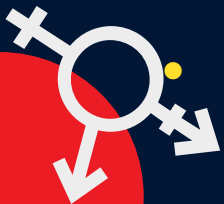
# Events

- **Kyushu Rainbow Pride**
  - Usually in Fukuoka in November; more recently held online
  - Website: <https://9rp.biz/>
  - Twitter: <https://twitter.com/qrainbowpride>
- **Kumamoto Pride Parade**
  - Has happened in the past every other year, but hasn't been held since 2018 due to COVID



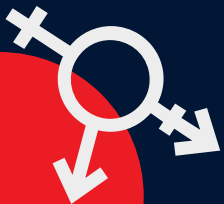
# HIV Testing

- Free and anonymous testing available through government-run health centers
- Cities: Kumamoto, Ariake, Yamaga, Kikuchi, Aso, Mifune, Uki, Yatsushiro, Minamata, Hitoyoshi, Amakusa
- Appointments are made mainly over the phone (sometimes email is accepted)
- Some other testing is available depending on the location (syphilis, chlamydia, hepatitis B and C)
- Kumamoto City Website:  
[https://www.city.kumamoto.jp/hpkiji/pub/detail.aspx?c\\_id=5&id=3355](https://www.city.kumamoto.jp/hpkiji/pub/detail.aspx?c_id=5&id=3355)
- Kumamoto Prefecture Website:  
<https://www.pref.kumamoto.jp/soshiki/30/51343.html>
- More info: <https://www.kumamotojet.com/reiwa/living-in-kumamoto/health/sexual-health/>



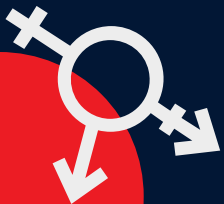
# LGBTQ Spaces

- からふるペース
  - Sponsored by the Kumamoto YWCA (usually hosted on the second floor of their building)
  - Every fourth Saturday 1-5pm
  - For ages 30 and under
  - Email [kumamoto.ywca@gmail.com](mailto:kumamoto.ywca@gmail.com) beforehand with the name you want to be called and any accommodations or considerations you may need
  - Website (Japanese): [here](#)
  - Twitter: <https://twitter.com/kumalgbtqsafe?s=21>

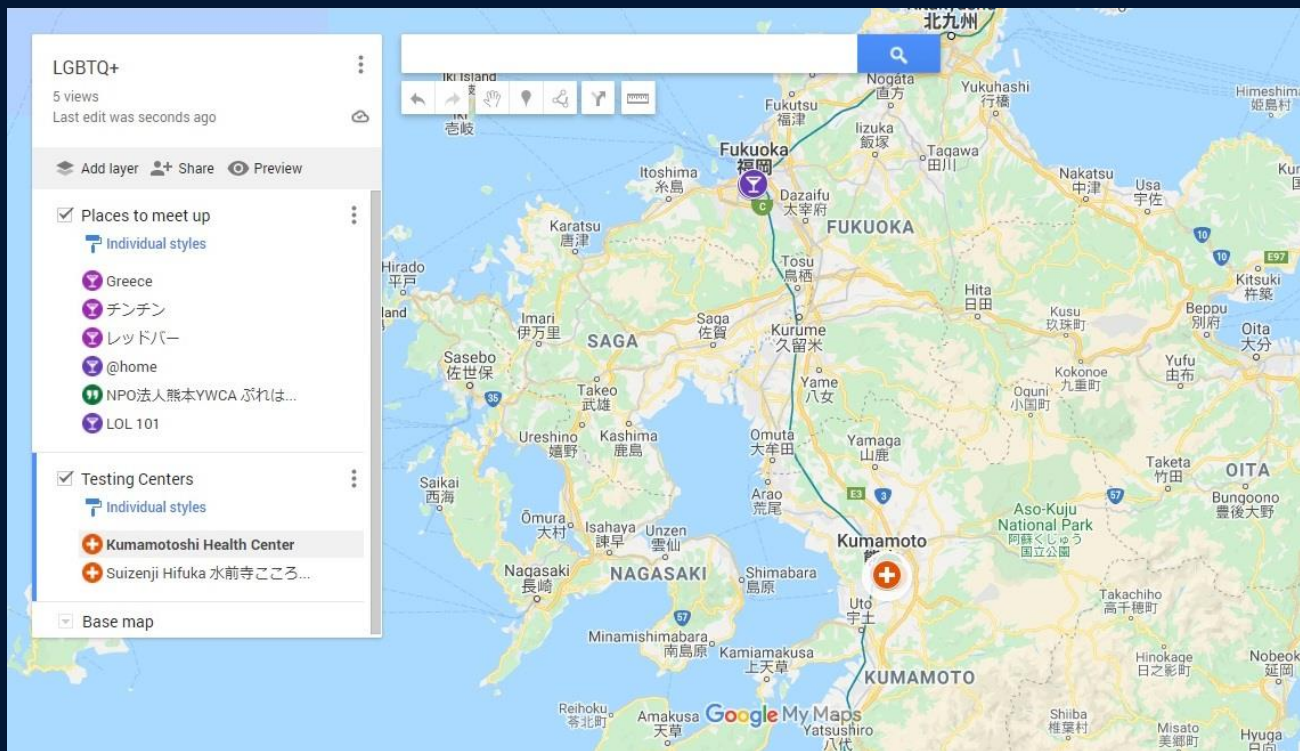


# LGBTQ Spaces

- Greece グリース (Kumamoto City, gay bar, men only)
  - Twitter: <https://twitter.com/t96m2vsrmxt8y38>
- Chin Chin チン☆チン (Kumamoto City, gay bar, women ok)
  - Website: <http://chinchinchin.com/index.php>
- Red Bar (Kumamoto City, mix bar)
  - Website: <https://red-bar.net>
  - Instagram: <https://www.instagram.com/yoshikatsuikeda/>
- @home (Fukuoka City, lesbian bar)
  - Website: <https://love.ap.teacup.com/at home kh/>
  - Twitter: <https://twitter.com/at home2004>
- LOL101 (Fukuoka City, lesbian bar, women only)
  - Website: <http://www.barlol101.jp/>
  - Twitter: <https://twitter.com/barlol101>



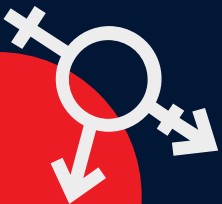
# Where to go?



[https://www.google.com/maps/d/u/0/edit?mid=1sIVD4Cpf2JU3dgzAtD3Tj8kQEuLr\\_EV2&usp=sharing](https://www.google.com/maps/d/u/0/edit?mid=1sIVD4Cpf2JU3dgzAtD3Tj8kQEuLr_EV2&usp=sharing)

# ***Mental Health***

- **JET Online Counselling and Toll-free Phone Service**
  - **Web Mail or Skype**
    - **Available twice a month**
    - **No reservation needed**
- **JET Mental Health Counselling Assistance Programme**
  - **CLAIR Subsidized Counseling**
    - **50%, up to ¥30,000 per year**
    - **Mental health professionals either in Japan or abroad**
    - **Coverage period: April 1st, 2021 to March 31st, 2022**
- **For more info: please ask your CO**





**03**

**Q&A**

Ask your queer senpais!

# ***THANKS!***

Do you have any questions?

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