

JUNE 2021

# KRISTINA'S KORNER

*ABI Student Ambassador*

## Resources:

- [STONEWALL RIOTS: THE BEGINNING OF A MOVEMENT](#)
- [TREVOR PROJECT](#)
- [HUMAN RIGHTS CAMPAIGN](#)
- [RAINBOW PRIDE YOUTH ALLIANCE](#)



## You Are Worthy.

We have all heard the cliché that “self-love and self-acceptance begin with you.” While this is true, it is not that simple. Self-acceptance is the need to accept ourselves and recognize that our past does not mark our future. There are a plethora of definitions and reasons to understand the need of knowing our worth, but none of it compares to the stories that we have each experienced. These stories that we call life. We must recognize the past, present, and move forward in the future, that history-makers have led.

As we end the month of June, also recognized as Pride month, understand that pride is accepted year-round. Intersectionalities and history play a large role in our lives. As we learn, we advocate for ourselves, but we need your support. The 1969 Stonewall Riots are regarded as one of the most significant protests fighting for the advancement of equal rights. This is more than a month, it is more than a moment, it is more than a phase. Be an ally and show your pride. Advocate for marginalized communities, accept diverse identities, and attend LGBTQ+ community celebrations. Take the first step and be the one to show your support.

**Accept yourself, accept others, and recognize that you are worthy.**

*- Kristina Lopez, ABI Student Ambassador, Ramona High School Student, S.U.P.E.R. Peer Counselor, American Foundation for Suicide Prevention Field Advocate*

