



**PROUD  
AMBASSADORS**



Co-funded by  
the European Union

## NEWSLETTER NO.2

Support of the Inclusion and Reporting of LGBTQIA+ Youth and their Mental Well-being in Europe

2024-1-SE02-KA220-YOU-000250648

**FIND OUT ABOUT OUR LATEST UPDATES  
AND OPPORTUNITIES FOR PARTICIPATION**

**sensus**

**THE Cube**  
Entrepreneurship  
Support & Education

**pal network**  
Fighting discrimination and anti-Gypsyism

**LEGEBITRA**

Reggio Emilia  
città  
delle persone  
COMUNE DI  
REGGIO NELL'EMILIA

### ABOUT US

The **Proud Ambassadors** project, entitled *Support of the Inclusion and Reporting of LGBTQIA+ Youth and their Mental Well-being in Europe* (2024-1-SE02-KA220-YOU-000250648) aims at supporting the social inclusion of LGBTQIA+ youngsters by addressing the issue of their mental well-being, which is reported to be negatively impacted and deficiently reported due to the discrimination they continuously face against their Sexual Orientation, Gender Identity, Gender Expression and/or Sex Characteristics (SOGIESC).

### ★ OUR JOURNEY CONTINUES

The Proud Ambassadors project is moving forward with strong momentum. Following the successful launch phase, we are excited to share key updates on our recent activities, the completion of our training curriculum, and the upcoming learning opportunities for the 1st Generation of Proud Ambassadors.

### FIND US



### 📌 Proud Ambassadors Training of Trainers – Successfully Completed

We are proud to announce the successful implementation of the Proud Ambassadors Training of Trainers, in November 2025, at Ljubljana, Slovenia, hosted by our partners from **Legebitra**; a milestone activity that marked a crucial step in the development of the project.

The intensive training brought together trainers from partner organizations, creating a collaborative and safe learning space where the newly developed curriculum was tested, discussed, and enriched through hands-on practice and expert feedback.

Through this process, we:

- strengthened the pedagogical and methodological approach of the curriculum,
- ensured alignment across partners,
- and built a strong foundation for the upcoming training of the 1st Generation of Proud Ambassadors.

This training confirmed the project's commitment to quality, inclusion, and real-life applicability in supporting LGBTQIA+ youth mental well-being.





## Training Webinars for the 1st Generation of Proud Ambassadors

The project now enters an exciting new phase with the launch of the Training Webinars for the 1st Generation of Proud Ambassadors.


The webinar series consists of 8 interactive online sessions, fully based on the Proud Ambassadors Training Curriculum. The webinars aim to:

- equip participants with practical skills and tools,
- strengthen confidence in addressing LGBTQIA+ youth mental health,
- and build a transnational community of trained and connected Proud Ambassadors.


### Who can participate?

Youth aged 18–30, including:

- youth workers
- psychologists
- LGBTQIA+ activists
- professionals in youth mental health
- supporters of disadvantaged young people


 Full participation in all 8 webinars is required in order to be certified as a Proud Ambassador.

## Open Call – Join the 1st Generation of Proud Ambassadors

 Registrations for the Proud Ambassadors Training Webinars are opening soon!


If you want to:

- gain specialized knowledge on LGBTQIA+ youth mental well-being,
- become part of the 1st Generation of Proud Ambassadors,
- and contribute to safer, more inclusive environments across Europe,

 **Apply either through the registration forms published by the partners or by directly contacting one of the partner organizations.**

 Online | Microsoft Teams

 Certification upon completion of all sessions

 Partner organizations contacts: **[AVAILABLE HERE!](#)**

Stay tuned for dates, agenda, and further details – exciting learning opportunities are just around the corner!

## Proud Ambassadors Training Curriculum – Ready for Publication

The Proud Ambassadors Training Curriculum has now been fully developed and finalized.

Very soon, we will officially publish the **Proud Ambassadors Training Package**, which will include:

- the **Youth Training Handbook**, and
- the **Trainers Manual**.

The curriculum consists of 8 thematic modules, each addressing a critical area for fostering inclusion, empowerment, and mental well-being among LGBTQIA+ young people:

1. **Understanding LGBTQIA+ Identities and Terminology**
2. **Identifying and Supporting Experiences of Non-Acceptance in LGBTQIA+ Youth**
3. **Mental Health: Assessment and Resilience-Building Techniques**
4. **Inclusive Communication and Anti-Bias Language Skills**
5. **Creating Inclusive and LGBTQIA+ Friendly Workplaces**
6. **Legal Frameworks and Rights of LGBTQIA+ Youth**
7. **Creating Safe and Inclusive Spaces for LGBTQIA+ Youth**
8. **Practical Tools and Innovative Training Techniques for Supporting LGBTQIA+ Youth**

This training package is designed to be practical, user-centred, and adaptable, empowering youth workers and professionals across Europe.

