



Promoting Resilient Youth with Strong Hearts & Minds

Caregiver/Parent Information

Thank you for your interest in the PRYSHM Project (Promoting Resilient Youth with Strong Hearts and Minds Project). The PRYSHM Project seeks to develop and evaluate an online program for LGBTQIA2S+ teens, ages 15 to 18. The program aims to help LGBTQIA2S+ teens feel acceptance and pride in their LGBTQIA2S+ identities, and to empower them to make healthy decisions consistent with their personal values, hopes and goals for the future.

The nine-session PRYSHM program is facilitated online via Zoom by highly trained LGBTQIA2S+ adults (many of whom are mental health professionals) in groups of about 10 LGBTQIA2S+ teens. The program features discussions, resources, videos, games and other engaging and interactive activities. As part of this project, participants will provide feedback through surveys to identify how the program is working — and how to improve it.

The project is funded by the National Institutes of Health. The Principal Investigator of the project is Dr. Katie Edwards (Associate Professor, University of Nebraska–Lincoln). You can learn more about Dr. Edwards' work here: go.unl.edu/ivrl.

Below are some helpful resources on supporting your LGBTQIA2S+ teen that you might find helpful:

www.cdc.gov/lgbthealth/youth-resources.htm

familyproject.sfsu.edu/resources

