



## Everyday Heroism

It is easy to think that only people with superpowers can help make the world a better place, but the small acts of kindness done by ordinary people are what change the world.

What sorts of things can we do to improve our community that don't require us to have superpowers? Here is some inspiration about a regular, real-life person who did extraordinary things:

When Ose Arheghan came out as queer in 8<sup>th</sup> grade in their school in Ohio, they faced a lot of microaggressions and discrimination. For example, some students were not using the correct gender pronouns for Ose, while others stated that their parents did not allow them to be friends with Ose because they had a girlfriend.

Ose's experience motivated them to make changes in the way that the LGBTQIA+ youth are treated. As a result of their own experience, Ose later ran their high school's cultural proficiency subcommittee to change their school's discrimination policies. In addition, Ose also published numerous stories in their school's newspapers to allow LGBTQIA students' voices to be heard. Now, as a college student, Ose plans to not only being an advocate for LGBTQIA+ rights, but also to be involved in making legislations that specifically protect those rights.

You can read more about Ose's story here: <https://www.nbcnews.com/feature/nbc-out/pride30-teen-advocate-ose-arheghan-fiercely-defends-lgbtq-youth-n877861>

Ose is an example of an actual everyday superhero. Like Batman or Batwoman, Ose might not have superpowers in a traditional sense, but they were able to use their sense of kindness to help the youth in their community.

How about you? Have you ever wanted to be a Superhero? To be the real-life version of Batwoman, Wonder Woman, or Valkyrie? Well, here's your chance.

Batwoman does not have any superpowers in a traditional sense. She can't fly. She doesn't have super-strength or any other abilities. But she uses her natural talents to help people.

Although Wonder Woman and Valkyrie both have superpowers, what really makes them amazing superheroes is their dedication to helping people.

Just like these superheroes, real life everyday superheroes use the skills that they have to help others.

Some examples of every day heroic actions include:

- Sending kind and supportive messages to people who are being bullied
- Helping someone with work, homework, or chores
- Checking on a someone who might be going through a hard time
- Volunteering for the Trevor Project Hotline (a crisis text hotline, specifically for LGBTQIA youth). You can learn more about the Trevor Project here: <https://www.thetrevorproject.org>

The more involved we are in helping others, the more we can be an advocate, and the more we can make a difference in our community. By helping others, we are adding to making a change in other people's lives, we are promoting hope, and the more we stand against homophobia and prejudice. Every step counts. Every action makes a difference. You make a difference. So, from the bottom of our hearts, thank you for being wonderful.