

PFLAG is creating a caring, just, and affirming world for LGBTQ+ people and those who love them.

PFLAG
BUFFALO/NIAGARA

P.O. Box 617 Buffalo 14207
www.pflagbuffalo.org
Helpline 716.883.0384

March 2026



We have increased the funds given in our scholarship awards. Starting this June, we now offer three awards of \$1000.00 each. Graduating seniors from local high schools are eligible.

The application is now available at

www.pflagbuffalo.org.

A graphic announcement for a March Sharing Meeting. It features the PFLAG Buffalo/Niagara logo, a megaphone icon, and a map of the Buffalo/Niagara area with a heart. The text reads: "MARCH SHARING MEETING Sunday, March 15th 1:00-2:00 We will meet via Zoom. Please call the Helpline at 716-883-0384 if you need the meeting codes." The background has a faint, repeating pattern of the word "LOVE" in various colors.

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MARCH SHARING MEETING
Sunday, March 15th
1:00-2:00

We will meet via Zoom. Please call the Helpline at 716-883-0384 if you need the meeting codes.

Happy March and Happy St. Pat's to our newsletter family!



“Everything about us, about you, is a revolution: existing, just being together, being seen. Even in the smallest ‘I love your hair’ or ‘That pin/button/patch is so cool’ moments; so keep doing that: exist, see each other, pick up all the joy you can find.”

Wulf Roby (they/them)



PFLAG Buffalo/Niagara



GENDER AFFIRMING CARE IS SOMETHING WE ALL CAN GIVE

By Jessica Hawk

www.pflag.org

I was a teacher for over 30 years and I advised our school's Gay Straight Alliance for 20 of them. I taught trans kids and I watched how even the smallest affirming actions could make a huge difference. And here's what a lot of people get wrong. Gender-affirming care isn't just about medical stuff. It's about creating spaces where kids feel safe being themselves. Something as simple as using the name and pronoun a student asks for is gender-affirming care. It builds trust. It protects mental health. It literally saves lives.

When trans youth are affirmed socially, emotionally, or mentally, their mental health outcomes are dramatically better. That's not politics, that's research. The 2022 National Survey on LGBTQ youth mental health found that trans and non-binary youth who receive gender-affirming care, including support for their pronouns, names, and identities, are 60% less likely to experience depression and 73% less likely to experience suicidal thoughts. That's a huge difference in mental health just from being affirmed. If you're a teacher, a parent, or really any trusted adult, this matters more than you know. We don't have to be perfect, but we do have to try for all of our students.

Please visit www.pflag.org for more articles like this.



THANK YOU FOR READING OUR NEWSLETTER!

WE APPRECIATE YOUR INTEREST.