



**HOW SURVIVING THE AIDS EPIDEMIC  
CAN HELP OUR COMMUNITIES  
SURVIVE COVID-19**

**THIS ZINE IS A PRODUCT OF THE  
RESEARCH PROJECT:**

**WE HAVE SURVIVED BEFORE: AN  
INTERGENERATIONAL, YOUTH-LED,  
MENTAL HEALTH INTERVENTION FOR  
LGBTQ+ YOUTH**

**WE THANK THE ELDERS FOR THEIR  
STORIES AND KNOWLEDGE OF OUR  
HISTORY**

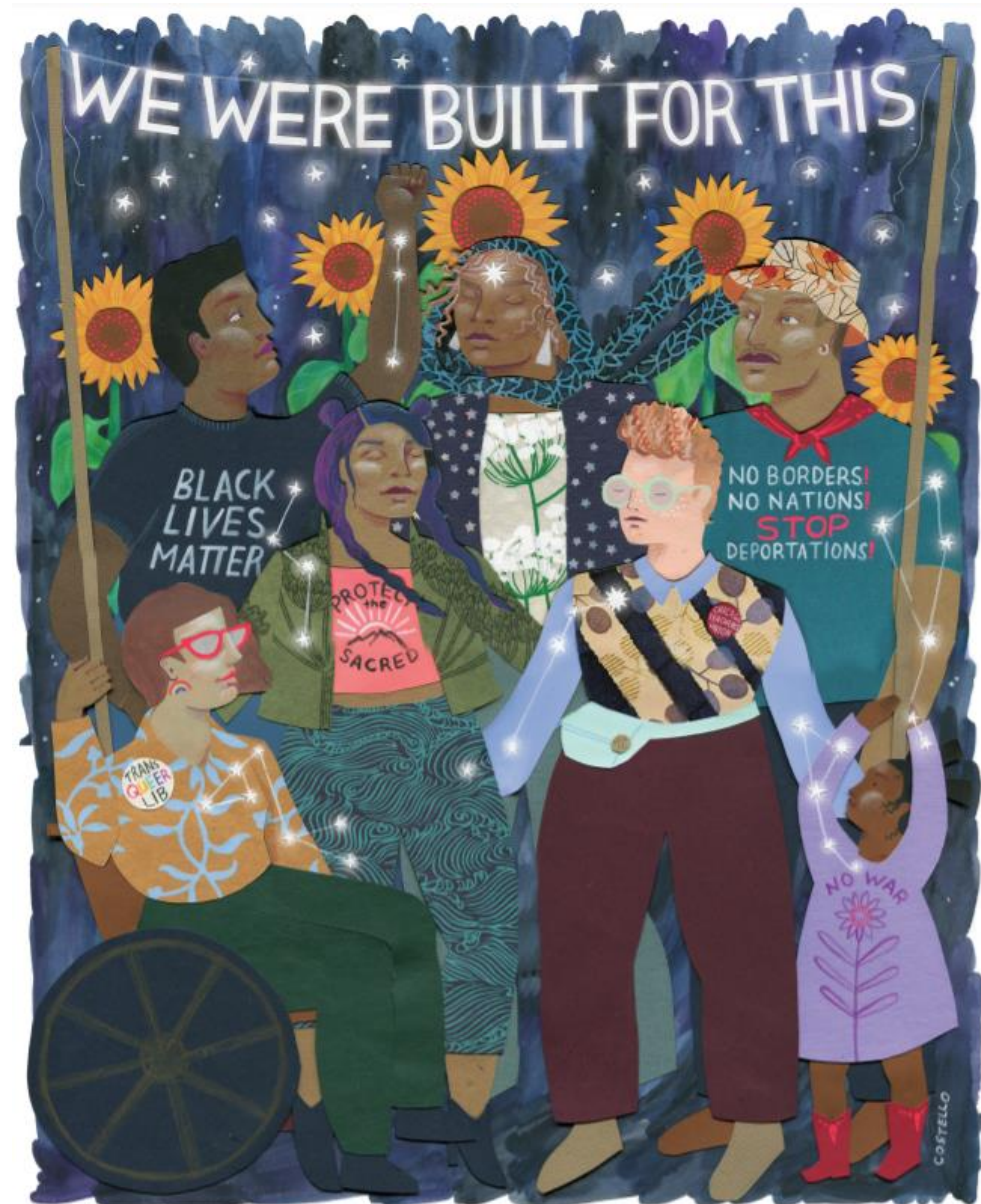
**WE THANK THE YOUTH FOR THEIR  
STORIES AND KNOWLEDGE AROUND  
CURRENT ISSUES FACING OUR  
COMMUNITIES**

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**AIDS HISTORY AS DESCRIBED BY  
THE ELDERS: 1980-1990 AND  
BEYOND**

**BEGAN WITH DISCRIMINATORY  
LABELS LIKE 'THE GAY PLAGUE' OR  
'GAY CANCER'**

**AT THIS TIME GAY SEX WAS  
ILLEGAL AND THE RISE OF HIV AND  
AIDS WAS SEEN AS 'GOD'S PLAN TO  
CLEAN THE WORLD'**

**THE RISE OF HIV AND AIDS LEAD TO  
INCREASED DISCRIMINATION AND  
ATTACKS ON GAY PEOPLE WHO  
WERE ALREADY UNDER ATTACK BY  
THE GOVERNMENT AND THE  
GENERAL SOCIETY.**

**AIDS IMPACTED MORE FOLKS THAN  
JUST GAY MEN. AIDS IMPACTED  
BISEXUAL COMMUNITIES, SEX  
WORKERS, THOSE WHO USED  
DRUGS AND THOSE WHO NEEDED  
BLOOD TRANSFUSIONS.**

**DUE TO A LACK OF KNOWLEDGE  
AND RESOURCES BY THE FEDERAL  
AND PROVINCIAL GOVERNMENTS  
QUEER COMMUNITY MEMBERS HAD  
TO TAKE CARE OF THEMSELVES.**

**AIDS PUSHED FEMINIST AND GAY  
RIGHTS ACTIVISM IN A NEW  
DIRECTION AND WITH A NEW  
SENSE OF FORCE, URGENCY AND  
ANGER.**



**ALTHOUGH THE AIDS EPIDEMIC AND THE COVID-19 PANDEMIC HAVE DIFFERENT HISTORIES AND IMPACTS, WE BELIEVE THAT PARALLELS CAN BE DRAWN BETWEEN THE TWO.**

**ELDERS AND YOUTH WHO SHARED THEIR STORIES AND THEIR KNOWLEDGE SHOWED US HOW THIS IS TRUE.**

**THE FOLLOWING PAGES WILL FEATURE TIPS AND QUOTES FROM ELDERS AND YOUTH IN OUR COMMUNITY.**

**MUTUAL AID HAS ALWAYS BEEN AN IMPORTANT PART OF HELPING EACH OTHER SURVIVE.**



**MOON SHARED THAT COMPILING RESOURCES, SKILLS AND FINANCES HELPED TAKE CARE OF THOSE WHO HAD AIDS. THIS INCLUDED PUTTING CALLS OUT FOR PEOPLE TO VOLUNTEER IN SHIFTS TO NURSE, BRING OR MAKE FOOD, CLEAN AND KEEP FOLKS COMPANY.**

**THESE PRACTICES HAVE CARRIED ON AND CONTINUE TO BE USED DURING COVID-19 TO TAKE CARE OF THOSE WHO ARE MOST VULNERABLE IN OUR COMMUNITIES.**



**RICK EMPHASIZED THE IMPORTANCE OF COUNTING AND CELEBRATING SMALL MILESTONES. TAKING THINGS ONE DAY AT A TIME CAN ALLOW US TO APPRECIATE SMALL VICTORIES AND CAN GIVE US A SENSE OF HOPE AND GRATITUDE. IT IS IMPORTANT TO BE PROUD OF YOUR ACCOMPLISHMENTS NO MATTER HOW SMALL.**



**WHAT ARE THREE MILESTONES OR ACCOMPLISHMENTS YOU CAN CELEBRATE THIS WEEK?**

**1.**

**2.**

**3.**

**BRAD EXPLAINED HOW PERSONAL OR COMMUNITY RITUALS WERE HELPFUL TO REMEMBER THOSE HE HAD LOST TO AIDS. HE SHARED THAT HIS CIRCLE OF FRIENDS GATHERED TO LIGHT A FIRE AND BURN AN ADDRESS BOOK TO COMMEMORATE THOSE WHO HAD PASSED AND TO BOND OVER THEIR SHARED GRIEF. THE ACT OF BURNING THIS ADDRESS BOOK WAS A WAY OF LETTING GO.**



**COMMUNITIES RITUALS HAVE ALWAYS BEEN PRACTICED IN OUR COMMUNITY ESPECIALLY WITH TRANS DAY OF REMEMBRANCE AND HOLDING VIGILS.**

**THE YOUTH SHARED THAT COVID HAS ALLOWED THEM TIME AND SPACE TO REFLECT AND TO GRIEVE THEIR PAST SELVES BY COMING INTO THEIR SEXUALITIES AND GENDER IDENTITIES.**

**DO YOU HAVE PERSONAL OR  
COMMUNITY RITUALS/PRACTICES  
THAT YOU HAVE DONE TO GRIEVE  
THROUGH COVID?**

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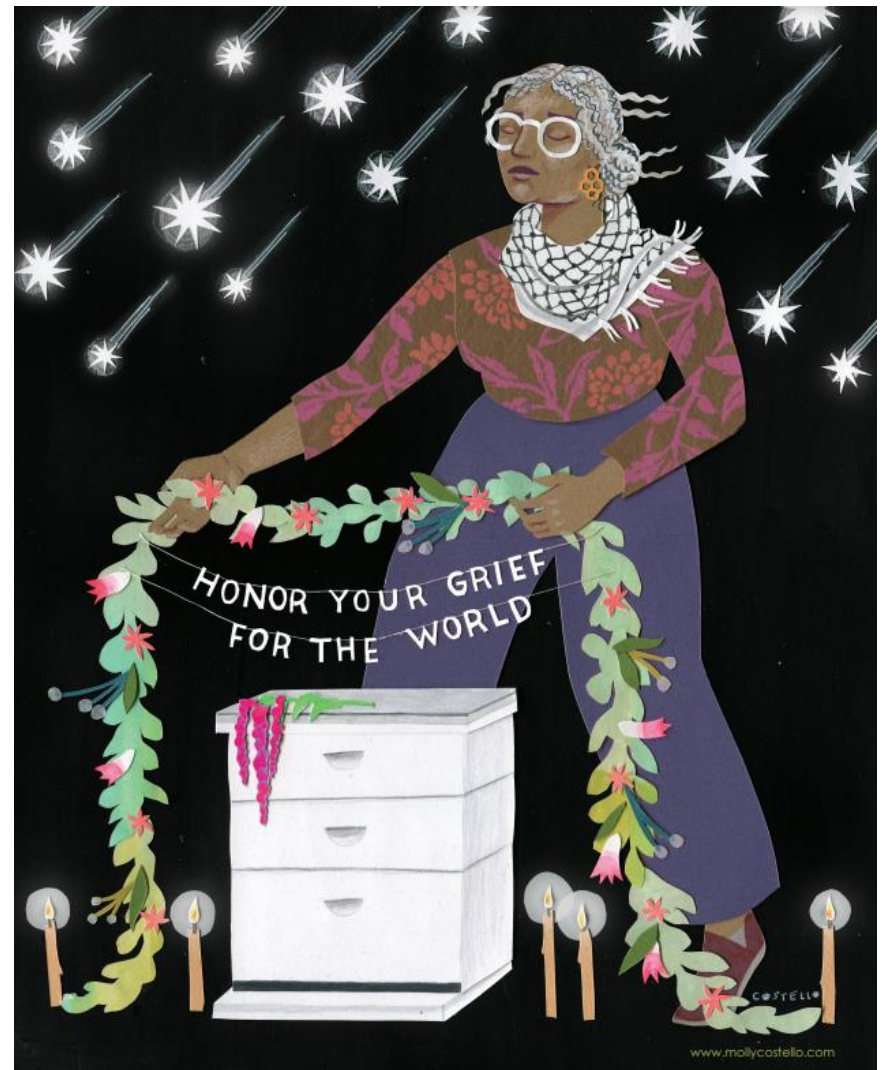
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**HERE ARE SOME WAYS WE CAN SHOW UP FOR EACH OTHER:**

**BOTH BRAD AND MOON EMPHASIZED THE IMPORTANCE OF SHOWING UP FOR EACH OTHER. DURING THE AIDS CRISIS, GAY AND LESBIAN COMMUNITIES CAME TOGETHER TO SUPPORT EACH OTHER.**

**BRAD SHARED THAT IT IS IMPORTANT TO SHOW UP FOR ONE ANOTHER EVEN IF WE DO NOT CONSIDER THOSE IN NEED TO BE IN OUR CIRCLE OR OUR GROUP OF FRIENDS. COMMUNITY IN A BROADER SENSE ALLOWS US TO UNITE REGARDLESS OF OUR DIFFERENCES.**

- **GO TO A LOCAL EVENT ONLINE OR IN PERSON. CONNECT WITH THE ORGANIZER/S OR SOMEONE ATTENDING THROUGH A CHAT OR CONNECTING ON SOCIAL MEDIA**
- **SEND A MESSAGE TO SOMEONE IN YOUR COMMUNITY TO CONNECT**
- **ACCEPT SUPPORT WHEN IT IS OFFERED, EVEN IF IT IS NOT YOUR CLOSEST CIRCLE OF FRIENDS**
- **OFFER SUPPORT TO PEOPLE OUTSIDE OF YOUR CLOSE CIRCLE**

**REMINDERS FROM THE ELDERS:**

**-COMING TOGETHER CAN HELP US IN BIGGER AND BETTER WAYS**

**-ALLIES CAN SHOW UP FOR US IN UNEXPECTED WAYS, LET THEM.**

**-COMMUNITY LESSENS SHAME AND GUILT**

**-RELATIONSHIPS ENDURE BECAUSE OF FIGHTING THE STRUGGLE TOGETHER**

**-BRING YOUR GIFTS. EVERYONE HAS SOMETHING THEY CAN DO. NO ONE IS LEFT BEHIND**

**-GIVE YOURSELF SOMETHING TO LOOK FORWARD TO**

**-WE DESERVE BETTER**

**-WE TAKE CARE OF OUR OWN**

**-HOLD ONTO JOY. IT DOESN'T HAVE TO BE BIG OR COST MONEY BUT TAKE IT FOR WHAT IT IS.**

**-YOU DON'T HAVE TO DO IT ALL AT ONCE OR ALL ALONE.**

**-ALLOW TIME FOR CHANGE.**