



Baltic
2-8 JUNE 2025 VILNIUS
PRIDE



PRIDE HOUSE TOOLKIT

BALTIC PRIDE 2025

EMPOWERING THE LGBTQIA+
COMMUNITY THROUGH
KNOWLEDGE, CREATIVITY, AND
CONNECTION

This toolkit brings together the ideas, skills, and stories shared during Pride House — a space by young queer people, for young queer people.

Inside, you'll find:

- Workshop guides tested in real events
- Practical tools for advocacy, well-being, and creative expression
- Best practices for community building and collaboration
- A resource library of LGBTQIA+ organisations and support services

Whether you are an educator, activist, or ally, the Pride House Toolkit is your guide to sparking change, amplifying voices, and fostering an inclusive future.

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INTRODUCTION

Welcome to the Pride House toolkit. This toolkit contains the insights and methods shared during one of the Baltic Pride 2025 initiatives - the Pride House.

Pride House hosted a series of events by young queer people for young queer people, and sought to educate and empower the LGBTQIA+ community to advocate for human rights and push for meaningful change. Over 15 workshops, lectures, discussions and other events, led by community activists, provided an opportunity for participants to delve into relevant topics from politics and advocacy to health and mental well-being.

This guide is a crystalised version of the valuable information shared during the Pride House events, making it a user-friendly and scalable tool for maximizing the initiative's impact. The educational modules and tools outlined here are



designed to be accessible and useful not only for teachers and educators, but also people who do not have prior experience in this field, including both individual activists and organisations.

The toolkit includes templates from workshops that have already been tested out in real life, outlining the aims, structure, and tools used in each activity. For easier navigation, the modules are separated into five categories based on topic: 1) LGBTQIA+ Rights and Social Issues; 2) Health and Well-Being; 3) Mental Health and Mindfulness; 4) Creative Expression and Empowerment; 5) Building Community. Following the workshop guides, a summary of the best practices and recommendations gleaned from the Pride House initiative is also shared. Finally, a resource library with links to various LGBTQIA+ organisations, helplines, and online platforms, as well as additional readings and toolkits, is included at the end.

We hope that the Pride House toolkit will broaden and sustain the reach of the Pride House initiative, and will ensure that the knowledge garnered from the events during Baltic Pride 2025 continues to motivate and mobilize individuals far in the future. By amplifying the impactful outcomes of this initiative, we seek to foster change that resonates throughout broader society, while promoting inclusivity, understanding, and human rights advocacy.

The background is a smooth rainbow gradient, transitioning from red on the left to orange, yellow, green, and finally blue on the right. The top and bottom edges of the image have a wavy, undulating border.

PRIDE HOUSE WORKSHOP GUIDES

LGBTQIA+ Rights and Social Issues

These modules delve into topics like human rights, legal frameworks, and strategies for advocacy, while keeping intersectionality in mind. The events are focused on contextualising LGBTQIA+ activism and empowering individuals to participate in decision-making.



Discussion „Young People and LGBTQ+ in Politics: How to Change the System” (Freedom Party):

Aim: to empower young people to participate in LGBTQ+ politics and advocacy.

Preparation: invite 3-5 experts that work in the field (e.g. LGBTQIA+ or ally activists, politicians, political scientists, NGO experts); choose a panel

moderator; prepare a list of questions.

Duration: 1 h - 1,5 h.

Politicians, activists, and human rights experts discussed young people's role in LGBTQ+ politics. The topics included opportunities and challenges that may arise when trying to engage with politics as a young queer person or ally, practical information on how to promote change, including participation in elections, advocacy, lobbying, etc., success stories in Lithuania and abroad, etc.

Sexuality and Religiosity in the Context of Transnational Migration in Contemporary Lithuania (Vytautas Magnus University, Research Council of Lithuania)

Aim: to spread awareness about queer migration experiences and challenges in relation to personal and societal religiosity.

Preparation: invite 3-5 experts that work in the field (e.g. LGBTQIA+



or ally sociologists, social sciences or humanities researchers, activists, migration experts); choose a panel moderator; prepare a list of questions.

Duration: 1 h - 1,5 h.

Sociologists, specialising in queer studies, migration studies, and religion studies, participated in a moderated panel on the intersection between the mentioned factors. The experts presented their recent study „Interactions Between Religious and Sexual Identities in the Context of Transnational Migration”, and discussed queer people’s migration motives, the effects that migration has on the (re)construction of sexual identities, LGBTIQ communities, culture, politics, and religion, etc.

Health and Well-Being

In this category, modules relating to various aspects of health are presented. Even though these topics and issues are not exclusive to the LGBTQIA+ community, its members are disproportionately affected as marginalised individuals, thus it is important to stay informed about them.



Abuse and Harassment Prevention (Lygiosios)

Aim: to provide strategies of preventing and intervening in sexual harassment and abuse incidents.

Materials: slide presentation; map of the city; stickers; prompt cards; pens.

Preparation: consult with or invite an expert (e.g. social worker, psychologist, activist, NGO member); gather

information (how to recognise sexual harassment or abuse, statistics in your area, bystander intervention guidelines, helpline information, etc.).

Duration: 1 h - 1,5 h.

The workshop included a theoretical and an interactive part. First, lecturers presented abuse and harassment statistics, prevention recommendations, bystander intervention methods, and various medical, legal, and social resources for victims. After the presentation and a Q&A session, the participants were directed to two exercises: a map of the city, where they could place stickers on the places that they had ever felt unsafe at, and a vision board with prompt cards asking about inspirational figures in the LGBTQ+ community, dreams about the future, etc.

Discussion “Sex, Kinks and Other Fun Things” (Tolerant Youth Association)

Aim: to help destigmatise sex and kink, and provide information on safe sex practices, including consent.

Materials: online quiz platform; condoms; sex toys and related merchandise.

Preparation: invite 3-5 experts that work in the field (e.g. sex educators, sex toy and related merchandise sellers, sex workers); choose a panel moderator; prepare a list of discussion questions; prepare trivia questions.

Duration: 1 h - 1,5 h.

Topics like safe sex practices, consent, exploring kink were discussed by a panel of various sex industry professionals - educators, business representatives, activists, etc. The audience had a chance to submit anonymous questions and participate in games with the panellists. Participants were provided with free condoms. The event also contained a small exhibition of sex toys, tools and other related materials, like lubricants, candles, etc.

HIV and syphilis test lab pop-up (Tolerant Youth Association, Association “Demetra”)

Aim: to help destigmatise and inform people about sexually transmitted infections (STIs), and encourage a healthy STI testing culture.

Materials: rapid STI tests; sterile wipes; plasters; informational leaflets; condoms and other STI protection materials.

Preparation: invite a medical professional specialising in STI testing; set up a discreet and comfortable location that allows for anonymous consultations and testing; discuss with the expert who and how is going to handle medical waste after the event.

Duration: 3 h - indefinite.

A consultation room was set up further away from other events to allow discretion. A doctor from an NGO working in STI prevention and advocacy performed rapid HIV and syphilis tests and provided consultations on safer sex practices, testing recommendations, STI management, etc. All Pride House participants were encouraged to take condoms and informational materials about STIs from the pop-up.





Psychoactive Substance Harm Reduction Training (Tolerant Youth Association, Young Wave)

Aim: to provide information on safety and first aid when dealing with people who use psychoactive substances, such as drugs and alcohol.

Materials: slide presentation; informational leaflets.

Preparation: consult with or invite an expert (e.g. social worker, psychologist, medical doctor, activist, NGO member); gather information (psychoactive substance use statistics in your area, symptoms of substance use and overdose, first aid, helplines or organisations that work in the field); contact a local NGO or clinic working in the field and ask for informational materials for distribution.

Duration: 1,5-2 h.

Information about different psychoactive substances - the spread of their use and trade, their effect, overdose symptoms, ways to assist people under the influence - was provided during the training. After the presentation, participants were encouraged to ask specific questions related to their experiences, situations at work or other relevant topics. Participants received leaflets with key points about the effect, overdose symptoms and first aid after overdose of popular psychoactive substances.

Mental Health and Mindfulness

This segment is focused on building resilience, managing stress, and practicing self-care. The body, movement, and performance methods that are described here are geared towards interactivity and fostering communal care, while simultaneously providing individuals with tools to work through emotional experiences.

All Voices: The First Step Towards an LGBT+ Choir (Vaidas Bartušas, Lukas Butkus; Vocal Arts Network)

Aim: to empower individuals to explore their voice and music-making potential.

Preparation: invite a choir singing specialist; prepare basic vocal and movement exercises while consulting with experts in the field.

Duration: 1 h - 1,5 h.

Workshop participants did various vocal and movement exercises geared towards improvisation, team building and play. The exercises were based on contemporary, classical and non-European choir singing traditions.



A Rainbow of Emotions: An Improvisation and Acting Experience with Elžbieta Latėnaitė

Aim: to introduce improvisation techniques that promote play and relaxation, and build positive group dynamics.

Preparation: invite an actor or educator specialising in improvisation; prepare ice-breaking and improvisation exercises

while consulting with experts in the field.

Duration: 1,5 h - 2 h.

The participants learned about and tried out different theatrical improvisation techniques. The lecturer - an experienced performer and director - led several exercises, geared towards relaxation, boosting creativity, and encouraging group cohesion. Before and after the workshop, participants reflected on their emotions, expectations and experiences.

Improv Theatre Workshop “Connection” (Playback Theatre “Vakhtery”)

Aim: to work through complex experiences and emotions by acting them out.

Preparation: invite playback theatre experts; delineate expectations and boundaries of the playback experience; communicate expectations and boundaries to the participants.

Duration: 1,5 h - 2 h.

The workshop was centred on using acting to help participants express and work through various emotions that existing as a queer person might bring up. Through improvisation exercises and by using the playback theatre technique, professional actors brought participants' stories to life and created a safe, attentive, and accepting environment.





Vocal Yoga Workshop (Viktor Priebe)

Aim: to introduce different relaxation and vocal training techniques.

Preparation: invite a vocal coach with experience in yoga or other movement forms.

Materials: piano or speakers for playing music; yoga mats or other soft flooring.

Duration: 1,5 h - 2 h.

Through vocal exercises, yogic breathing techniques and positive mantras, the workshop participants developed the abilities of their voice. The workshop was geared towards encouraging self-confidence, reducing stress and teaching new meditation techniques that participants, regardless of their background, could use in their everyday life.

Creative Expression and Empowerment

These methods use art, storytelling, and other creative avenues to communicate personal stories, encourage visibility, and build understanding. Participants are given tools and guidance on how to translate their creative ideas into reality, as well as being provided a safe space to share their art with peers.

Interactive Exhibition “Words and Colours: Baltic Voices on LGBT+” (Tolerant Youth Association)

Aim: to encourage dialogue inside the LGBTQIA+ community, as well as between its members and ally or detractor public figures.

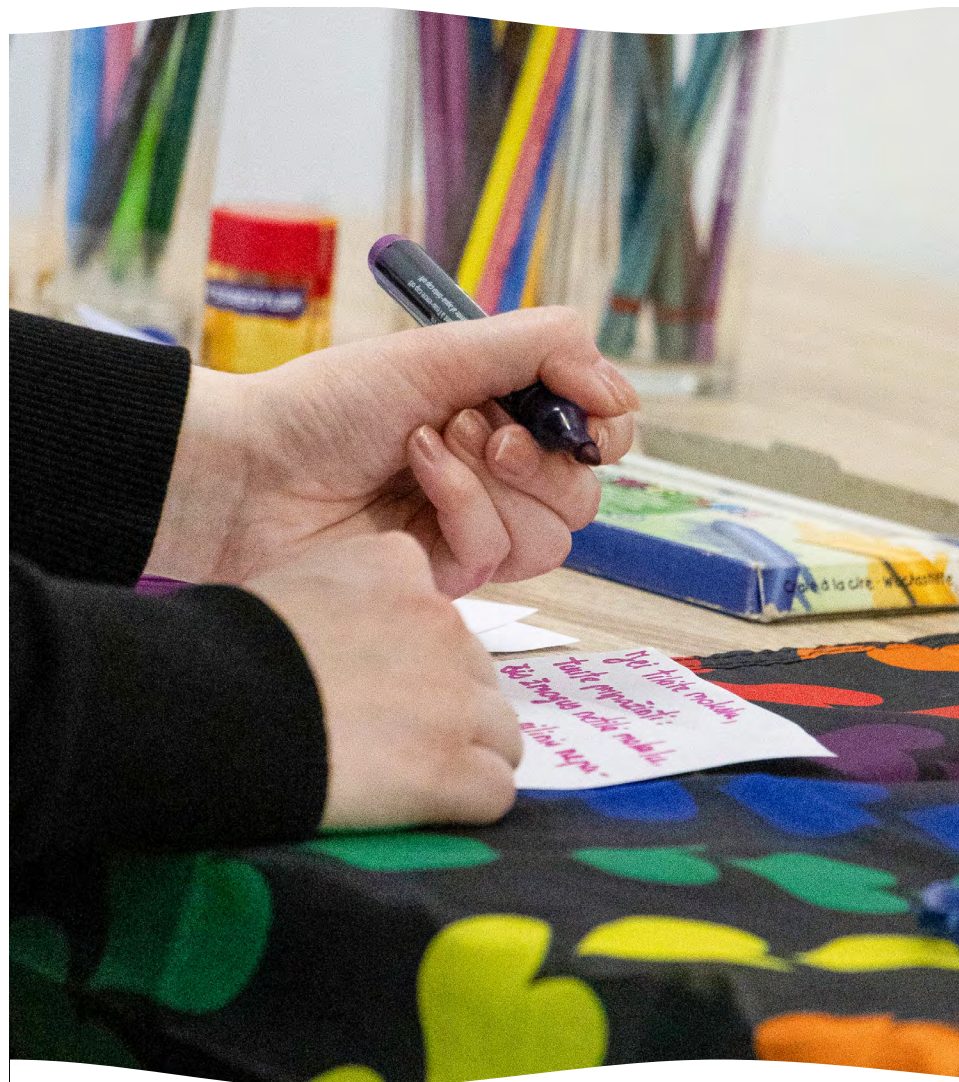
Preparation: gather quotes about the LGBTQIA+ community from different public figures in your area; find an exhibition space to hang the quotes and photos of the public figures; gather materials for writing,

drawing and collaging.

Materials: paper; writing and drawing supplies; scissors; tape or other means to attach paper to the exhibition wall.

Duration: indefinite.

Photos of public figures from the Baltic States, together with their either supportive or hateful quotes about the LGBT+ community, were hung on the wall. Their quotes were also printed on separate pieces of paper and added to one of two jars - one jar for supportive quotes, the second for hateful quotes. Participants were asked to pull a quote from a jar and reflect on it - how had the quote made them feel, what thoughts had it provoked, etc. The participants were provided art supplies - paper, pens, pencils, markers - and could express their reaction to the words they read through drawing, writing, paper crafts, and other creative means. Afterwards, the participants hung their artistic interpretations next to the original quote on the wall. This way, throughout the week, the exhibition became a constantly changing and evolving visual dialogue between the public figures' words and the different reactions to it, exploring how outside opinions and statements about the LGBT+ community affect its members.



Pride Zine Workshop (Tolerant Youth Association)

Aim: to teach participants how to create zines.

Preparation: find instructions how to fold and cut paper to make it into a zine; gather materials.

Materials: paper; writing and drawing supplies; collage materials (e.g. old magazines or books); scissors; glue.

Duration: 2 h - 3 h.

During this workshop, participants learnt how to make a zine, i.e. a small DIY magazine. The topic of LGBTQ+ Pride was used as a starting point for the zines. Paper, collage materials (e.g. old magazines, books), and various art supplies were provided, and the participants were instructed on how to correctly cut and fold their zines. Throughout the workshop, participants were encouraged to share their ideas and progress with each other.

Upcycle and Save: Make Your Own PRIDE Merch (Tolerant Youth Association)

Aim: to promote sustainability and LGBTQIA+ visibility by updating old clothes into Pride merch.

Preparation: decide on the designs that you will be offering; gather materials; make stencils for the designs (e.g. using paper, vinyl, linocut stamps, etc.).

Materials: paint suitable for fabric; stencils; decals.

Duration: 2 h - 4 h.

Workshop participants customised their own clothing and fabric accessories. Stencils with pride slogans and illustrations, iron-on decals, and paint were provided to the participants. By encouraging



participants to bring their own clothing for customisation, the workshop promoted a more conscious and eco-friendlier attitude towards fashion, LGBTQ+ activism, and merch or keepsakes.

Queer Open Mic Variety Show (University LGBT+ Group)



Aim: to provide a safe space for LGBTQIA+ individuals to share their art.

Preparation: choose an event host or moderator; launch participant registration; gather materials indicated by the participants (e.g. microphones, chairs for the stage, etc.).

Duration: 1 h - 1,5 h.

In this event, participants were given a safe and welcoming space to express themselves through poetry, storytelling, standup comedy, music, or any other form of performative expression. To ensure a pleasant flow of the event, it was moderated by an experienced standup comedian.

Building Community

The modules here are focused on building ties and community both between event participants and between organisations working in the LGBTQIA+ advocacy field, as well as talking about challenges or issues that communities may face, and ways to overcome them.

Discussion “From Pride House to Pride Home: The Importance of Queer Communities” (Be etikečių)

Aim: to explore the role of community in queer people's lives and share LGBTQIA+ (friendly) local collectives and organisations.

Preparation: invite 3-5 queer collective representatives; choose a panel moderator; prepare a list of questions.

Materials: online response gathering platform.

Duration: 1 h - 1,5 h.



Members of different queer collectives in Lithuania discussed topics related to community building, such as ensuring accessibility to queer safe spaces, ways to make non-queer spaces or groups feel safer and more welcoming, etc. Throughout the discussion, the audience could anonymously submit questions and comments to the panellists using an online platform. The participants were also encouraged to share organisations or groups that they know of, and a list of them was compiled at the end of the discussion.

Experience Sharing with Ukrainian LGBTI Activists

Aim: to foster cooperation between LGBTQIA+ human rights organisations by sharing best practices and exploring challenges in activism.



Preparation: invite representatives from a wide range of queer organisations and collectives; choose a panel moderator; prepare a list of questions.

Duration: 1,5 h - 2 h.

Members of LGBTQ+ and human rights organisations in Lithuania and Ukraine participated in a panel centred on sharing experiences in their field of work and encouraging mutual support. The participants

talked about their organisations' achievements, opportunities, and challenges, and were able to offer helpful insight or possible points of connection to their peers.

Queer Trivia Quiz (University LGBT+ Group)

Aim: to educate on LGBTQIA+ history and culture while promoting connection.

Preparation: gather information about LGBTQIA+ history and culture moments; prepare a list of trivia quiz questions; divide the questions into several rounds; decide on a point system; choose an event host; appoint a person responsible for counting points; launch participant registration; get a prize for the winning team.

Materials: online quiz platform or printed out answer sheets.

Duration: 1 h - 1,5 h.

Topics from LGBTQ+ history and culture were presented through a trivia quiz format. Participants were sorted into random groups to encourage new connections. The groups competed against each other during the quiz, scoring points for each correct answer about a (usually niche) LGBTQ+ topic.



Queer Hub: LGBT+ Initiatives and Businesses Expo (Tolerant Youth Association)

Aim: to showcase LGBTQIA+ initiatives and foster collaboration between them.



Preparation: invite different LGBTQIA+ organisations, initiatives, businesses, etc.; assign tables or booths for them.

Duration: 2 h - 4 h.

Various LGBTQ+ and ally initiatives, businesses and organizations were invited to present themselves in an expo. Each organization had a stall

and could hand out or sell promotional materials, merchandise, present their work to the event-goers, etc. Representatives of the participating organisations were encouraged to not only promote themselves to the guests, but also to get to know each other and establish new connections. During the fair, guests also had the opportunity to join a pride banner workshop and create their own protest sign with the materials provided.

Lilla Kostitus: Estonian Queer Shorts (Q-Space)

Aim: to showcase LGBTQIA+ cinema and promote community engagement.

Preparation: choose films for the programme; get the correct documentation to be able to screen the film or films in your area; handle subtitles for foreign language film and/or as an accessibility tool; invite filmmakers; choose an event host to introduce the programme at the start of the event and moderate the Q&A session afterwards.

Duration: 2 h - 3 h.

A collection of LGBTQ+ short movies from Estonian independent creators was screened in a professional movie theatre, highlighting young queer filmmakers. Afterwards, a Q&A session with several of the filmmakers and activists involved in the making of the programme followed, and the audience had the opportunity to discuss their reactions and interpretations, ask questions, etc.



BEST PRACTICES AND RECOMMEN- DATIONS

Numerous methods of disseminating information and teaching valuable skills have been explored in this toolkit. Depending on the content, goal, and desired atmosphere of an event, different approaches can be utilised. Building on the best practices gathered during the Pride House initiative, we have listed the most popular methods and event formats below with key points to consider when applying them.

When the aim of an event is to share knowledge with the audience, one of the most widely used methods is a presentation - experts are invited to give a structured talk with the goal of educating the audience on a particular topic. Both a theoretical explanation of the topic and various practical exercises can be included. The presenter(s) act as authoritative sources of information and are understood to be teaching the audience strictly factual information, rather than talking about their personal opinions or experiences.

Another popular method is a panel discussion. Several people who have experience in a chosen topic discuss pre-prepared questions in front of an audience. The panel usually includes a moderator. It is advised to invite panellists that specialise in different aspects of topic being discussed, e.g. they work in different organisations or locations, belong to different sectors in a particular field, research different aspects of an issue, etc. This method leaves room for certain subjective information to be shared with the audience, like personal opinions, anecdotes, etc.

If there are several distinct aspects of the information being disseminated and the goal is to present each of them equally, a fair, expo or exhibit can be great methods. This can take different forms, e.g. there can be booths with different organisations presenting their work or workshops that each explains a different way to approach a certain issue. Alternatively, instead of multiple physical areas representing the various aspects of a topic, different timeslots can be assigned instead. The fair or expo method helps spread a much larger quantity of information, and allows for the audience to choose which part of the event to interact with.

Information can also be shared through more creative and interactive methods - trivia quizzes, film screenings, theatre performances, games, etc. These event formats allow for a more relaxed and fun way for the audience to learn, as well as giving greater freedom to experts to share personal experiences. The methods can be used to encourage a more empathy-based and impactful understanding of the topics at hand, as well as to strengthen ties and build community.

Next to providing knowledge about relevant topics, a big part of empowering LGBTQIA+ individuals to seek change and increase visibility is teaching them practical skills that help with expressing ideas, opinions, and personal stories. A widely used and powerful method is an arts & crafts workshop. A particular creative skill is shown and taught to the event participants, who can then make their own project using the materials and knowledge provided. This is a great way to build up the community by giving its members the tools to effectively speak out and share their thoughts with others.

Creative methods can not only aid self-expression, but also help manage stress and work through complicated feelings. Movement and performance art can be used as a method to promote mental health self-care. Connecting to one's body through singing, dancing, acting or even exercising helps ground oneself. Teaching various physical expression techniques provides participants with tools to deal with stress that arises from LGBTQIA+ discrimination.

It is also beneficial to provide LGBTQIA+ individuals with a space to share their own art and build community, for which communal methods, such as a joint exhibition, co-created publication or an open mic, are useful. An open call is announced for everyone willing to share their writing, music, storytelling, visual art or other means of expression. Usually, a host or an editor is present as well to encourage participants, ensure equal opportunities and conditions, manage difficult situations, etc.

Finally, one of the best ways to ensure that an event is going to have a lasting impact is to provide the audience with an information package containing key points to take home. This can take many forms - leaflet, poster, zine, e-document, website, etc. Having something to refer back to will help event participants to apply the knowledge and skills gained even after some time has passed, as well as making it easier for your audience to continue educating and empowering others, thus working towards the goal of a more aware society.

RESOURCES AND ADDITIONAL READING

LGBTQ+ Organizations and Initiatives



National LGBT Rights Organization LGL

Non-governmental organization representing the interests of the LGBTQ+ community in Lithuania.



Trans Autonomija

Association for the rights and mutual support of trans people.

išgīrsti Išgirsti

A space for queer social and cultural action.



Tolerant Youth Organisation (TYA)

Non-governmental human rights and youth organization.

Health Consultations



Association "Demetra"

Free and anonymous testing for HIV, syphilis, and hepatitis B and C; consultations on sexually transmitted infections (STIs); free distribution of condoms, hygiene products and harm-reduction materials (syringes, needles, injectable water, etc.).

+370 687 10655



"Young Wave"

Consultations on harm reduction of psychoactive substance (such as drugs and alcohol) use; testing of psychoactive substance samples; counselling for people struggling with psychoactive substance use.

Hotlines

“Jaunimo linija”

Emotional support hotline. Counselling is provided anonymously.

Calls 24/7: +370 800 28888

Online chatting 15-24 h every day



“Prabilk”

Aid for people suffering from sexual violence or abuse. Counselling is confidential.

I-V 13-17 h:

+370 661 69990



Crisis Intervention Center

Psychological counseling in person, by phone, and online via their website and Messenger. Counseling can be provided anonymously.

I-V 16-20 h, VI 12-16 h:

Vilnius, Antakalnio str. 97

+370 640 51555

Messenger: @Krizės Įveikimas

Additional reading

Bugatti, L. (Ed.). (2024). Inclusive universities leading to inclusive societies: A practical guide to LGBTIQ+ inclusive practices and active bystandership in universities. Panteion University of Social and Political Science.

Buzsáki, R., Dombos, T., Polgári, E., & Sipos, A. (2024). Victim centered and intersectional approaches in the response to hate crimes: A handbook of good practices. Háttér Society.

Kuktoraité, E. (2018). Restricted expression: Guidelines and recommendations for LGBT activists in hostile environments. National LGBT rights organization LGL.

