

# Day of Silence

April 10th, 2026

## Day of Silence FAQ for Students by Students

### How can individual students take action if they aren't connected to a GSA?

All students, regardless of affiliation with GSAs or Glisten-adjacent organizations, are encouraged to participate in Day of Silence (DoS) when safe. Students unaffiliated with organizations of this style are welcome, and encouraged, to participate in DoS on their own or can spread the word about DoS via posters, word of mouth, and/or social media.

### How can GSAs effectively spread awareness about DoS?

GSA's can spread awareness through three main methods. First, GSAs can put up flyers detailing what DoS is and explaining any GSA events related to it. Secondly, sharing information on social media is helpful, especially if your GSA already has a social media presence. Thirdly, speaking with your GSA about the event is a great way to get people involved! A good place to start is by sharing the history of DoS, having a discussion on its meaning and explaining what it is to you, and asking how the GSA as a whole wants to be involved.

### How can disabled students participate?

All individuals should be able to participate in DoS if they wish, but for students with disabilities this can be a challenge. Each individual requires different accommodations, but it is important that these accommodations be provided to ensure that all are able to participate. Some examples of accommodations include providing seating or booking accessible venues for all DoS related activities, trying to keep noise to a lower level or providing quieter activities for those with noise sensitivities, and ensuring that non-verbal individuals are still able to participate. DoS is a time to showcase the power of LGBTQ+ youth voices by showing others what a world without them would be like, so take this into account while planning any DoS related activities and while planning your own personal involvement. Again, it is important that all accommodations be provided in order to allow the full participation of all individuals.

### How can students in unsafe environments participate?

It is important to consider your personal ability to participate in DoS and if it is decided that it is unsafe to participate, there are various alternative ways to show your support. Students in unsafe environments can participate by taking part in DoS virtually via social media by sharing videos of themselves being silent, breaking the silence, or by reposting DoS related content. Students can also honor DoS outside of the school day via a social gathering, a peer meet-up, or hosting a private event with their peers or friends in a safer environment.

### When planning the DoS, what is it supposed to be, and who is supposed to partake?

Day of Silence is a time for all LGBTQ+ students along with allies of the LGBTQ+ community to show how LGBTQ+ youth have been historically silenced in school and what the world would be like without either of their voices. DoS uses silence as a form of protest and as such the meaning of DoS can vary by individual. You and your school can change how they want to participate in DoS, but the general structure of DoS often stays the same. Normally, participating students remain entirely silent for the full school day (DoS often ends with the school day) and avoid any forms of communication such as sign language, passing of notes, etc. In order to show their support for their school's DoS cause. Everyone can partake in DoS in their own unique way, but we urge you to participate in any way you see fit on April 10th.

### Join the Movement Today

Visit [glisten.org/dayofsilence](https://glisten.org/dayofsilence) to learn more about Day of Silence and to access resources