

LGBT+ SUPPORT BOOKLET





IN THIS BOOKLET



You are not alone	01
LGBTQ+ Terminology	02
Safe and Inclusive Environment	04
Bullying is Not OK	05
Wellbeing and Support	06
Coming Out	07
Building a Strong Support Network	08
LGBTQ+ Support Services	09

YOU ARE NOT ALONE



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Welcome to our school community! We're so glad you're here. We want you to know that no matter who you are or how you feel, you're not alone. In our school, we celebrate and support all of our students, including our LGBTQ+ students and those who might be questioning their identity.

We understand that being yourself can sometimes be a bit scary or confusing, but we're here to help you every step of the way. We want you to feel safe, happy, and able to be your true self at school. Our community is made up of lots of different people, and each one of us is unique and special.

In this guidance, you'll find lots of helpful information about being LGBTQ+ or questioning your identity, and the support available to you. We hope that these materials will help you feel more confident and connected to our school community.

Remember, you are not alone, and we are here to support and celebrate you. If you ever have any questions, need someone to talk to, or just want a friendly chat, you can always reach out to our designated staff for LGBTQ+ support.

LGBT+

TERMINOLOGY



GENDER IDENTITY

Gender Identity is how we feel inside about being a boy, a girl, both, or neither. Some people might be transgender, which means their gender identity doesn't match the body they were born in. Other people might be non-binary, which means they don't feel like just a boy or a girl.

GENDER EXPRESSION

Gender Expression is how we show our gender to the world. This might be through the clothes we wear, the way we style our hair, or how we act. Everyone's gender expression is different, and it's important to respect and celebrate each other's unique styles.

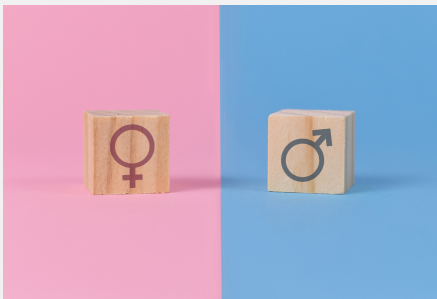
SEXUAL ORIENTATION

Sexual Orientation is who we are attracted to or who we have romantic feelings for. People might be straight, gay, lesbian, or bisexual, depending on whether they are attracted to people of the opposite gender, the same gender, or both.

When talking about LGBTQ+ topics, it's helpful to understand some important words. This will make it easier for us to have conversations and support each other.

LGBT+

TERMINOLOGY



QUEER

It's also important to understand what it means to be queer. Queer is a word that some people in the LGBTQ+ community use to describe themselves. It can be a way of saying that they don't fit into traditional ideas about gender and sexuality.

CISGENDER

Some people might use the word cisgender to describe themselves. This means their gender identity matches the body they were born in. For example, if someone is born with a girl's body and feels like a girl, they are cisgender.

PRONOUNS

Pronouns are the words we use to refer to someone when we don't use their name. Common pronouns are he/him, she/her, and they/them. Some people might use different pronouns that match their gender identity. It's important to respect and use the pronouns that people tell us they prefer, as this shows kindness and understanding.

SAFE AND INCLUSIVE ENVIRONMENT



In our school, it's important that everyone feels safe and welcome. A safe and inclusive environment is one where we treat each other with kindness and respect, no matter who we are or how we identify. This helps everyone feel comfortable and happy to be themselves.

One way to create a safe and inclusive environment is to be understanding and supportive of each other's differences. This means respecting people's pronouns, celebrating our unique styles and interests, and making sure everyone has a chance to join in activities and make friends. When we include everyone, we make our school a happier place for all.

It's also important to speak up if we see or hear something unkind. If someone is being mean or hurtful to another person because they are LGBTQ+ or different in some way, we should tell a teacher or another adult we trust. They can help make sure our school stays a safe and friendly place for everyone. Remember, it's up to all of us to make our school a welcoming and supportive community.



BULLYING IS NOT OK



Recognise Bullying

It's important to know what bullying looks like. Bullying can be when someone is called names, teased, left out, or hurt on purpose because they are different or LGBTQ+. If you see or experience this, remember that it's not OK and it's not your fault.



Speak Up

If you or someone you know is being bullied, it's important to tell a trusted adult, like a teacher or a family member. They can help stop the bullying and make sure everyone feels safe at school. It's brave to speak up, and you'll be helping to make our school a better place.



Support Each Other

If you see someone being bullied, try to offer them support and friendship. You can also encourage them to tell an adult. When we stand together against bullying, we make our school a kinder, more inclusive place for everyone.



Unless someone like you cares a whole awful lot, nothing is going to get better. It's not.

- Dr. Seuss

WELLBEING AND SUPPORT



Taking care of our feelings and emotions is important for everyone, especially when we're going through changes or facing challenges. Here are some tips to help you with your wellbeing and find support when you need it.

Talk to Someone: If you're feeling worried, upset, or confused, it's always a good idea to talk to someone you trust. This might be a friend, family member, teacher, or our designated LGBTQ+ support staff member. They can help you work through your feelings and offer advice or a listening ear.

Practice Self-Care: Doing things that make you feel happy and relaxed can help you feel better when you're going through a tough time. This might be drawing, reading, listening to music, or spending time with friends. Make sure to set aside time for yourself and do activities that make you feel good.

Join a Support Group: Connecting with other people who share similar experiences can be really helpful. Our school might have an LGBTQ+ club, or you can find local groups or online communities where you can make friends and support each other.

Remember, it's normal to feel a whole range of emotions, and it's important to take care of your wellbeing. Reach out for support when you need it, and know that our school community is here to help you.



COMING OUT



"Coming out" is when someone tells others about their LGBTQ+ identity, like being gay, lesbian, bisexual, transgender, or something else. It's a personal decision, and it's important to feel ready and safe when sharing this information. Here are some tips to help you with coming out.



Choose the Right Time and Place

It's a good idea to pick a quiet, comfortable place to talk, where you can have enough time to explain your feelings. Make sure you feel ready and safe to share your story.



Be Honest and Clear

When you're talking about your LGBTQ+ identity, try to be honest and clear about your feelings. You can use the words and terms you've learned to help explain your experience. Remember, it's okay to be nervous or unsure, and it's normal for the conversation to have ups and downs.



Be Prepared for Different Reactions

People might have different reactions when you come out to them. Some might be happy and supportive, while others might need time to understand or accept the news. It's important to be patient and give them time to process the information.

Remember, coming out is a brave and important step in being true to yourself. Take your time and make sure you feel ready and safe to share your story. Our school community is here to support you on your journey, and we're proud of you for being who you are.

BUILDING YOUR SUPPORT NETWORK

1.

Identify Trusted Friends

Make a list of friends who you feel comfortable talking to about your feelings and experiences. These should be people who show understanding and kindness towards you.

2.

Engage with Family Members

Reach out to family members who are supportive and caring. Open up to them about your experiences and feelings, and let them know how they can help you.

3.

Connect with School Staff

Get to know our designated LGBTQ+ support staff member, as well as other teachers and staff who show understanding and compassion. They can be a valuable resource and support system at school.

4.

Participate in LGBTQ+ Clubs or Groups

Join community LGBTQ+ clubs or groups where you can meet others who share similar experiences. This can help you form strong friendships and find a sense of belonging.

5.

Utilise LGBTQ+ Support Services

Make use of local and national LGBTQ+ support services, including helplines, counselling services, and social groups. These resources can offer additional guidance and support.

LGBTQ+ SUPPORT SERVICES

Name	Description
Spirit Level Transgender Support Group	<p>This is a peer support group for people who are transgender or non-binary in Liverpool. They post meeting information on their Facebook page. It's a great place to connect with others who share similar experiences.</p>
Switchboard LGBTQ+ Helpline	<p>This helpline offers a one-stop listening service for LGBTQ+ people on the phone, by email, and through Instant Messaging. They're here to help with any questions or concerns you might have.</p>
Albert Kennedy Trust Online Support	<p>This service supports LGBTQ+ young people aged 16-25 in the UK on a range of topics, including housing, developing skills, and coming out. They can offer guidance and assistance in many areas of your life.</p>
LGBT Foundation Helpline	<p>They provide support and advice on various topics, including mental health. If you need someone to talk to or have questions, they're here to help.</p>
Mind - MindLine Trans+ Helpline	<p>This helpline is for people who identify as trans or non-binary, as well as their family, friends, and supporters. Though based in Bristol, their service is available nationwide.</p>
GYRO LGBTQ+ Youth Groups	<p>The award-winning LGBTQ+ youth groups for children and young people aged 12-25 years. They have groups for different age ranges: one for 12-16-year-olds on Tuesdays from 4:30 pm to 6 pm, and another for 16-25-year-olds on Thursdays from 6 pm to 7:30 pm</p>



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