

Supporting LGBTQ+ People

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My aim is to leave you with:

- Better understanding of some of the experiences of LGBTQ+ people
- More confidence in navigating terminology related to LGBTQ+
- Greater confidence in supporting, and being an ally to, LGBTQ+ people

About Allsorts

We are on a mission to make sure every LGBTQ+ child in Sussex has the chance to make friends, build community & feel proud of who they are.

We want parents & carers to know they are not alone & feel confident supporting their children. We want every adult in a LGBTQ+ child's life - from their teacher to their gp - to be safe & welcoming.

Our vision is of a world where LGBTQ+ children & young people can be themselves and enjoy their lives.



About Allsorts

We support young people, under 26, who are lesbian, gay, bisexual, trans, queer, (**LGBTQ+**) or **exploring** their sexual orientation and/or gender identity.

Youth Service

Parents & Carers Service

Training & Education Service



allsorts
south project

LGB



Sexual Orientation

Relates the types of people you are attracted to romantically, physically and/or sexually

T



Gender Identity

Internal sense of self regarding gender - how you experience, view, and label it

Q+



Other Identities

There's a wide range of identities that don't fit traditional labels. Q or + may capture these.

Do people choose to be LGBTQ+?

Why does this matter anyway?



Sexual Orientation

Straight

Bisexual / Pansexual

Lesbian / Gay

There are many other sexual orientations, such as **Asexual**



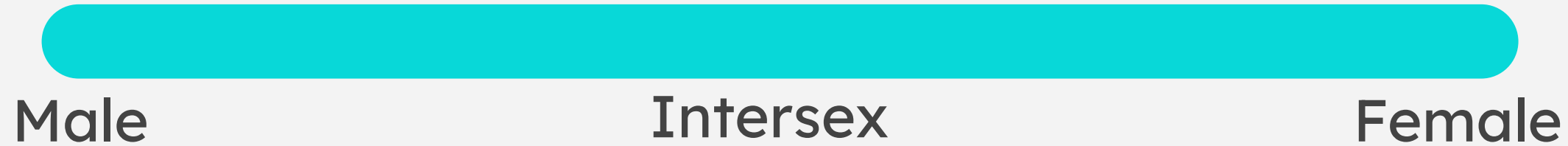
Coming out...

...over and over again



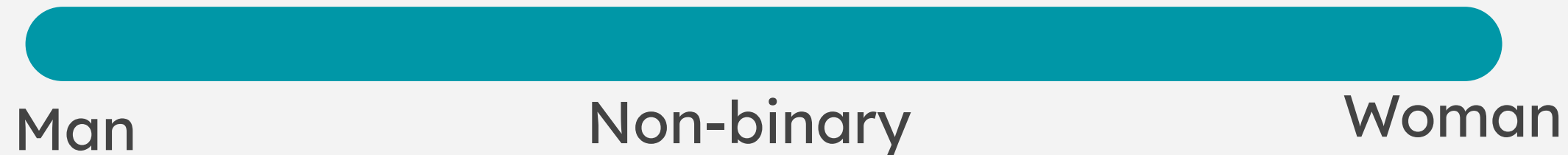
Sex

Relates to your biological sex characteristics and assigned sex



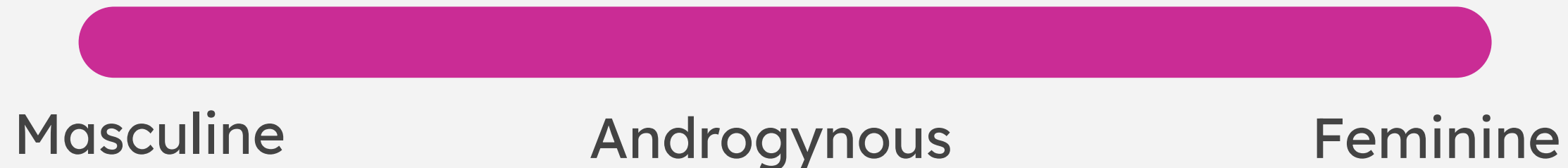
Gender Identity

Internal sense of self regarding gender - how you experience, view, and label it



Gender Expression

Relates to your appearance / presentation



Top tips for being a trans ally

- **Don't** act on assumptions!
- **Try** non-gendered language
- **Ask** about pronouns, when appropriate
- **Avoid** needlessly gendering activities
- **Responsibility** for correcting others' mistakes
- **Correct, apologise, and move on** from mistakes



How to effectively support LGBTQ+ people

What gets in the way?

1. Concerns about language and terminology, and offending people.
2. Thinking there is something special you need to know.

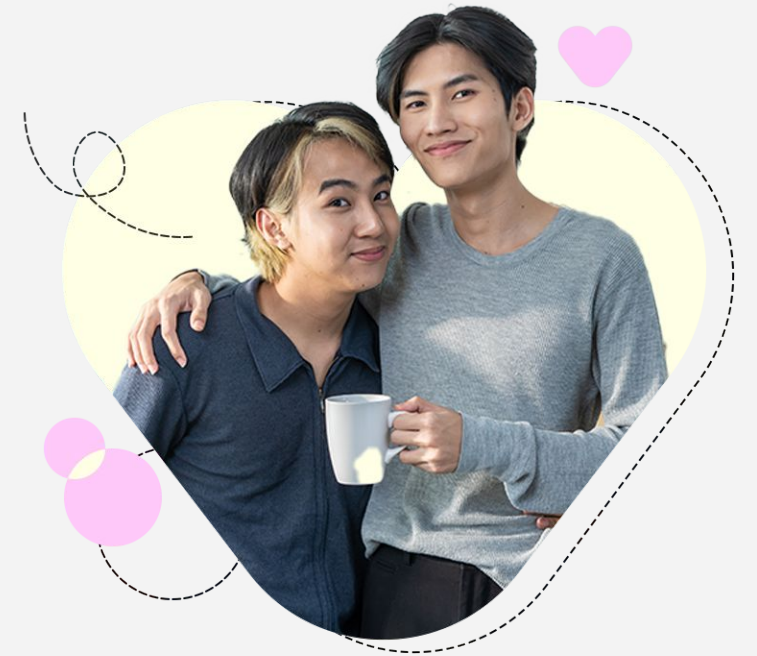


Language & Terminology



Remember!

- You don't need to be an expert
- You don't need to know all the all the terminology
- Stay interested and keep learning



Having the conversation



- Own the limits of your knowledge
- Get permission to ask questions
- Give permission to correct you
(don't be defensive if they do!)

How to effectively support LGBTQ+ people

- There's no magic teaching, no special info you need to know!
- Come back to centre, and do what you are instinctively good at; person-centred conversations and supporting people.
- Discuss with them what support they may want.

Being an LGBTQ+ Ally

Be visible

Stay interested & informed

Stand up and speak out





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