A ROUGH (ALLSORTS) GUIDE TO LGBTQ+ YOUTH WORK

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LGBTQ+ CHILDREN & YOUNG PEOPLE ARE OVER 2X MORE LIKELY TO EXPERIENCE MENTAL HEALTH PROBLEMS.

LGBTQ+ CHILDREN & YOUNG PEOPLE ARE FAR MORE LIKELY TO EXPERIENCE FAMILY RELATIONSHIP BREAKDOWN.

LGBTQ+ CHILDREN & YOUNG PEOPLE ARE OVER 2X MORE LIKELY TO EXPERIENCE LONELINESS AND ISOLATION.

LGBTQ+ CHILDREN & YOUNG PEOPLE ARE OVER 2X MORE LIKELY TO BE BULLIED AT SCHOOL.

LGBTQ+ CHILDREN & YOUNG PEOPLE ARE AT HIGHER RISK OF UNHEALTHY BEHAVIOURS & ARE LESS LIKELY TO TAKE PART IN SPORTS, FITNESS & OUTDOOR ACTIVITIES.

LGBTQ+ CHILDREN & YOUNG PEOPLE ARE AT FAR HIGHER RISK OF EXPERIENCING ABUSE & EXPLOITATION.

MENTAL HEALTH

- LGBTQ+ children and young people are at high risk of experiencing mental health problems
- Some studies have shown LGBQ+ children and young people are six times more likely to experience depression compared to peers.
- Hospital admissions for self harm are almost 3x higher for LGBQ+ young people, and deaths by suicide are twice as high.
- Evidence suggests the picture for trans children and young people is at least as bad, and possibly worse. One leading study found trans youth were more than 5x more likely to experience distress, more than 4x more likely to self harm and more than 3x more likely to attempt suicide.

ABUSE & EXPLOITATION

Table 2. Prevalence and ORs of ACEs and Mental Health Outcomes by Sexual Orientation[a]

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	No. (%)[b]		OR (95% CI)[c]	
	Heterosexual	Sexual minority	Adjusted OR	Unadjusted OR
Unweighted sample size (weighted %)	58 936 (93.3)	2935 (6.7)		
Experiences with ACEs				
≥1 ACE[d]	31 856 (64)	2021 (83)	2.36 (1.93-2.90)	2.75 (2.24-3.38)
≥3 ACEs[d]	12 175 (26)	1170 (52)	2.57 (2.19-3.01)	3.11 (2.66-3.63)
Specific ACE				
Household mental illness[d]	8672 (17)	955 (40)	2.43 (2.06-2.87)	3.24 (2.77-3.79)
Household substance misuse[d]	14 629 (27)	1155 (44)	2.18 (1.84-2.57)	2.14 (1.84-2.49)
Household domestic violence[d]	8696 (17)	711 (31)	1.96 (1.68-2.28)	2.29 (1.94-2.71)
Incarcerated household member[d]	3628 (8)	435 (21)	2.12 (1.71-2.62)	2.86 (2.35-3.47)
Parental separation or divorce[d]	13 821 (30)	983 (44)	1.40 (1.19-1.64)	1.84 (1.58-2.15)
Physical abuse[d]	12 705 (24)	992 (40)	2.08 (1.78-2.44)	2.11 (1.81-2.48)
Emotional abuse[d]	17 113 (33)	1398 (57)	2.30 (1.97-2.68)	2.72 (2.34-3.17)
Sexual abuse[d]	7000 (13)	715 (30)	2.94 (2.46-3.51)	2.94 (2.47-3.51)
Frequent mental distress	7111 (13)	780 (32)	2.71 (2.30-3.19)	3.13 (2.33-3.19)
Bad MH days per month, mean No.				
No ACEs[d]	2.4	4.3	NA	NA
≥1 ACE[d]	5.1	10.2	NA	NA
≥3 ACEs[d]	7.0	12.3	NA	NA

Abbreviations: ACEs, adverse childhood experiences; MH, mental health; minority people, respectively, except where noted as mean number of bad MH

LGBQ+ youth are:
2x more likely to experience DA
2x more likely to experience physical abuse
2x more likely to experience emotional abuse
3xmore likely to experience sexual abuse

SUBSTANCE MISUSE & ADDICTION

- LGBTQ+ young people are 2x more likely to use alcohol and drugs compared to thier peers.
- We don’t have much evidence about LGBTQ+ young people and gambling, but studies of LGBTQ+ adults show a lower rate of participation in gambling, but a higher rate of gambling harm/problem gambling - so we should be aware of this risk for young people

REMEMBER: IT'S NOT ONE SIZE FITS ALL

- Trans and non binary young people are more likely to experience sexual expolitation than cis LGBQ+ young people
- Mental health outcomes are worse for bi+ young people and trans young people than lesbian and gay young people
- Trans and non binary young people are more likely to be homeless, and experience 'hidden homelessness' compared to LBQ+ cis peers
- Substance misuse is higher among bi+ young people and queer young women

& INTERSECTING IDENTITIES AMPLIFY RISK

- Race, faith, disability and poverty are all intersecting identities and experiences that can amplify the risk for LGBTQ+ young people.
- If you live at the crossroads of these identities you experience overlapping layers of exclusion, discriminaton and abuse.

“Discrimination, like traffic through an intersection, may flow in one direction, and it may flow in another. If an accident happens in an intersection, it can be caused by cars traveling from any number of directions and, sometimes, from all of them.”
Prof Kimberle Crenshaw

Table 2. Multivariate Anlysis of Covariance: Ethnic Group Differences in Parental Rejection, Homonegativity, and Traditional Gender Role Beliefs.

	Parent Report of Parental Rejection (PPRS)	
Ethnic Group	***M***	***SE***
Ethnic Majority	49.36	4.37
Ethnic Minority	69.02	3.82
	$F(1, 78) = 10.45, p = .002$	
	Youth Report of Parental Rejection (PPRS)	
Ethnic Group	*M*	*SE*
Ethnic Majority	50.09	4.65
Ethnic Minority	68.37	4.06
	$F(1, 78) = 7.98, p = .006$	
	Parental Homonegativity (HS)	
Ethnic Group	*M*	*SE*
Ethnic Majority	38.86	2.54
Ethnic Minority	49.55	2.22
	$F(1, 78) = 9.16, p = .003$	
	Parental Traditional Gender Role Beliefs (MM)	
Ethnic Group	*M*	*SE*
Ethnic Majority	19.22	1.83
Ethnic Minority	23.44	1.60
	$F(1, 78) = 2.75, p = .101$	

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Note. Covariates include parent age and parent income. PPRS = Perceived Parental Rejection Scale. HS = Homonegativity Scale. MM = Machismo Measure.

ALLSORTS IMPACT GOALS

LGBTQ+ children and young people
Will have friends and a community

LGBTQ+ children and young people will be more confident in who they are



LGBTQ+ children and young people will be healthier

LGBTQ+ children and young people will feel safer

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SO WHAT DO WE DO?

FOR OVER 26 YEARS ALLSORTS HAS BEEN WORKING ACROSS SUSSEX TO SUPPORT LGBTQ+ YOUTH. TODAY WE DO THIS THROUGH:

- YOUTH GROUPS & ACTIVITIES
- YOUTH COACHING
- PARENT & CARER SUPPORT
- SCHOOLS WORK
- TRAINING & CONSULTANCY

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ALLSORTS YOUTH SERVICE

WE RUN YOUTH GROUPS FOR:

- LGBTQ+ YOUNG PEOPLE AGED 11-15
- LGBTQ+ YOUNG PEOPLE AGED 15-21
- TRANS & NON BINARY CHILDREN AGED 5-11
- TRANS & NON BINARY YOUNG PEOPLE AGED 11-15
- TRANS & NON BINARY YOUNG PEOPLE AGED 15-21

WE ALSO RUN:

- A HOLIDAY ACTIVITIES SCHEME
- RESIDENTIALS & TRIPS
- SPECIALIST SHORT PROGRAMMES FOR TRANS YOUNG PEOPLE AND THEIR FAMILIES



WHAT HAPPENS AT GROUP?

AT OUR YOUTH GROUPS, YOU CAN EXPECT:

- FUN, CREATIVE & INTERESTING ACTIVITIES
- GROUP GAMES
- GUEST SPEAKERS FROM OTHER ORGS & SERVICES
- FREE FOOD & DRINK

AND...

- ALL ALLSORTS STAFF & VOLUNTEERS ARE LGBTQ+
- WE COVER TOPICS INCLUDING SUICIDE & SELF HARM, HATE CRIME, SEXUAL HEALTH, RELATIONSHIPS & IDENTITY - IN DEPTH
- WE PROVIDE SPACES FOR OPEN AND HONEST DISCUSSIONS, FOR LEARNING TOGETHER, & FOR CHALLENGING EACH OTHER.

BEADING AND CRAFTING

LEARNING TO SEW & CROCHET WITH 'SEW FABULOUS'

PHOTOGRAPHY NATURE WALKS

BUSHCRAFT & FORESTRY SKILLS

ZINE WORKSHOPS

SPORTS SKILLS AND SWIMMING

PRIDES

WORKSHOPS ON HEALTHY RELATIONSHIPS & INTERNET SAFETY

ART GALLERY VISITS

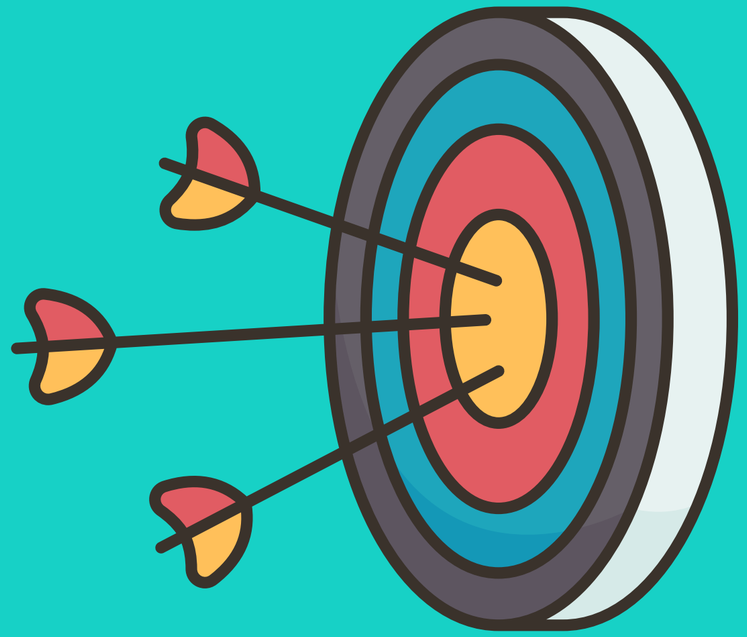
SEXUAL HEALTH WORKSHOPS

YOUTH COACHING

ALLSORTS YOUTH COACHES WORK WITH LGBTQ+ CHILDREN & YOUNG PEOPLE AGED 11-25. OUR YOUTH COACHING FOCUSES ON SUPPORTING THE YOUNG PERSON TO REACH THIER OWN GOALS, & TAKES PLACE ACROSS SIX 1:1 SESSIONS.

LGBTQ+ YOUNG PEOPLE OFTEN WANT TO FOCUS ON:

- SEXUALITY & / OR GENDER IDENTITY
- REACHING THEIR FULL POTENTIAL
- INCREASING RESILIENCE
- BUILDING & ENCOURAGING HEALTHY RELATIONSHIPS
- BUILDING SELF-ESTEEM & SELF CONFIDENCE
- IMPROVING COMMUNICATION BETWEEN PARENTS/CARERS, FAMILY & FRIENDS
- KEEPING EMOTIONALLY & PHYSICALLY SAFE



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PARENTS & CARERS SERVICE

OUR PARENTS & CARERS SERVICE (MOSTLY) SUPPORTS PARENTS & CARERS OF TRANS & NON BINARY CHILDREN & YOUNG PEOPLE.

IT IS AT THE HEART OF OUR WORK AS A CHILD FOCUSED ORGANISATION, BECAUSE THE SINGLE BIGGEST PROTECTIVE FACTOR FOR LGBTQ+ CHILDREN IS A SUPPORTIVE & LOVING FAMILY.

WE PROVIDE:

- SUPPORT GROUPS & SOCIAL GROUPS
- INFORMATION SESSIONS & EXPERT WORKSHOPS
- FAMILY ACTIVITIES
- 1:1 SUPPORT SESSIONS



SCHOOLS WORK

WE WORK CLOSELY WITH SCHOOLS ACROSS SUSSSEX, BECAUSE SCHOOLS & COLLEGES ARE WHERE LGBTQ+ CHILDREN & YOUNG PEOPLE SPEND MOST OF THEIR (OUT OF HOME) TIME.

WE PROVIDE:

- ASSEMBLIES & WORKSHOPS FOR STUDENTS
- WORKSHOPS & TRAINING FOR TEACHERS
- TAILORED SUPPORT ON LGBTQ+ INCLUSION
- RAINBOW FLAG AWARD



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WE TRAIN OTHER PEOPLE :)

WE'VE BEEN PROVIDING LGBTQ+INCLUSION TRAINING FOR MORE THAN 20 YEARS.

OUR SESSIONS ARE:
EXPERT LED, EVIDENCE BASED & PRACTICAL.
NO JUDGEMENT, NO WRONG QUESTIONS.

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WHAT YOUR TEAM WILL LEARN:

INCLUSIVE LANGUAGE & TERMINOLOGY

UNDERSTANDING SEXUAL ORIENTATION & GENDER IDENTITY

LGBTQ+ PEOPLES' LIVED EXPERIENCES

HOW TO BE AN EFFECTIVE ALLY

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WHAT MAKES US SO SPECIAL?

WE BELIEVE ALL LGBTQ+ CHILDREN & YOUNG PEOPLE BENEFIT FROM ACCESS TO SPECIALIST YOUTH WORK BECAUSE:

- IT ALLOWS THEM TO BUILD FRIENDSHIPS WITHOUT SHAME OR FEAR
- IT BUILDS COMMUNITY
- IT GIVES THEM ACCESS TO CRITICAL ROLE MODELS (YOU CAN'T BE WHAT YOU CAN'T SEE)
- IT GIVES THEM ACCESS TO SPACES & SERVICES THAT REALLY 'GET IT'

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AT ALLSORTS YOUTH 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 THIER 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.

WANT TO GET INVOLVED? GO TO HTTPS//WWW.ALLSORTSYOUTH.ORG.UK

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