





An introduction to some of the challenges faced by the LGBT+ community

In pairs or small groups, discuss what challenges you feel somebody who is part of the LGBT+ community might face which other people might not.

- Think carefully about situations where these challenges might present themselves?
- Are all of the challenges the same for everybody?

Make a note of a potential challenge that a member of the LGBT+ community might have to overcome on to a post-it note and stick it on to the whiteboard for us to discuss further.

C+: Can you think of things we can do in school which would support somebody going through some of these challenging times?





One challenge that a member of the LGBT+ community might face is coming out.

Discuss in pairs

1. What is 'coming out'?
2. Why do people 'come out'?
3. How should people 'come out'?
4. How can you support people 'coming out'?
5. C+ What might make this process more challenging for some people than others?





Coming Out

'Coming out' means telling someone something about yourself that isn't immediately obvious. With regards to sexual orientation and gender identity this means sharing with others that you are lesbian, gay, bi or trans. The process of coming out can be very different for everyone and it can take some time to get to a point where you feel comfortable and confident enough to have those conversations with people.

Mostly, people just want to be honest about who they are, especially with the people they love. Hiding who you are can be a big struggle. It can take your focus and energy away from other important things in your life such as your job, studying or exams.

Just because someone may decide to come out to family or friends, it doesn't mean they have to come out to everyone. It's quite common for people to be out in certain areas of their lives but not in others.

It may take you a while to get to a point where you feel ready to come out, which is absolutely fine. The main thing to remember is not to put any pressure on yourself and to do things how you want to, when you want to.

There are many different ways to come out and there is no right or wrong way to do it. If you are thinking about coming out then it's important that you find a way that feels right for you.

<https://www.rucomingout.com>



But it isn't always that simple...

For some people, putting a label on their sexuality just doesn't work. Attraction isn't necessarily defined by gender, and labelling themselves as 'straight', 'gay' or 'bisexual', for example, might not seem to fit, as they see their sexuality as far more fluid than that.

This article explains a little more about how people might feel, and why they feel labelling their sexuality is unnecessary.

For 19-year-old psychology student Greta Warren, the question of whether she defines herself as gay or straight is a meaningless one. Both terms, she believes, are just labels. And who needs labels? "I've tried imposing labels like bisexual and pansexual on myself but I just don't feel comfortable with them," she says.

Greta, from Galway but studying at Trinity College Dublin, has had relationships with both men and women and feels comfortable romantically and sexually with both genders, but sees her sexuality as something fluid, and not something she can easily categorise."

Read more here:

<https://www.independent.ie/life/not-gay-not-straight-meet-the-young-people-who-refuse-to-define-their-sexuality-31480623.html>



Signposting

Support with coming out as lesbian, gay or bi

Some people come out with no problems at all but for others there may be obstacles and setbacks. Sometimes those close to you may need some time to get used to the news. It can be difficult if the people you care about have a hard time accepting who you are. Everyone's coming out journey is different. You may find some of the following support useful:

'Coming Out! Answers to some of the questions you may have' is Stonewall's guide for young people. It has been designed to provide answers to some of the most common questions that young people might have if they are thinking about coming out, or think they might be lesbian, gay or bi. Written and designed in conjunction with young people, the pocket-sized guide offers advice and guidance as well as suggestions for further support.



Coming Out guide

AUGUST 2015





There is Support Available

Other useful sources of support

www.rucomingout.com - A website that has an archive of coming out stories from people of all ages and backgrounds, as well as tips about coming out and interviews with inspiring LGBT people.

www.fflag.org.uk - Fflag is a registered charity dedicated to supporting parents and their lesbian, gay and bi daughters and sons. The website also has lots of advice on how to come out to parents.

www.genderedintelligence.co.uk - You'll find lots of really useful resources for trans young people.

<https://www.meetup.com/Norfolk-LGBT-Meetup/>

<https://www.theproudsttrust.org/youth-groups/blah-norwich/>



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How Tolerant Do You Think OBHS Students are of the Trans community?

What evidence do you have for thinking/ feeling this?

What's the situation like for trans people in the UK at the moment?

Many trans people in the UK continue to face huge levels of abuse and inequality right now. Two in five trans people have had a hate crime committed against them in the last year, and two in five trans young people have attempted suicide. One in eight trans people have been physically attacked by colleagues or customers at work. No wonder some trans people are scared to walk down the streets.

It's such an extreme situation, that there have been instances where British trans people have been granted asylum in other countries such as New Zealand because of the transphobia they faced in the UK. This shows it's something we all need to care about, take seriously and work to tackle in whatever way we can – whether that's at work, at school or in our communities.

But these shocking stats only tell one element of the story. Being trans in no way means your life is going to be bad– trans people around the UK have rich, rewarding lives, careers, families and relationships, just as any other group of people do.



Do You Have To Have a Sex Change Operation To Be Trans?

A lot of media coverage is obsessed with details of body parts and surgical procedures. For some trans people, having gender reassignment surgery is an important part of their transition. Getting access to that surgery is extremely difficult at the moment, and more investment is desperately needed so that trans people can get the procedures they need.

But for other trans people surgery isn't something they want. Being trans isn't about having (or not having) particular body parts. It's something that's absolutely core to a trans person's identity and doesn't alter - whatever outward appearances might be.

And frankly, it's no one else's business: you wouldn't dream of asking someone else what they've got going on under their clothes, so why would anyone think it's appropriate to ask a trans person?



Can You Be Trans and Gay?

Sexual orientation (who you are attracted to) is completely unrelated to gender identity (who you are). You can be trans and gay, trans and straight, trans and bi, asexual, or anything else – just as a cis person can be. Simple.

What is the difference between biological sex, gender identity and sexual orientation?



Support Available

'Staying safe online' is Stonewall's guide for young people that looks at the risks you can face when using the internet and social media.



Support with coming out as trans

'A guide for young trans people in the UK' was produced by young trans people, and gathers stories, sources, facts and tips that might be useful to anyone questioning their gender. This project was funded by the Department of Health's Sexual Orientation and Gender Identity Advisory Group in 2007. [You can download a free copy of the guide here.](#)



What Is Going On This Month?

Throughout the month of February, subject teachers will deliver an LGBT+ inclusive lesson. This will give you the opportunity to learn even more about the LGBT+ community and its history.

We have put together an inclusive recommended reads list. If you are keen to broaden what you read and learn more through fiction, why don't you have a read of one of our recommendations? The reading lists will be displayed in the library where there will be copies for you to take, so please help yourself.

W/B	Classroom Activity	Lunchtime Activity
31 st January	ILT Session 1 – Monday 31st January: An Introduction to LGBT+ History Month and how we will educate and celebrate at OBHS.	Treasure Hunt: Collect a treasure hunt form from student reception. The Treasure Hunt will involve you following our trail to discover things you might not have known about the queer community, and get you finding clues our about famous, and not-so-famous faces. There are prizes to be won, so come along and give it a go.
	ILT Session 2 – Thursday 3rd February: Pronoun Equality: A presentation on pronoun equality and the importance of being able to identify and be addressed in the right way. Students who would like us to create a preferred pronoun and name badge for them to wear will have the opportunity to sign up in this session. Regardless of whether your chosen pronoun matches your biological sex, or doesn't, wearing a badge is a way of showing you are an ally within the OBHS community.	
7 th February	ILT Session 3 – Tuesday 8th February: An introduction to some of the challenges faced by the LGBT+ community.	Rainbow Bake-Off: students to submit their best rainbow bake to SM Office before 9.00am. Judging to take place in Room 3 at lunchtime. Thursday 10th February
	ILT Session 4 – Friday 11th February: You are Enough. This session will focus on the importance of self-love and appreciation and give you the opportunity to reflect and celebrate the things you feel proud of or thankful for.	
14 th February	Half Term	
21 st February	ILT Session 4 – Tuesday 22nd February LGBTQIA+ History: An opportunity to learn more about the LGBT+ culture and its history. This will include information on key events and people who are part of the community. We hope that by increasing understanding, we can increase respect and allies within the school.	Film Showing: 'Love Simon' will be shown in the Main School Hall during lunchtime this week and is open to students in Y9 and above.
	LGBT+ Celebration Day – Friday 25th February All students are invited to wear rainbow-coloured additions to their uniform on Friday (socks, hats, ties, hair bands, ribbons, gloves). We will have a celebratory event running during both Friday lunchtimes in the Main School Hall. There will be stalls such as rainbow face painting and nails, an LGBT quiz, a badge making stall, a bake sale, etc. There will be music frivolity and an official cry opening the event by the Official Town Crier for Thetford and Norwich Pride. We would like as many of you to come along to show your support and have fun celebrating!	



Rainbow Bake-Off

Submit your entries to Mrs Morgan's office by break time on Thursday 10th February.

Judging will take place in Room 3 during ILT 1.

Get your bake on and be creative!





Film Showing

Everyone deserves a great love story, but for 17-year-old Simon Spier, it's a little more complicated. He hasn't told his family or friends that he's gay, and he doesn't know the identity of the anonymous classmate that he's fallen for online. Resolving both issues proves hilarious, terrifying and life-changing.

Showing in the Main School Hall during lunchtime from Monday 21st – Thursday 24th February

For Year 9, 10 and 11





LGBT+ History Month Celebration Day – Friday 25th February

The celebration will open with a cry from the official town crier for Norwich Pride. His infamous cry of ‘Oh Gay, Oh Gay, Oh Gay...’ went viral after pride 2019. He will be donning his rainbow waistcoat and opening our celebration with our very own cry.

Following this, there will be music, merriment and celebration in the Main School Hall. Come along and get your face painted, buy a rainbow cake, or have a go at one of the games and quizzes on offer...there are prizes to be won!

It will be running throughout both lunchtimes and all students are welcome.

Don't forget to add an extra something to your uniform on Friday 25th: rainbow socks, a rainbow tie or hair band, rainbow gloves.

**We can't wait to celebrate with you
all!**

