



Pride

Learning Pack



**SAFER
SCHOOLS**

What is Pride?

Pride is the celebration of LGBTQ+ communities all around the world. Pride Month takes place in June, as this is the same month as the Stonewall protests in New York in 1969. These protests happened after violence and discrimination from the police. They led to widespread demands for LGBTQ+ civil rights across the world.

The aim of this pack is to help you learn a little bit more about experiences of people who identify as LGBTQ+ and to give you the opportunity to ask any questions you may have about LGBTQ+ Communities!

We encourage you to use this learning pack as a way to develop a deeper understanding of LGBTQ+.

Above all else, this aim of this pack is to remember that everyone deserves to be treated with dignity and respect.



Do you know what LGBTQ+ stands for?

LGBTQ+ stands for Lesbian, Gay, Bisexual, Trans and Queer/ Questioning.

- L** Lesbian: A female who is attracted to other females
- G** Gay: A person (usually a man) who is attracted to the same sex
- B** Bisexual: A person who is attracted to both men and women (not equally)
- T** Trans: A person who has a different gender than the one they were born with
- Q** Queer: A word used to explain all the different types of gender/sexualities

The word 'Queer' has a complicated history. Sometimes used as a slur, there have been active efforts by some members of the LGBTQ+ Community to 'reclaim' the word as an inclusive umbrella term to describe all non-heterosexual ('straight') and non-cisgender identities (a person who identifies as the gender they were born with).

- Q** Questioning: A word to describe a person who is exploring their sexual/ gender identity
- +** '+': Represents all other identities and sexualities, such as asexuality, non-binary and gender fluid identities

There is a glossary at the end of this pack which includes other terminology, sexual and gender identities that you may or may not have heard of before!

Challenges faced by LGBTQ+ Children and Young People

- Homophobia, biphobia and transphobia.
- Pressure to **conform** to gender and sexual norms. Children and young people may feel pressure to look or act a certain way in order to be accepted by their family and friends.
- **Manage sexual and gender identity** in different areas in life. For example, children and young people may be 'out' to a select group of friends, but family members may not be aware of their sexual or gender identity.
- Feeling **isolated** or different. By having a different sexuality or gender identity than their friends, children and young people may worrying about being 'different'.
- **Inability to express identity** in fear of what others might say. Children and young people may 'hide' their identity, in worries that they may encounter homophobia, biphobia or transphobia.
- Having **confusing or negative** feelings about gender or sexual identity i.e., shame, guilt, confusion.
- Experience of **gender dysphoria**. Gender dysphoria is the sense of unease or unhappiness that a person may feel because they do not identify as the gender they were born as.

Isolation or barriers to speaking out about LGBTQ+ Challenges

There may be several obstacles that children and young people may face, these can include:

- **Worrying** about being '**outed**'. Being '**outed**' means when someone tells others about your gender or sexual identity without your permission.
- Fearing being out will make **bullying or abuse worse**.
- **Feeling shame or blame** for abuse that is happening to them.
- Worrying that adults will believe their gender identity or sexuality **is to blame for their experience of abuse / mental health issues**.



Activity 1

Mythbuster

Discuss whether you think these statements are facts or myths.
Write fact or myth beside each statement.

Fact or Myth?

- **1** 45% of all LGBTQ+ pupils face bullying at school
- **2** 'Homosexuality' was illegal in the UK until 1967
- **3** People are either straight or gay
- **4** 2-4% of the UK population identifies as LGBTQ+
- **5** A person can only identify as a man or a woman
- **6** Same sex marriage was made legal in England and Wales in 2013 and 2014 in Scotland
- **7** Our sexuality is fixed and cannot change
- **8** Coming out only happens once
- **9** All gay men are feminine and all lesbian women are masculine or 'butch'
- **10** 96% of young people who identify as LGBTQ+ have reported that the internet has helped them understand more about themselves and their sexual or gender identity

Activity 2

The influence of technology and the online world on LGBTQ+ experience

The use of social media is evolving and has become important in the lives of young people.

The internet and social media has allowed LGBTQ+ people to connect and grow in ways that weren't possible several years ago. These include highlighting LGBTQ+ experiences, campaigning, and advocacy online.

Despite this, others may use these platforms as a means of posting harmful, offensive content aimed at the LGBTQ+ community.

Which of the statements below are 'pros' and 'cons' of the online world for children and young people who identify as LGBTQ+?

- Support for LGBTQ+ young people to express who they are
- May be targeted by adults who want to say nasty and unkind things
- Being able to access helpful information and a wide variety of helpful online resources
- Young people may become someone online that they aren't in real life
- Get to talk online with other members of the LGBTQ+ community
- Everyone is more able to see the experiences of LGBTQ+ Communities
- Could be exposed to nasty and upsetting comments online
- Being able to see other LGBTQ+ people online and in media, and feeling positively represented
- May come across age-inappropriate or harmful sexual content
- May experience rejection in a public online space

Activity 2

Pros and Cons

Pros



Cons



Activity 3

Scenarios

The below scenarios will help you facilitate robust discussions about LGBTQ+ in the classroom and at home.

- 1 Your friend has posted a picture of themselves online, and you think they look great! However, someone is leaving nasty and homophobic comments below.**

How do you feel?

How do you think your friend feels?

How would you support them?



- 2 You and your friends are joking around, when one of them tells you that your outfit is 'gay'.**

How do you respond?

Would you explain what it means to be gay?

How does this comment make you feel?

- 3 Your favourite celebrity has identified themselves as LGBTQ+, and you are reading through the comments on some of their posts. There are both positive and negative messages in response.**

How does this make you feel?

Would you report the negative comments?

Would you leave a comment under the celebrity's post?

Activity 3

Scenarios

The below scenarios will help you facilitate robust discussions about LGBTQ+ in the classroom and at home.

- 4 Your best friend has been distant and acting out of character recently. You ask them what's wrong, and they get really upset and tell you they are struggling with their gender identity. They explain how they have been trying to ignore this feeling for so long.**

How do you respond?

What do you think your friend should do next?

How do you support your friend?



- 5 Gemma privately messaged Emily and told her that she thinks she might be a lesbian. Emily then screenshot the message without Gemma's knowledge and shared it on social media for everyone to see without her permission.**

How do you think Gemma feels?

What could the consequences be?

How could you support Gemma?

Activity 4

Sharing thoughts and reflections

Here is your opportunity to reflect and share what you have learned by completing this Pride Learning Pack. Take time to think about any other questions you may have about the experiences of people who identify as LGBTQ+ and LGBTQ+ Communities.

- 1 Have you ever seen homophobic, biphobic or transphobic comments posted about your friends or a celebrity you're interested in? How did it make you feel?



- 2 What else can you do in school and at home to help support LGBTQ+?



- 3 What do you think about pride celebrations?



- 4 Can you think of any other issues experienced by the LGBTQ+ Communities? Can you think of any reasons why they may face those issues?



- 5 Has completing these activities changed or strengthened your opinions and perspectives? Why or why not?



- 6 Write down any LGBTQ+ questions you might have and discuss them with your trusted adult.

Activity 4

Sharing thoughts and reflections

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Glossary

Bisexual

Usually refers to a person attracted to both genders (not usually equally).

Butch

A slang term that refers to a woman who might have typically masculine characteristics in the way they dress and express themselves. This does not mean that they are transgender.

Cis/Cisgender

A term used to describe someone whose gender is the same as the one they were born with.

Coming Out

When a person chooses to tell others in their life about their sexual orientation or gender identity. Usually happens once, but also happens when an LGBTQ+ person meets someone new.

Cross Dresser

Dressing in the opposite gender's clothes, this can be a form of self-expression and does not necessarily mean a person is trans.

Gay

Usually refers to same sex attracted people. (Usually men but sometimes women.)

Gender Identity

A person's sense of their 'gender.' This can refer to our feelings and appearances of 'masculinity' or 'femininity.' This can be the same or different than the gender they were born with.

Gender Non-Binary

Someone who does not identify as either solely male or solely female.

Gender-Fluid/Gender-Queer

Someone who has no fixed gender. They may have both masculine and feminine (or neither) traits when expressing their gender. Their gender they feel can change.

Glossary

Gender

Refers to our appearance, mannerisms and expected social behaviours. (Note: It is possible that the gender you are born with and the gender you feel do not match).

Gender/ Sexual Norms

Norms are a set of behaviours that are typically viewed as 'acceptable' or 'appropriate'. An example of this is 'Blue is for boys, pink is for girls.'

Gender Dysphoria

A sense of unease or unhappiness felt by children and young people who do not identify with the gender they were born with.

Heterosexual/Straight

Someone who is attracted romantically, sexually, and emotionally to a member of the opposite sex.

Homophobia, Biphobia and Transphobia (HBT)

The irrational fear and hatred of people, identities, and behaviours. Can include negative attitudes, discrimination, and violence toward LGBTQ+ people.

Lesbian

Usually refers to same sex attracted women.

Intersex

Someone who was born with variations in primary sex characteristics incl. genitals, chromosomes, and sex hormones. Their bodies do not usually fit standard medical definitions of male or female.

LGBTQ+

Umbrella term for 'Lesbian, Gay, Bi-Sexual, Trans and Queer or Questioning.' The '+' represents all other identities and sexualities, such as asexuality, non-binary and genderfluid identities.

Outing

When an LGBTQ+ person's sexual orientation and/or gender identity is disclosed publicly without their permission.

Glossary

Pansexual

An attraction to a person of any sex or gender.

(Gender) Pronouns

Words used to refer to a person incl. he/she/they and his/hers/theirs note some people will use gender neutral pronouns (It's always better to ask for preferred pronouns).

Queer

Can be seen as offensive by some but has been taken back by some members of the LGBTQ+ community. Refers to feelings of 'otherness' or different identities and is considered less restrictive than LGBTQ+

Questioning

When a person is reflecting on their sexual and/or gender identity. This is a normal experience for all young people, as they pass through puberty.

Sex

Refers to our biological sex, chromosomes, genitals, and hormones.

Sexual Orientation

This refers to the emotional, physical, and sexual attraction to others (Note: These can change throughout our lives.)

Transgender

Refers to someone whose gender identity differs than the one they were born with. May also be referred to as 'trans.'