

LGBTQ+

LET'S TALK
Helping young people thrive



Who are Let's Talk?

We support young people to develop **knowledge, skills and confidence** to make **informed decisions** about their **health and wellbeing**

Free, confidential, and non-judgemental support and advice including about:

- Relationships
- Sexual Health
- Drugs and alcohol
- Understanding anger
- Health and wellbeing





Group Agreement

- Safe space for learning – no judgement
- Take part
- Ask questions – but nothing personal
- Listen – don't talk over
- Language
- Confidentiality
- Look after you!

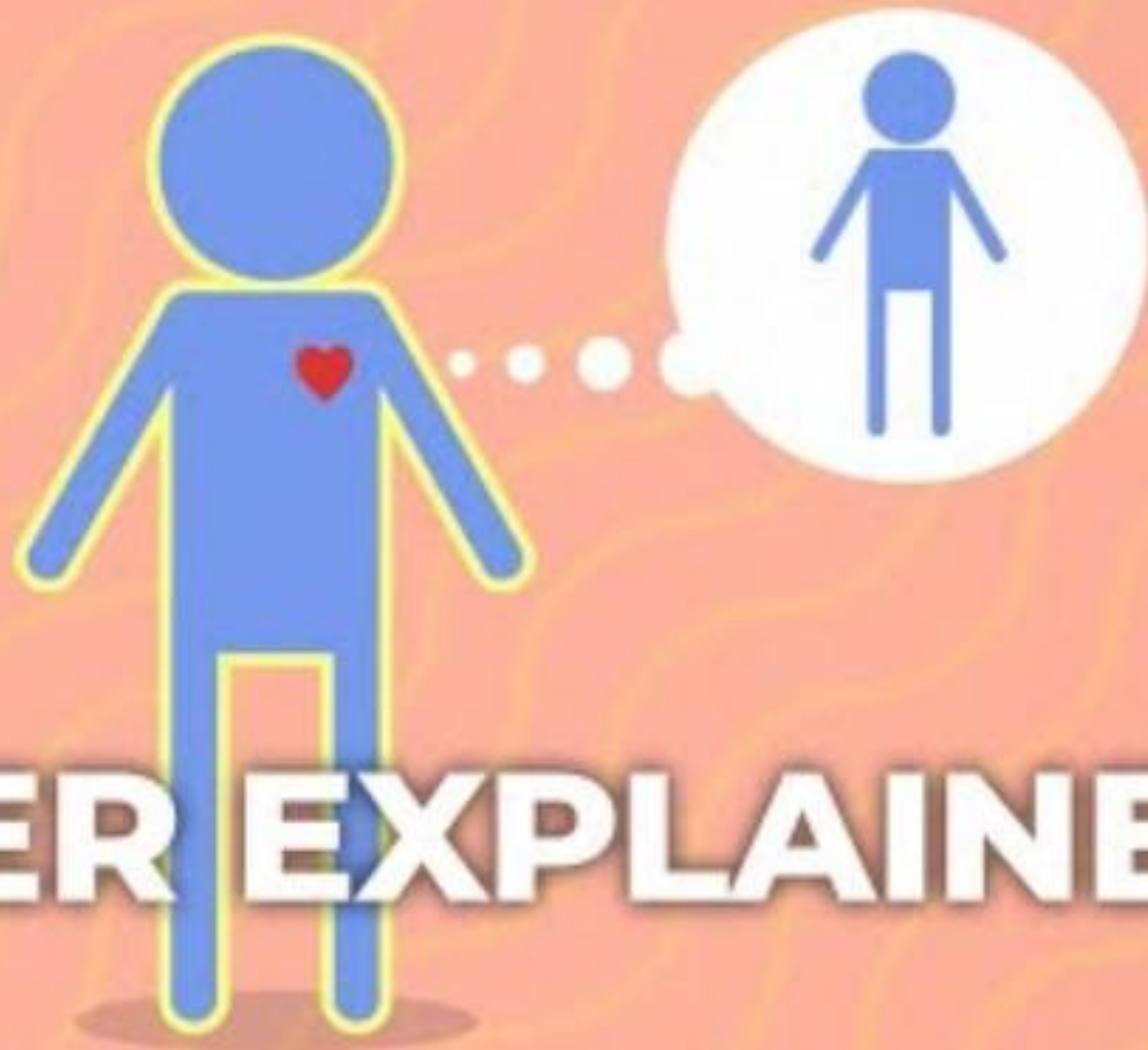
Learning Objectives

By the end of this lesson, you will be able to:

- Understand key definitions around sexual orientation, gender and sex
- Understand how to use pronouns and recognise their importance
- Practice how to be a supportive ally to all LGBTQ+ people
- Know where to get help and support



**What does it
mean?**



GENDER EXPLAINED

What does it mean?

Sexual orientation or romantic orientation means who someone is attracted to – this could be men, women, non-binary people, or no one at all.

Gender identity refers to how someone feels inside about their gender, even if they haven't 'come out'. This can be different to the sex given to them at birth.

Gender expression means how someone expresses their gender and can be different to their gender identity. This can be through how someone dresses, speaks, or acts.



What does it mean?

Sex refers to a person's body and biology, and includes chromosomes, hormones and reproductive organs. When someone is born, they are labelled as a boy or girl depending on their genitals.

If someone's gender identity is different to the sex given to them at birth, they are **transgender** or **non-binary**.

If someone's gender identity is the same as the sex given to them at birth, they are **cisgender**.



Isn't this all new?

Teaching notes

Isn't this all new?

Many people think that gender and sexual diversity is a 'new' thing and only happens in Western cultures, however LGBTQ+ people have always existed, and in the timeline of human history it's actually new that it's seen as wrong or weird!

Talk through some of the examples and ask young people if they're surprised by any of these and why?



2000 BC – Mesopotamia

The earliest records of humanity reference people who were neither male nor female, and how they believed God created them.



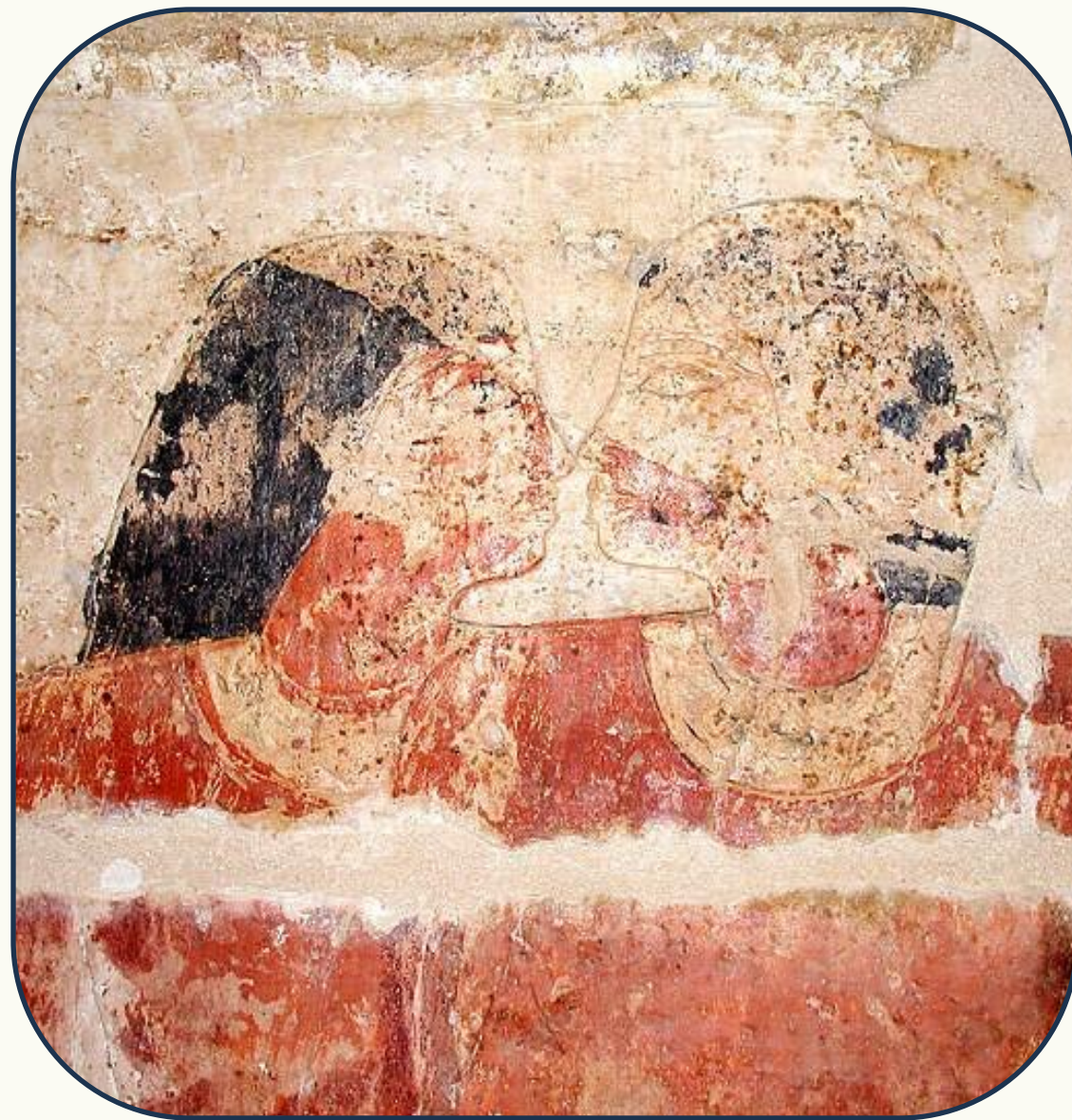
~400 BC – Hijra

Still existing today in South Asia, Hijra people define themselves as neither male nor female and have been around for thousands of years.



~600 BC – Sappho of Lesbos

Known for her poetry about her love for women, Sappho lived in Ancient Greece and is the origin for terms 'lesbian' and 'sapphic'.



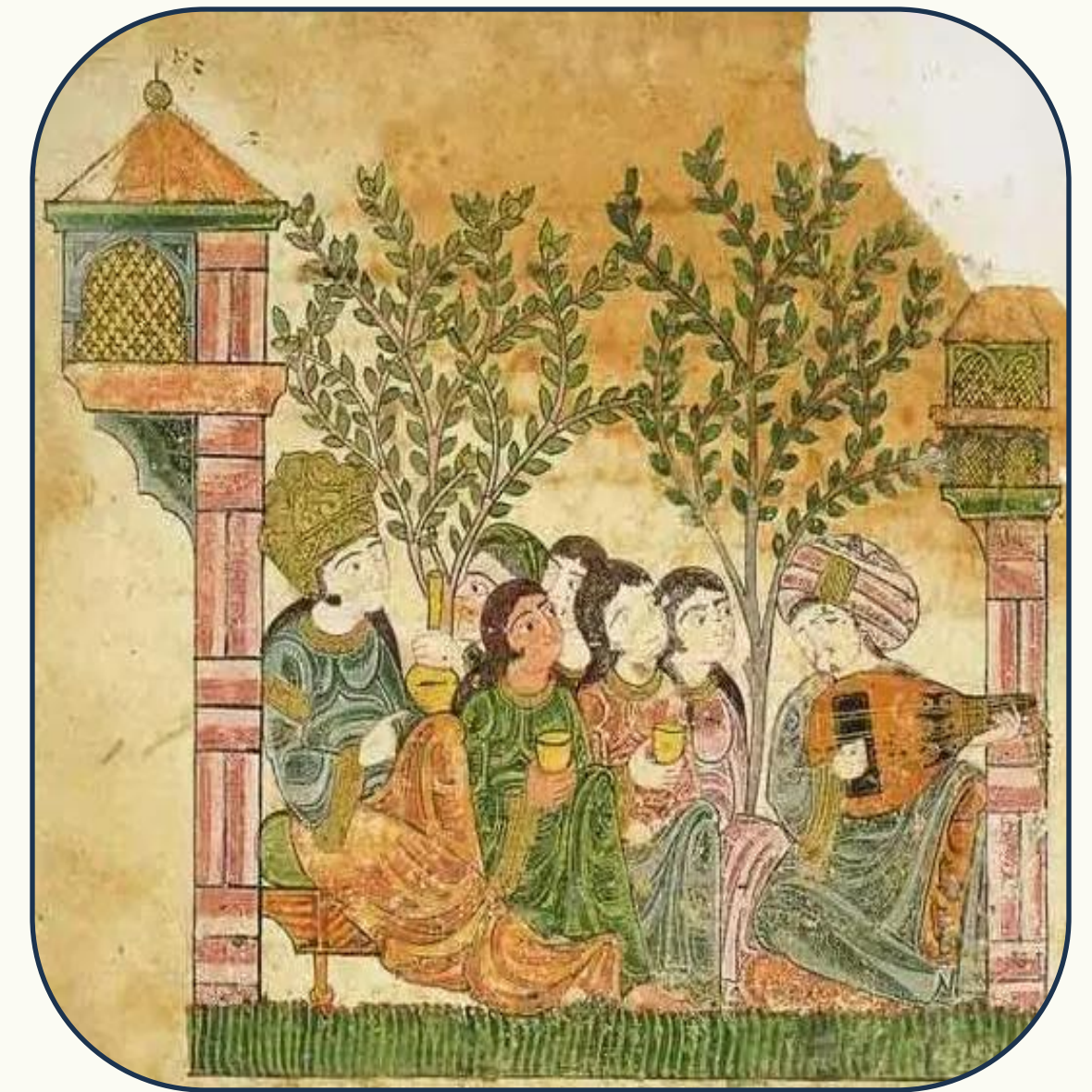
~2400BC - Khnumhotep and Niankhkhnum

These men were royal servants in Ancient Egypt. When their tomb was excavated in 1964, archaeologists found their bodies intertwined and their faces nose-to-nose -- the way married couples were buried.



~1000 - Igbo and Yoruba tribes

Pre-colonisation, the Igbo and Yoruba tribes, found mostly in present day Nigeria, did not have a binary of genders and typically did not assign gender to babies at birth, and instead waited until later life.



Mukhanath

In classical Arabic and Islamic literature, these were men who were seen as “acting like women” and might be considered transgender women or gay men today. They were associated with music, entertainment and social roles of women.

**Test your
knowledge!**

ACTIVITY

Teaching notes

RESOURCE – LGBTQ+ terms match up cards

Split learners into pairs and small groups and ask them to match the definition up with the different identities and flags.

Reassure them that it's ok if they don't know them as we're learning, but have a guess!

Ask groups to choose a definition to read out – did they know them all or were there any they hadn't heard of?

Debrief with the slides.

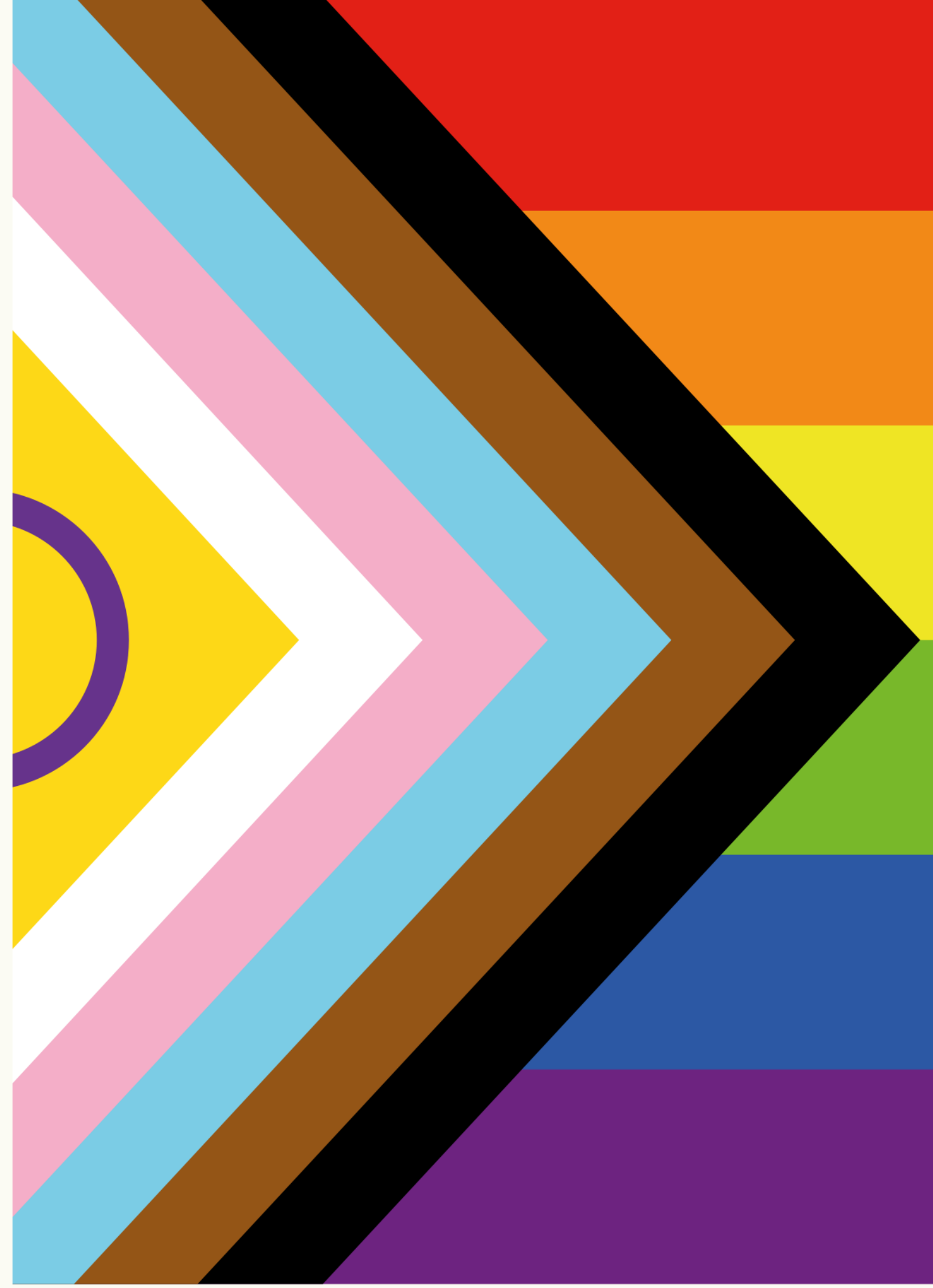
LGBTQIA+

Lesbian: A woman who is attracted to women.
Some non-binary people may also use this word.

Gay: Someone who is attracted to people of the same/similar gender; or a man who is attracted to men.

Bisexual: A person who is attracted to people of more than one gender.

Transgender: A person whose gender is not the same as the sex they were given at birth.



LGBTQIA+

Queer: A term many LGBTQ+ people use to describe themselves. This has been used in a negative way but has now been taken back as a positive word by many LGBTQ+ people.

Intersex: A person whose body does not fit into the male/female binary.

Asexual: A person who experiences little to no sexual attraction.

Non binary: A person who does not exclusively identify as 'man' or 'woman'.



Pronouns



'Coming out'

'Coming out' refers to telling others about your gender or sexual orientation.

You don't have to tell anyone until you feel ready.

This doesn't mean you are any less you.



'Coming out'

Try speaking to someone you trust – a family member, teacher, friend, or support line.

If someone trusts you enough to tell you about their gender or sexual orientation, it's important to support them and not tell anyone else without their permission.



**How would you
respond?**

Teaching notes

RESOURCE – LGBTQ+ scenarios & Resources for LGBT

Split young people into pairs or small groups and give each one a scenario and the Resources for LGBTQ+ people resource. You could take the opportunity to look at other resources and groups local to you and hand out your own resources sheet instead or as well.

Ask them to read each scenario and think about how they could respond to each person. They can use the Resources for LGBTQ+ people sheet if they want to for signposting but they don't have to.

Hi, I'm Oli. I'm 14 years old and live in the Wirral. I figured out I was gay last year but I've not told anyone.

My friends often say things like 'that's gay' when they mean 'that's rubbish' and I've never heard them say anything positive about LGBTQ+ people before, so I don't know how they'll react.

I feel alone and wish I could just be myself.



Hi, I'm Felix. I'm 13 and I live in Wallasey.

I came out as transgender last year, which I was really worried about, but my friends were all actually really cool with it! My parents still get my pronouns wrong sometimes, but they're trying which I'm grateful for.

I don't know any other trans people though, and I'd love to make friends with people who actually get it to share my feelings and experiences with.



Hi, I'm Poppy from Liverpool.

I told my parents I have a girlfriend last night and they've told me they're disappointed in me, and that they don't want me living with them anymore.

I don't know where else to go. I'm only 16 and haven't got any other family nearby. If I'm not out by the end of the week they said I can sleep on the streets.



Hi, I'm Aisha. I'm 13 and live in Bebington. I'm not sure about my sexual orientation, but I know that I'm definitely not straight.

There are LGBTQ+ people in my school who are accepted so I'm not worried about telling my friends, but I'm scared about talking to my family about it as they think being gay goes against our faith.

I have an uncle who's bisexual and is still Muslim, but my dad says he can't be. I want to be true to my faith but also be myself.



How to be an ally

- Be open to learning
- Use inclusive language and don't assume
- Speak up if you see anti-LGBTQ+ bullying or discrimination
- Introduce yourself with your pronouns
- Respect chosen names and pronouns



Teaching notes

Video:

Intro – often we see LGBTQ+ people through the lens of discrimination, prejudice and hardship, but there are so many reasons to be joyful as LGBTQ+ people.

We also often think of young people when we think of people who are LGBTQ+, but it's important to see that LGBTQ+ people exist of all ages, and even if you're struggling today you will find community, celebration and confidence and things will get better.

QUEER
JOY

**To my
younger
self**

Where to get support



Branch is an online mental wellbeing hub for children and young people in Wirral, from 0 all the way to 18 (and up to 25 with additional needs).



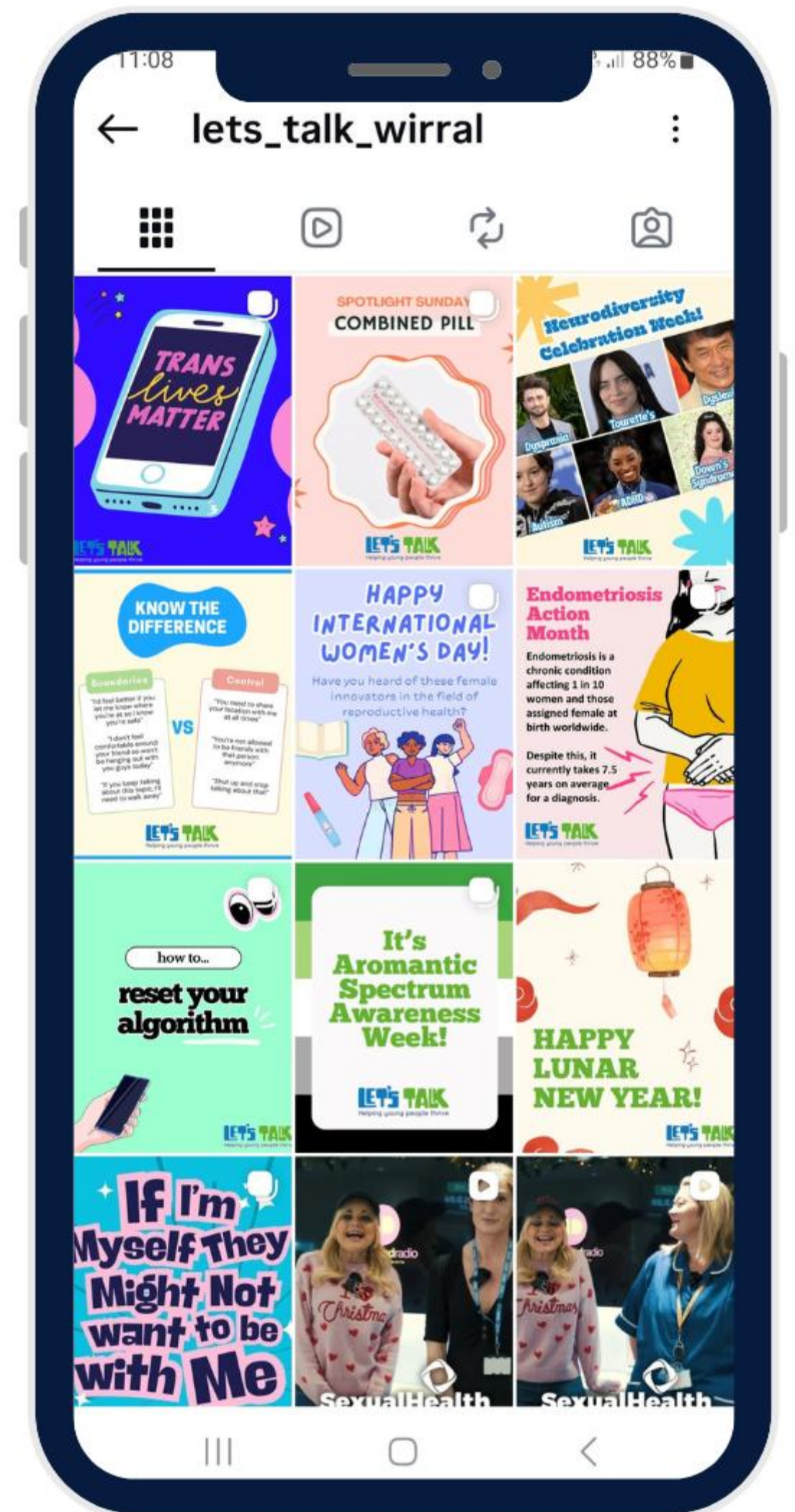
Health services in schools have youth workers who can offer 121 support around any concerns or support you may need. Ask you teacher to learn how to chat to them.



The Proud Trust is a charity for LGBTQ+ young people, with youth groups, online resources and a live chat.

We're on Instagram!

Follow us [@lets_talk_wirral](https://www.instagram.com/lets_talk_wirral) for advice, updates and fun facts on everything from sexual health to drugs, LGBTQIA+, digital wellbeing and so much more!



ourPlace

ourPlace is a free, confidential and non-judgemental service for young people aged 19 and under living in Wirral.

Our friendly team provide advice, support and treatment in a discreet and young person friendly clinic area.

Services and support:

- Contraception
- Emergency contraception
- Condoms
- STI testing
- Psychosexual support
- LGBTQ+ support





Visiting ourPlace

Monday to Thursday - 3.00pm to 7.00pm

Friday - 3.00pm to 6.00pm

Saturday - 1.30pm to 3.30pm

For appointments, please call **0300 123 5474**

Location:

ourPlace, 1st floor, St Catherine's Health Centre, Derby Road, Birkenhead CH42 0LQ