

Mental Health in the LGBTI Community



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LGBTI Awareness Training

- **Introductions and safer space agreement**
- **Language and transgender 101**
- **The landscape: LGBTI people's experiences of life in Scotland**
- **Inclusive learning environment: Top tips**

lgbtyouth.org.uk

National youth organisation, began as a volunteer organisation in 1989 and established as a national charity in 2003



Our Vision

Our vision is that Scotland is the best place to grow up for lesbian, gay, bisexual, transgender and intersex young people.

Our Mission

Our mission is to play a leading role in the provision of quality youth work to LGBTI young people that promotes their health and wellbeing, and to be a valued and influential partner in LGBTI equality and human rights.

Safer space agreement


As a group, let's go by these working principles to create a safer space for everyone:

Language – safe space to make mistakes!

Confidentiality and trust – within the room and for students

Respect – Opinions and peoples identities – let's learn from each other

Learning space – Phones on silent please and have something to go away with



“Knowing that you're not alone is a big step to getting better. When you have people around you that are going through the same kind of issues it can be helpful and you can help each other through it.”

What percentage of Scotland identifies as LGBT?

1.5%?

9%?

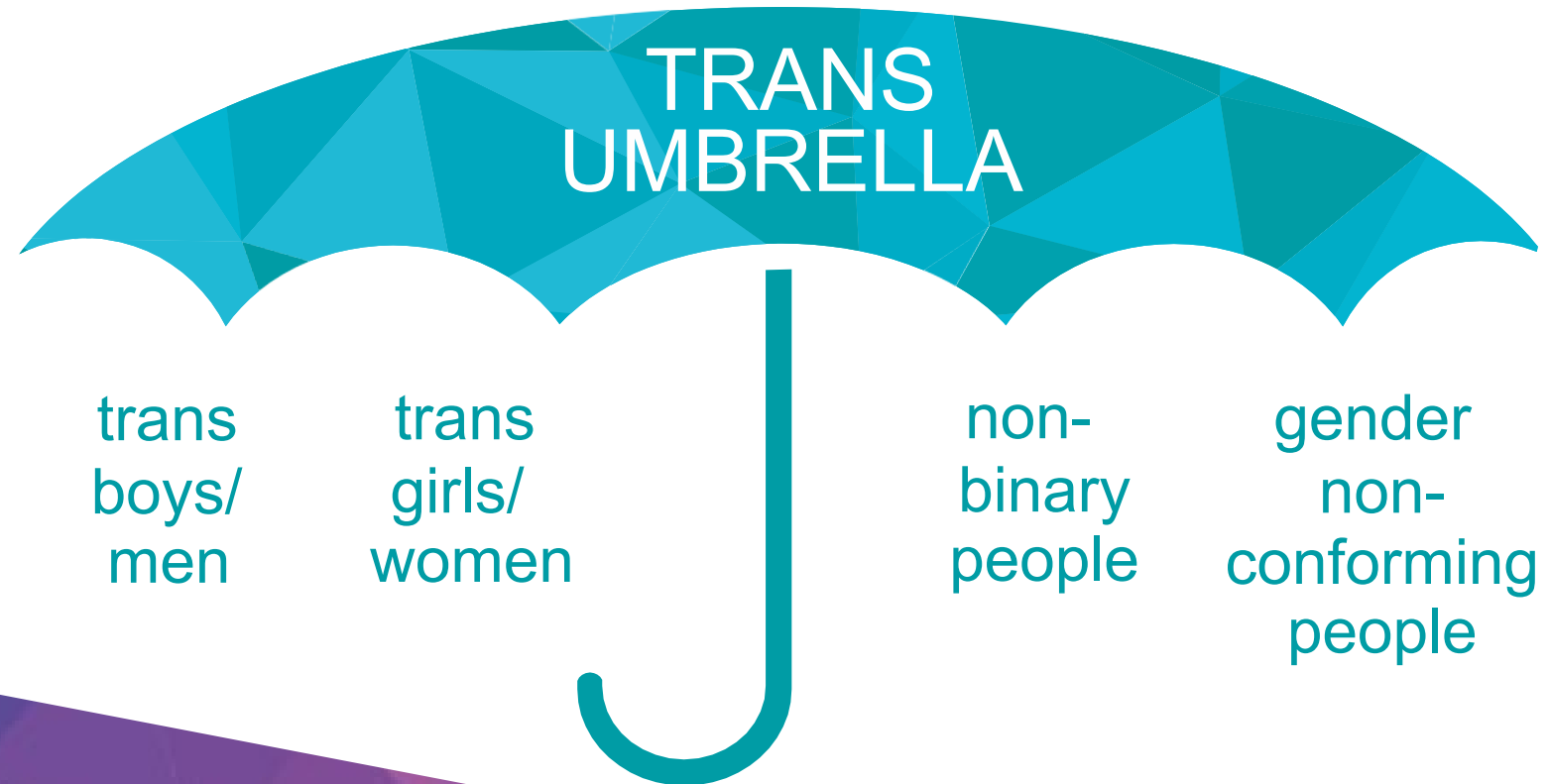
17%?

48%?

Language and terminology: activity

The trans umbrella

The terms **transgender people**, **trans people** and **gender variant people** are all 'umbrella' terms



Stand Up! for your friends



Stand Up for Your Friends

Stand Up! Don't stand for homophobic bullying



Stand Up! - Don't Stand for Homophobic Bullying

Life in Scotland for LGBT Young People

(2017-2018)

- Sample of 684 young people - largest sample in Scotland
- Ages 13-25, with the average age of 19
- 36% gay/lesbian; 30.6% bisexual, 11% queer, 11% pansexual
- 33.5% identified as transgender
- 19.5% identified as non-binary or described their gender in another way

Impact on all pupils

These statistics impact all pupils, not just LGBT pupils...

- **Unchallenged** pejorative language sets up young people to fail in future study and employment. It important we **challenge** prejudiced attitudes, language and behaviour
- Young people might feel pressured to act a certain way to prove their 'non LGBT' identity. **Celebrating** LGBT identities in school and role modelling **positive attitudes** can help break the cycle and negative culture within the school



**Be a visible
& proud
LGBT ally**



“A strong support network that consists of both friends and family members is so important.”



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See Me – I'm open minded

<https://youtu.be/XSKZNYHoW1I>



Know where to signpost or get more information

