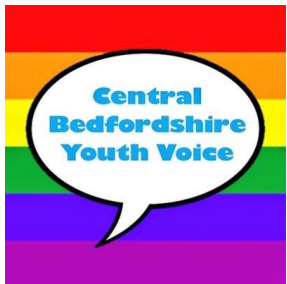




Rainbow NHS Youth Supporters Pack

Rainbow Youth Supporters Training Session



Designed and Created
by Young People from
Central Bedfordshire
Youth Voice

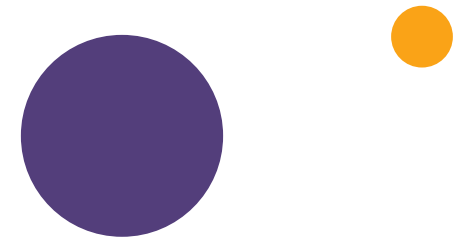
Firstly, we would like to welcome you to today's training session for the Rainbow NHS Youth Supporters Project. Today we will be focusing on a range of subjects from understanding the LGBTQ Terms and thinking about what the LGBTQ rainbow represents to yourself.



We are a group of young people from Central Beds Youth Voice who have written this when we got involved in RCPCH &Us in 2018 – 2019 to help out in getting the youth voice into the NHS Rainbow Badge project that Evelina Hospital London developed.

We hope you will enjoy today's training and find it both informative and interesting!

Welcome!





Group Flag Activity

- What do the colours in the Rainbow flag mean to you?
- What do they represent?
- What pops into mind when you think of each colour in the flag?

Use your creativity to create a collage of pictures that you think represent the colours of the flag using a range of magazine images, words or colours.

You will need the colours of the flag, scissors, magazines, glue and a piece of colored paper for the groups to create your collage.

Activity	Time	Resources Needed
Group flag Activity	20 Mins	Glue, scissors, colored paper and magazines

This is what we made...



LIFE

Family (2), friends, food, living your full potential, the people wearing the badges will help you live a happy, healthy life, happiness,

HEALING

Mental health, strength, illness, happy, medicine, self-repair

SUN/SUNLIGHT

Happiness, radiation, warmth, light, not scared

NATURE

Photosynthesis $C02 + H20 + H6 C12 O6$, Anaerobic respiration, care, animals, plants

HARMONY

Peace (2), music, peaceful people

SPIRIT

Confidence, they will unlock, strength, beliefs, inner-peace

What do you think these terms mean?



Questioning

Gay

Lesbian

Pansexual

Bi Sexual

Intersex

Polysexual

Queer

Demi-sexual

Activity	Time	Resources
What do you think the above terms mean – discussion	10 mins	Possibly paper but no actual resources required

What do these terms mean...

Answers



Lesbian: Someone who is female-identified and attracted romantically, erotically, and/or emotionally to other female-identified people.

Gay: Someone who is male-identified and attracted to other male-identified people in a romantic, erotic and/or emotional sense. Also used as an individual identity label for anyone who does not identify as heterosexual.

Bisexual: Someone who is attracted to both people of their own gender and another gender.

Queer: An umbrella term that includes anyone who a) wants to identify as queer and b) who feels somehow outside of the societal norms in regards to gender or sexuality. It is important to note that this is an in-group term and may be considered offensive to some.

Questioning: Someone who is in the process of exploring and discovering their own sexual orientation, gender identity, or gender expression.

Intersex: A person whose combination of chromosomes, hormones, internal sex organs, gonads, and/or genitals differs from one of the two expected patterns.

Pansexual: sexual attraction, romantic love, or emotional attraction toward people of all sex or gender identities.

Polysexual: sexual attraction, romantic love, or emotional attraction toward people of multiple gender and sexual identities but not all.

Demisexual: A person who does not experience sexual attraction unless they form a strong emotional connection with someone. It's more commonly seen in but by no means confined to romantic relationships. The term demisexual comes from the orientation being "halfway between" sexual and asexual.

Role Play Group Activity



Background Situation

Set in a family home, the parents of the child who is planning to come out is sitting on the sofa watching TV like an ordinary morning. The child decides that today is the perfect time to 'come out' and sits opposite the parent.

In groups create a small 2 minutes role play regarding the different situations that could occur when a young person comes out to there parents – Think about the different things that might happen and how to support the young person (Good and Bad)

Activity	Time	Resources
Group roleplay activity – what would you do in the situation	20 mins	Possibly paper but no actual resources required

Top 10 Tips to Discuss with someone who is planning to 'come out'



- Make sure it is safe to come out (in case your family are less accepting) – also consider the time and situation your coming out in, its better for the situation to be relaxed and settled.
- Make sure you have people to talk to about being a young person 'out' in the LGBT community
- Educate yourself about the LGBTQ community and what issues you might face in your coming out journey
- Ensure that you have a trusted adult that you can talk to if you feel insecure or unsure about coming out
- Don't feel that you 'need' to come out and make sure that your happy with yourself before coming out
- Don't think that you have to be the 'stereotypical' member of the LGBTQ community – everyone's different!
- Remember that there are always safe places and people to talk to in your school community
- Don't let people pressure you in 'labeling' yourself – be yourself!
- Coming out is not a race – take your time
- Remember that you still you and everyone will love you for who you are!

Activity	Time
Group Discussion – Which would give the best advice?	10 Mins

Where to get more info



Download our **Rainbow NHS Youth Supporters guidance pack** at www.rcpch.ac.uk/rainbow-youth-supporter

Have a look at the **NHS Rainbow Badge** information at twitter.com/RainbowNHSBadge

Look up the group **Transform** who are a youth group in Central Bedfordshire who have created two resources, available to [download](#) – one on transhealth and one on creating sports for all, which has lots of tips on inclusion and to support awareness. In 2017, two members from Transform were guest editors of our [members' magazine Focus](#), sharing their top tips for supporting trans young people.

In 2019, the **Central Bedfordshire Youth Voice** group were featured in the [State of Child Health & Us report](#), sharing their involvement in the Rainbow NHS Badge project.

Juno Dawson's [This Book Is Gay](#), written by a young adult author and former PSHE teacher, is a book that aims to 'smash the myths and prejudices surrounding sexual orientation and gender identity'.

Stonewall's guide, [Coming out as a young person](#) gives lots of answers to questions young people often have when they are thinking about coming out, or are wondering if they are lesbian, gay or bisexual.

Young people working with **Gendered Intelligence** and the Department of Health have written [A guide for young trans people in the UK \(PDF\)](#), with lots of useful information if you feel that your gender identity is different to the one you were assigned when you were born.

More information about **gender identity** can be found on the [NHS information website](#), as well as [GIDS \(The Gender Identity Development Service\)](#), a highly specialised clinic that supports young people in relation to gender identity.

The [Albert Kennedy Trust](#) provide support for LGBT+ young people who may be living in a violent, abusive or hostile environment, who are homeless or at risk of homelessness.

Who are we?

Who are Central Bedfordshire Youth Voice?

Central Bedfordshire Youth Voice is the collective name for all Central Bedfordshire Council run Youth Voice groups. Each group is made up entirely of young people from Central Bedfordshire communities who volunteer their time to campaign, consult, challenge, and change things on behalf of their communities.

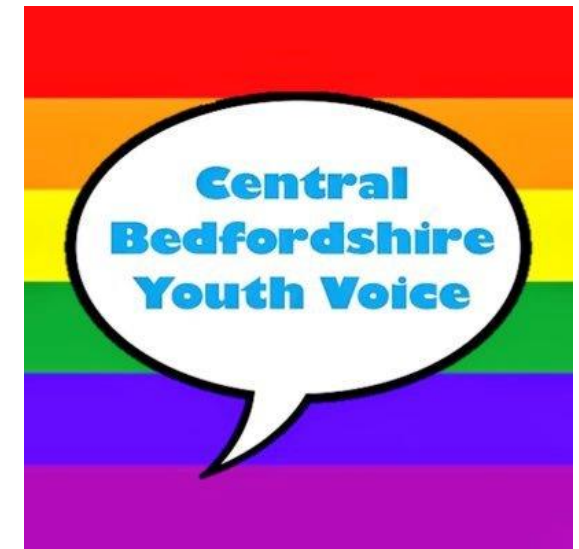
Each Young Person is passionate about making a positive contribution to their community and speaking up on behalf of all young people. Together the Central Bedfordshire Youth Voice groups have successfully campaigned for change around Work Experience, Mental Health, tackling racism and discrimination, SRE in schools, and much more...

Currently the Central Bedfordshire Youth Voice groups include: Youth Parliament, Youth Central, and the Central Bedfordshire Youth Forum.

Why are we interested in LGBT+ health issues?

Central Bedfordshire Youth Parliament launched their Campaign: **ALL DIFFERENT, ALL EQUAL** in 2018, following a consultation in 2017 where over 500 young people locally told us they wanted more support to “Protect LGBT+ people”. Our aim is to break the stigma around LGBT+, to support the creation of LGBT+ support groups within Central Bedfordshire, and to highlight some of the discrimination still experienced by members of the LGBT+ community. You can support the campaign through social media, follow us on Twitter, Instagram, Facebook, and YouTube, and use the hashtag

#AllDifferentAllEqual



We are a group of young people who volunteered to make this so if there is anything we can make better or we got something not quite right, please email youth.services@centralbedfordshire.gov.uk who will help us to make changes.



We hope that this short training session has been useful in understanding the issues that a young member of the LGBTQ community may experience, as well as further understanding the different terms in the LGBTQ community. Don't forget to follow us on twitter! @CBYouthVoice

Thank You!

Designed and created by young people from Central Bedfordshire Youth Voice with RCPCH &Us

Inspired by the Rainbow NHS Badge



For more information about the 'Rainbow Health Supporters Pack' or 'Central Bedfordshire Youth Voice & the #AllDifferentAllEqual campaign' contact: **Lisa Wright (0300 300 5342) lisa.wright@centralbedfordshire.gov.uk -or- Simon Bailey (0300 300 5748) simon.bailey@centralbedfordshire.gov.uk**