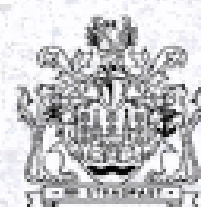


THE YOUNG PERSONS GUIDE TO: **PRIDE**



This Guide has been developed by our
Doncaster Youth Council LGBTQ+ Reps
2024.

 DoncasterYC  DonYouthCouncil
 YouthCouncil@Doncaster.gov.uk



City of
Doncaster
Council

WHAT DOES LGBTQ+ MEAN?



There's a long history surrounding the abbreviation that dates back decades. The LGBTQ+ acronym stands for **Lesbian, Gay, Bisexual, Transgender, Queer or Questioning**. The symbol "+" is an inclusive symbol to mean 'and others' to include people of all identities.

COMING OUT

Exploring your identity and learning more about yourself can bring up many questions and feelings that can sometimes feel like a roller coaster.

People talk about coming out being something scary that should be avoided because it can lead to judgement, but coming out is not a requirement, neither is telling everyone around you. Coming out is a deeply personal experience, and there is no one way to come out or be out, it could be a one-time experience, or a series of coming outs throughout your life. It's okay to just tell the people you are comfortable with **WHEN YOU ARE READY**.

You are valid and deserve support no matter what!

Check out the **Trevor Project's** online resources to support you before, during, and after coming out (www.thetrevorproject.org)



WHAT IS PRIDE?

Pride is celebrated in the month of June, because that was the month when the Stonewall Riots took place in 1969. The Stone Wall Riots in the US changed gay rights for a lot of people in America and around the world.

Pride is all about being proud of who you are no matter how you identify or who you love. It is a celebration for people to come together in love, friendship and solidarity to show their support. Since June 28th 1970, Pride events have grown more proud!



REMEMBER:

Pride calls for people to remember how far LGBTQ+ rights have come, those we have lost and how much work still needs to be done. Homophobia is damaging and hurtful and it still happens today, and in many places and countries being gay is against the law and punishable.





Advice from
young people
for young
people.

"Try not to put yourself
under pressure to find out
who you are immediately, its
a journey"

-Nick



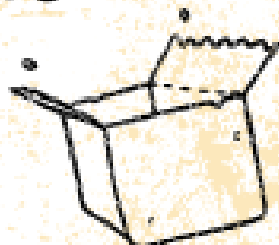
"Be truthful to yourself, make
the most of your friends, get
help when you need it and
have fun!"

-Anonymous



"Stop trying
to fit in the
invisible box"

-Leo



"Don't rush
yourself, it's okay
to not know who
you are yet"

-Anonymous

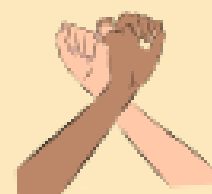
"Be true to yourself,
don't give up and don't
let anyone tell you who
you are"

-Anonymous



"Surround yourself
with good friends
and people you
can trust"

-Anonymous



"Don't let people tell you
who you are. Choose your
own path and when giving
others advice remember to
take the advice yourself"

-Leon



"Do what you
want to do, not
what society
expects of you"

-Matt



“In the LGBTQ+ community there are lots of different identities which are represented through flags. Here are a few current popular ones that we have collected with some info about each one so you can learn more about them.”

PRIDE! FLAGS



Straight Ally

A person who is straight and supports LGBTQ+ communities.



Pride Flag

First displayed in 1978 to be a symbol for the LGBT community.



Progress Flag

An extension of the classic Pride flag designed to better represent and reflect more communities. The arrow points forward showing that progress still needs to be made.



Gender Fluid

Someone who sees their gender as flexible not fixed. They may feel more masculine or feminine and some days they may just feel in between.



Bisexual

Somebody who has the ability to form attraction and/or relationships to more than one gender.



Transgender

Someone who feels their gender identity does not align with biological sex.



Lesbian

Somebody who is female and attracted people of the same gender.



Pansexual

A person attracted to another person regardless of their gender.



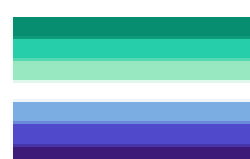
Non-Binary

Somebody who does not identify with any gender.



Intersex

Someone born with a mix of both 'typical' male and female traits including reproductive organs, chromosomes or hormones.



Gay Man

Somebody who is male and attracted to people of the same gender.



Aromantic

Often shortened to 'Aro', describes people who have little or no romantic attraction towards others. There is no singular experience of Aromanticism.

PRONOUNS & TITLES

**THEY /
THEM**
MX

**HE /
HIM**
MR

**NAME
ONLY**

**SHE /
HER**
MISS,
MRS,MS

**NEO-
PRONOUNS**
XE / XEM , XYR
ZE / HIR , HIRS
EY / EM , EIR

Neo-Pronouns
can be anything
that is not
He/She/They
or offensive.

Pronouns are words we use in everyday language to refer to ourselves or others. They can be an important way to express your gender identity.

Please be respectful, even if you don't understand.

If you are unsure of somebody's pronouns, title or name please ask respectfully.

If you ever get it wrong just say **"I'm sorry"** and try to get it right next time. It is hurtful whether it is on purpose or by accident.

When you get someone's titles, pronouns and preferred name right it makes them feel safe, respected and valid in your presence.



@ EVENTS OR OUT & ABOUT

KEEPING YOURSELF SAFE

- Stay with people you trust like friends and family and if you need to go off on your own, let the people you're with know. Make sure your phone is charged and keep it on you at all times.
- Stay hydrated drink plenty of water and always keep an eye on your food and drink and be careful when accepting anything from people you don't know.
- Find out where to go if you need help or support. (Help Desk)
- Don't feel pressured to give out your social media details or phone number to people you don't know.
- **Go with your gut!** If you ever feel uncomfortable or unsafe leave, shout or call for help, look out for security, police or other people.

✖ REPORT IT ✖

Hate Crimes & Incidents are NOT OK! (Physical Assault, Verbal Abuse or hatred because of somebody's protected characteristics)

Please tell somebody what happened and if you or somebody else is in danger call 999.

If an anti-LGBTQ+ hate incident has already happened you can report it to the police through **101** or flag it on the **Zoteria app** or email **Hatecrime@sayit.org.uk**.

Reporting helps create a more accurate understanding of hate crime to drive social and policy changes. Currently, only 1 out of 8 hate crimes are reported.

SUPPORT & GROUPS

Talking to somebody and asking for help is one of the bravest things you can do!
Talk to a trusted adult or the free services below.



Online Information, resources to support young people. Explore variety of LGBTQ+ topics to support your journey.

www.thetrevorproject.org



Confidential service where young people under 19 in the UK can talk about anything they are going through no matter how big or small to trained counsellors.

08001111
www.Childline.org.uk



Mental Health and Wellbeing support app/platform for young people aged 11-25 to get advice, help others and share their story.

Kooth.com



Empowering young people under 25 to make informed choices about their Mental Health and Wellbeing and life's challenges.

24/7 Messenger: 'THEMIX' to 85258.
08088084994
TheMix.org.uk



Confidential 24/7 suicide prevention charity for young people and adults under 35 and anybody concerned or worried about another person.

08000684141
www.Papyrus-uk.org



Support, information and resources for all ages about Eating Disorders and anybody concerned about somebody else.

UK - 08088010677
www.beateatingdisorders.org.uk



Zone 5 to 19 is a Health and Wellbeing service for Doncaster children, young people and families. Including sexual health, staying safe and substance misuse.

03000 213032
Zone5-19.rdash.nhs.uk
The Flying Scotsman,
DN1 3AP, 3rd Floor



Diversify is a safe and inclusive space for young people aged 13-18 (25 with SEND) to come together to share and talk about their experiences. We welcome all young people to a judgement free session. Please get in touch for more information.

LGBTQEnquiries@Doncaster.gov.uk
[DoncasterYouthHubs](https://www.instagram.com/DoncasterYouthHubs)
[Doncaster Youth Hubs](https://www.facebook.com/DoncasterYouthHubs)

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