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A HANDBOOK FOR LIFE





THIS BOOK BELONGS TO

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I WANT Dan 1962 1962 1962 1962 1962 1962 1962 1962	NATAN KARAN

HELLO AND WELCOME TO

GOOD AS YOU A HANDBOOK FOR LIFE

FOR YOUNG LESBIAN, GAY, BISEXUAL, TRANS + PEOPLE IN STOKE-ON-TRENT.

The Cultural Sisters produced Good As You with young LGBT+ people from Galaxy Youth Group during 2015.

You can use Good As You however you like, you can draw in it, write in it, read stuff, think about stuff, be inspired, stick stuff in it, do the activities, learn where to go for help if you and your friends need it, visit the web pages or give it to a friend to help them.

It is a handbook that will grow with you, combining a journal, sketchbook, booklet and directory that includes interesting activities, blank pages for you to fill, inspirational quotes & artwork together with vital information you need to be young and LGBT+ in Stoke-on-Trent.

At the back, there's a handy 'helpful people helpful places' section with all the important services you might need all in one place!

**** LGBT+ stands for 'Lesbian, Gay, Bisexual, Trans*, Plus'

Throughout Good As You we use the term LGBT+ and Gay to cover all people who are not heterosexual /straight. The '+' ensures every gender identity and sexual orientation is included.

We have kept the language as inclusive as we can but LGBT+ is a very dynamic area where vocabulary develops so quickly we understand that by the time this goes to print some words will have already changed.

We would like to give special thanks to the lovely young people from Galaxy Youth Group for ideas, energy, artwork and inspiration in making this book!

Pink Red Green Blue

lgbt relationships Orange sexual health Yellow online safety drugs n alcohol mental health Purple helpful people helpful places

We have used the pride rainbow theme to colour code the 7 sections of this hand book

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Argin to Are



Welcome to the LigsBIL+ section of your ANY Handbook For Life.

This section is here to support all young people that feel they may be lesbian, gay, bisexual, trans and anything else that doesn't fit into the heterosexual label.

It could also help other young people understand what it means to be LGBT+

Lesbian Gay Bisexual

It can take a little time to figure out your sexuality.

It can be made even harder because we grow up in a world where a common, automatic assumption is that other people are heterosexual.

It can feel like you are just expected to be heterosexual, and that being lesbian, gay, bisexual or anything else is somehow wrong... It's not!

It's just who you are and there is a world of people out there who know exactly how that feels.

Don't worry if it takes you some time to understand your sexuality or if what you feel changes from time to time. Your sexuality is unique to you. And remember that you can understand who you are and who you fancy, way before you want or are ready to start a sexual relationship.

* * * * It is estimated that around 14,000 LGBT+ people live in Stoke-on-Trent, facebook.com/gaygalaxyyouth is a great place to meet other LGBT+ young people locally!

ZMASTTRANSGENDER

Throughout our lives we are given messages about what it means to be a girl or boy, man or woman and how we are supposed to behave, look and dress because we are born male or female.

In reality though, people look, act and feel both masculine and feminine to varying degrees regardless of their physical body. Very rarely are we told that how we feel inside might be different to how we look on the outside and so most trans people grow up feeling worried, ashamed, scared or just somehow different.

Trans is an umbrella term that includes transgender and transsexual people and anyone else who is gender variant such as gender queer and those who reject male and female genders altogether.

Transgender people are people whose gender identity they most identify with is different to their physical body or the gender they were assigned at birth. For many young people feeling unsure about gender for a while is part of growing up. For trans people the feelings continue and this is known as gender dysphoria.

You don't have to have an operation or take any medical treatment to be under the trans umbrella. Some trans people decide to change their appearance to look like the gender they feel inside. This could start with changing a hairstyle, dressing differently, or wearing make-up. Others will seek advice from a doctor and plan a future 'transition' which will include taking medication, having some helpful counselling and maybe some operations. Everyone is different and the level of transition will depend on your personal feelings.

Transitioning can include Some stages in transitioning can include

Dressing in different clothes

Changing the way you talk

Adjusting mannerisms

Changing your body through exercise

Changing your hair or wearing a wig

Using make up

Hair removal

Changing your name

Taking hormones

Surgery

Transitioning can take time and it is a good idea to start with some of the minor changes to see how you feel.

If you decide that you want to take hormones or get surgery, you will need to be referred to a Gender Specialist through your doctor.

***** Try genderedintelligence.co.uk to answer some of your trans questions.



Coming out coming out COMING OUT

as LGB

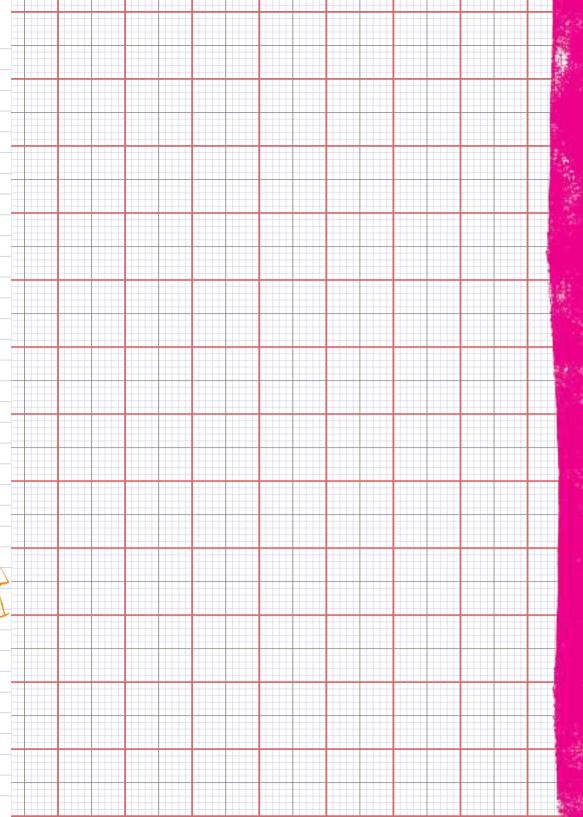
Many LGBT+ people feel very comfortable with who they are and are supported by friends and family without question.

But not everyone feels this way or has this experience.

You may feel like you have to pretend to feel things you don't in order to fit in and hide how you are feeling from your friends or family. This can actually be more stressful than coming out and will inevitably involve pretending or lying about who you really are.

It takes confidence to come out to family, friends and everybody else in your life! But there is lots of advice online, including how and when to say it and dealing with the reaction. You can also talk to the friendly and helpful staff and members of Galaxy Youth group. ONAINS OU

labt@mpft.nhs.uk www.lgbtstoke.co.uk



Here's some definitions that can help us to understand the ladels that people choose for themselves or are given by society

HETEROSEXUAL or 'straight' people are emotionally and physically attracted to heterosexual or homosexual, people of the opposite sex. but may also sometimes be An example would be girls fancying boys and boys fancying girls.

HOMOSEXUAL or GAY people are emotionally and physically attracted to people of the same sex. Gay is often used to describe boys fancying boys, although girls can also describe themselves as gay.

LESBIAN is another word to describe girls who are emotionally and physically attracted to other girls.

BISEXUAL or 'bi' people are emotionally and physically attracted to both sexes.

ASEXUAL or Ace people don't feel sexually attracted to anyone, although they can still enjoy close, romantic, intimate and emotional relationships.

curious about the gender they are not normally attracted to. QUESTIONING people are unsure about their sexual orientation. Often they are still working out whether they might be LGB, straight,

BICURIOUS people see

themselves as either

or something else.

HETEROFLEXIBLE people think of themselves as heterosexual but may also sometimes be attracted to people from the same sex. For example, a heteroflexible boy would mostly be attracted to girls but may occasionally be drawn to other boys when the relationship feels right.

HOMOFLEXIBLE people think of themselves as gay but may sometimes be attracted to someone of the opposite sex if it feels right. For example, a homoflexible girl may have come out as a lesbián but might sometimes find boys attractive too.

TRANS MAN - someone who is labelled female at birth but who has an internal sense of gender which is male.

TRANS WOMAN - someone who is labelled male at birth but who has an internal sense of gender which is female.

TRANS - Someone who usually feels that their gender identity does not match their appearance or the gender they were labelled with at birth. They may present to the world as the gender they truly are and some trans people choose to undergo hormone therapy and gender confirmation surgery's.

SEX VERSUS GENDER - Your sex is what you are at birth, however, gender is what you choose to identify as .

cross-dressers - are usually comfortable with the gender they were assigned at birth but enjoy wearing clothes usually identified with the opposite sex. This includes Drag Queens (gay men dressed as women), transvestites (usually any men dressed as women) and Drag Kings (women dressed as men).

BI-GENDER - someone who sees themselves as both masculine and feminine.

GENDER NON-CONFORMING

 someone who expresses their gender differently from society's expectations of the sex they were assigned at birth.

NON-BINARY - someone who identifies as being between genders, or as neither man nor woman.

DEMISEXUAL people don't have any sexual attraction unless they have a strong emotional connection with someone first. This often isn't a choice. They may feel they can't experience sexual desire unless there is an emotional relationship first.

PANSEXUAL People who are into pans, LOL not really! people can be attracted to people of any gender or sexual orientation, including transgender people or people who feel they are neither male nor female (sometimes called gender queer or non-binary people).

Transgender Day of Remembrance is 20th November

QUEER - The word queer is a term covering all non-hetero sexualities. It was originally used as an insult, but now some people choose to call

used as an insult, but now' some people choose to call themselves queer because they don't feel like other labels for sexuality fit them properly.

crossed orientation or mixed orientation people experience a romantic or emotional attraction that is different from their sexual attraction. For example, someone may feel

emotionally attracted to girls but sexually attracted to boys.

LGB stands for lesbian, gay

and bisexual

LGBT+ stands for lesbian, gay, bisexual, trans, plus.
Throughout Good As You, we use the term LGBT+ to cover people who are not heterosexual and/or who are not cisgender. The '+' ensures all gender identities and sexual

CISGENDER refers to someone for whom their gender and biological sex are the same

orientations are included.

Gender Pronouns

MALE - He, Him, His, or Duck in

Stoke on Trent

FEMALE - She, Her, Hers, Duck NON-BINARY - They, Them, Theirs, Hen in Sweden and Duck in Stoke on Trent

offensive terms for trans people:

TRANNY/GENDER-BENDER -Upsetting slang to mean someone who has changed sex.

PRE-OP/POST-OP - Why would anyone want to be defined by their surgical status?

- Upsetting and outdated ways to define someone who displays the physical characteristics of both sexes - e.g. having a penis and breasts at the same time.

what offensive words do you know for LGBT+ people?

***Polari was a secret language or gay slang, popular with the British gay community from about 1900 until 1970's

YOU WANT TO HELP PARENTS CONTINUED TO THER - INSERT HERE PEOPLE.

UNDERSTAND YOU, BUT NOT SURE HOW TO START? USE THE LETTER BELOW! JUST FILL IN THE BOXES THAT AREN'T YOU AND GIVE IT TO THEM. ALL STARTED!

Hi (insert their name here)
As you may or may not know I am
gay lesbian bisexual trans
other - insert here which
means I like boys and girls other - insert here
I am male female non binary
other - insert here
I like to be referred to as him her they other - insert here
Lots of Love
(insert your name here)

Positive Poetry

Choose a word and turn it into a piece of positive poetry.
Gay slang is a good starting point, but you could use a label you choose to describe yourself or an offensive word used against you.









GETTING
OPTIMISTIC
TEEN

Let's

Excite

Sexy

Beautiful

Intelligent

Artistic

Nymphs

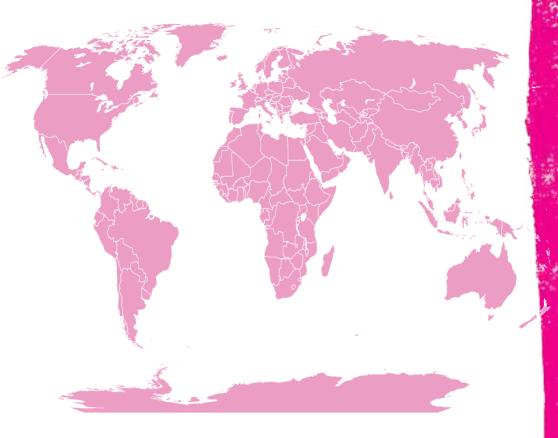
HONEST OPEN MINDFUL OPTIMIST

Here are a few Gay slang words to start you off	P
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Q	A
U	M
E	M
E	
N	X

Try online dictionaries to find positive words



It is still illegal to be gay in 71 countries - which ones are they?



It is important to know which countries it is safe to visit as an openly gay person

2010 The Supreme Court ruled that two gay men from Iran and Cameroon had the right to asylum in the UK and Lord Hope, who read out the judgment, said...

"To compel a homosexual person to pretend that his sexuality does not exist or suppress the behaviour by which to manifest itself is to deny him the fundamental right to be who he is."



The original rainbow flag was designed by San Francisco artist Gilbert Baker 1978 to represent the diversity of the LGBT community and is now used worldwide as a symbol of lesbian, gay, bisexual and transgender pride and social movements.

Pink = sexuality
Red = life
Orange = healing
Yellow = sunlight
Green = nature
Turquoise = art/magic
Indigo = harmony
Violet = spirit

The genderqueer and non-binary pride flag is a Marilyn Roxie design created in June 2011.

Lavender: The mixture of blue and pink which are traditional western colours associated with men and women and in this flag represent androgynes and androgyny.

White: Meant to represent agender identity, congruent with the gender neutral, white.

Dark chartreuse green: The inverse of lavender; meant to represent those who are defined outside of and without reference to the binary.

The Transgender Pride Hay was created by American trans woman monica Helms in 1999 Light blue, the traditional western colour for baby boys. Pink, the traditional western colour for baby girls. White, for those who are intersex, transitioning or consider themselves having a neutral or undefined gender. The pattern is such that no matter which way you fly it, it is always correct, signifying transgender péople finding correctness in théir lives. Jennifer Pellinen's Trans Flag designed in 2002 The middle three purple stripes represent the diversity of the transgender community and

World AIDS Day, December 1st

The red ribbon is a symbol for solidarity with HIV-positive people and those living with AIDS

genders' other than female and male.

What would your flag look like?

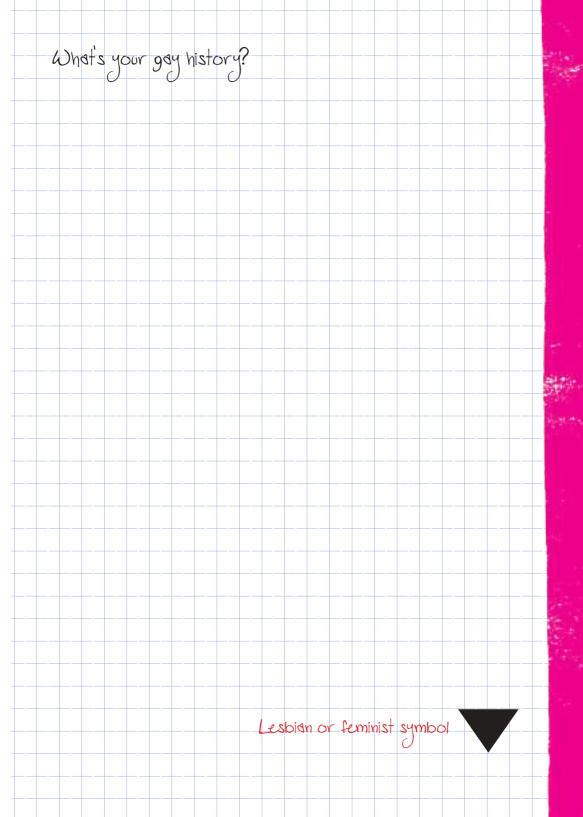
A bit of gay history

- 1897 Lesbians Dr Helen Boyle and Mabel Jones set up the first women-run free General Practice in Brighton.
- 1900 Polari a secret language used by the gay community to help keep their sexuality secret.
- 1922 National Council for Mental Hygiene, which later became MIND founded by Dr. Helen Boyle.
- 1967 Homosexuality becomes legal in England and Wales.
- 1967 Age of consent between gay men is set at 21 ... heterosexual was 16!
- 1969 The Stonewall riots Demonstrations by members of the gay community against a police raid at the Stonewall Inn, New York City. The single most important event for the gay liberation movement and the modern fight for LGBT+ rights in the United States.
- 1971 Same sex marriage outlawed in the UK.
- 1971 The First British Gay Pride Rally was held in London with 1000 people marching from Trafalgar Square to Hyde Park.
- 1974 Maureen Colquhoun came out as the first Lesbian MP for the Labour Party and after coming out, her party refused to support her.
- 1982 Terry Higgins dies aged 37 one of the UK's first HIV related deaths.
- 1982 Terry's friends setup the Terry Higgins Trust HIV & AIDS organisation.
- 1984 Terrence Higgins Trust gains full charitable status. It is still going today providing information about all aspects of sexual health. tht.org.uk
- 1984 The trade union movement organised the first ever bisexual conference in UK. "The Politics of Bisexuality" is now an annual convention called Bicon.

***AIDS = Acquired Immuno Deficiency Syndrome

- 1988 Section 28 passed into law in the UK. It stated that a local authority "shall not intentionally promote homosexuality" this impacted on schools who believed they could not talk about homosexuality at all and left many LGBT+ people feeling isolated, excluded and wrong.
- 1989 The British campaign group Stonewall UK was set up to oppose Section 28 and other barriers to equality for LGBT+ people.

 Check them out at youngstonewall.org.uk
- **1990** The first gay pride events in the UK in Manchester and N. Ireland.
- 1992 The first Pride Festival in Brighton.
- 1994 Age of consent between gay men is reduced to 18 ... heterosexual was 16!
- 1996 Highly Active Antiretroviral Therapy (HAART) is found to significantly delay the onset of AIDS in people living with HIV.
- 1997 Angela Eagle, Labour MP for Wallasey. Came out as a lesbian, she is still in parliament.
- 1997 Galaxy LGBT+ youth group opens in Stoke-on-Trent.
- 2001 Age of consent for homosexual acts was lowered from 18 to 16.
- 2002 Alan Duncan becomes the first gay conservative MP and has been Knighted.
- 2004 Trans people gain the right to change their birth certificates & marry.
- 2006 First Stoke-on-Trent Pride event held outside 'The Club'.
- 2013 Royal Assent given by the Queen for same-sex marriage.
- 2013 Olympic diver Tom Daley came out as gay.
- 2013 Nikki Sinclaire comes out as the first transgender person in UK Parliament.
- 2014 Same sex marriage becomes legal in England, Wales and Scotland.
- 2015 Keegan Hirst is the first British rugby league player to come out as gay. He is "overwhelmed & humbled by fans and players support" for him.



do you have any gay role models?



Symbolizes gay pride alliance and a space free from homophobia

Homophobia, Biphobia and Transphobia is the discrimination, natred or fear of homosexual, bisexual, transgender and gender non-conforming people. It is an offence to incite hatred and abuse towards LGBT+ people. (Hate Crime)



Challengenorthstaffs.org

You can report an incident by completing
the Form available on their incident
report section or you can contact them
by texting flate + your message to

07537414477 or Call 0330 1111 999





WELCOME TO THE RELATIONSHIP SECTION OF GOOD AS YOU

A relationship is said to be 'an emotional or other connection between people'. This means that relationships can take on any number of forms.

What all good relationships have in common is that they are based on respect, trust, and communication. That's true if we're talking about your relationship with your best friend or a close family member or your girlfriend or boyfriend.

If you are in a relationship with someone, you should feel loved, safe, respected and free to be yourself.

Some of our intimate relationships are very short lived, we meet; we kiss; we change our minds. Others can last a few weeks or months with some lasting years or forever. We can learn a lot from our relationships about ourselves and others and it is useful to give yourself time to reflect on that learning.



GAY RELATIONSHIPS

As LGBT+ people we can feel that we will never meet someone to have an intimate relationship with especially if you are the only Gay person you know.

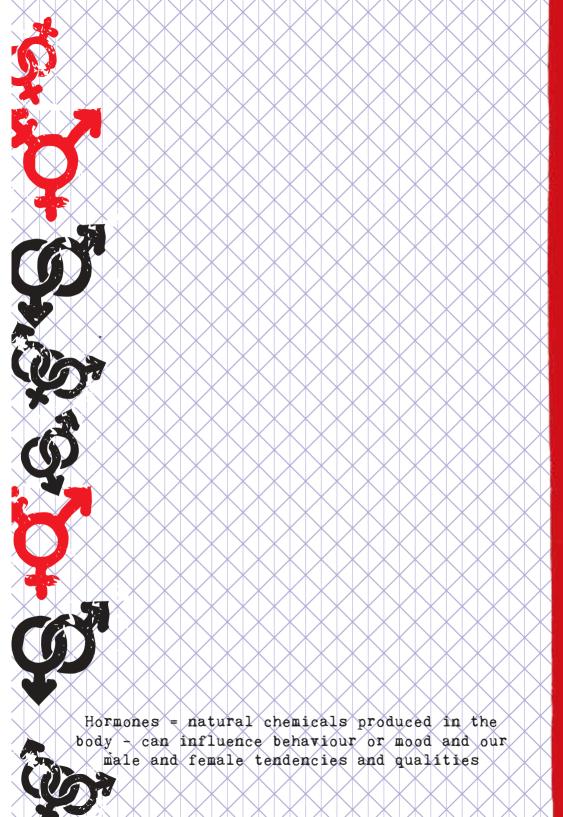
It can feel that there is a lot of pressure to be in a relationship, this pressure can come from society, our peers, friends and families and from ourselves. Most of us want to feel loved and cared for by someone special and our sex hormones don't help...

...Sometimes this means we rush into having intimate relationships with every LGBT+ person we meet and quite often they fail or end in heartbreak. This is not unique to Gay people and it is helpful to take time to get to know people before rushing into things, they just might not be the right person for you.



It is estimated that between s to 7% of the population are LGB.
They will be all ages, living all sorts of lives, with or without partners.

Peers = people around us who can influence our choices and behaviour

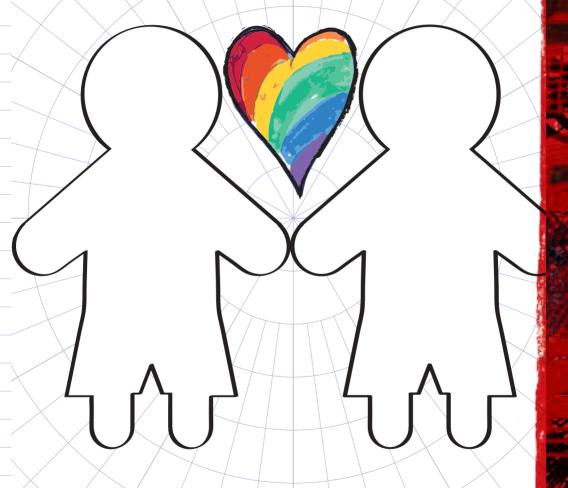


Use this list of characteristics to inspire you to create your ideal partner.

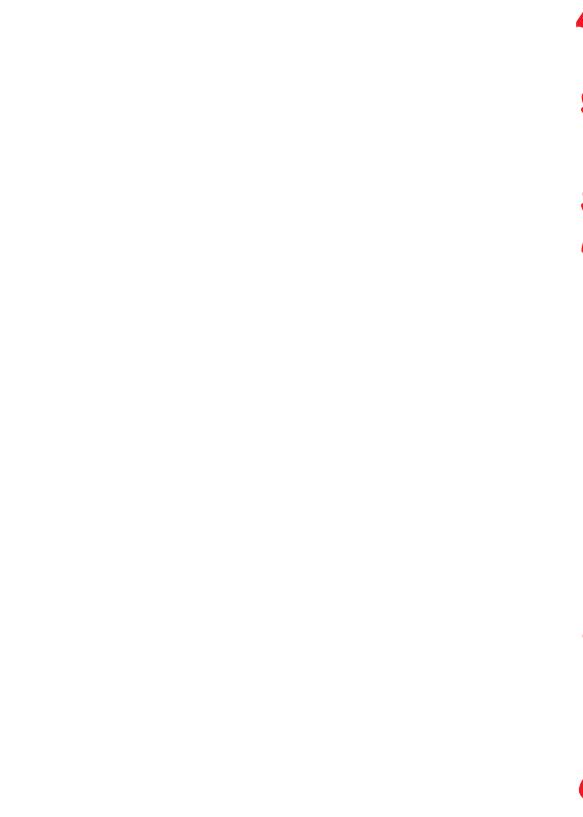
Looks after me • Friendly · Nice to my friends • Good kisser • Cooks for me Respects my opinions Shares their feelings • Confident · Loyal to me • Encourages me · Let's me talk about Supportive my feelings • Attractive Likes my family Shared interests • Helpful Spends time with me • Cheers me up • Clever · Întroduces me to new things · Goes out with me • Нарру and my friends Compliments me ■ Strong · Happy for me to go Trusts me · Loving out and have fun Proud of me • Honest Happy to wait until Respects me it's right for both of • Easy going Says Ť love you us to have sex Works hard · Let's me do my Understands me own thing CHOOSE YOUR Makes me laugh TOP 10! Looks after Listens to me OR themselves WRITE YOUR Takes me out · Comfortable about OWN LIST! · Kind and caring their sexuality

This activity can also help you think about how you want to be in a relationship and about friendships.





The important thing is that you know what you want and what you don't want from a relationship.



Sometimes relationships are unhealthy, don't work for us or just break down!

WARNING SIGNS



If any of these happen in your relationship...

Calls me names

Doesn't believe me

Sulks or is Selfish

Lies to me all the time

Doesn't spend time with me

Always on the computer/phone

Doesn't like me seeing my friends

Prefers to be out with their mates

Gets jealous when I talk to someone else

Tracks me down when they can't find me

Depends on alcohol and/drugs to be happy or get through the day

... It could mean that something is going wrong!

communic ation

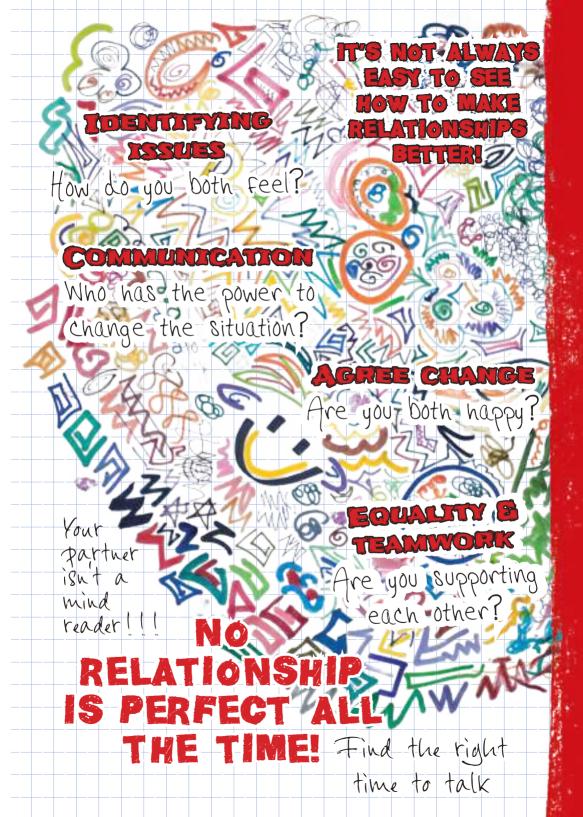
Relationships are complex and communication is very important to maintain a good, healthy relationship. We also need to negotiate, compromise and empathise and recognising that we can all adapt our behaviour to help our relationship is very useful.

Sometimes we don't realise that our behaviour is not helping our relationship. Communication can help both of you understand that something is not right and you might find ways to fix it.

Talking about our relationship problems can be hard and it takes confidence to bring it up. It is helpful to write it down and be prepared. Agree some time to have a chat about how you both feel in a place you feel safe and secure. It is important to come to an agreement that both of you are happy with.

Sounds much easier than it is and we might be more likely to blurt out some stuff in reaction to something. Try not to do this when you are drunk, off your head or stressed. We are much more likely to say irrational, hurtful things and the issues might not get sorted.

Teamwork and sharing enhance a good relationship. We can't have everything our own way and we shouldn't be expected to do everything ourselves, a good balance of give and take is great to strive for. A good partner shares responsibilities, recognises your strengths and helps to empower you when you feel less able, boosting your self-esteem.



face! Breaks things in anger! Steals from me! Gets drunk and hits me! ...Kicks ...Slaps ...Burns ...Bites me!

Threatens me! Makes me have sex!

Its NOT OK!

GET HELP! CALL GALOP 0800 999 5428 OR HELP@GALOP.ORG.UK

CALL THE POLICE ON 101 OR 999 IF YOU ARE IN DANGER

These are examples of Domestic Abuse (D.A.) and occur in very unhealthy relationships. D.A. can be physical, emotional and sexual and is against the law.

It is not your fault if you are a victim of D.A. and there is help for both perpetrators and victims. Some people that commit D.A. feel powerless, unhappy, have issues with alcohol or drugs and self esteem and use D.A. as a way to express their unhappiness with themselves.

If you experience this, you should end the relationship ASAP!

other examples could be... Stops me seeing my friends!
Stops me going out! Threatens to hurt people I care
for! Violent towards those I love! Puts me down!
Thinks they are better than me!

...and apologising after doing these does not make it OK!

ABUSIVE RELATIONSHIPS CAN BE HARD TO GET AWAY FROM.
DON'T WORRY, THERE ARE PLACES THAT CAN HELP!

A good relationship is one that you approach consciously; it is based on kindness and is mutually satisfying.

Grooming and Child Sexual Exploitation (CSE)

There are young people being 'groomed' and sexually exploited by abusive people across the world and it is happening to young people in Stoke-on-Trent as well. The young people are emotionally manipulated to believe they are in a great trusting relationship and feel special and loved when actually they are being abused either for the groomers own sexual needs or to sell or pass them on to other people to abuse. The abuser might be violent, threaten their life or members of their family's life or tell them that their family don't care about them and make it very hard to contact anybody that can help.

If you feel that you or anyone else you know is being groomed and abused you must talk to a trusted adult or friend for help.

For more information go to knowaboutcse.co.uk

An appropriate relationship is about equality, sharing responsibilities, being able to have both opinions listened to.

Appropriate relationships

You might hear people talk about appropriate relationships. This is often used when considering where the power sits in relationships. If someone has a responsibility for the person they are in an intimate relationship with such as their carer, teacher or parental figure then they are considered inappropriate relationships.

Not appropriate

Your Teacher or Youth Worker - they have a responsibility towards you and they could lose their job or go to jail if they have an intimate relationship with you!

Your Doctor - same as above, its very bad!

Under 16! - sexual relationships with minors are against the law!

But often you will have to decide what's appropriate for you.

Which do you feel are appropriate?

16 going with a 18 year old?
16 going with a 30 year old?
16 with a 45 year old?
Married people?
Multiple partners?
University lecturer dating student?
Mum or dads best friend?
Your best friends mum or dad?
Someone with additional needs?
Your friends partner?

Where to meet other Gay people in Stoke-on-Trent

At Galaxy Youth Group you can meet other young LGBT+ people and talk to staff about any relationship issues. They will support and signpost you to other helpful people and places if you need them.

Galaxy Youth Group is up to 19

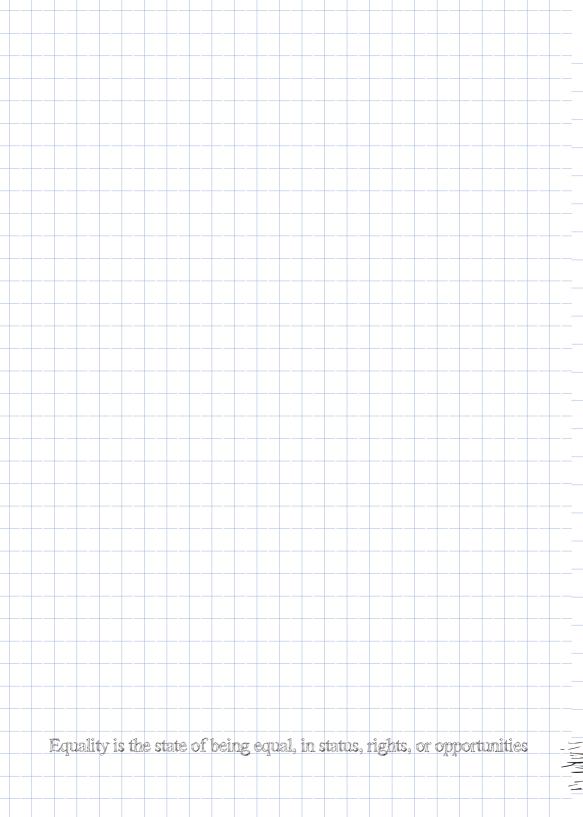
For more information contact them at: Facebook: Galaxy Youth Group lgbt@mpft.nhs.uk www.lgbtstoke.co.uk

Meeting other gay people online

If you're looking for advice and information about relationships and meeting people online, it's important to get it from a trusted source. Many organisations in this handbook specialise in giving impartial advice and support to LGBT+ young people.

The online safety section has more helpful information

Remember even if the online forum or group you are using is moderated you can never really be sure of who you're talking to!





It has been suggested that the OWI and the Pussy-cat by Edward Lear is about homosexuality!!!

You could use this as inspiration to write your own poem or think about what type of animal would portray you, what characteristics do you have?

The Owl and the Pussy-cat went to sea In a beautiful pea green boat,
They took some honey, and plenty of money,
Wrapped up in a five pound note.
The Owl looked up to the stars above,
And sang to a small guitar,
"O lovely Pussy! O Pussy my love,
What a beautiful Pussy you are,
You are,
You are!
What a beautiful Pussy you are!"

Pussy said to the Owl, "You elegant fowl!
How charmingly sweet you sing!
O let us be married! Too long we have tarried:
But what shall we do for a ring?"
They sailed away, for a year and a day,
To the land where the Bong-Tree grows
And there in a wood a Piggy-wig stood
With a ring at the end of his nose,
His nose,
With a ring at the end of his nose.

"Dear Pig, are you willing to sell for one shilling Your ring?" Said the Piggy, "I will."

So they took it away, and were married next day By the Turkey who lives on the hill.

They dined on mince, and slices of quince,

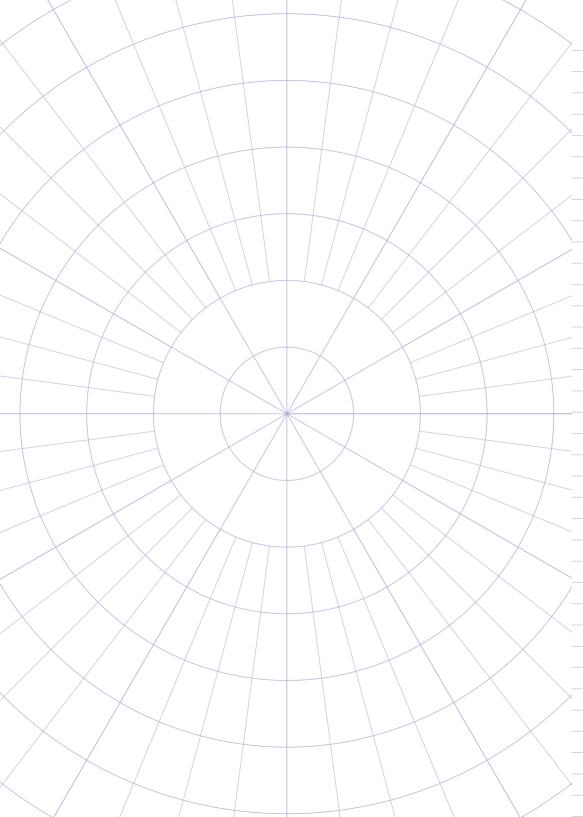
Which they ate with a runcible spoon;

And hand in hand, on the edge of the sand,

They danced by the light of the moon,

The moon,

They danced by the light of the moon.









SEXUAL HEALTH





about protecting ourselves and our partners from sexually transmitted infections (STIs) and unplanned pregnancies. It's also about having a healthy attitude to sex and sexuality and the confidence and skills to ask for the sex that we want!







Sex has a big influence on our relationships and forming emotional connections with our partners.

Sex and intimacy come in many different forms from , holding hands and kissing to full penetration. Not everyone chooses to have penetrative sex, there is so much more intimate stuff to do.

Everybody is different and we all have different wants, needs, knowledge and experiences of sex. We might try different things, enjoy some and hate others.

We all have a choice about what we want and don't want and when it is the right time for us to have sex - we can always say no whether it is our first or our 100th time.



It can take a lot of confidence to talk to our partners about the sex that we want. We worry that they might find it embarrassing, think we are weird, tell other people or maybe even leave us. Some people might think talking about sex spoils the moment.

The thing is, the more we talk about it, the easier it gets and the more confident we become.

Remember. Its QK to... Kiss and Cuddle Change your mind Feel nervous and anxious Get excited Enjoy sex Not want any sex Be honest Experiment Change your mind Have a laugh Make some noise Be a virgin Be scared Ask for advice or help Masturbate

Ask questions

Look at and touch your body

Say no Use toys Love

Talk about how you feel

Know what you want

Consensual sex = agreeing to the sex that is happening

Looking after your...

It's important to understand common nearth issues for gay people and steps you can take to stay nearthy.



If your GP or sekual nealth doctor knows about your sekuality, your trans status or sekual Preferences, they can keep an eye out for any health Problems that might be relevant to you.

Getting tested for STIS (also called screening) can help keep you and your Partner healthy and give you peace of mind.



PROTECT
YOURSELF
PROTECT YOUR
PARTNERS

Avoid unprotected sex unless
you're certain you and your
Partner aren't at risk of
contracting HIV or other sexually
transmitted infections.



Women who have sex with women can pass on or get STIs like herpes, genital warts (HPV) and Chlamydia.

Trans people have unique bodies to one another so experience individual sexual health risks. So it's very important to sunderstand your own specific needs to ensure you keep yourself sexually safe and happy. Tht.org.uk have a great online booklet for trans teens.



Men who have sex with men are at increased risk of contracting HIV, the virus that causes AIDS, as well as other STIs including heratitis, genital warts (HPV), herres simplex, gonormoea, chiamydia and syrhilis.

Some people can struggle with sex at any point in their lives. There are psychosexual therapists at Cobridge Sexual Health Clinic who can help.



Sexually Transmitted Infections or STIs for short are any kind of bacterial or viral infection passed on through sexual contact

PROTECT YOURSELF FROM STIS

ALWAYS USE A CONDOM every time you have penetrative sex! To be extra safe, use during oral sex too.

Only ever use **WATER-BASED LUBRICANTS!**Never use petroleum jelly, hand lotion, cold cream or oils.
These eat away at latex and will cause your condom to split!

Be aware of your SEXUAL RISK TAKING! HICOhol and drugs seriously affects your decision making skills including condom and lube use during sex.

PREVENTION IS BETTER THAN TREATMENT!

There are vaccinations that can protect men who have sex with men from hepatitis B. Hepatitis is a highly infectious virus that can be spread through different types of contact.

ONE LOVE = LESS RISK

A reliable way to avoid STIs is to stay in a long-term, mutually monogamous, relationship. This only works if neither of you sleeps around though!

*** Call the Sexual Health Information Line ***
0300 123 0970 Mon-Fri You Can Call between 9am-3pm
You can also email the sexual health team on SexualHealthComms@mpft.nhs.uk

Screening and Testing

REGULAR SCREENING IS VERY IMPORTANT for all sexually active people. Using A CONDOM CAN PREVENT MOST STIS from passing from one person to another but not all.

It is a good idea to HAVE A CHECK-UP ONCE A YEAR and if you have many partners then every 3 months is advisable.

GETTING YOURSELF CHECKED OUT before you start a new sexual relationship GIVES YOU PEAGE OF MIND READY FOR YOUR FRESH START.

Sometimes even when we are IN LONG TERM RELATIONSHIPS we can't be sure they are being loyal so IT IS STILL A GOOD IDEA TO GET A CHECK-UP once a year.

It's really common to feel nervous at the thought of getting tested but don't worry, MOST INFECTIONS ARE EASILY TREATED. You can take a trusted friend or partner with you and staff from Galaxy Youth Group can accompany you too.

What happens at Cobridge Sexual Health Clinic?

stays at Cobridge sexual health clinic!

When you visit a sexual health centre or drop-in the staff will be friendly and help put you at ease. You will most probably have to wait a bit and see a nurse and a doctor and a health advisor depending on whether you have any symptoms.

You can use a false name if you want to but you must remember the name you give them as that is the name they will use when they communicate with you.

You will have to answer some personal questions, have some tests for STIs which can be blood tests, swabs and/or wee samples depending on how thorough you want to be. The staff will make it as comfortable and as quick as they can but prepare yourself for a wait especially on your first visit.

If you test positive for an STI you will be given some treatment and have to go back for a check-up. This probably won't take as long as your first visit.

At Cobridge Sexual Health Clinic as well as accessing all the advice, treatment and support you need you can also pickup free condoms and lube and register for C CARD (condom card).



carry with confidence.....

C CARD is a card that gives people quick and easy access to

FREE CONDOMS

from a range of venues across Stoke on Trent. It is a confidential service which also offers information and advice about sexual health and relationships.

You can get free condoms using your card anywhere you see the C CARD logo. All the information is confidential and will not be passed on to anybody else. To find your nearest C CARD registration site please CALL 0300 123 0970

What are the
SYMPTOMS

of STIS?
Chlamydia

Genital herpes

Genital warts

Gonorrhoea

HIV and AIDS

Pubic lice

Scabies

Syphilis

Hepatitis

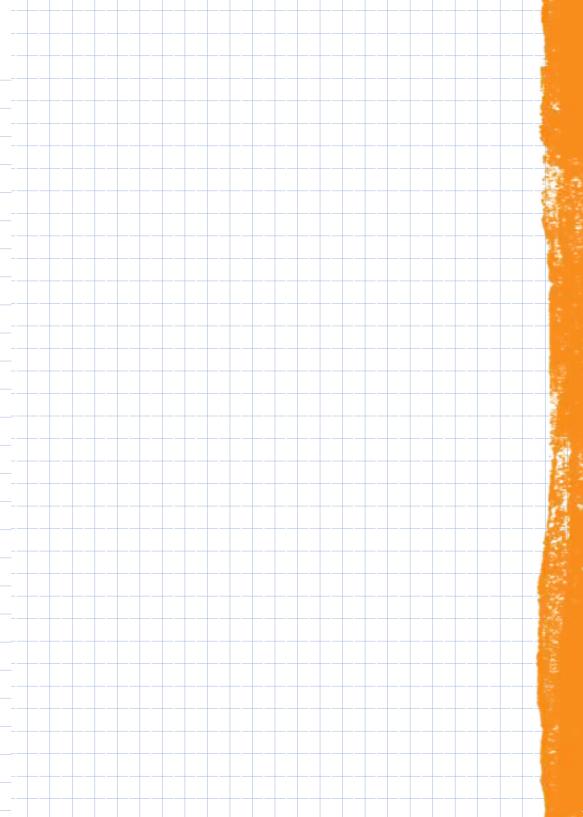




Lower abdominal pain in women

Want to know more about STIs? tht.org.uk/sexual-health/About-STIs

I look after my sexual health by...



THE SEX CINIC The age of sexual consent for all GAY people in the UK is 16 which was changed in 2001 to match the heterosexual age of consent. Before that it had been 18, before that 21 and before 1967 it was illegal for men to have sex with men. THE LIN SEX Consent is someone giving permission or agreeing to something, after they have thought carefully about whether or not they want to do it. To be able to give your consent to sex you should be sure that it is your decision and not one you have been pressured to make. The law in Britain says that both people need to give their consent before sex or any physical closeness. Children under the age of 13 cannot legally give their consent to sex - it is for their protection and is seen as rape.

Anyone over 13 that has sex with someone under 13 can be charged with statutory rape and put on the sex offenders register impacting on future careers and opportunities. When trying to decide whether someone under 16 is mature enough to make decisions, people often talk about whether a child meets the 'Fraser guidelines'. The Fraser guidelines help us all to balance children's rights and wishes with the responsibility to keep children safe from harm. This is why young people aged 13-16, who are able to show that the decision to have sex is theirs and they have considered it carefully and understand the consequences, can access contraception. It is always a crime to have sexual activity with somebody without their consent.

Find out more about consent. youtube.com/watch?v=oQbei5JGiT8 it's simple as tea. If someone does not feel free to make a choice (e.g. because they were pressured or threatened) then they have not consented, even if they don't say no. Alcohol and drugs blur our decision making and can impact on consent - if someone is off their head when they had sex it can be seen by law that they were not consenting as they could not think clearly or carefully about what they are agreeing to. Having sex with someone who hasn't

consented is 'rape' and can result in a prison sentence.

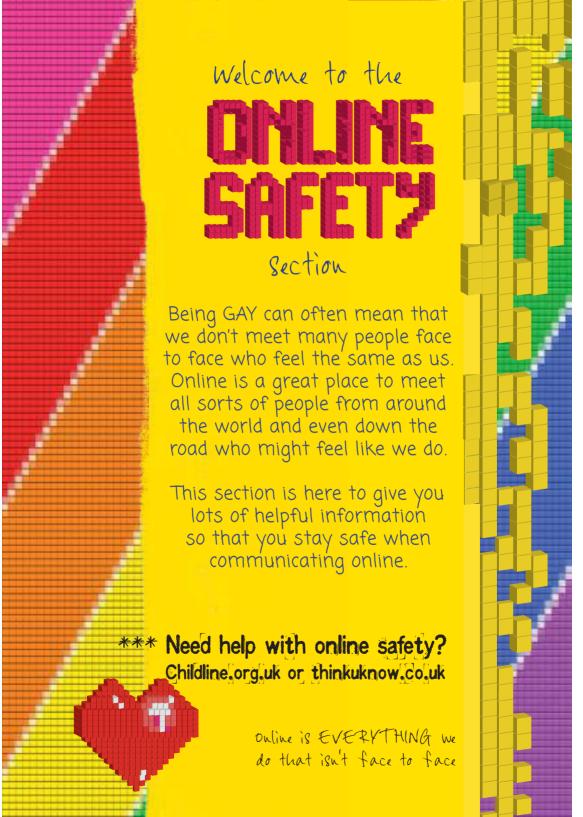
Pornography - it is illegal for anyone under the age of 18 to watch, make, buy or be in any pornography and it is illegal to show pornography to anyone under 18.

Sexting is mentioned in online safety - check it out.









Can you really be sure who you're chatting to?

Most people feel less shy online and find it a lot easier to talk about more private things, like love or sex, or things you've not told anybody else, like your sexuality or gender identity. You can quickly feel like you know someone really well and want to take things further. As lovely as this feels it can also put us at risk.

Some people looking for sex, target young and vulnerable people online.

They hang around Sites and Apps where they know young people go to look for love, flirt or find support.

They often pretend to be someone they're not - maybe even someone your age.

They might start flirting and talking about sex really quickly. Or they might take their time to say things that make you feel special.

They want to get young people to trust them...

... Some adults will abuse trust and trick young people into doing things they don't want to

Making you have sex

Chatting about sex online

Asking you to meet up face to face if you've only met them online

Asking you to do sexual things on webcam

Asking for sexual pictures of you

Making you feel worried, anxious or unsafe







If this is happening to you, report it to CEOP

They help young people who are being sexually abused or are worried that someone they've met is trying to abuse them. They will help make it stop!

WWW.CEOP.POLICE.UK/SAFETY-CENTRE IF YOU OR SOMEONE ELSE IS IN IMMEDIATE DANGER PLEASE DIAL 999

Abusers look for young people who use a sexy username, post sexy pictures or talk about sex online.

MET SOMEONE NEW ONLINE?

It can be difficult to tell the difference between someone genuine and someone looking to use you for sex.

But there are some warning signs...

ARE THEY TOO GOOD TO BE TRUE?

Just by looking at your online profiles someone can easily pretend they have lots in common with you!

ARE THEIR PICTURES AND VIDEOS GENUINE?

It's easy to copy, edit and share a picture and pretend it's your own. This can even be done when using web cams.

DO THEY WANT TO TALK ABOUT SEX?

This could mean they're only after one thing and could be a way for them to make you do things that are inappropriate for your age or you are not comfortable with.

ARE YOU BEING GROOMED?

Groomers come in all genders, ages, shapes and sizes and they befriend young people, making them feel very special. They do this so that they or others can manipulate, abuse and have sex with the young person.

ARE THEY BEING SEXUALLY EXPLICIT?

Showing you porn or asking you to take and share sexual pictures and videos is illegal if you're under 18!

DO THEY WANT TO MEET YOU IN REAL LIFE?

It's always risky to meet up with someone you've only met online. Did you not read the rest of this list?!?

BUT, IF YOU DO DECIDE TO MEET SOMEONE FOR THE FIRST TIME MAKE SURE YOU FOLLOW THESE SIMPLE RULES

Or ask your Parents to take you!

Meet in a busy Public space.

Make sure your friends know where you are.

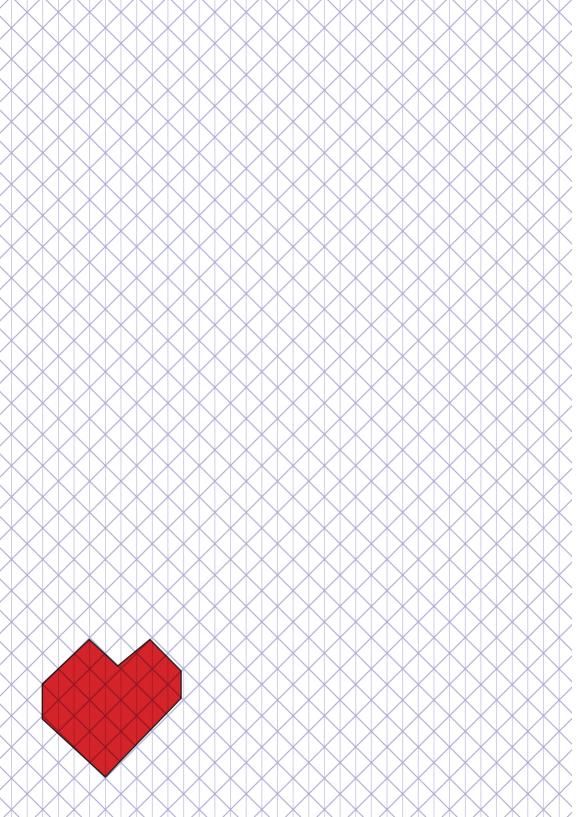
Charge your Phone and have credit.

Arrange for friends to call or text you.

Have a codeword in case you are in any trouble.

If they won't meet in Public, don't go!

Meeting a long way away? Do your research!



It's illegal to take or share indecent' images of anyone under 18, even if you're the person in the pictures.

CYBER BULLYING (also called 'online bullying')

...is when a person or a group of people uses the internet, text, email, online games or any other kind of digital technology to threaten, tease, upset or humiliate someone else.

Tips for cyber and phone bullying:

Don't reply to any nasty messages you receive.

If you change your number & profiles, only share with close friends.

Keep the messages that you have been sent so you can show someone.

If the problem is serious, tell the police or call

Don't answer any calls from a withheld number, or from a number you

don't know

ChildLine for free on 0800 1111 they can help.

If it gets really bad, you could change your number or setup new profiles.

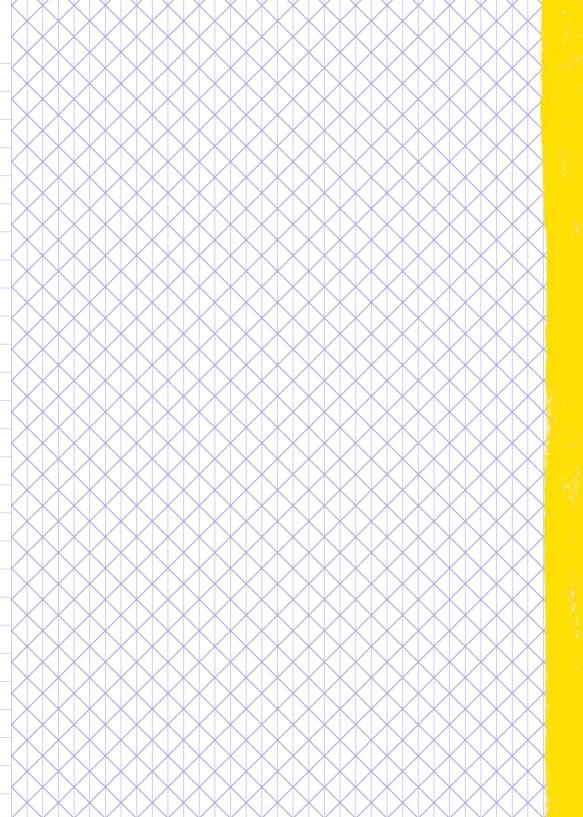
Don't keep it to yourself or try to deal with it alone.

Tell an adult you trust, like a parent, grandparent or teacher. It helps to talk.

Childline have some really helpful information

about cyberbullying and online safety

childline.org.uk



Lots of popul	ar social netwo	orks and da r chat to pe	ting apps er ople in your	able area.
It is never a	a good idea	to share y	our location	24

"The sending of digital text messages containing suggestive, provocative, or explicit sexual photographs"

SEXTING

It's so easy to send pics of ourselves from our phones and sometimes we are encouraged or pressured by others to do it but we really need to remember...

Once you've shared something online or on your mobile you've lost control of it - it can be copied, shared and even edited! It can be really hard, sometimes impossible, to delete pictures or videos from the internet or other people's mobiles.

Sending embarrassing or naked pictures or videos to a friend could end up anywhere. If you post it online anyone could see it, including your family, teachers or future employers!

It's never too late to get help if you've shared something you regret. You can report photos and videos to the websites they are on or seek help from an adult you trust.

HAS SOMEONE POSTED SOMETHING UPSETTING ABOUT YOU?

THINKUKNOW.CO.UK HAS ADVICE AND INFORMATION ABOUT CONTACTING SOCIAL MEDIA SITES THAT MIGHT HELP



THINKUKNOW.CO.UK

IN THEIR HELP SECTION THERE IS SOME GREAT INFO ABOUT LGBT + AND ONLINE SAFETY

I protect myself online by...

What do your online profiles say about you?

Easy Hard

Hot Cold

Dog Cat

Arthur Martha

Peace War

Today Tomorrow

organised Chaos

Scene Unseen

Smooth Prickly

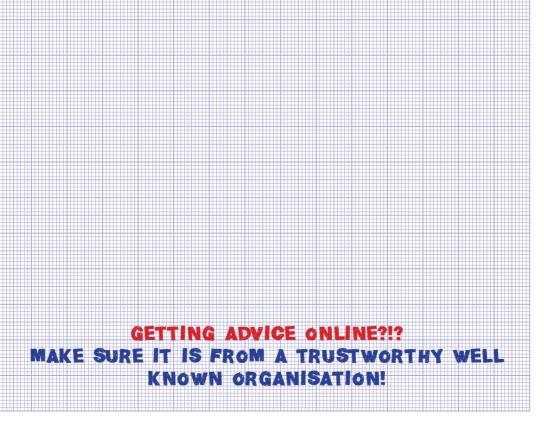
Hero Villain

Would you start a relationship with someone who has a profile like yours?

Your profile is an advert for you. It publicises to the world how you want to be seen!

What would a partner; future employer; teacher; parent think about your profile?

BEWARE WHEN SHARING PER	
LIKE YOUR PHONE NUMBER, WITH SOMEONE YOU'VE O	



Think before you post!

Don't upload or share anything you wouldn't want your parents, teachers or friends seeing. Once its online, it is no longer private.

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WELCOME TO THE DRUGS & FILCOHOL SECTION OF YOUR G.A.Y. HANDBOOK FOR LIFE.

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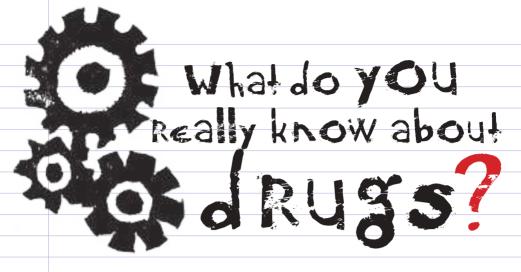
Some gay people may use drugs and alcohol to help them feel more confident, happy and to fit in with their peers and the gay scene.

Taking drugs and binge drinking can have a serious effect on our mental and physical health. It can also increase our sexual risk taking so it's important to be informed.

Understanding the issues about drinking alcohol and taking drugs can help us make informed decisions about how we live and take control of our lives and look after our health.

Do you know???

talktofrank.com has a live webchat where you can discuss any of your drug and alcohol issues with a real person.



What do I know about drugs?
What do I think about drugs?
What drugs have I heard of?
What do they do?
How do you know if you are
addicted or dependant?
What do the classes mean?
Class A drugs?

Class & drugs

80... DO YOU REALLY KNOW ABOUT DRUGS?

Know your limits!

If you are going to choose to drink alcohol or take drugs it is useful to set yourself a limit that you are OK with. Know the physical, mental, social and legal risks involved.

D	R	U	G	S	W	O	R	D	S	E	A	R	C	H
U	T	A	T	\mathbb{R}	\mathbb{W}	K	H	F	E	N	D	J	I	\mathbb{W}
A	P	E	N	1	U	A	\mathbb{V}	S	\bigcirc	\bigcirc	E	D	I	G
T	A	\mathbb{B}	M	\mathbb{N}	\mathbb{R}	\bigcirc	L	\bigcirc	\mathbb{W}	\mathbb{R}	A	\mathbb{N}	I	T
N	\mathbb{R}	G	\mathbb{K}	L	A	I	\mathbb{X}	\mathbb{M}	\mathbb{M}	D	E	E	\mathbb{Z}	M
H	\mathbb{V}	Y	I	\mathbb{R}	A	\mathbb{B}	P	\mathbb{Q}	E	E	S	Y	\mathbb{K}	I
U	\mathbb{R}	E	E	T	H	T	I	S	\bigcirc	H	H	A	\mathbb{D}	\bigcirc
\mathbb{B}	L	D	\mathbb{K}	G	E	\bigcirc	S	S	\mathbb{W}	P	\bigcirc	\mathbb{K}	\mathbb{C}	\mathbb{R}
E	I	\mathbb{C}	\mathbb{C}	\mathbb{R}	A	\mathbb{C}	\mathbb{K}	Y	A	E	T	\mathbb{D}	T	E
\mathbb{C}	\bigcirc	H	\mathbb{A}	S	H	L	\mathbb{D}	\mathbb{M}	R	\mathbb{M}	S	\bigcirc	\mathbb{X}	H
\mathbb{C}	\mathbb{K}	\mathbb{C}	A	\mathbb{M}	S	T	A	E	\mathbb{C}	\mathbb{C}	F	\mathbb{V}	\mathbb{K}	\mathbb{B}
Y	\mathbb{C}	A	T	S	\mathbb{C}	E	\mathbb{K}	G	E	A	\mathbb{X}	\mathbb{W}	J	L
J	A	G	E	\mathbb{R}	B	\bigcirc	\mathbb{M}	B	E	P	T	E	N	P
G	\mathbb{B}	L	V	\mathbb{M}	\mathbb{C}	L	F	\mathbb{M}	L	\mathbb{R}	S	E	\mathbb{D}	\mathbb{K}
\mathbb{Z}	\mathbb{V}	P	\mathbb{Q}	\mathbb{X}	\bigcirc	F	P	\mathbb{W}	H	J	E	\mathbb{D}	\mathbb{D}	V
C	A	N	N	A	B	I	S	C	C	I	D	E	R	I
C	H	A	R	L	I	E	R	E	C	S	T	A	C	Y
C	O	C	K	T	A	I	L	S	C	C	R	A	C	K
C	O	K	E	L	S	K	U	N	K	E	T	I	N	A
C	R	Y	S	T	A	L	M	E	T	H	T	G	B	L
G	H	B	H	S	P	I	R	I	T	S	E	G	I	N
H	E	R	O	I	N	D	M	E	O	W	M	E	O	W
J	A	G	E	R	B	0	M	B	R	L	A	G	E	R
M	C	A	T	U	M	E	P	H	E	D	R	O	N	E
W	E	E	D	G	S	H	O	T	S	S	W	I	N	E
S	M	A	C	K	A	S	P	E	E	D	N	D	A	L
C	O	H	O	V	O	D	K	A	L	H	A	S	H	X





New psychoactive substances are

New psychoactive substances (NPS) produce similar effects to drugs such as cocaine, cannabis and ecstasy. None of these drugs are legal to take, produce, supply or import.



Why is there concern about NPS?

Talktofrank.com says...

For many NPS there has been very little or no useful research into their short, medium and long term effects on people. While this means FRANK can't always provide specific advice about named substances, there are certain key facts common to all NPS:

- *** NPS are often far from harmless and can have similar health risks to drugs like cocaine, ecstasy and speed, and some may even turn out to have additional harms.
- *** Risks of NPS can include reduced inhibitions, drowsiness, excited or paranoid states, coma, seizures and death.
- *** These risks are increased if used with alcohol or other drugs.





Illegal drugs are placed into one of 3 classes - A, B or C. The class into which a drug is placed affects the maximum penalty

Drugs controlled under the Misuse of Drugs Act are illegal... to have! to produce! to give away! or to sell!

Class A include: heroin (diamorphine), cocaine (including crack), methadone, ecstasy (MDMA), LSD, and magic mushrooms.

Minimum sentence from 3 years 6 months' up to 16 years' custody Maximum sentence of Life imprisonment

Class B include: amphetamines, barbiturates, codeine, cannabis, cathinones (including mephedrone) and synthetic cannabinoids.

Minimum sentence from 12 weeks' up to 10 years' custody

Maximum sentence of 14 years' custody and/or unlimited fine

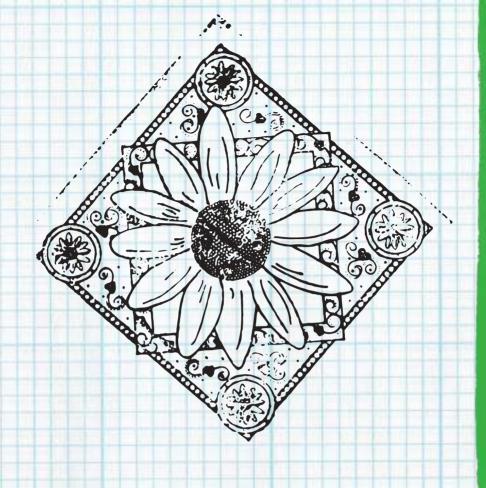
Class C include: benzodiazepines (tranquilisers), GHB/GBL, ketamine, anabolic steroids and benzylpiperazines (BZP).

Minimum sentence from Community order up to 8 years' custody

Maximum sentence of 14 years' custody and/or unlimited fine

Not all drugs are illegal, but that doesn't mean they aren't harmful. For example, tobacco and alcohol can seriously damage your health. Some drugs do have a legitimate use, as a medicine, in research or in industry.



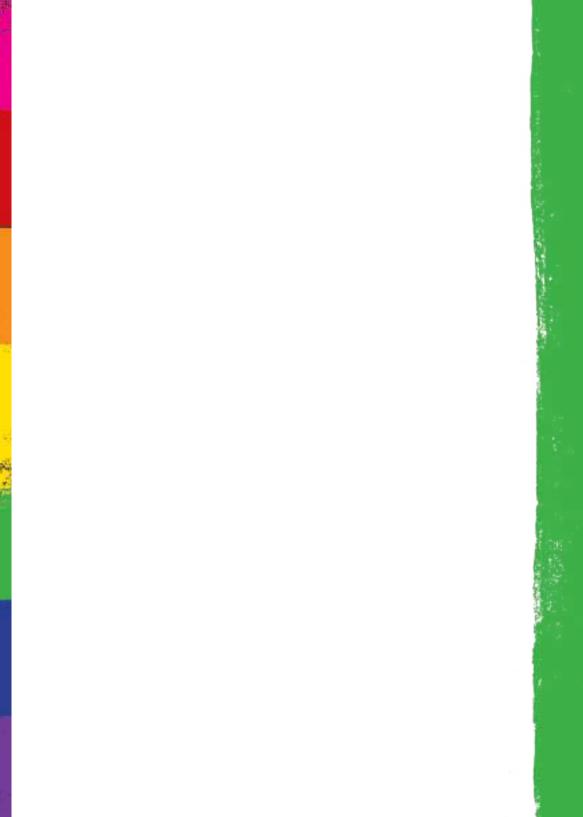


Drinking alcohol with GHB also known as GBL, G and liquid ecstasy can result in blackouts!



EFFECTS & RISKS FROM ALCOHOL USE

BOOSY BREATH BEER GOGGLES THROWING UP MEMORY LOSS CHOKING ON VOMIT LOWER INHIBITIONS HIGHER RISK TAKING POOR CONCENTRATION DOUBLE VISION MOOD SWINGS HEADACHES **AGGRESSION & VIOLENCE** INCREASED ANXIETY LOWERED HEART RATE SHALLOW BREATHING WEAKER IMMUNE SYSTEM LOSS OF BALANCE RUBBISH IN BED MISCARRIAGE FOETAL ALCOHOL SYNDROME STIS & PREGNANCY WEEING LOADS DEHYDRATION LOSS OF MEMORY VULNERABILITY UNCONSCIOUSNESS ANTI-SOCIAL BEHAVIOUR POOR DECISION MAKING RISK OF ACCIDENTS STRESS ON LIVER LOSS OF LIMB CONTROL LOSING YOUR MEMORY



WHAT WOULD YOU DO IN A DRUG OR ALCOHOL

HOW DO YOU KNOW AND HOW CAN YOU HELP A FRIEND THAT IS STRUGGLING?

WHAT ARE THE SIGNS OF AN OVERDOSE AND WHAT CAN YOU DO TO HELP?

WOULD YOU BE CONFIDENT TO HELP SOMEONE THAT HAS PASSED OUT OR STOPPED BREATHING?

WHO WOULD YOU CONTACT IN AN EMERGENCY?

ARE YOU ACTUALLY PREPARED?



EMERGENCY FIRST AID

IF YOU FIND YOUR FRIEND UNCONSCIOUS

- 1. CHECK FOR DANGER
- 2. IF THEY ARE BREATHING PUT THEM INTO THE RECOVERY POSITION, CALL 999 FOR AN AMBULANCE
- 3. IF THEY ARE NOT BREATHING ASK SOMEBODY THAT KNOWS, TO START CPR AND CALL AN AMBULANCE

4. STAY WITH THE PERSON AND KEEP THEM WARM UNTIL HELP ARRIVES.







NEVER BE WORRIED ABOUT CALLING
999 FOR HELP IT COULD SAVE SOMEONE'S
LIFE. VISIT SJA.ORG.UK OR YOUTUBE TO FIND
OUT HOW TO PUT SOMEONE INTO THE RECOVERY
POSITION OR BOOK YOURSELF ONTO AN
EMERGENCY IST AID COURSE.

If you want to be extra safe it might be a good idea to know...

- ... if your friends have any allergies or medical conditions
- ... what they have taken and when they took it
- ... their emergency contact information
- ... where they live
- ... what they want to be played at their funeral
- ... if they want flowers or a donation to charity
- ... if they prefer cremation or burial at sea

We all have a responsibility to look after ourselves but it is also good for you and your friends to look after each other when you are out and about.

Your life doesn't get better by chance...
...it gets better by choice!

Ask yourself!

Do you really know where

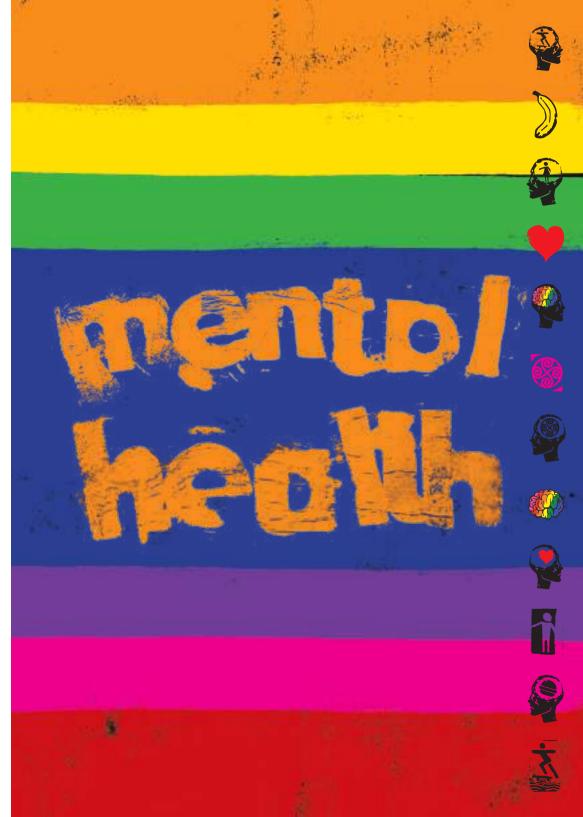
the drugs have come from?

Is it what they say it is?

What are you really taking?

Know your stuff!





Welcome to the MENTAL HEALTH

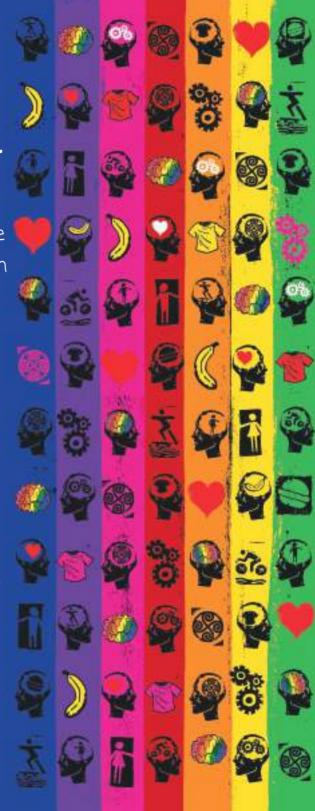
section of your G.A.Y.

Handbook For Life.

Mental health is in the handbook because young LGBT+ people in Stoke-on-Trent have highlighted the risks they take in relation to their mental health and wellbeing.

This section contains some useful tips to help you manage your mental health and wellbeing, now and in the future.

Never speak bad about yourself



It can be tough being gay!

As a young LGBT+ person, you might face more challenges than your hetero mates. This could have a negative impact on your mental health & wellbeing.

Things to look out for are...

- ... not accepting your sexuality or gender
- ... trying to keep how you feel a secret
- ... bullying and exclusion
- ... rejection from family & friends
- ... lack of understanding and acceptance
- ... difficulty finding support

If left unchecked these challenges can turn into very real issues like...

- ... low self-esteem & confidence
- ... PTSD & depression
- ... conflicts with family & friends
- ... alcohol & drug abuse
- ... self-harm and suicide
- ... eating disorders
- ... isolation & loneliness

If you think you need help, go to the helpful people helpful places section or ask your GP to refer you to the appropriate service.



Don't be atraid to soul Don't ve arraid to san



Although attitudes towards gay people are improving, we can still experience difficulties in our lives.

Being gay does not cause mental health problems but things like homophobic, transphobic and biphobic bullying, rejection from family and harassment at work or school can impact negatively on our mental health and wellbeing and particularly our self-esteem and confidence.

Having low self-esteem and confidence can impact negatively on our behaviour and risk taking. We might find it difficult to take care of ourselves and start using coping mechanisms like self-harm, drugs & alcohol and eating disorders to help us deal with what life throws at us.

*** Self esteem is how we think about ourselves, being comfortable with how we look and how we feel.

*** Being Confident means feeling good about ourselves, our abilities and our thoughts and opinions.

The more i nurture a feeling of love & kindness, the calmer & happier i am!!!



Here are some suggestions and tips to improve your self-esteem and confidence They can be scary but they really do help.

Don't avoid things like speaking to someone new, volunteering to go first or joining a new hobby group.

try something new!

This will take you out of your comfort zone, which is well scary but gives you a rush that improves your confidence and self-esteem.

look MORE CONFIDENT!

Stand upright, look as if you know where you are going and go for what you want.

Soon you will begin to believe it!

*** Practise
makes
perfect!
It really
does and
with that
comes better

confidence.

help other people;

This is a good thing to do and also helps us to recognise our own skills and abilities.

TALK about how you feel!

You'll be surprised how much other people feel just the same as you!

REMEMBER!!!

Use the spaces in this book to write down your own thoughts, be creative and be nice to yourself!

If something's bothering you, get it out of your head! This will give you more room to think about more important things.

Write it down!

Be creative

Turn the feelings you have into poetry, drawing, dance...

Anything creative!



do and you will really see a difference!

of It makes me feel better!

+ things that make us happy!

* Exercising makes me feel like the achieved something

Start Small

Even listening to music helps us relax, feel and think

SELF-DEFENCE OR MARTIAL ARTS CLASSES CAN HELP US TO FEEL MORE CONFIDENT Life's hard enough, without you being down on yourself too.

Never call yourself bad names

Liking yourself makes it easier for others to like you.

We really are affected by what we eat. Fresh fruit and veg help us to feel energised and alive.

EAT GOOD FOOD

If we eat lots of processed food we feel heavy and sluggish and often uninspired.

You are as good as any other person! Believe in yourself

Getting through difficult stuff can make you much more understanding, compassionate and empathic.



What do I like about

Find one thing and add to it each week.

myself??

Here are some examples to help



you start!
great taste in music
good at drawing
good at writing
good cook

good cook

kind to people

sporting skills

friendly

make people laugh
thoughtful
loving
good with animals
great sense of humour
knows all the lyrics
to songs



And when someone gives you a compliment write it down and remind yourself when you are feeling really rubbish!

Stay away from drama and negativity

They are simple things you can do in your everyday life to help you feel good.

What do you do the most and which areas can you improve on?

Ways to Wellbeing

Check out the

connect...
with your family, friends
and neighbours. Share.

be active...

find a physical activity that you enjoy doing like dancing, cycling, running, walking. Exercise naturally makes us feel good and keep well.

take Notice...

of what is around you. Pause. Look. Listen. Rest. Be.

keep learning...
try something new, read

for fun, teach yourself, set yourself a challenge you will enjoy. It will help you feel more confident and grow.

give...

a smile, some time or a compliment. Do something nice for someone. It helps you feel good inside.

What are your 5 ways to wellbeing?

Connect

Be Active

Take Notice

Keep Learning

Give

beat the bullies

Being bullied can make us feel terrible and impact horribly on our mental health!

- * Find someone to talk to about it.
- * Remember bullies are very unhappy people who want to make other people's lives as miserable as their own.
- * Bullies love a victim try to ignore what they say and hold your head up high knowing it's not true or it doesn't matter.
- * If you are scared of bullies hurting you physically, try some self-defence classes they re very helpful.
- * Remember you are a much better person than they are. You don't make other people unhappy on purpose.

Trust your instincts

LOVE

How resilient are you?

Mark yourself out of a scale of 10

With one strongly disagree and 10 strongly agree

Write your score below

1. I learn valuable lessons from my own and other people's experiences.

2. I hold up well during tough times and bounce back from difficulties.

3. Feelings of anger, loss and discouragement don't last long.

4. I feel selfconfident and have a healthy idea of who I am.

5. I can tolerate high levels of doubt and uncertainty about situations.

6. It's not the end of the world when things don't go according to plan.

7. I feel proud when I accomplish things in life.

8. I enjoy trying new things.

9. I can be on my own if I have to.

10. I'm able to recover emotionally from losses and setbacks.

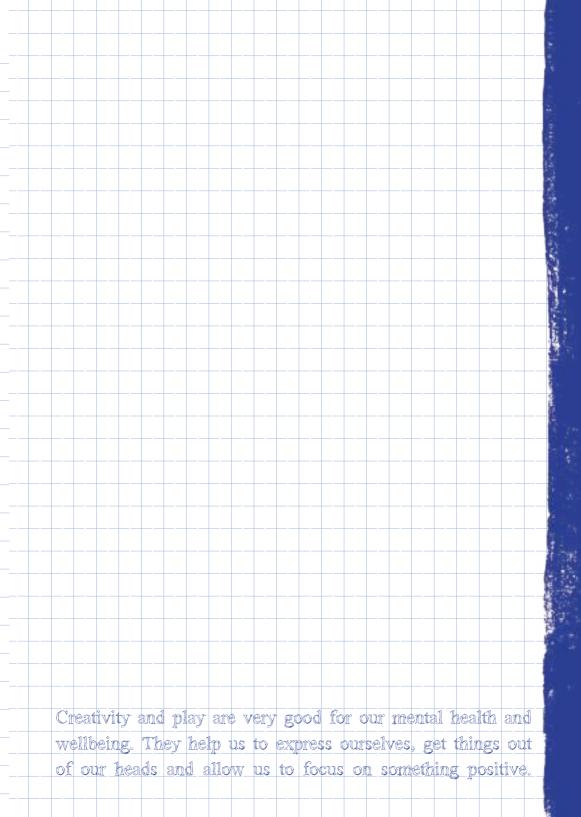
between 75 and 100. You are well resilient!

between 50 and 75. Retty good resilience.

between 25 and 50. Look for ways to improve your resilience.

between 0 and 25. Keep working at it! You'll get there x

***Resilience = the capacity to recover quickly from difficulties: the ability to become strong, healthy or successful again after something bad happens.

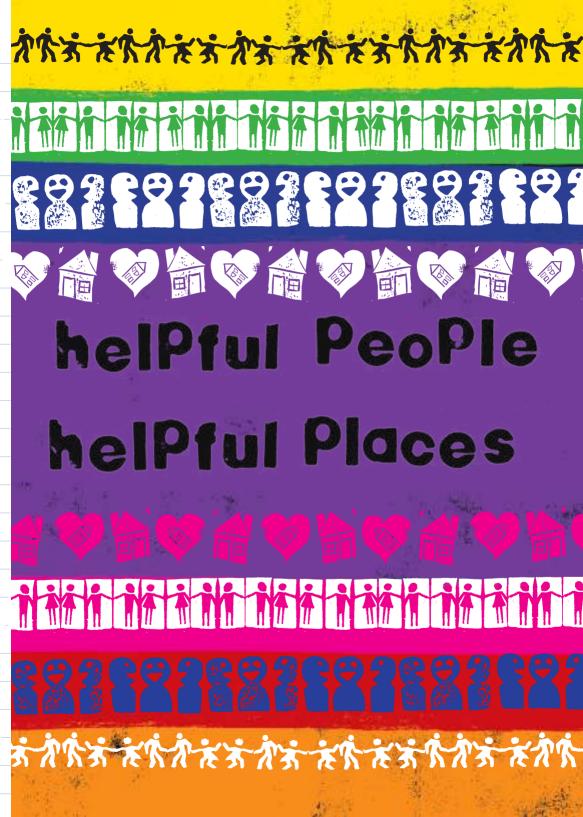


Draw. Paint. Act. Play. Dream. Write. Sing. Dance. Laugh.

*** some creative places in stoke

facebook.com/theculturalsisters
facebook.com/artstopstoke
appetitestoke.co.uk
wavemaker.org.uk

Where else might you look??????





this section contains lots of helpful people and places that can provide support and advice to young 18bt+ people.



It is also a good idea to have your own network of trustworthy helpful people such as friends, parents and other family members, teachers and youth workers that can support you.

Some schools have a Mac's place with friendly workers that can help, listen and refer you to an appropriate place. All schools have a public health advisor (school nurse) that can do the same and if the sexual health team visit your school they are always happy to help you with all sorts of LGBT+ issues.





GALAXY

Fun and lively youth group for people under 18 who identify themselves as lesbian, gay, bisexual, trans, + or just unsure. "Staff are friendly, non-judgemental LGBT+ people and can help you with all sorts of stuff. It's a great place to make friends and gain confidence and feel accepted in your life."

- THEY MEET SATURDAYS 12-4PM IN HANLEY
- facebook: Galaxy Youth Group
- lgbt@mpft.nhs.uk
- www.lgbtstoke.co.uk

LGBT STOKE

Gay, Lesbian, Bisexual and Transgender Services for people in Stoke-on-Trent and Staffordshire.

- LGBT@MPFT.NHS.UK
- WWW.LGBTSTOKE.Co.UK

TRANS STAFFORDSHIRE

Support for trans people and their families from Staffordshire.

- FACEBOOK.COM/TRANSSTAFFORDSHIRE
- INFO@TRANS-STAFFORDSHIRE.ORG.UK
- 01785 283425

Do You KNOW ANY MORE?



NATIONAL

YOUNG STONEWALL

Provides info and advice on issues that affect lesbian, gay, bisexual and trans young people.

- YOUNGSTONEWALL.ORG.UK
- 08000 502020

GENDERED INTELLIGENCE

Work predominantly with the trans community and those who impact on trans lives. Particularly specialising in supporting young trans people aged 11-25.

GENDEREDINTELLIGENCE.Co.uk

Look out for their KA-POW! Knowledge is power Project

EACH

EDUCATIONAL ACTION CHALLENGING HOMOPHOBIA

An award-winning charity for young people affected by homophobia and transphobia.

- WWW.EACH.EDUCATION
- 0808 1000 143

UK LESBIAN & GAY IMMIGRATION GROUP

Promotes equality and dignity for lesbian, gay, bisexual, trans, queer and intersex+ (LGBTQI+) people who seek asylum in the UK or wish to come here to be with their partners. Assists LGBTQI+ people seeking a safe haven from persecution and supports LGBTQI+ activists who are working to change the attitudes and legislation in their home countries.

- UKLGIG.ORG.UK ADMIN@UKLGIG.ORG.UK
- 020 7922 7811

CHILDLINE

Has a great section on being LGBT+ including sexuality, trans identity, coming out and relationships.

They have message boards where young people can share their experiences, have fun and get support from other young people in similar situations.

They also have a free counselling service.

- CHILDLINE.ORG.UK & LOOK IN THE EXPLORE SECTION - 0800 1111

LGBT YOUTH SCOTLAND

Offering advice and support to lesbian, gay, bisexual and trans young people in Scotland. The site has lots of useful information and advice to LGBT+ young people in the rest of the UK too.

LGBTYOUTH.ORG.UK0131 555 3940

BROOK

Has some great information about sexuality including coming out, being trans and homophobic, biphobic and transphobic bullying.

- BROOK.ORG.UK

KARMA NIRVANA

Support victims and survivors of honour based abuse and forced marriage both practically and emotionally regardless of gender, sexuality, race or religion.

- KARMANIRVANA.ORG.UK
- INFO@KARMANIRVANA.ORG.UK
 - 0800 5 999 247

SAFRA PROJECT

A resource project working on issues relating to lesbian, bisexual, transgender and questioning women who identify as Muslim, religiously and/or culturally. Issues covered include gender, sexuality and Islam, mental health, isolation, domestic violence, forced marriage, asylum and other social welfare issues.

- SEARCH FOR SAFRA-PROJECT ON FACEBOOK
- INFO@SAFRAPROJECT.ORG
- 07941 659 320

SWITCHBOARD LGBT+ HELPLINE

Switchboard provides a one-stop listening service for LGBT+ people on the phone, by email and through instant messaging. They provide an information, support and referral service for LGBT people and anyone considering issues around their sexuality and/or gender identity.

- WWW.SWITCHBOARD.LGBT
- CHRIS@SWITCHBOARD.LGBT
- 0300 330 0630 (10AM-10PM EVERY DAY)

MERMAIDS

Support for children and young people up to 20 years old who are gender diverse and their families and professionals involved in their care.

- MERMAIDSUK.ORG.UK
- INFO@MERMAIDSUK.ORG.UK
- 0344 344 0550 (MON-FRI, 9AM-9PM)

FFLAG - FAMILIES & FRIENDS OF LESBIANS & GAYS

Provides support for parents and their gay, lesbian, bisexual and trans sons and daughters. They offer support to local parent groups and also assist people who wish to tell their parents they are lesbian or gay.

FFLAG.ORG.UKINFO@FFLAG.ORG.UK

- 0845 652 0311

THE BISEXUAL INDEX

A collaborative network of activists and other UK bisexuals, working together for a change in the way people view bisexuality and bisexuals. "The Bisexual Index exists to promote bisexuality as a valid sexual identity, through providing a wide, simple definition of bisexuality as a sexual orientation and encouraging the people to whom it applies to use that definition as their identity."

BISEXUALINDEX.ORG.UK



GALAXY

Fun and lively youth group for people under 18 who identify themselves as lesbian, gay, bisexual, trans, + or just unsure. "Staff are friendly, non-judgemental people and can help you with all sorts of stuff. It's a great place to make friends and gain confidence and feel accepted in your life."

- THEY MEET SATURDAYS 12-4PM IN HANLEY
- facebook: Galaxy Youth Group
- lgbt@mpft.nhs.uk

SAVANA

Is a sexual violence service providing counselling and support in Stoke-on-Trent for people who have experienced all aspects of sexual violence including assault, abuse and rape, whether recently or in the past.

- SAVANA.ORG.UK
- INFO@SAVANA.ORG.UK
- 01782 433204

NATIONAL

NATIONAL LGBT+ ABUSE HELPLINE

Emotional and practical support for LGBT+ people experiencing domestic abuse. Abuse isn't always physical - it can be psychological, emotional, financial and sexual too.

Speak out, don't suffer in silence.

WWW.GALOP.ORG.UK HELP@GALOP.ORG.UK 0800 999 5428 (10AM-5PM MON-FRI)

RISE ABOVE

You'll find inspiring and useful stories, videos, games and advice about all sorts of stuff including relationships.

- RISEABOVE.ORG.UK



LOCAL

C-CARD



Free condoms for everyone at a range of venues such as pharmacies, GPs, Galaxy and supermarkets across Stoke-on-Trent and North Staffordshire. All the information is confidential and will not be passed on to anybody else. Look out for the logo for your nearest C-Card registration site or contact us.

- 0300 123 0970

COBRIDGE SEXUAL HEALTH CLINIC

Friendly and confidential advice and support for all your contraception and sexual health needs. Providing testing, screening, contraception, C-card, counselling and much more.

- COBRIDGE SEXUAL HEALTH CLINIC, ENTRANCE H,
 COBRIDGE COMMUNITY HEALTH CENTRE, CHURCH
 TERRACE, COBRIDGE, STOKE-ON-TRENT, ST6 2JN
- 0300 7900 165

SEXUAL HEALTH INFORMATION LINE

Friendly & confidential information and advice service.

- MON FRI 9-3PM
- 0300 123 0970

GRANGE PARK SEXUAL ASSAULT REFERRAL CENTRE

Is a safe, welcoming and comfortable centre for anyone who has been raped or sexually assaulted recently or in the past. You can ring them yourself to arrange an appointment.

- COBRIDGE SEXUAL HEALTH CLINIC, COBRIDGE COMMUNITY HEALTH CENTRE, CHURCH TERRACE, COBRIDGE, STOKE-ON-TRENT, ST6 2JN - 0800 970 0372 - WWW.GRANGEPARK.ORG.UK

NATIONAL

TERRENCE HIGGINS TRUST

If you want to know more about Sexually Transmitted Infections.

- THT.ORG.UK/SEXUAL-HEALTH

BROOK

Providing sexual health services, support and advice to young people under the age of 25.

- BROOK.ORG.UK

OPLINE SAFETZ



IF YOU OR SOMEONE YOU KNOW IS IN IMMEDIATE DANGER PLEASE DIAL 999 OR USE 101 FOR NON-EMERGENCIES.

NATIONAL

CHILDLINE

Have some really helpful information about cyberbullying and online safety.

- CHILDLINE.ORG.UK
- 0800 1111

THINKUKNOW

Has a helpful section with some useful info about LGBT+ and online safety.

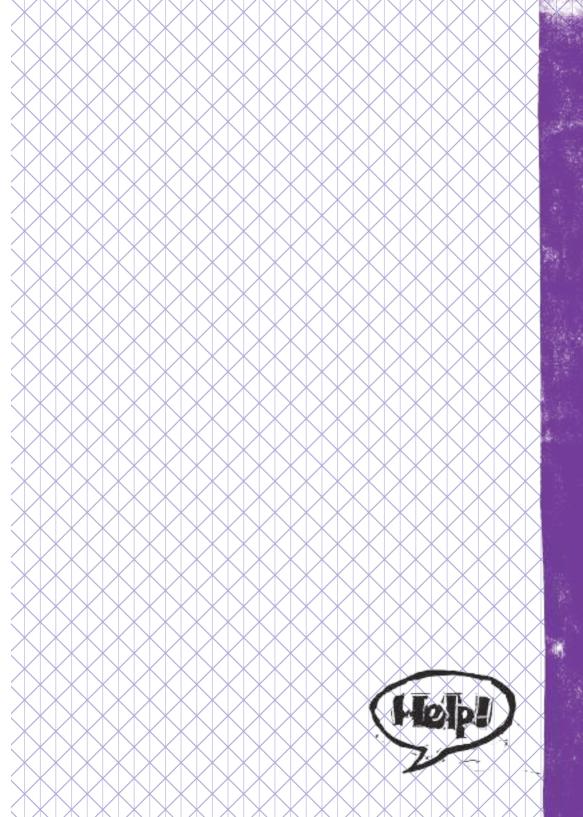
- THINKUKNOW.CO.UK

CEOP

(CHILD EXPLOITATION & ONLINE PROTECTION)

Help young people who are being sexually abused or are worried that someone they've met is trying to abuse them. Young people can report sexual abuse to CEOP and they will help make it stop.

- CEOP.POLICE.UK





Local

SAFE (SUBSTANCES, ALCOHOL, FAMILIES AND EDUCATION)

SAFE offer a confidential service to young people affected by their own or a family member's substance misuse.

- DRUGS.PROJECT@STOKE.GOV.UK
- 01782 234195



FRANK

Confidential information and advice for anyone concerned about their own or someone else's drug or solvent misuse.

- TALKTOFRANK.COM
- 0300 123 6600 24 HOUR, 365 DAY SERVICE.





LOCAL

CHANGESYP

Is a support service promoting the recovery of young people in mental distress throughout Stoke-on-Trent and North Staffordshire.

- CHANGESYP.ORG.UK
- YP@CHANGES.ORG.UK
- 01782 413355

NORTH STAFFS MIND - YOUNGER MIND PROJECT

Offers emotional support to young people aged up to 18 years who live in Stoke-on-Trent, North Staffordshire and Staffordshire Moorlands.

- NSMIND.ORG.UK - FOLLOW LINKS TO SUPPORT FOR YOUNG PEOPLE

CHILD AND ADOLESCENT MENTAL HEALTH SERVICES (C.A.M.H.S.)

Offer children and young people in Stoke-on-Trent a range of services providing help, support and treatment for emotional, behavioural and mental health difficulties.

IF YOU HAVE AN APPOINTMENT WITH CAMHS THIS WEBSITE CAN HELP YOU PREPARE FOR IT.

- CAMHSREADY.ORG

NATIONAL

NHS LIVEWELL

Has a lot of helpful information about mental health including depression, anorexia, bullying, anxiety and much more.

- NHS.UK/LIVEWELL/YOUTH-MENTAL-HEALTH

SELF ESTEEM TEAM

A group of dynamic young women with their own experiences that relate to self esteem and body image. Good to follow on social media, interesting images posters, chats and advice.

SELFESTEEMTEAM.ORG

SELF INJURY SUPPORT

Is a national organisation that supports girls and women affected by self-injury or self-harm.

- FACEBOOK.COM/SISUPPORTORGUK

- TWITTER @SISUPPORTORGUK

- SELFINJURYSUPPORT.ORG.UK

- 0808 800 8088 FREE (7-9.30PM TUE-THUR)

YOUNGMINDS

The national voice for young people's mental health and wellbeing - has lots of blogs and includes information about other useful services.

- YOUNGMINDS.ORG.UK

CHILDLINE -FREE HELPLINE FOR CHILDREN & YOUNG PEOPLE

Provides confidential telephone counselling service for any child with a problem. It comforts, advises and protects and provides opportunities for online chat and message boards.

- CHILDLINE.ORG.UK
- 0800 1111 (24 HOURS)

HEADMEDS

Straight talk on mental health medication. Look up your medication to find out about side effects and things you might not feel comfortable asking your GP about and listen to other people's experiences.

- HEADMEDS.ORG.UK

SAMARITANS

Volunteers listen in confidence to anyone in any type of emotional distress, without judging or telling people what to do.

- SAMARITANS.ORG
- 116123 (24 HRS 7 DAYS A WEEK)

B/EAT

A youth helpline. Information, help and support for anyone affected by eating disorders.

- BEATEATINGDISORDERS.ORG.UK
- FYP@EATINGDISORDERS.ORG.UK
- 0808 801 0711
- 3-10PM 365 DAYS A YEAR

THE MIX

Mix is the UK's leading support service for young people. They are there to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to them via online, social or their free, confidential helpline

www.themix.org.uk0808 808 4994

DITCH THE LABEL

Anti-bullying charity offering helpful information, advice and resources around bullying DITCHTHELABEL.ORG



Have we missed someone important?

If you find new services that are useful, share them with your friends!



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We would like to thank everyone who has made Good As You possible. Especially Public Health who recognise the importance of supporting the young LGBT+ community.

Let them know!

public health@stoke gov.uk

Twitter @HealthySoT

#GOODASYOU



USEFUL BECAUSE Norm norm norm norm norm norm norm norm n	NICA MASA MASA MASA MASA MISA MISA MISA MASA MA
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HELPFUL BECAUSE	NGAN KARAN KAR NGAN KARAN KAR
SPECIAL BECAUSE HER	NGAN SASAN BANGA BANGA NGAN SANGA BANGA
PRECIOUS BECAUSE	NGCO LAGUN RAKUN RA Kanan lagun rakun
NAME	inca coma coma coma coma coma coma coma co



GOOD AS YOU A HANDBOOK FOR LIFE



City of Stoke-on-Trent