

GOOD

AS

YOU

A HANDBOOK

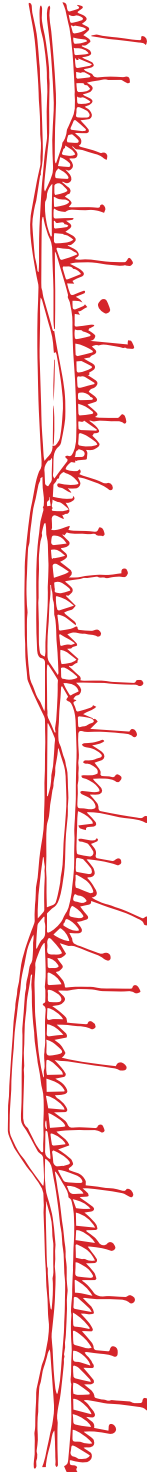
FOR LIFE



GOOD
AS however
you like!
YOU

YOU CAN
write
in it
BE
INSPIRED
READ STUFF
& **THINK ABOUT**
STUFF
DO THE
ACTIVITIES

stick stuff
in it!
where
to go for
help
LEARN



THIS BOOK BELONGS TO

NAME

DATE

I LIKE

I LOVE

I WANT

I NEED

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

We have used the pride rainbow theme to colour code the 7 sections of this handbook.

I wish



G

B

T



Welcome to the
L.G.B.T.+ section of your
G.A.Y. 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!

SMART TRANSGENDER

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

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

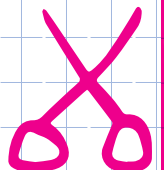
Taking hormones

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 LGBT+

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.**

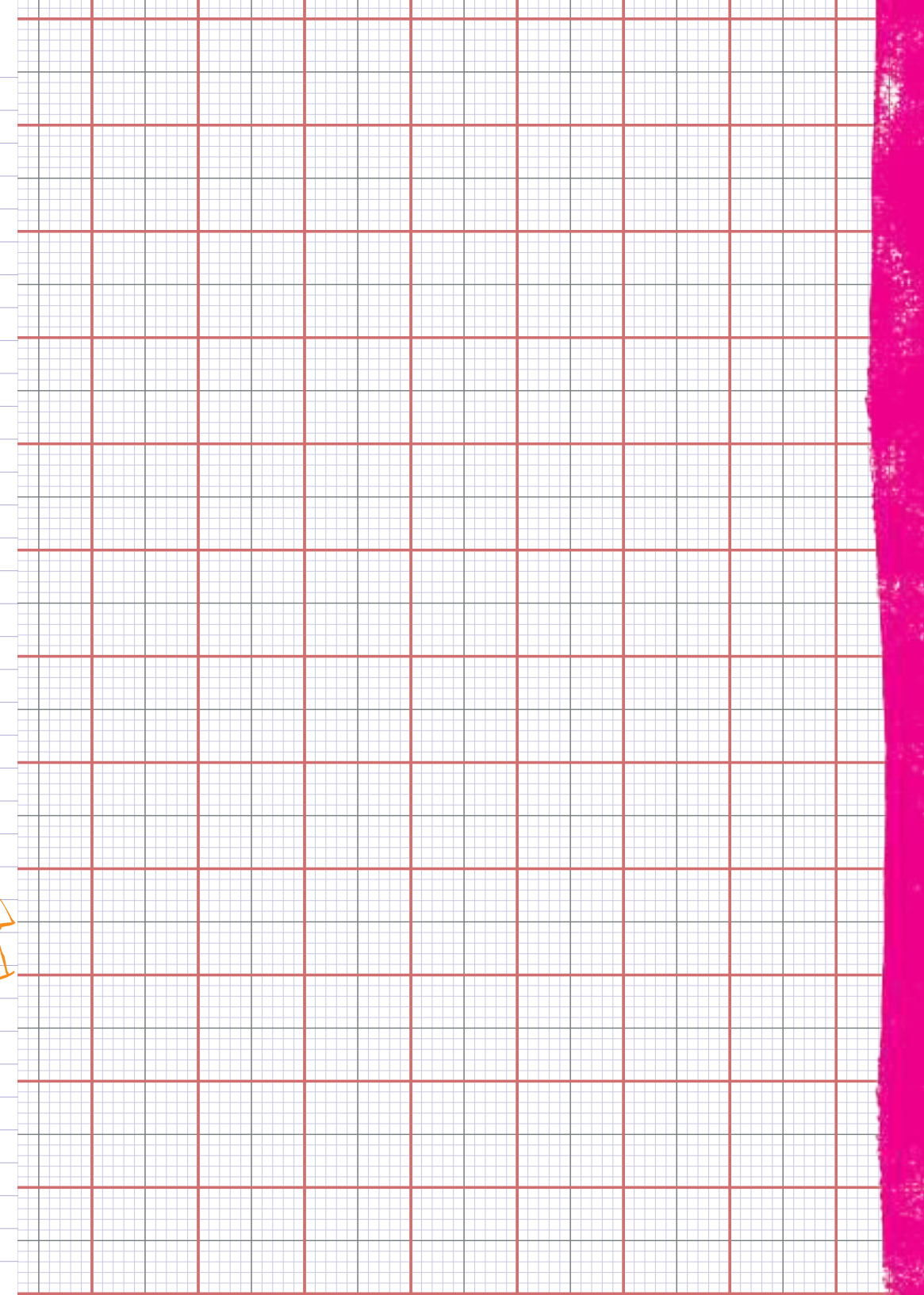
You may feel like you have to pretend to feel things you don't in order to fit in and hide how you are feeling from your friends or family. This can actually be more stressful than coming out and will inevitably involve pretending or lying about who you really are.

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**.

facebook.com/**gaygalaxyyouth**
lgbt@mpft.nhs.uk
www.lgbtstoke.co.uk

COMING OUT

Coming out



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

HETEROSEXUAL or 'straight' people are emotionally and physically attracted to people of the opposite sex. 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.

BICURIOS people see themselves as either heterosexual or homosexual, but may also sometimes be 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, 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 lesbian 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 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 orientations are included.

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

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:

TRANNNY/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?

HESHE/SHEMALE/HERMAPHRODITE - 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 FRIENDS**
OTHER - 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 I love you **a lot**

a bit **enough** and if you are struggling with any
of this and need more information you can go to
www.stonewall.org.uk or www.mermaidsuk.org.uk
or www.lgbtstoke.co.uk

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.

GOOD

AS

YOU

Let's

Excite

Sexy

Beautiful

Intelligent

Artistic

Nymphs

FABULOUS

ATTRACTIVE

GO

GETTING

OPTIMISTIC

TEEN

HONEST

OPEN

MINDFUL

OPTIMIST

*Here are a few Gay slang
words to start you off*

D
Y
K
E

L
E
Z
Z
E
R

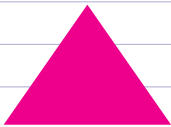
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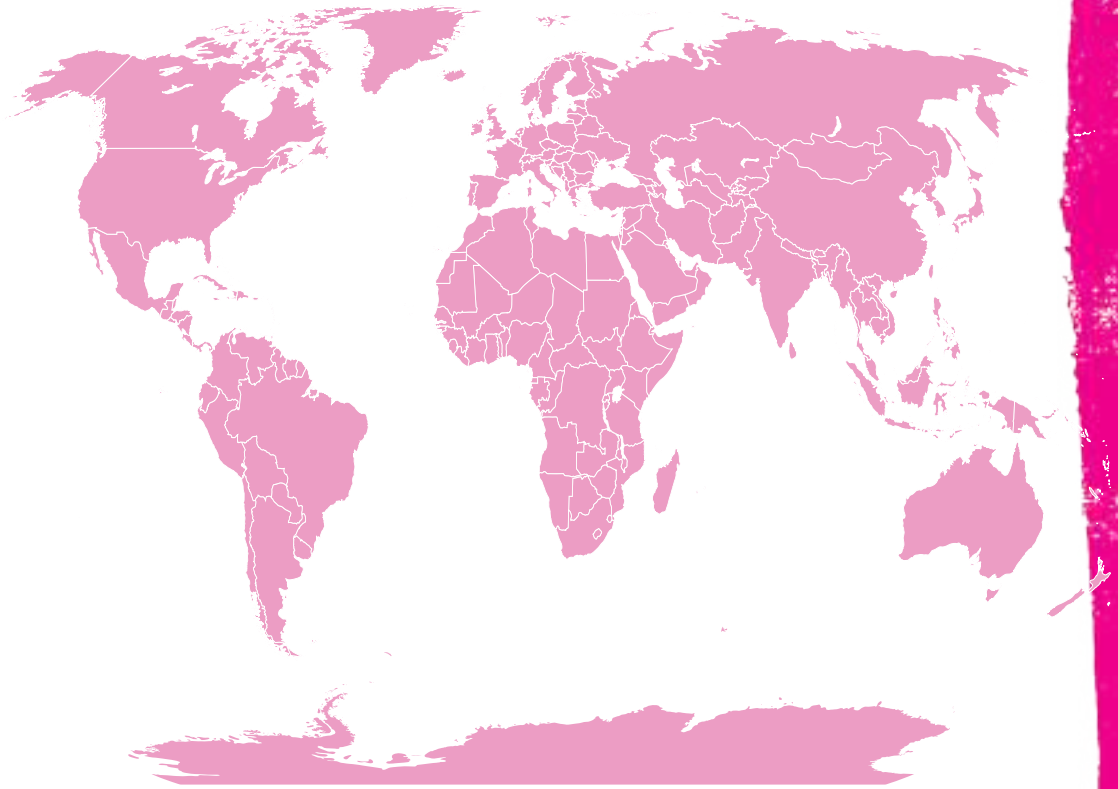
T
R
A
N
N
Y

Try online dictionaries to find positive words



Gray pride symbol originally made to be worn by homosexuals in nazi war camps

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."

LGBT+ FLAGS AND SYMBOLS

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 flag 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 people finding correctness in their lives.

Jennifer Pellinen's Trans Flag
designed in 2002

The middle three purple stripes represent the diversity of the transgender community and genders other than female and male.

World AIDS Day, December 1st

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



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 Sinclair 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.

What's your gay history?

Lesbian or feminist symbol



do you have any gay role models?



Symbolizes gay pride alliance and a space free from homophobia

Homophobia, Biphobia and Transphobia is the discrimination, hatred 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 Hate + your message to

07537414477 or call
0330 111 999





relationships



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 5 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



Hormones = natural chemicals produced in the
body - can influence behaviour or mood and our
male and female tendencies and qualities

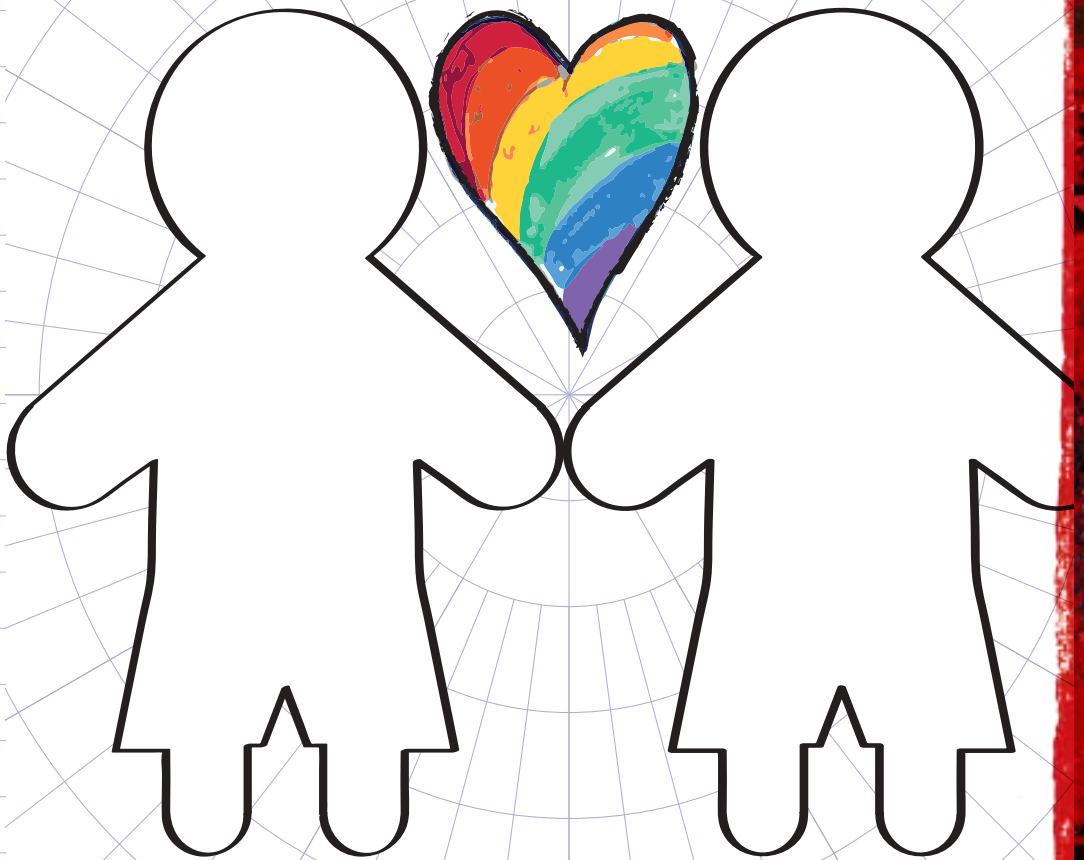
Use this list of characteristics to inspire you to create your ideal partner.

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

**CHOOSE YOUR
TOP 10!
OR
WRITE YOUR
OWN LIST!**

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

ME & MY IDEAL PARTNER



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

**Prefers to be out with
their mates**

Doesn't believe me

**Gets jealous when I
talk to someone else**

Sulks or is Selfish

Lies to me all the time

**Tracks me down when
they can't find me**

**Doesn't spend time
with me**

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

**Always on the
computer/phone**

**Doesn't like me
seeing my friends**

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

communication

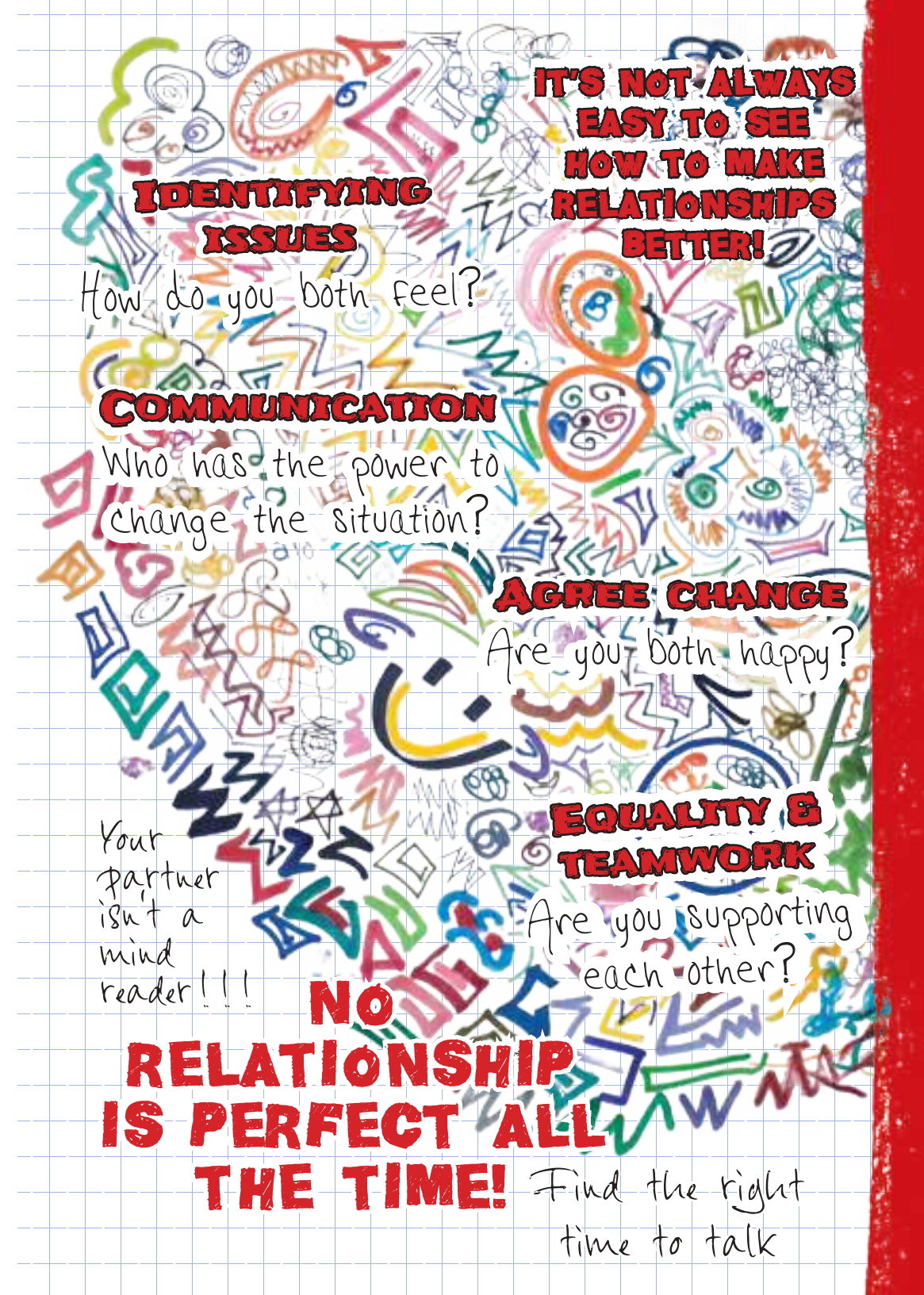
Relationships are complex and **communication** is very important to maintain a good, healthy relationship. We also need to **negotiate, compromise and empathise** and recognising that we can all adapt our behaviour to help our relationship is very useful.

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**.



**IDENTIFYING
ISSUES**

How do you both feel?

**IT'S NOT ALWAYS
EASY TO SEE
HOW TO MAKE
RELATIONSHIPS
BETTER!**

COMMUNICATION

Who has the power to
change the situation?

AGREE CHANGE

Are you both happy?

Your
partner
isn't a
mind
reader!!!

**EQUALITY &
TEAMWORK**

Are you supporting
each other?

**NO
RELATIONSHIP
IS PERFECT ALL
THE TIME!**

Find the right
time to talk

My partner... Screams and shouts in my 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.com/gaygalaxyyouth
lgbt@mpft.nhs.uk
www.lgbtstoke.co.uk

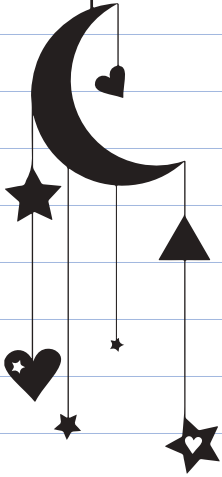
Meeting other gay people online

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!

Equality is the state of being equal, in status, rights, or opportunities



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

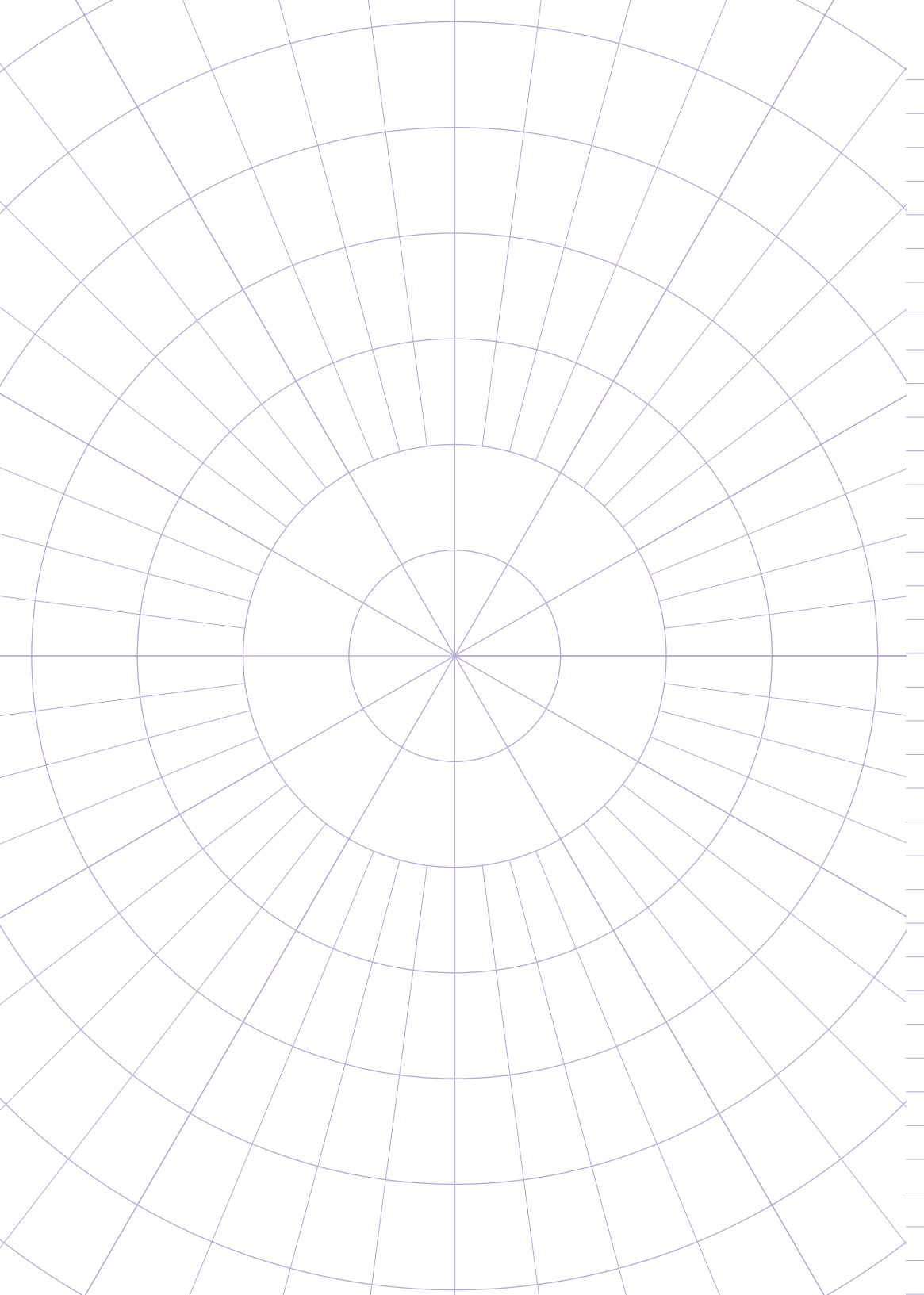
You could use this as inspiration to write your own poem or think about what type of animal would portray you, what characteristics do you have?

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,
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,
The moon,
They danced by the light of the moon.





"If you don't love yourself, you cannot love others"

Dalai Lama





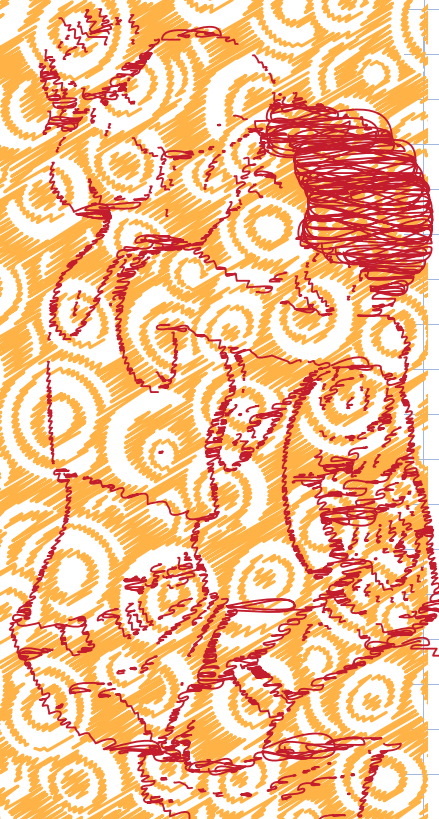
SEXUAL HEALTH





WELCOME TO THE SEXUAL HEALTH SECTION OF GOOD AS YOU

Sexual health isn't just 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 SEX SEX

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.



Sex that we want!

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,
It's OK 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
- Talk about how you feel
- Say no
- Use toys
- Love
- Know what you want

Consensual sex = agreeing to the sex that is happening

Looking after your...

sexual health

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

GAY HEALTH MATTERS

If your GP or sexual health doctor knows about your sexuality, your trans status or sexual 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.

GETTING TESTED

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.

LESBIANS GET STIs TOO

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 understand your own specific needs to ensure you keep yourself sexually safe and happy.

tht.org.uk have a great online booklet for trans teens.

TIME
FOR
T

MEN WHO HAVE SEX WITH MEN

Men who have sex with men are at increased risk of contracting HIV, the virus that causes AIDS, as well as other STIs including hepatitis, genital warts (HPV), herpes simplex, gonorrhoea, chlamydia and syphilis.

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

IT'S ALL
IN YOUR
HANDS

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!**

Alcohol 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 PEACE 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).



the **C** 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**

As a LGBT+ person you are entitled to exactly the same standards of care as heterosexual people in the NHS.

What are the
SYMPTOMS
of STIs?

Chlamydia

Genital herpes

Genital warts

Gonorrhoea

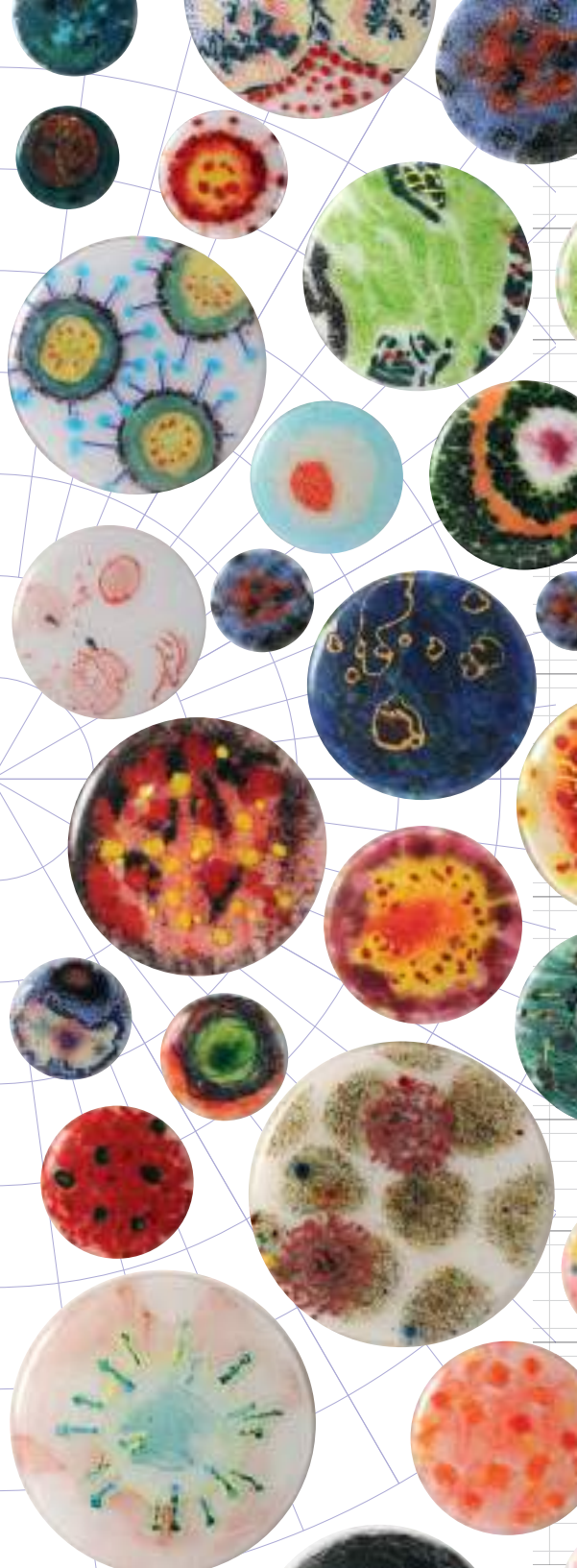
HIV and AIDS

Pubic lice

Scabies

Syphilis

Hepatitis



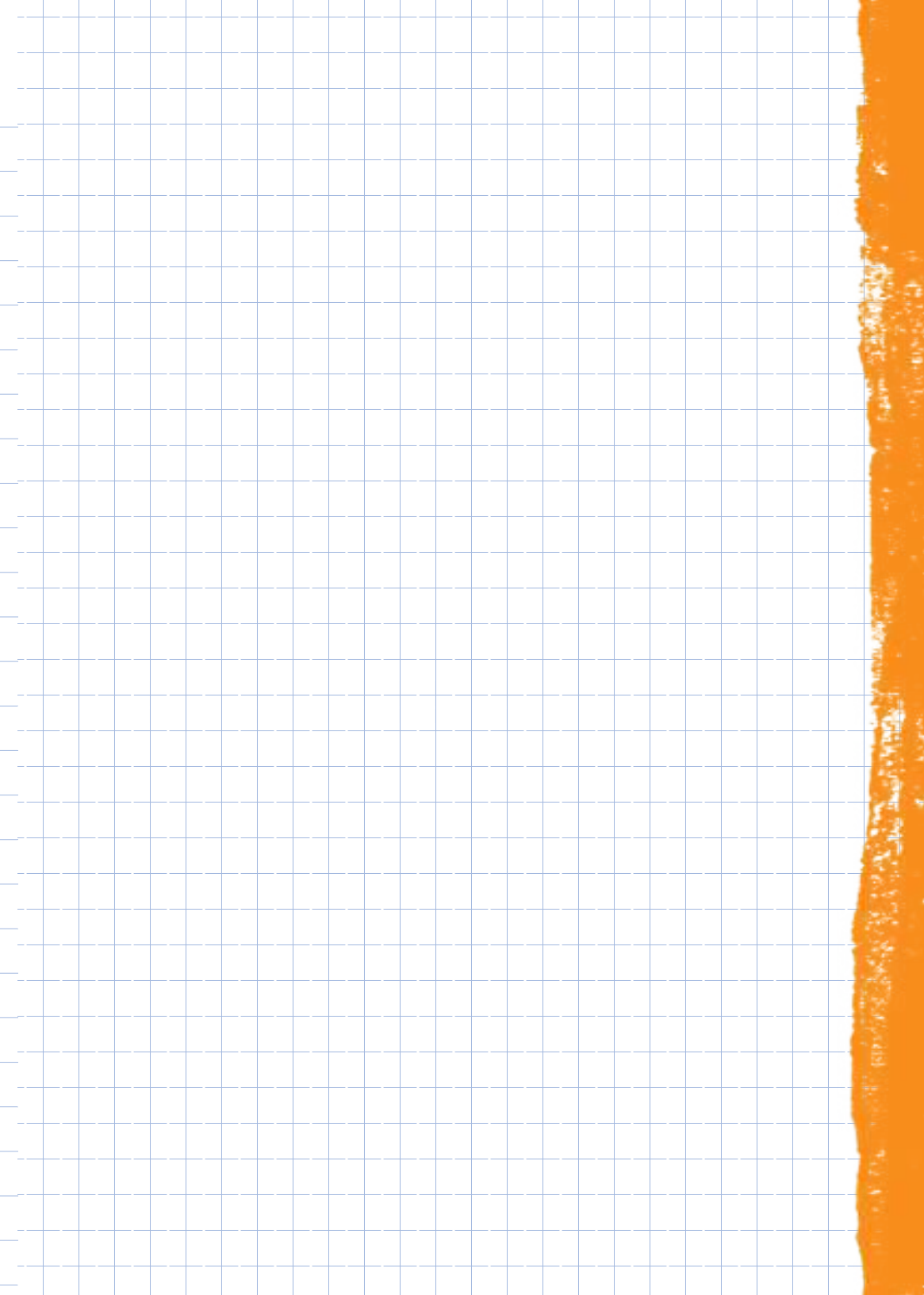
SYMPTOMS OF STIs

can include:

- Unusual green, yellow or smelly discharge from the vagina or penis
- Heavier periods or bleeding in-between periods
- Pain or a burning feeling when urinating
- Rashes, itching, burning, tingling around the genitals or anus
- Blisters or lumps around the genitals or anus
- Itching or black powder in your underwear
- Pain during sex in women
- 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 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.

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](https://www.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.

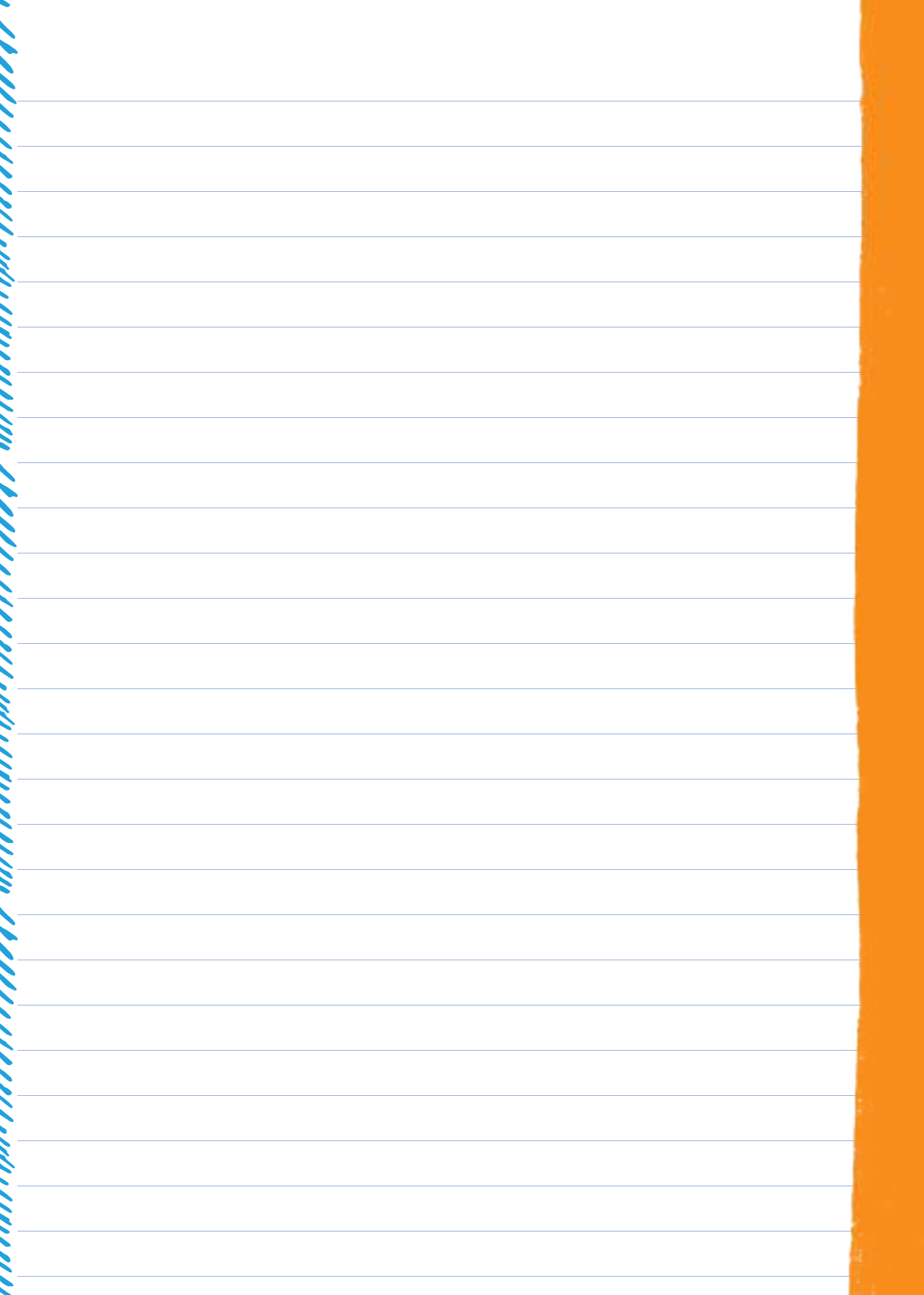
Alcohol and drugs blur our decision making and can impact on consent - if someone is off their head when they had sex it can be seen by law that they were not consenting as they could not think clearly or carefully about what they are agreeing to.

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.

AND THE LAW SEX AND THE LAW SEX AND



The background of the entire page is a horizontal rainbow gradient with six distinct bands: red, orange, yellow, green, blue, and purple. On the right side of the image, there is a vertical column of 3D cubes. These cubes are arranged in a way that they appear to be falling or cascading down the right edge. The cubes are colored to match the rainbow bands, with red cubes at the top, transitioning through orange, yellow, green, blue, and finally purple at the bottom. The overall effect is a vibrant, digital, and geometric aesthetic.

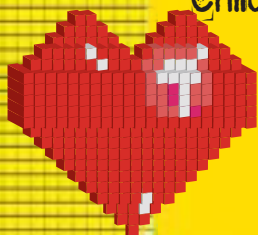
ONLINE SAFETY

Welcome to the **ONLINE SAFETY** Section

Being GAY can often mean that we don't meet many people face to face who feel the same as us. Online is a great place to meet all sorts of people from around the world and even down the road who might feel like we do.

This section is here to give you lots of helpful information so that you stay safe when communicating online.

*** **Need help with online safety?**
Childline.org.uk or thinkuknow.co.uk



Online is EVERYTHING we do that isn't face to face

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**

Under 16... Don't go!

Or ask your Parents to take you!

Meet in a busy Public space.

Make sure your friends know where you are.

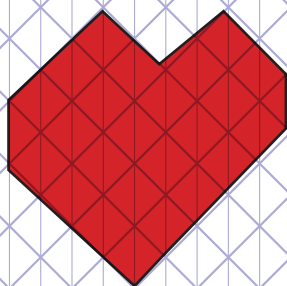
Charge your phone and have credit.

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 ChildLine for free on 0800 1111 they can help.

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

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

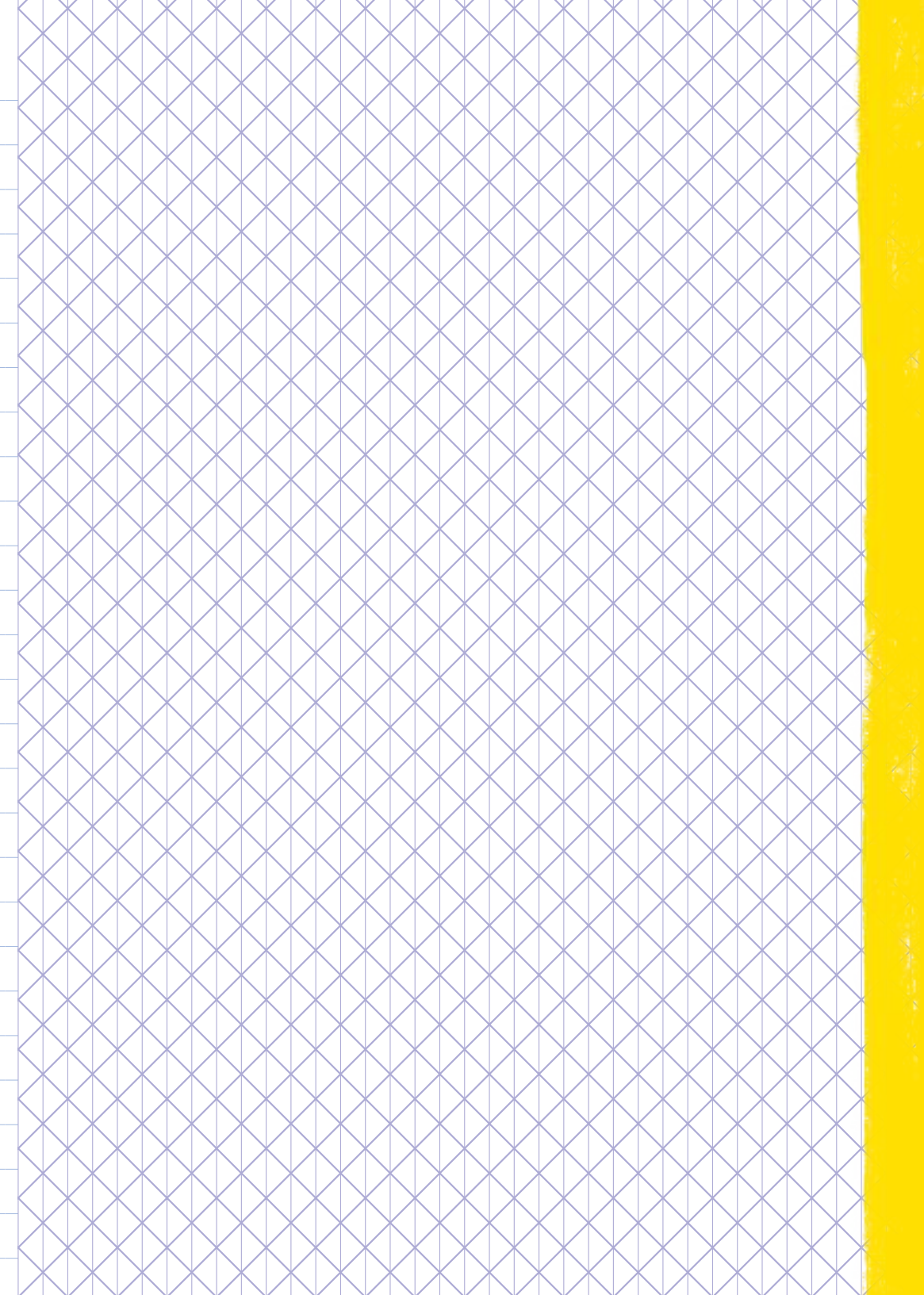
If it gets really bad, you could change your number or setup new profiles.

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 popular social networks and dating apps enable you to share your location or chat to people in your area.

It is never a good idea to share your location!

"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 PERSONAL INFORMATION
LIKE YOUR PHONE NUMBER, ADDRESS OR SCHOOL
WITH SOMEONE YOU'VE ONLY MET ONLINE.

GETTING ADVICE ONLINE?!?
MAKE SURE IT IS FROM A TRUSTWORTHY WELL
KNOWN ORGANISATION!

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.





Drugs n alcohol





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

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.

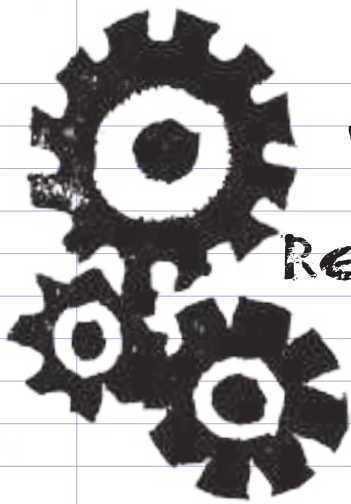
Understanding the issues about drinking alcohol and taking drugs can help us make informed decisions about how we live and take control of our lives and look after our health.



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 you Really know about drugs?

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 B drugs

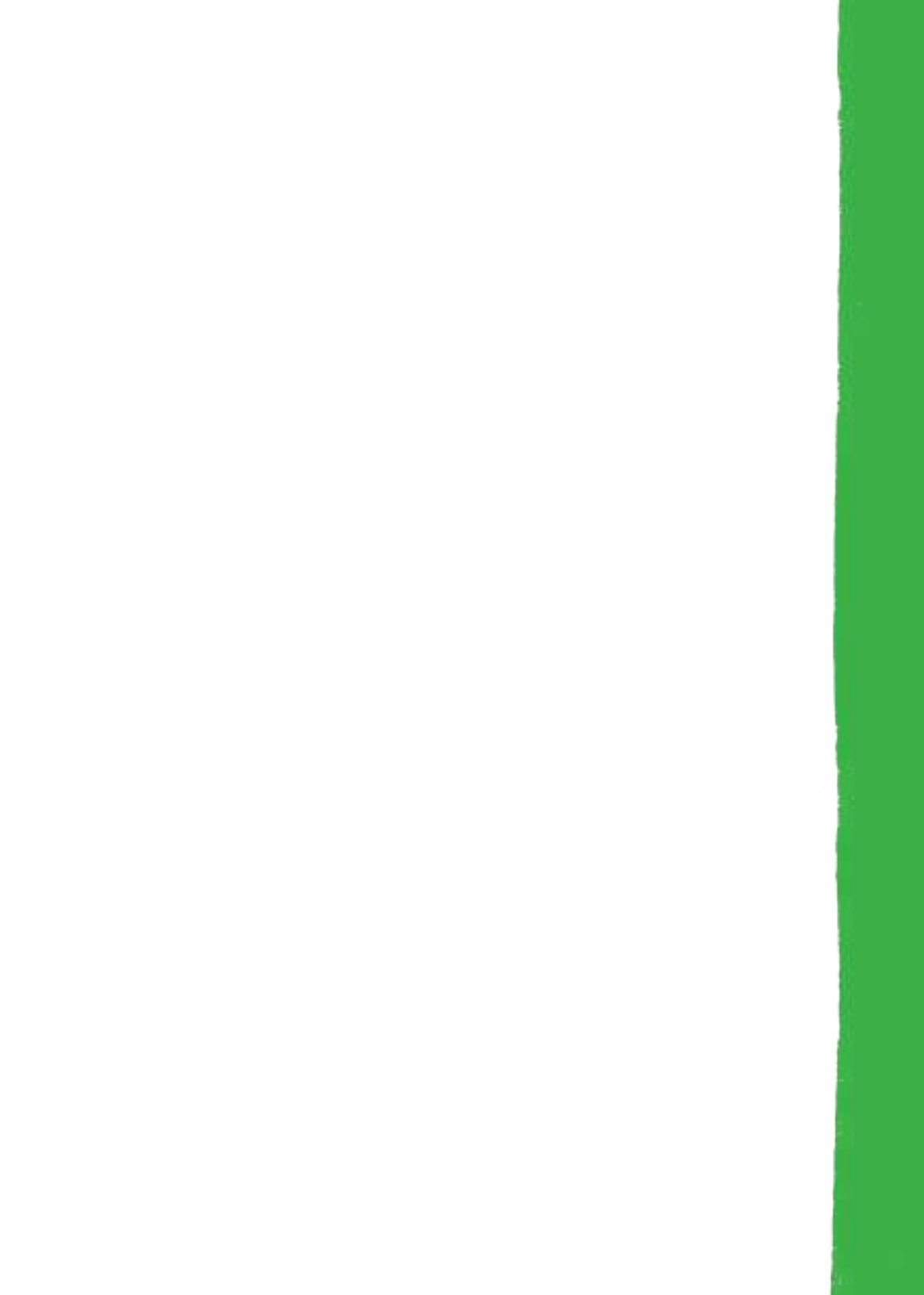
Class C drugs

SO... 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 R W K H F E N D J I W
A P E N I U A V S O O E D I G
T A B M N R O L O W R A N I T
N R G K L A I X M M D E E Z N
H V Y I R A B P Q E E S Y K I
U R E E T H T I S O H H A D O
B L D K G E O S S W P O K C R
E I C C R A C K Y A E T D T E
C O H A S H L D M R M S O X H
C K C A M S T A E C C F V K B
Y C A T S C E K G E A X W J L
J A G E R B O M B E P T E N P
G B L V M C L F M L R S E D K
Z V P Q X O F P W H J E D 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 O 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 ...
...still drugs

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?

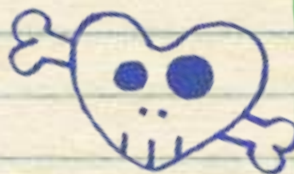
Talktofrank.com says...

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.



Know your ABCs?

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

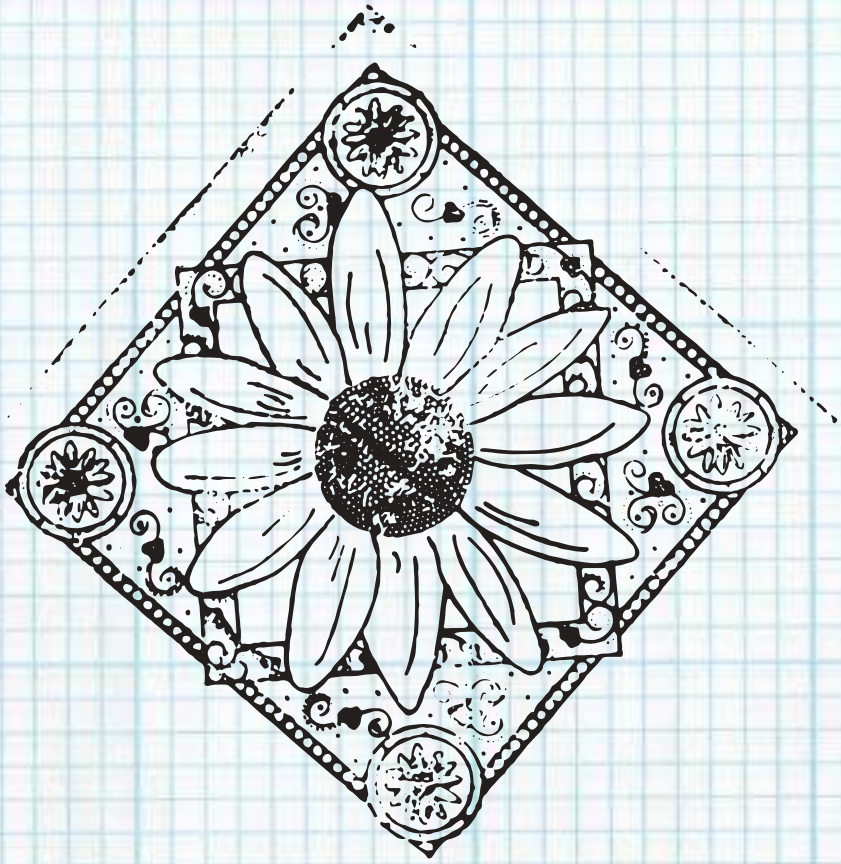
Class C include: benzodiazepines (tranquilisers), GHB/GBL, ketamine, anabolic steroids and benzylpiperazines (BZP).

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

**BOOZY 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**

EMERGENCY?

**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 1ST 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

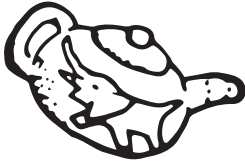
... if they prefer cremation or
burial at sea

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!

If you choose to take drugs...

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!



mental health



[illegible][illegible][illegible][illegible]

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.

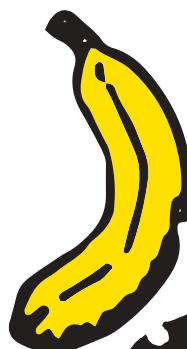
Things to look out for are...

- ... 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

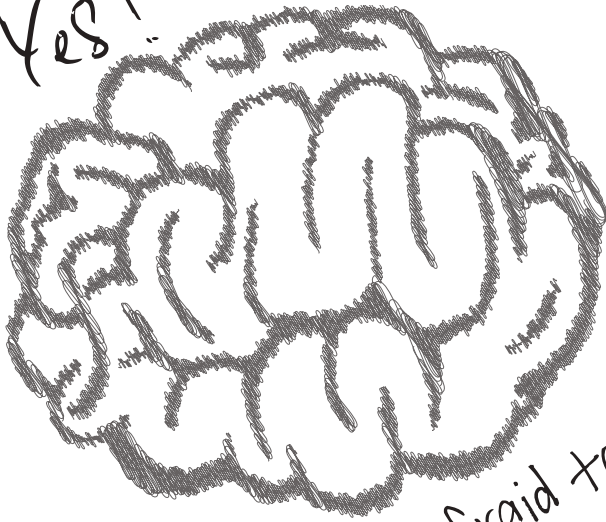
If left unchecked these challenges can turn into very real issues like...

- ... 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 afraid to say
"Yes!"



Don't be afraid to say
"No!"

WHY!!!

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!



Exercise

Keep track of what you do and you will really see a difference!

- ♥♥ It makes me feel better!
- ♥♥ It releases endorphins, the things that make us happy!
- ♥♥ Exercising makes me feel like I've 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.

**Give yourself
a compliment**

**every
day!**



What do I like about myself ??

Find one thing and add to it each week.

Here are some examples to help



you start!

great taste in music

good at drawing

good at writing

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

Check out the 5 Ways to Wellbeing

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?

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. Pretty 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.**

Creativity and play are very good for our mental health and wellbeing. They help us to express ourselves, get things out of our heads and allow us to focus on something positive.

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??????



helpful People

helpful Places



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

Who do I trust to give me good advice?



At home I'd talk to...



out of my Friends...



At school I trust...



When I'm out having fun...



Any other randoms...



LOCAL SERVICES

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.COM/GAYGALAXYYOUTH**
- **LGBT@MPFT.NHS.UK**
- **WWW.LGBTSTOKE.CO.UK**

GAYLIFE 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.UK**
- **0131 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.UK**

▪ **INFO@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.COM/GAYGALAXYYOUTH**
- **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**

STAR TEAM

Visit schools and are happy to talk to young people about sex and relationships.

- **STAR@STOKE.GOV.UK**

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**



SEXUAL HEALTH



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.

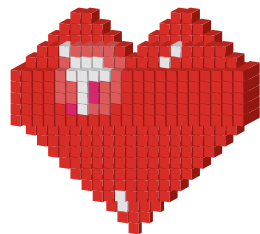
- **THT.ORG.UK/SEXUAL-HEALTH**

BROOK

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

- **BROOK.ORG.UK**

ONLINE SAFETY



**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**



Drugs n alcohol/

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**

National

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





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.UK**

• **0808 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!

IF I KNEW THEN... WHAT I KNOW NOW

I LIKE

.....

.....

I LOVE

.....

.....

I WANT

.....

.....

I NEED

.....

.....

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

I HAVE FOUND THIS BOOK

USEFUL BECAUSE

FUN BECAUSE

INTERESTING BECAUSE

HELPFUL BECAUSE

SPECIAL BECAUSE

PRECIOUS BECAUSE

NAME

DATE



GOOD AS YOU

**A HANDBOOK
FOR LIFE**



City of
Stoke-on-Trent