



# LGBT+ Newsletter

## What is Sexuality?

Sexuality is the way we describe sexual, emotional and physical feelings or attractions you have to another person.

We may be attracted to people of the same gender as ourselves, or a different gender to ourselves – some of use may not experience a sexual attraction at all. These all make up our sexuality, so sexuality is more than just who we have sex with. It is about how we personally identify and experience attraction.

When we share our sexuality with others it is referred to as 'coming out'. This can sometimes feel scary especially when we share with someone for the first time as we can never be sure what their reaction will be. Knowing their thoughts on LGBT+ might be an indication of how they may react, which would make you feel safe and comfortable, and also how much you may share.

# What is Gender Identity?

Gender identity describes whether we identify as a woman, man, transgender, non-binary, gender fluid, to name a few. Our gender identity is also about the pronouns we identify with such as she, her, he, him, they, them, for example.

Whereas our sex refers to your physical and biological body parts, our gender identity refers to whether or not we feel different to the gender we were given at birth. Exploring gender is common during puberty when our hormones are changing, but can happen at other times in our lives.

When our child decides to share their sexuality or their gender identity with us, it is important for them to feel safe and confident that we ourselves will support them, as well as help them find support if needed. They may already be struggling with some or all of the following:

- Feeling different from other people, like they don't fit in
  - being stereotyped or put in a certain 'box'
  - prejudice about your sexuality
  - bullying, or being treated differently by others
- not feeling safe to show affection to their partner in public
- feeling 'invisible' because they may not have role models or people around them who share similar feelings and experiences
- not having support from - or not being accepted by - those closest to them, like friends or family
  - people mislabelling their sexuality

In College, we encourage our learners to follow guidance from Young Minds:

- Talk
- Write it down
- Find your safe spaces
- Create boundaries to prioritise your mental health
- Create boundaries
- Clean your social media feed

Full details of this guidance can be found at  
[www.youngminds.org.uk](http://www.youngminds.org.uk)

Under the Equality Act 2010, it is illegal for people to treat us differently because of our age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex, sexual orientation.

For more information, contact Janine Hopewell in Student Services (The POD) [janine.hopewell@hughbaird.ac.uk](mailto:janine.hopewell@hughbaird.ac.uk) or call on  
0151 353 4462

Source: Young Minds