

A young person's quick guide to sexual identity and gender, and where to get information and help.

YOU ARE NOT ALONE

In a recent survey **2,641** pupils in Hampshire and Isle of Wight said that they were LGBTQ+. Of these, **1,190** said they were transgender or gender diverse and **1,359** pupils didn't know or weren't sure.

LGBTQ+

LGBTQ+ stands for Lesbian, Gay, Bisexual, Transgender or Questioning or Queer, the '+' symbol represents and includes many other sexual orientations and gender identities. It's not always important to have a label, but some people find it helpful and yours can change over time.

WHAT IS SEXUALITY?

Your sexuality is the way you describe sexual, emotional and physical feelings or attractions you have towards another person. You may be attracted to people of the same gender, or a different gender, or you might not experience sexual attraction at all. These are all things which make up your sexuality - it is not only who you choose to have sex with.

It is important to remember that there is no 'right' or 'wrong' sexuality; it is simply about how you personally identify and experience attraction.


WHAT IS GENDER IDENTITY?

Your gender identity is how you describe yourself, for example, you might say you are a woman, a man, non-binary, transgender, gender fluid, or something different. Gender is different from 'sex'. Your sex refers to your physical and biological body parts (like the penis, vagina, different hormones or breasts).

Over time, you might question or realise that your gender may be different than the sex you were born with. Your feelings about your gender may change at any point in your life but gender questioning mostly happens in your teen years and young adulthood, when you are going through lots of hormone and life changes.

Your gender identity is about how you want others to see and treat you, or how you want people refer to you ('she', 'him', 'they' or something else).

There is more information and advice for teenagers on [the NHS website](#).
Gender advice for parents and carers can be found on [the MindEd hub](#).



USEFUL GROUPS AND CONTACTS

Where To Get Support and meet other LGBTQ+ young people

These groups are a safe place to meet other LGBTQ+ young people and get support if you are questioning or wanting to explore your identity. The groups are run by specialist youth workers who are there to support you.

- ♥ www.breakoutyouth.org.uk
Break Out Youth groups for 11-18 years in Southampton, Romsey, Basingstoke, Andover, the New Forest, and the Isle of Wight, plus an online group where you can keep your camera off if you wish.
- ♥ www.yservices.co.uk/lgbt
Y Services are in Havant, Fareham and Gosport. These youth groups are for LGBTQI+ young people, age 11-19. Young Rangers are for gender-questioning children under 11, plus parents and carers.
- ♥ **LGBTQ+ services in Portsmouth**
 - 4Me Youth Group: 19–25-year-olds
 - 4U Youth Group: 13–18-year-olds
 - 4Us Child & Family group: Under 13 years, plus parents and carers

Where To Get Help if you are feeling anxious and confused, or you have difficulties with friends or family that are making you feel sad.

www.kooth.com is our NHS digital support service for young people aged 11-25, offering webchat, 1-to-1 help and counselling, as well as the young people's LGBTQ+ forum.

[Kooth Podcast - what is anxiety?](#) ♥

[Kooth Podcast - what to do when the world feels unsafe?](#) ♥

If you need more help and are struggling to cope or not coping:

Visit 111.nhs.uk or call 111 if you are struggling with your mental health and need immediate help. ♥

YoungMinds Crisis Messenger provides free crisis support every day of the week, at any time, day or night. You just need to text 'YM' to 85258. All texts are answered by trained volunteers, with support from experienced clinical supervisors. ♥

www.giveusashout.org provides free, confidential, 24/7 text message support in the UK for anyone who is struggling to cope and anyone in crisis. Text SHOUT to 85258. This service is free on all major mobile networks. ♥