

# LGBT+ and RSE

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# Objectives

- What is LGBT+?
- What extra needs might LGBT+ people have?
- What can we do as professionals to help out LGBT+ students?
- How to help non-LGBT youth empathise and understand?

# Define the terms

- Pansexual
- Bisexual
- Demisexual
- Genderfluid
- Trans\*
- CIS
- skoliosexual

- Human sexuality is complicated
- <https://www.youtube.com/watch?v=xXAoG8vAyzI>

# THT survey results

- Survey of over 900 young people (who attended secondary school between 2009 and 2016) on their experiences of RSE, found:
- 1 in 7 respondents had not received any RSE at all
- Over half (61%) received RSE just once a year or less
- 50% of young people rated the RSE they received in school as either 'poor' or 'terrible'
- Over 70% did not learn about issues of consent
- Only 5% received lessons that were LGBT-inclusive
- Over 1 in 4 did not receive information about HIV

# What do LGBT youth want from SRE ?

‘Sex and relationships education needs to be about sex as a consensual act between any two adults and needs to be about complexities of human experience including monogamy, polyamory and gender identity. The fluidity of sexual orientation needs to be addressed.’  
(Male, gay, 22-25 years old)

‘I believe that more definitely needs to be done and young people need to be made more aware of the different kinds of relationships that happen in this day and age. I am a bisexual female and while in school, partly due to the fact we weren’t being taught about it, I felt I couldn’t be open about myself, and in effect got bullied greatly because people didn’t understand or didn’t like the idea I was who I was.’ (Female, bisexual, 19-21 years old)



'I believe that the LGBT community as a whole is ignored in SRE, and this has a major detrimental effect on LGBT teens coming out. If students were taught at a younger age, they would be more comfortable being themselves and bullying based on sexuality would reduce.'

(Male, gay, 22-25 years old)

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# Alien-Nation



- You are the last surviving humans fleeing a dying Earth, half way across the galaxy your
- ship is hit by an asteroid, using all their skill the captain pilots the disabled ship to the nearest habitable planet.
- Following the crash landing only 20, 000 humans survive.
- Shortly after and alien delegation arrive to offer support and assistance.
- You are shocked as these Aliens look and sound exactly like humans.
- While they may look like humans there are several very real differences between the humans and the aliens.
- The aliens do not have sexual relationships, and in fact any relationship that goes beyond friend ship is punishable by law . In some places on this planet that could even mean death!
- They reproduce by artificial methods and babies are grown in special equipment and raised until adolescence in same sex communes.
- The aliens agree to allow the humans to stay on the planet as long as they abide by the rules about relationships and reproduction.

Your job is to work out how you will keep the human race going on this planet, bearing in mind that amongst the surviving humans there are several people in marriages , relationships and women who are pregnant.

How are you going to tell human from alien, protect people s relationships and families and allow for the human race to survive?

# What can you do to be more LGBT inclusive ?

- Think about language that you use (They/ them)
- Mentioning different types of sex
- Use inclusive examples
- Positive role models

## What do you do when someone asks...

- How do I have have anal sex?
- What STIs do I need to worry about as a gay woman
- I think I want to be a woman
- I've just downloaded Grindr and want to meet this guy.
- All of the guys I meet online seem to mention chillouts and Chemsex
- I think I'm interested in BDSM, how do I do it safely?

## Useful websites

- [www.bishuk.com](http://www.bishuk.com)
- <https://www.tht.org.uk/>
- <https://www.gmfa.org.uk/>
- <https://www.theproudtrust.org/>
- <https://www.hants.gov.uk/community/lgbt-alliance/lgbt-groups>
- <https://www.gires.org.uk/>
- <http://www.chrysalis-gii.org/>
- <http://www.schools-out.org.uk/>
- <https://www.itspronouncedmetrosexual.com/>