

## Being LGBTQIA+



LGBTQIA means lesbian , gay , bisexual , transgender , queer, intersex and asexual.

The + means that it also includes lots of other identities.



Some people who are LGBTQIA+ might feel worried about what other people think.



They might feel scared to ask for support.



'Coming out' is when a LGBTQIA+ person is ready to tell someone about their sexual orientation or gender identity.

No one should be made to come out before they feel ready.



Some people might not know who they can talk to about how they feel.

Maybe no one has asked about their feelings around sex and relationships

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It is helpful to talk to someone you trust about how you feel.

If it is hard to talk to your family you can tell a member of staff.



A counsellor can talk to you about your feelings.



Some people like to go to support groups to meet others who feel the same way.

You can ask someone to support you to attend the group if you feel nervous.



There are bars and clubs where some LGBTQIA+ people like to go and meet other LGBTQIA+ people and have fun.



There is a parade called Pride every year to celebrate people who are LGBTQIA+.



If you want to know more about this, ask someone you trust who can help you to find out more information about it.



If people are mean to you or hurt you for being LGBTQIA+, tell someone you trust.



It is wrong for someone to hurt you in any way.



If you want to know more about being LGBTQIA+, you can ask someone you trust who will find out information with you.