



**How to:**  
**LGBTQ+**

# Different Terms

**Gay:** Man with romantic/sexual attraction to men, also generalised term for LGBT.

**Lesbian:** Woman with romantic/sexual attraction to women.

**Bisexual:** romantic or sexual attraction to more than one gender

**Pansexual:** Person whose romantic/sexual attraction is not limited by sex or gender.

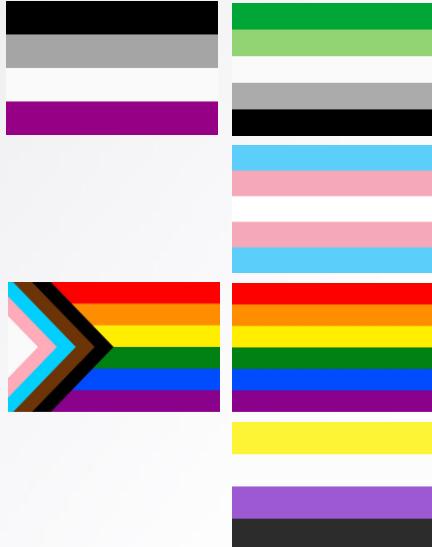


**The various flags are carefully designed and their colours represent the history and people of that community.**

**Although there is a Straight Ally flag, there is no Straight Pride flag.**

For a more-extensive list of definitions, look at this Stonewall glossary:  
<https://www.stonewall.org.uk/list-lgbtq-terms>

# Different Terms



**Ace and Aro:** Umbrella terms for people who lack, vary or only have occasional romantic and/or sexual attraction.

**Transgender:** Umbrella term to describe those whose gender is not the same as the sex they were assigned at birth.

**LGBTQ+/Queer:** Anybody who is not cisgender or heterosexual.

**Non-Binary:** Umbrella term for people who's gender identity doesn't sit with 'man' or 'woman', but can be found/or vary in between

For a more-extensive list of definitions, look at this Stonewall glossary:  
<https://www.stonewall.org.uk/list-lgbtq-terms>

# Different Terms

**Gender Dysphoria:** Describes when a person is uncomfortable or distressed due to a mismatch of their sex assigned at birth and their gender identity.

**Deadnaming:** Calling someone by their birth name after they have changed their name. Usually very offensive!

**Queer:** An umbrella term for LGBTQ+ people. Although some may still consider this a slur there is a movement to reclaim the word in a more positive way.

**Gender Euphoria:** A feeling of comfort or joy experienced when the way a person presents themselves to the world matches with their gender identity.

**Cisgender:** Someone whose gender identity matches their sex assigned at birth.

**Heterosexual:** Someone who is exclusively attracted to people of the opposite sex.

For a more-extensive list of definitions, look at this Stonewall glossary:  
<https://www.stonewall.org.uk/list-lgbtq-terms>

# Do's and Don'ts

**DO** be open, accepting and supportive of someone if they come out to you.

**DO** educate yourself on LGBT history to gain more understanding.

**DON'T** ask about a person's deadname *unless* they bring it up first.

**DON'T** out someone's sexuality or gender identity unless they have given you express permission to do so.

# Key Dates 2023:

February – LGBT History Month

March 31st – Trans Day of Visibility

May 17th – IDAHOBIT

May 27th – Birmingham Pride

June – Pride Month

July 1st - Nuneaton Pride

October 31st – Halloween (Gay Christmas)

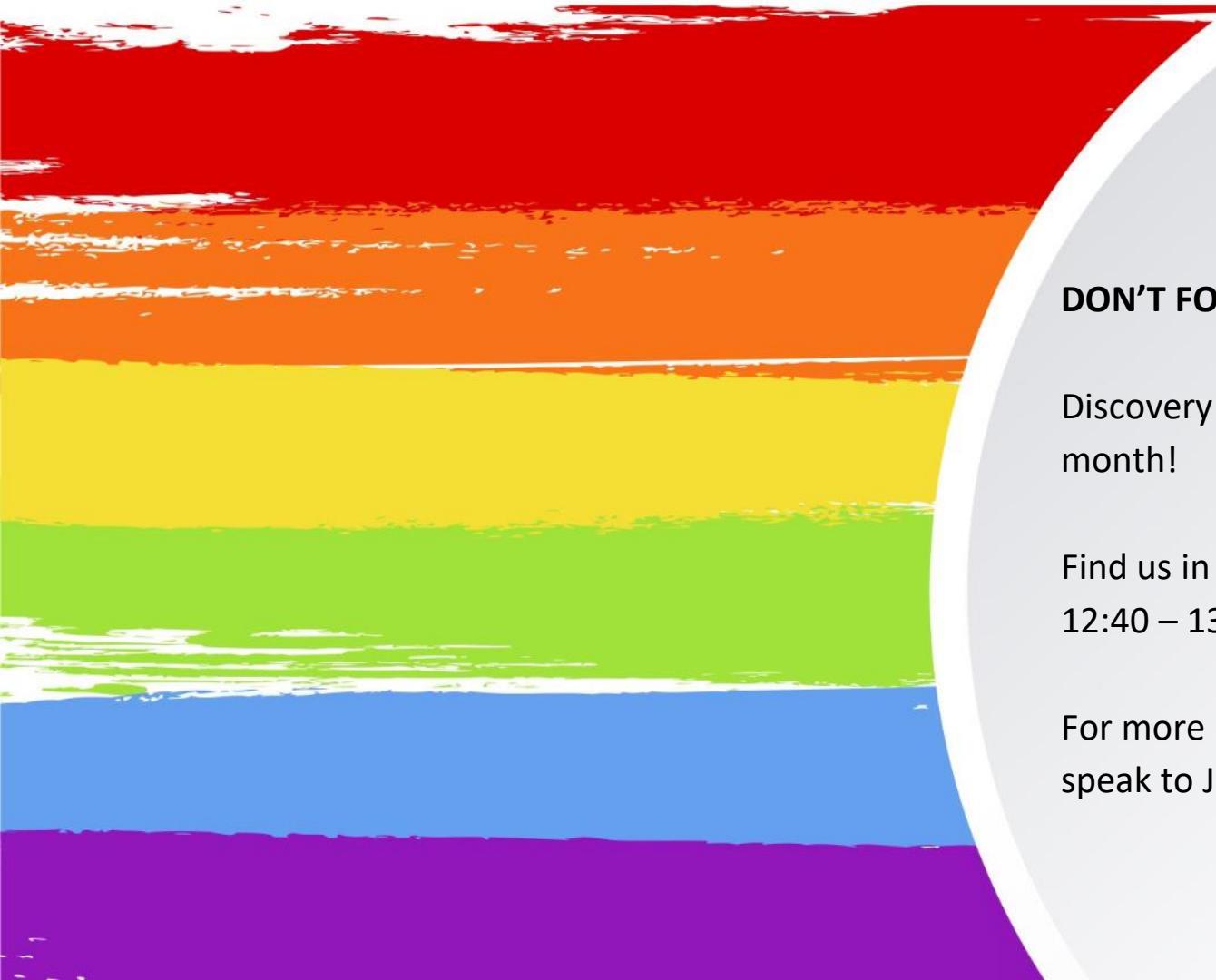
# Helpful Links

<https://www.stonewall.org.uk/> Campaign for LGBT freedom and equality worldwide

<https://switchboard.lgbt/> Confidential listening service for LGBT individuals.

<https://lgbt.foundation/> LBGT charity giving advice, support and information for LGBT communities.

[https://nonbinary.wiki/wiki/Main\\_Page](https://nonbinary.wiki/wiki/Main_Page) Wiki with information on the non-binary gender identities.



## **DON'T FORGET!**

Discovery Pride every 1<sup>st</sup> Friday of the month!

Find us in Compassionate Schools  
12:40 – 13:20

For more information and resources,  
speak to Jenny or Adam ☺