newroadparents

Information Booklet

Disclaimer:

All information provided was correct at time of printing. We have made every effort to ensure the accuracy of the information provided in this leaflet, New Road Parents cannot be held responsible for any errors or omissions. Links to third-party sites are for informational purposes only. Please use your own judgement when contacting any organisation and protect yourself and your child as you would when using any third-party service.

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Welcome

Are you parenting a child who is questioning their sexuality or gender?

We are a group of parents and carers in Worcestershire and South Birmingham area, whose children have come out to them as Lesbian, Gay, Bisexual, Transgender, Non-binary or Gender-fluid. There are other categories too. We may have more than one such child and they may have disclosed at any age from very young into adulthood.

Our group is a safe place for parents to share feelings, learn, and better understand how we can accept and support our young people. It is run on confidential lines by volunteers who are also parents of such children. The group has been in existence for over ten years and is affiliated with FFLAG (Families and Friends of Lesbians and Gays) and has been supported by the Allen Lane Foundation, Redditch Borough Council and Tesco Bags for Help.

We meet generally on the third Tuesday evening of each month. We have a Constitution, Equality and Diversity policy, GDPR policy, Safeguarding policy, Code of Conduct and a Committee. Follow us on **Facebook** and on **Twitter** or for further information email us at newroadparents@gmail.com

How we felt when our child came out

When our son told me he was gay, I felt completely side-swiped, shocked, and as if in a different universe! Burst into tears on my friend's shoulder. I mourned for months that I would never be a grandmother, nor a mother-in-law as good as my mother-in-law had been (gay marriage was not there in the 1980s.) I also thought that it was my fault, or that he would grow out of it. I had educated myself and society had become more accepting when our daughter came out at age 30. I was relieved that she could at last be herself.

I had many first thoughts, I felt like a terrible parent – how did I not know? I was worried how the world would treat my child and how life could be more difficult for them. I had no idea how I was going to support them.

When our child came out to us as transgender, we thought the world as we knew it had ended. We spent days trying to work out if we were in some way responsible – were we bad parents? Then the thoughts of what sort of life our child would have? Would they be able to live safely? What would their friends think? What would it mean for their future? Most importantly, what did they think and how did they feel? But we learned that they had the support of good friends and that they had found acceptance and help in the online trans community. It was hard to talk to them at first, they were almost angry that we had been so supportive and accepting, but over time we have ironed out all the difficulties. If our child is happy, we are happy. Someone said to me at the beginning "love them or lose them" and that sums it up perfectly. Once the initial shock was over,

telling us definitely has improved everything for us and our daughter. Our daughter came out to us as bisexual three months before her twelfth birthday. I was not entirely surprised, because she had been talking a lot about girls in her class who are bisexual and lesbian. Our family is very accepting of LGBQTI people and we have no issues in having a bi daughter, what did concern us though was our daughter's age and lack of maturity. Our daughter has a rare chromosome disorder and because of this has not commenced puberty. We were concerned in case she had been coerced into declaring herself bisexual because of either pressure from an individual or because she was 'trying to fit in'. We have told our daughter that we love and support her whatever her sexuality. I have not asked her too many questions, in case it appears that I doubt her bisexuality.

This was not by accident - it was planned. Carefully, thoughtfully and considerately. In a quiet neutral venue - not at home. In a place where I was coming from my own space and would return to the same place. It was discrete, just the three of us, myself, my offspring and my ex-partner (mum). It was part of an evening together that allowed normality and flow in the conversation that led to the revelation. In the background there were a number of situations; scenarios and occurrences that meant I had some idea something was on the horizon. Then the words sensitively put - as though some news for me to hear. That moment is a bucket of emotion thrown at once; it's numbing; overwhelming and disorientating my daughter was to become my son; The thoughts flood in so many directions - none of anger; loads of misunderstanding. I felt like I had been kicked in the gut and immediately thought

of my daughter in her white dress and walking her up the aisle; not holding a grandchild in my arms amongst the many, but at the same time there was also a huge rush of care and love. It was so strong it flooded my mind and blew my emotions.

Our son coming out to us at 13 was a huge knock, it took the wind out of our sails. They were no 'signs'. Life stood still as we worried about what we had done as parents to cause this. We felt we did not know our son, we were now on different pages. We felt a sense of mourning because we had lost our boy and were living with a stranger. All our thoughts and plans for his future had evaporated in seconds, but we realised they were our plans and definitely not his. We found NewRoadParents by chance whilst seeking support and guidance. We knew we did not want to lose our precious son, he needed to know we fully supported him, whilst we dealt with our emotions and reached acceptance. We were proud of him being able to come out to us and live his life as the person he was born to be and especially at such a young age. We know his future will be bright and happy and for us seeing our son fall in love and live happily as an adult was the greatest gift we could give him.

How I felt coming out to my parents

I thought I would never be able to tell my parents that I was transgender, I love them so much and could not bear the thought that I would cause them pain. I hoped they would be able to understand what I was telling them because I knew it would be hard, perhaps even impossible, for them to accept. But I could not go on any longer living my life and not taking that risk. I thought that I could carry on with my old name, and I did, at least for a little while. But it did not work; it was just too jarring trying to reconcile the emergent experience of my identity with that name. I struggled with intense depression and gender dysphoria for a long time, it made simply existing a very turbulent thing. It all seems obvious now, but looking back, I could see the deep dissonance between my body and my brain. It had always been there, in some way, and I just got used to it, because I did not have the words to describe how I felt – I just knew that it was 'wrong', so I learned to push it down. I felt that I had no choice.

I thought it was normal to feel this… displaced. The breaking point was always going to come though, and it did. I am glad that it happened. I was away at Uni and felt that at last I could finally align myself with my experience of gender and express that through my presentation. Finally, the emptiness had gone.

Now I feel like I am enjoying, and living, the best life. Mum and Dad have supported me all the way through this, I could not have asked for better parents. One set of grandparents were instantly accepting, and although I have had some negative comments from one grandparent, I have learnt to pick my battles. The people that really matter to me are happy with my decisions and that means everything.

I was under immense strain from carrying these thoughts around alone. Once the initial shock was over, telling my parents definitely has improved everything for us all.

Before I came out to my parents at 13 as bisexual, I was nervous, not afraid or scared because I knew my parents would not react negatively. I knew it would be a big shock for them.

It was a confusing time and after year 7 I started to notice something was different. At school we had not been taught anything about LGBT so it was difficult to understand what was happening. The only place I had seen people talk about being bisexual was on YouTube.

In year 8 I started to talk with friends about what I was feeling and I told my parents at the start of year 9 after hearing from another friend who had come out. This gave me the confidence to come out to my parents.

After telling my parents I felt free, I was not carrying a massive weight around anymore by keeping my secret to myself. I knew I could live my life as the person I am meant to be. I felt really lucky that were no issues with any of my family, everyone was very accepting, I was a bit worried as I was the first person in the family to come out as bisexual.

LGBTQ+ Myth Buster

Most of the negative stereotypes of LGBT people are based on inadequate information and fear.

Myth: It is a choice to be LGBTQ+. **Fact:** Sexual orientation and gender identity are not choices or decisions. The decision is that a person decides to live their life openly and honestly with themselves and others.

Fact: Most lesbian, gay and bisexual people are comfortable with their own biological sex, they do not regard themselves as members of the opposite sex. Being lesbian, gay or bisexual is not the same as transgender.

Fact: Homosexuality is not a type of mental illness and cannot be cured by psychotherapy. Psychiatric and psychological attempts to "cure" lesbians and gay men have failed to change their sexual orientation. These treatments can create emotional trauma.

Myth: Homosexuality does not exist in the Animal Kingdom. **Fact:** Anthropologists report that homosexuality has been a part of every culture. It is a well-established scientific fact that same sex behaviour also occurs in many animal species and therefore is not "unnatural".

Myth: Coming out only happens once. **Fact:** Coming out is something LGBTQ+ people have to do again and again if they choose to do so. For trans people, depending on whether passing is an integral part of someone's trans identity or not, they may choose **not** to come out.

Myth: We know what causes sexual orientation. **Fact:** Many lesbian, gay and bisexual people know they are attracted to

members of their own sex at an early age, sometimes as young as 6 or 7 years old. Some research suggests sexual orientation is determined between birth and age 3 but no one is sure what causes particular orientations.

Myth: Bisexual people are greedy or cannot make up their minds. **Fact:** It is biphobic to have this assumption. Being attracted to more than one gender does not mean a person is greedy, or impact on their fidelity. Commitment is not related to who or how many genders you find attractive.

Myth: The term pansexual (pan in Latin meaning all/any/everything) does not mean you are attracted to anything/everything. **Fact:** Pansexual means your emotional, romantic or sexual attraction towards another person is not limited by their biological sex, gender or gender identity.

Myth: Being trans means having surgery. **Fact:** Trans means a person whose gender is not the same as their assigned birth sex. It does not mean that a person will undergo medical interventions of any sort. Each person's transition will be different. Some might have hormone therapy or surgeries, not all trans people want or are able to have this. Transitioning may involve changing names, 'coming out' to family and friends, dressing as their chosen gender and changing official documents.

Myth: Being trans means you are straight, or gay, or you only date other trans people. **Fact:** Gender identity before, during or after transition make no difference to who you are attracted to. Some trans people are gay, lesbian and bisexual, in the same way that some are straight. Trans people do not just date trans people.

Facts about suicide and mental health amongst LGBTQ+ people

LGBTQ+ people are not inherently prone to suicide risk because of their sexual orientation or gender identity but rather placed at higher risk because of how they are mistreated and stigmatized by society.

It has been consistently reported in the UK, the LGBTQ+ community may experience increased levels of common mental health problems, including depression and anxiety (1).

Facts & Statistics

1. Suicide is the second leading cause of death among young people aged 10 to 14, and the third leading cause of death among 15-24 year olds.
2. 52% of LGBTQ+ people reported self-harming, compared to 35% of heterosexual non-trans young people (2).
3. 44% of LGBTQ+ people reported suicidal thoughts, compared to 26% of heterosexual non-trans people (3).
4. A study conducted by Stonewall, found that 13% of LGBTQ+ people aged 18-24 attempted to take their own life in the past year (3).
5. The LGBTQ+ community are also affected by other mental health problems such as substance abuse. In the Stonewall report, it was found that 16% of LGBTQ+ people said they had drunk alcohol almost every day over the last year, compared to 10% of the general population (3).

Unique risk factors affecting the LGBTQ+ Community:

- **Hate Crime:** LGBTQ+ people are at a greater risk of experiencing hate crime compared to heterosexual

people. A report by Stonewall concludes experiencing hate crime significantly increased the risk of mental health problems. 69% of LGBTQ+ people who were a hate crime victim experienced depression and 76% reported episodes of anxiety (5).

- **Bullying:** A BBC report showed that people being bullied in schools for identifying as LGBTQ+ is the most common form of bullying (5). In a school report by Stonewall nearly half of the LGBTQ+ pupils had experienced bullying for their sexual orientation (5).
- **Discrimination in Healthcare:** In 2018, parliament's Women and Equalities Committee accused the NHS of treating LGBTQ+ people as "less important" (5). Stonewall reported one in seven LGBTQ+ people avoid seeking healthcare for fear of discrimination. One in four had witnessed negative remarks about LGBTQ+ people from health.

Sources

https://www.gmmh.nhs.uk/news/why-is-the-lgbtq-community-disproportionately-affected-by-mental-health-problems-and-suicide-4240/

(1) Henderson, G., & Varney, J. (2017). Mental health challenges within the LGBT community. Retrieved from: https://publichealthmatters.blog.gov.uk/2017/07/06/mental-health-challenges-within-the-lgbt-community/

(2) Youth Chances (2016). Integrated report. [Online report]. Retrieved from: https://metrocharity.org.uk/sites/default/files/2017-04/National%20Youth%20Chances%20Intergrated%20Report%202016.pdf

(3) Stonewall (2018). LGBT in Britain: Health. [Online report]. Retrieved from: https://www.stonewall.org.uk/system/files/lgbt_in_britain_health.pdf

(4) https://sites.manchester.ac.uk/carms/2020/10/06/why-is-the-lgbtq-community-disproportionately-affected-by-mental-health-problems-and-suicide/#_edn22

HIV

Facts and myths about passing HIV to others

Myth: HIV can spread via touching or kissing.

Fact: HIV doesn't spread via physical touch, including holding hands, hugging/cuddling, or even kissing. HIV is spread through specific types of bodily fluid.

Myth: HIV is a death sentence.

Fact: While HIV used to indicate a shorter life when it was first being studied this is no longer the case. HIV is a viral infection which when caught early can be treated well. Modern treatments help patients live just as well and long as people without HIV, whilst treatments can also protect their partners against transmission.

Myth: HIV always leads to AIDS.

Fact: AIDS is the final, chronic form of an HIV infection, which can result if HIV is left untreated for significant time. People with HIV won't necessarily contract AIDS, especially if they continue the use of treatment.

What does Undetectable = Untransmittable (U=U) mean?

Undetectable = Untransmittable (U=U) is a campaign explaining how the sexual transmission of HIV can be stopped.

When a person with HIV is on effective treatment, it lowers the level of HIV (the viral load) in their blood. When the levels are extremely low (below 200 copies/ml of blood measured) it is referred to as an undetectable viral load. This is medically

known as virally suppressed. At this stage, HIV cannot be passed on sexually.

This scientific evidence was obtained via several studies. The studies included thousands of heterosexual and gay couples where only one partner had HIV. The studies, found that there was not a single HIV transmission from a HIV-positive partner who had an undetectable viral load.

Once a person is undetectable, condoms are not required to prevent HIV transmission, but being undetectable does not protect against other sexually transmitted infections.

Find out more at https://www.aidsmap.com/about-hiv/faq/what-does-undetectable-untransmittable-uu-mean

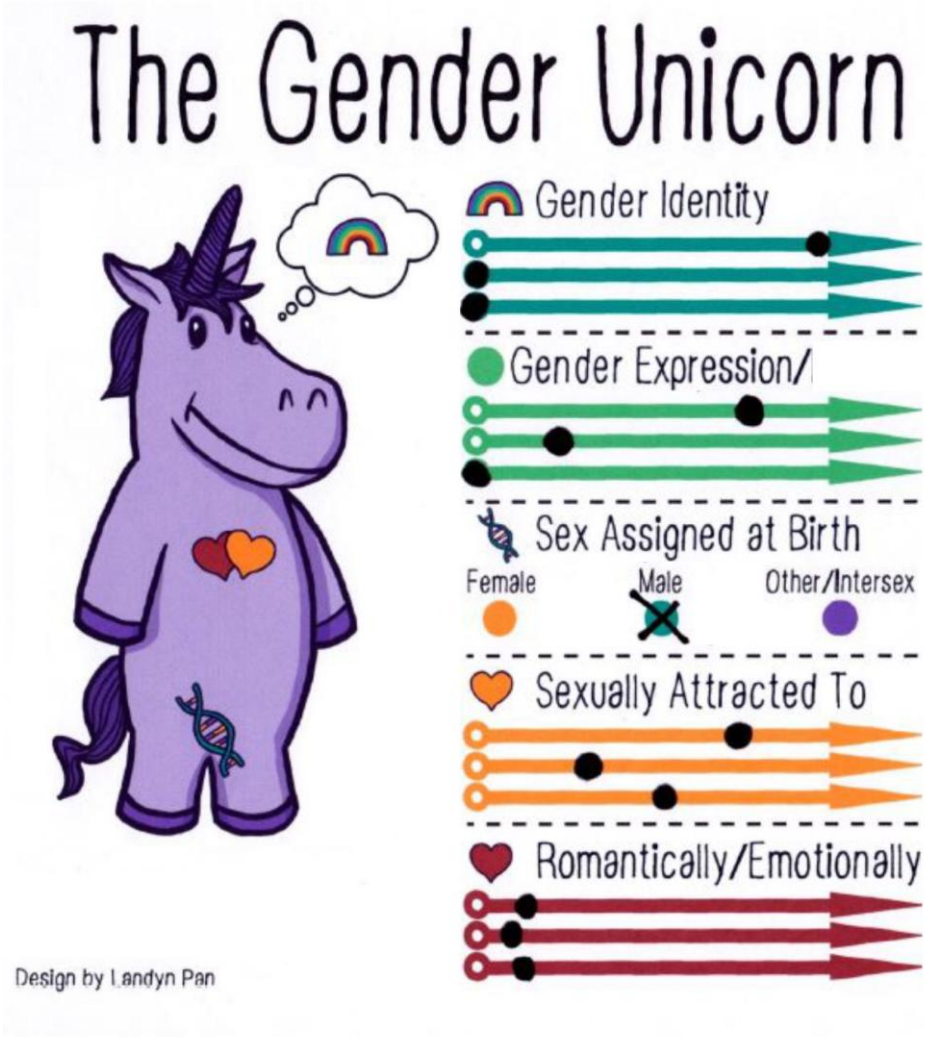
What is PrEP?

Prep (pre-exposure prophylaxis) is medicine that reduces the chances of getting HIV from sex or injection drug use. If taken as prescribed PrEP is highly effective for preventing HIV.

It can be given as pills or injections.

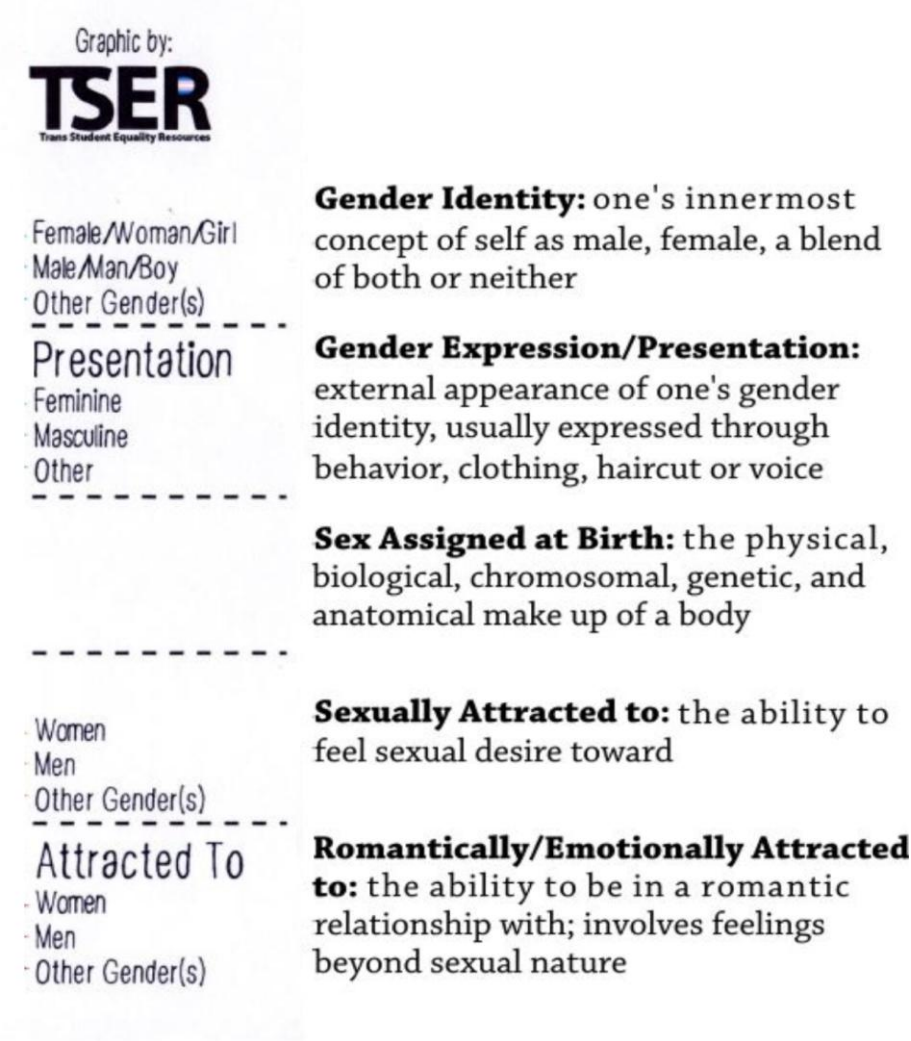
More information can be obtained from: https://www.nhs.uk/medicines/pre-exposure-prophylaxis-prep/about-pre-exposure-prophylaxis-prep/#:~:text=Pre%2DExposure%20Prophylaxis%20(PrEP)%20is%20used%20to%20reduce%20the,copies%20of%20itself%20(replicating).

The Gender Unicorn



Each of the categories above is

The concept of gender is



independent from the others.

different for everyone.

Gender Clinics in England

Free UK Based Gender Services

Centre	Ages Covered	Referrals	Website
NHS	Under 18s	GP	https://www.genderreferralservice.nhs.uk/
Exeter West of England	17+ only	England GP only	https://www.dpt.nhs.uk/our-services/gender-identity
Nottingham	17+ only	England GP only	https://www.nottinghamshirehealthcare.nhs.uk/nottingham-centre-for-transgender-health
Northants Daventry	17+ only	England GP only	https://www.nhft.nhs.uk/gic/
Newcastle	17+ only	England GP only	https://www.cntw.nhs.uk/services/northern-region-gender-dysphoria-service-specialist-service-walkergate-park/
Leeds	17+ only	England GP only	https://www.leedsandyorkpft.nhs.uk/our-services/gender-identity-service/
Sheffield Porterbrook	17+ only	England GP only	https://www.shsc.nhs.uk/services/gender-identity-clinic
London GIC Tavistock	17+ only	UK GP only	https://gic.nhs.uk/
Indigo Gender Service	17+ only	Greater Manchester GP only	https://indigogenderservice.uk

Paid UK based Gender Services

Centre	Ages covered	Website
Anne Health	All ages	https://www.anne.health/
Harley Street Gender Clinic	All ages	https://www.harleystgenderclinic.com/
Dignity Gender Assessment Services	All ages	https://www.dignitygender.co.uk/
Gender Identity SW	18+	https://www.genderidentitysouthwest.co.uk/
Gender Care	18+ only	https://gendercare.co.uk/
GenderDoctors	18+	https://genderdoctors.com/
GenderPlus with Kelly Psychology	All ages	https://www.genderplus.com https://www.kellypsychology.co.uk/
Northern Gender Network	18+	https://www.northerngendernetwork.co.uk/
Pride in Health	18+	https://prideinhealth.co.uk/
The Gender Clinic	18+	https://thegenderclinic.co.uk/
The Gender Hormone Clinic	18+	https://thegenderhormoneclinic.com/
YourGP	17+ only	https://your-gp.com/gp-services/all-gp-services/gender-clinic/gender-dysphoria-consultation/

Surgeons offering both private and NHS services

You can find a complete list of UK surgeons who can be accessed via the NHS website here on

https://www.england.nhs.uk/publication/service-specification-gender-identity-services-for-adults-surgical-interventions/

Many of these surgeons will see patients privately also.

Private only surgery teams in the UK

A small number of UK surgeons offering gender surgeries will only take private patients.

Multiple surgery types are performed by

Dr Ardeshir Vahidi https://drardeshirvahidi.co.uk/

The Hamlet Clinic https://granthamlet.com/

Pall Mall Medical https://www.pallmallmedical.co.uk/

Chest Surgery is performed by

Guy Sterne https://www.guysterne.co.uk/

Miles Berry & Dai Davies https://cosmeticsurgery-partners.co.uk/

Mohsen El Gammal https://www.mrelgammal.co.uk/

Mysore Chandrashekar https://www.spirehealthcare.com/consultant-profiles/mr-mysore-chandrashekar-c4360995/

Dr Ioannis Ntanos https://www.ioannisntanos.com/

Feminising genital surgery is performed by

Christian Seipp https://www.christianseipp-transgendersurgery.co.uk/

Facial surgery is performed by

Nikhil Maini https://www.nikmaini.com/

Brian Musgrove

https://www.finder.bupa.co.uk/Consultant/view/51564/mr_brian_musgrove

Moorthy Halsnad https://moorthyhalsnad.co.uk/

Local LGBTQ+ Youth Groups

Kidderminster & District Youth Trust – Flannel Kidderminster
Local group for young people aged 13-21
Website https://www.kdyt.org.uk/

Prism LGBT Youth Group Central Coventry
Local group for young people aged 13-18
Website https://prismlgbtq.org/

Proud Youth Leamington
Local group for young people aged 12-18
Email info@warwickshirepriode.co.uk
Website https://warwickshirepride.co.uk

The Hub Bromsgrove
Local group for young people aged 11-17
Email TheHubBromsgrove@outlook.com
Facebook https://www.facebook.com/The-Hub-Bromsgrove-668110906880997

X2Y LGBT Youth Group Wolverhampton
Local group for young people aged 11-16
Tel: 07356 234645
Email info@X2Y.org.uk
Website http://www.x2y.org.uk/

Adult local LGBTQ+ groups

Birmingham Gay Symphony Orchestra Birmingham
Email info@bgso.org.uk
Website https://www.bgso.org.uk

Birmingham LGBT Birmingham LGBT Centre
Tel: 0121 643 0821
Email hello@blgbt.org
Website https://blgbt.org/

Yarana Asian & Middle East LGBT Birmingham
Email yarana@blgbt.org

Boot Women Birmingham
Lesbian walking group.
Email hello@bootwomen.org.uk
Website http://www.bootwomen.org.uk/

Out2Gether Worcestershire
Email out2gether.worcs@gmail.com
Website https://www.out2gether.org.uk/
Facebook https://www.facebook.com/Out2gether

Rainbow Spirit Birmingham
Birmingham Gay, Bi and Queer men social group
Tel: 07969 138597
Email rainbowspirit@myyahoo.com

Useful Websites

Action for Trans Healthhttps://actionfortranshealth.org.uk/resources/for-trans-people/list-of-trans-friendly-gps/

Eddystone Trust https://eddystone.org.uk/

Fflag https://www.fflag.org.uk/

Galop http://www.galop.org.uk/

Gender Construction Kit https://genderkit.org.uk/

Gendered Intelligence http://genderedintelligence.co.uk/

Gires https://www.gires.org.uk/

Hidayah Gender, Sexuality & Islam https://www.hidayahlgbt.com/

LGBT Foundation https://lgbt.foundation/

Mermaids https://mermaidsuk.org.uk/

MindLine Trans+ https://bristolmind.org.uk/help-and-counselling/mindline-transplus/

Mind Out LGBT Mental Health Service https://mindout.org.uk/

Naz and Matt Foundation https://www.nazandmattfoundation.org/

Paxsies https://www.paxsies.com

Peter Tatchell Foundation https://www.petertatchellfoundation.org/

Pink Therapy http://www.pinktherapy.com/

Stonewall https://www.stonewall.org.uk/

Switchboard LGBT+ Helpline https://switchboard.lgbt/

Terence Higgins Trust https://www.tht.org.uk/

TransUnite https://www.transunite.co.uk/

Tranzwiki https://www.tranzwiki.net/

Flags Representing the LGBTQ+ Community

Agender
A person who is without gender. It can be seen either as a non-binary gender identity or as a statement of not having a gender identity

Aromantic
A person who lacks interest or desire for romantic relationships

Asexual
A person who has no sexual feelings or desires

Bigender
A person whose sense of personal identity encompasses two genders

Bisexual
Sexually attracted not exclusively to people of one particular gender, attracted to both men and women

Genderqueer
A person who does not subscribe to conventional gender distinctions but identifies with neither, both, or a combination of male and female genders

Homosexual old rainbow
A person who is sexually attracted to people of one's own sex

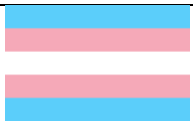
Intersex
A person who has both male and female sex organs or other sexual characteristics

Non-Binary
Denoting or relating to a gender or sexual identity that is not defined in terms of traditional binary oppositions such as male and female or homosexual and heterosexual

Omnisexual
A person who feels sexual attraction towards anyone regardless of gender or human identity

Pansexual
Sexually attracted to many types of people, without regard to biological sex, gender, or gender identity

Polyamorous
A person involved in multiple sexual relationships with the consent of all involved

 Polysexual Involving or characterised by different sexualities, sexually attracted to more than one gender	 **Pride progress flag** Representing all people within the LGBTQIA+ community
 Straight Ally A person who identifies as heterosexual but supports the LGBT+ communities and the activities	 **Trans Ally** A person who does not identify as Trans but supports the Trans communities and activities
 **Transgender** A person whose sense of personal identity and gender does not correspond with their birth sex	

This is just a small selection of commonly known flags that represent the LGBTQ+ community. Many more can be found at www.myumbrella.org.uk

Ways that you can support New Road Parents

You might like to consider a voluntary regular or one-off donation to New Road Parents. This can be done by sending a payment to our bank account. Our bank details are as follows:

Bank Account Name: New Road Parents
Account Number:
Sort Code:

easyfundraising® is the UK's biggest charity shopping fundraising site

It's simple to use and it's free. Since we launched in 2005, we've helped thousands of good causes raise money simply by shopping online. Our community of over 1.8 million loyal supporters has so far raised over £31 million.

Get started	**Get shopping**	**Raise donations**
Choose a cause to support then join for free	Visit retailers and then shop online as normal	Your cause receives free donations

You can find our page by signing up using the following website link or by scanning the above QR code

https://www.easyfundraising.org.uk/causes/newroadparents/

Redditch Community Lottery

This is how the lottery works

Redditch Community Lottery is an exciting weekly lottery that raises money for good causes in Redditch Borough. All good causes supported by the lottery will benefit Redditch Borough and its residents.

Play the lottery, support Redditch Borough - it's that simple! 50% of ticket sales comes direct to us.

How tickets work? Tickets for the lottery cost just £1 per week, with a top prize of £25,000	**About the draws** A weekly draw takes place every Saturday night. Match all 6 numbers and you win the JACKPOT!	**Raising money for your cause** From every £1 ticket you buy, 60p will go to local good causes in Redditch Borough and improving our community

You can find our page by signing up using the following link

https://www.redditchcommunitylottery.co.uk/support/newroadparents

Glossary

Some terms you may encounter within the LGBTQ+ community. There are many more but this is a good place to start.

Agender
Agender is a term used for people who do not have a sense of gender identity, meaning they do not identify as a particular gender.

Ally
A typically straight or cis person who supports members of the LGBT community.

Aphobia
A term used to describe a range of negative attitudes and feelings towards asexuality or people who identify as agender.

Asexual
The term used to describe a person with a lack of sexual attraction to others or little or no desire for sexual activity.

Biphobia
A term used to describe a range of negative attitudes and feelings towards bisexuality or people as a social group or as individuals who identify as bisexual.

Bisexual
The term used to describe a person who has a romantic attraction, sexual attraction or sexual behaviour towards both males and females or to more than one sex or gender.

Cisgender
A gender description for when a person's assigned birth sex and gender identity correspond in the expected way (e.g., assigned female at birth, and identifies as a woman). The term can be shortened to "cis" and is usually the opposite of transgender.

Coming out
The term used to describe when a person first tells someone about their sexuality or gender.

Deadnaming
Calling someone by their birth name after they have changed their name. This term is often associated with trans people who have changed their name as part of their transition.

FtM/F2M, MtF/M2F
Female to male transgender or transexual person, male to female transgender, or transexual person.

Gay
A term that is used to describe a person that has a sexual attraction, desire or behaviour directed towards a person of the same sex or gender.

Gender binary
The idea that there are just two genders and that every person is one of those two.

Gender dysphoria
This is a medical term used to describe a person who has a feeling of discomfort with their body, or discomfort with the gender people are treating them as.

Genderfluid
A term used when a person does not identify as having a fixed gender.

Gender identity
A term used to describe a person's perception of having a particular gender that does not correspond with their assigned birth sex.

Gender non-conforming
This is a term used to describe anyone whose appearance, behaviour or identity does not match those expected of the gender assigned to them.

Homosexual

A term used to describe a person that has a romantic, sexual attraction or behaviour towards a person of the same sex or gender. The term gay is frequently used as a synonym for homosexual.

Homophobia

A term used to describe a range of negative attitudes and feelings towards homosexuality or people who identify as lesbian or gay. It may be based on irrational fear, and can be related to religious beliefs.

Intersex

The term intersex is used to describe people who have one of a number of medical conditions. These conditions cause people's bodies to develop internal or external sexual characteristics that are different from those that are expected. These are often caused by unusual genetics, and can result in differences in hormone levels, reproductive organs, secondary sexual characteristics, or external genitals.

Lesbian

A term that describes a homosexual woman. It is also used for women in relation to their sexual identity or sexual behaviour, regardless of sexual orientation, or as an adjective to characterize or associate nouns with female homosexuality or same sex attraction.

Non-binary

Non-binary is a term used to cover any gender identity that does not fit within the gender binary. It simply means a person that does not feel male or female. They may feel like both or something in between.

Queer

A term used to describe a person who does not identify as straight or cisgender. It should be noted that due to this being used a slur in many communities, it is not embraced or used by

all LGBTQ+ people. Some young people have reclaimed the term particularly if they feel empowered by it.

Questioning

A term for a person that is or has at some time being unsure about or is exploring their own sexual orientation or gender identity.

Pansexual

A term used to describe a person that has a sexual, romantic, or emotional attraction towards people regardless of their sex or gender identity. Pansexual people may refer to themselves as gender-blind, asserting that gender and sex are not determining factors in their romantic or sexual attraction to others.

Sexual attraction

A term used to describe a capacity that evokes the want to engage in physically intimate behaviour.

Sexual orientation

The term that describes the type of sexual, romantic, emotional attraction that one has the capacity to feel for others, not to be confused with sexual preference.

Sexual preference

A term that refers to the types of sexual intercourse one likes to receive and participate in.

Top surgery

This term refers to surgery for the construction of a male type chest or breast augmentation for a female type chest.

Trans

A shortened version of transgender, Trans is used as an adjective, as in:

- trans person (a person who is trans)
- trans woman (a woman who is trans)
- trans man (a man who is trans

There is no requirement to have hormone treatment or gender related surgeries to call yourself trans.

Trans*

An umbrella term acting as more inclusive version of trans, covering a large number of different people.

Transgender

This is an umbrella term for people whose gender is different from their assigned sex at birth - that written on their birth certificate. Transgender is used as an adjective, as in:

- transgender person (a person who is transgender)
- transgender woman (a woman who is transgender)
- transgender man (a man who is transgender)

Transgender is normally considered to be the opposite of cisgender. There is no requirement to have hormone treatment or gender related surgeries to call yourself transgender.

Transition/Transitioning

A term that refers to the process of a transgender person changing aspects of themselves. (e.g., their appearance, name, pronouns, or making physical changes to their body) to be more congruent with the gender they know their self to be.

Transphobia

A term used to describe a range of negative attitudes and feelings towards transgender people. It is a type of prejudice and discrimination similar to racism and sexism.

Local Pride Event Contacts

Birmingham Pride

Website https://www.birminghampride.com/
Facebook https://www.facebook.com/PrideBirmingham

Redditch Pride

Facebook https://www.facebook.com/people/Redditch-Pride/100093344741332/

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