



Sexuality and Gender Matter



Sample pack

To read more, please download the full
resource from our website

info@sexedmatters.co.uk
www.sexedmatters.co.uk



The facts



97% of young people have heard the word **'gay' being used negatively.**

54% of LGBT+ students have been **abused during sports lessons.**



52% of LGBT+ people have **experienced depression** in the last 12 months.

82% of trans kids have **considered suicide.**



45% of kids who experience LGBT+ bullying **never tell anyone.**



40% of us are never taught about LGBT+ issues in school. Ever.

78% of schools do not have a policy that **guards against sexism.**
(National Education Union)

90% of secondary school teachers say children and young people regardless of their sexual orientation **experience homophobic bullying.**



5% of FTSE 100 companies have a **female CEO.** (FTSE 100)



3% of kids have discussed gender and sexual orientation at school.
(Gov Equalities survey 2018) **We're here to change that.**

Just **13%** of kids learn what a healthy LGBT+ relationship looks like.
(Thank you Stonewall for this amazing stat!) We're here to change this.



We can do better than this.

Bullying (including for LGBT+ reasons) is never okay. If you see anyone being bullied or if you are being bullied yourself, you could speak up and talk to a teacher. You could be an amazing ally. An 'ally' is someone who doesn't identify as LGBT+ but uses their positions of power to champion the right of everyone to live freely. You can find a list of helplines at the back of this leaflet.

(Thank you Stonewall for the powerful unmarked statistics above from the School Report 2017!)

Most people learn about gender and sexuality through film and tv shows. This may be problematic because you could feel alienated if your gender or sexuality is not accurately or widely represented.

“I didn’t even believe that someone like me really exists”



Marquise Vilson, Trans masculine actor.
Marquise describes himself as “black, queer, trans”.
He struggled with his transition as he couldn’t find anyone else like himself to relate to in real life or in film.

Important fact: In the United Kingdom, homosexuality between men used to be a crime and it still is in many countries across the world. But homosexuality was always legal for women. Apparently, Queen Victoria insisted that “ladies simply did not do such things” (seriously!) and so they were left out of the law. The Sexual Offences Bill 1967 legalised sex between men over the age of 21 (it was always legal between women).

How did this impact real life people?

The poignant case of Alan Turing showcases the importance of this legislation. Turing was a code breaker and computer visionary who helped win World War II. Yet, he died as a criminal for his homosexuality in 1954, just 13 years before legislation changed. Turing has subsequently been retrospectively pardoned, as a gesture to right the wrongs of history.

Our gender table

Find some of the most common gender identities below:

| Sex at birth | Gender identity | Notes |
|---|-------------------------|---|
| Cisgender | | |
| ♀ + ♀ = | Cis woman ♀ | If someone's biological sex and gender identity match, for example they're born female and feel like a female, then hey presto! They're what's called 'cis' or 'cisgender'. |
| ♂ + ♂ = | Cis man ♂ | |
| Transgender | | |
| ♀ + ♂ = | Trans man ♂♀ | If someone's biological sex doesn't match their gender identity, for example they're born female but identify as a male, that might mean that they're 'trans' or 'transgender'. |
| ♂ + ♀ = | Trans woman ♀♂ | |
| Non-binary | | |
| or ♂ or ♀ + Other = | Non binary ♂♀* | Binary is when you are either male or female, non binary is when you fall somewhere within the gender spectrum but are neither exclusively male or female. |
| Gender fluid | | |
| or ♂ or ♀ + some times ♀ some times ♂ = | Gender fluid ♂♀ | Gender fluidity is when your gender identity shifts within the wonderful gender spectrum. |
| Agender | | |
| or ♂ or ♀ + None = | Agender ⊖ | Agender describes a person with no gender identity. This is also known as genderless or gender free. |
| Gender dysphoria | | |
| or ♂ or ♀ + ? = | Gender dysphoria | If someone feels uncomfortable or distressed because there's a mismatch between their biological sex and gender identity, then they might be experiencing 'gender dysphoria'. |

Always contact your doctor or school nurse if you have any questions or need support and guidance about your gender. They're here to support you.

Sexuality

Welcome to our sexuality guide!

Keyword explained:
Sexuality

'Sexuality' describes how someone experiences and expresses themselves sexually. It's an amazing world filled with lots of variations.

Take our quiz below to discover some labels that might help you to navigate and understand sexuality.

Are you sexually attracted to people?

No



Yes

Who are you attracted to?

Congrats! You could be **asexual!**
Asexuals have no sexual attraction to people. Asexual people may be in relationships, and they may have sex, but they're not sexually attracted to anyone. Some people identify as 'grey-a' (somewhere between sexual and asexual), or demisexual (experiences sexual attraction only once an emotional bond has been formed).

People of the same gender



Awesome! You could be **'homosexual'** or 'gay/lesbian'. This means you have an attraction to people of the same sex as you.

People of the opposite sex to you

Great! You could be **'heterosexual'** or 'straight' meaning someone who is sexually attracted to people of the opposite sex.

A mixture of sexes/genders



Amazing! You could be **'bisexual'** meaning a person who has an attraction to more than one sex or gender. For example a man might fancy both men and women.

Do you think gender and or sex matter at all in terms of your sexual attraction?

Yes



You could be **'pansexual'**, meaning someone who has an attraction to people regardless of their sex or gender.

No

Think none of these labels fit you? Not to worry, there are lots of other labels of sexuality and gender identity to explore.

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Charities and support groups:

NSPCC

Call the NSPCC if you ever feel in danger and in need of support.

Helpline: 0808 800 5000

Stonewall

Stonewall exists to support the LGBT+ community in so many wonderful ways.

Helpline: 0300 330 0630

info@stonewall.org.uk

All Out

A global campaign for fighting for a world where NO ONE has to sacrifice their family, freedom, safety, or dignity because of who they are or who they love. Check them out:

www.allout.org/en

Mind Out

An amazing LGBT+ mental health service.

Helpline: 01273 234839

info@mindout.org.uk

AKT

A charity dedicated to providing safe housing for LGBT people.

Helpline: 020 7831 6562

contact@akt.org.uk

Mermaids

An LGBT+ support organisation.

0808 801 0400

info@mermaidsuk.org.uk

Switchboard

An LGBT+ helpline.

Helpline: 0300 330 0630

chris@switchboard.lgbt

Diverse Church

A community of LGBT+ Christians.

www.diversechurch.website

Quest

Pastoral support for LGBT+ Catholics.

www.questlgbti.uk

IMAAN

The UK's leading LGBT+ Muslim charity.

www.imaanlondon.

wordpress.com

Fateh

Support for LGBT+ Sikhs.

www.fateh.info

Keshet

For LGBT+ equality in Jewish life.

www.keshetonline.org

Twilight

Stories of faith and gender.

twilightpeople.com

Take a selfie with me if you think...

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#SexEdMatters

