



Online Learning Children and Young People

LGBTQ+ Quick Guide for Working with Children and Young People



Your child or young person has come out, that's brilliant, it shows that they feel confident in themselves and that they are trusting you to support them.

The first step is understanding the terminology used for gender and sexuality.

LGBTQ+ Is an initialism meaning:

L lesbian **G** gay **B** bisexual **T** transgender **Q** queer or questioning

LGBTQ+ is the shortened initialism more commonly used, covering all communities within LBTTQQIAA.

transsexual, **questioning**, **intersex**, **asexual**, **ally**, **pansexual**, **agender**, **gender queer**, **bigender**, **gender variant**, **pangender**.

The terms used can evolve, remembering the list is less important than gaining an understanding of the terms. Asking questions is positive but ensure to be curious whilst respectful. It is also important to remember that words hold different meanings to different people, so it is crucial to be sensitive and use the term that the individual child or young person prefers.

It is also important to be aware of the difference between sex, gender and sexuality, each are complex and not as black and white as some people might think.

Sex refers to what gender you are assigned to at birth, this can be male, female or other/intersex.

For some people their assigned sex is no issue as it aligns with their gender and the ideas and assumptions associated with that gender. However, a person's gender may differ from the sex they were assigned at birth.



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Gender is complex and consists of three separate areas:

1. Body – male/ female/other/intersex, masculinity, femininity.
2. Identity – the name we use to describe our own gender, sense of self.
3. Society – how we present our gender, hair, clothing, activities etc.

Gender and sexuality are two separate but related aspects of the self. When people are unaware of the difference between gender and sexuality they can make incorrect assumptions, which can impact on the child or young persons developing sense of self. For example, a boy who likes to dress in female clothing and play with dolls may be perceived as gay when that may not be the case.

Definitions

Lesbian – female homosexual- a female who has relationships with other females.

Gay – a male homosexual – a male who has relationships with other men.

Bisexual – romantic attraction, sexual attraction or sexual behaviour to people of either sex.

Transgender - an umbrella term for people whose gender identity is different to what is typically associated with the sex they were assigned at birth.

Transsexual – has a gender identity not associated with the sex assigned at birth.

Queer – an umbrella term used for sexual and gender minorities that are not heterosexual or cisgender (personal identity and gender corresponds with their birth sex).

Questioning - questioning of one's own gender, sexual identity, sexual orientation, or all three. This is a process of exploration by people who may be unsure, still exploring, and concerned about applying a social label to themselves.



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Intersex - a variation in sex characteristics including chromosomes, gonads, or genitals that disallow an individual to be distinctly identified as male or female.

Asexual – lack of sexual attraction to anyone.

Ally – friend of the LGBTQ+ community.

Pansexual - sexual attraction, romantic love, or emotional attraction toward people of any sex or gender identity.

Agender - identify as having no gender or being without any gender identity.

Gender Queer - an umbrella term for gender identities that are not exclusively masculine or feminine.

Bigender - person moves between feminine and masculine gender identities and behaviours. May be depending upon context or simultaneously.

Gender Variant - does not match masculine and feminine gender norms.

Pangender - those who feel they identify as all genders.