

# Resource Pack (SECONDARY) – Pride Month 2021

**Pride Month 2021** takes place from **1<sup>st</sup> – 30<sup>th</sup> June**, and people across the world come together to celebrate the LGBTQ+ members of our communities. Pride month is a great opportunity for schools to explore the history of the LGBTQ+ rights movement, and to celebrate diversity and difference in the whole school community.

Young people who identify as LGBTQ+ are **more likely** to experience mental health issues, so schools visibly supporting LGBTQ+ rights can help children feel safe to explore their identities as they get older.

Below are links to resources to use during Pride Month in PSHE/RSHE lessons, class/tutor time and assemblies. The resources are all produced by reputable organisations, but the School Health & Wellbeing Project has not assessed them. Please review your chosen resource(s) before use to ensure they are suitable for your pupils.

## Links to the RSHE curriculum:

∞

That there are different types of committed, stable relationships.

∞

How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g., how they might normalise non-consensual behaviour or encourage prejudice).

∞

The legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal.

∞

## [Guidance on the Inspection of the Protected Characteristics Including RSHE Teaching](#)

This updated guidance explains Ofsted's approach on inspection to evaluating how schools go about meeting their duties. It applies to all types of academy, maintained, non-maintained special and non-association independent schools and includes reference to the expectations for implementation of the compulsory curriculum in the light of the Covid 19 pandemic: [Inspection of the Protected Characteristics Including RSHE Teaching](#)

## [The Proud Trust](#)

Secondary education resources to support inclusive RSE teaching: <https://www.theproudtrust.org/training-and-education/secondary-education-resources/>

## [Positive Identities](#)

A secondary school resource pack produced by Barnardos for KS3 including assembly and lesson plan ideas to explore diversity and anti-HBT bullying. The materials can be adapted to suit the needs of your setting or students or used for ideas. It is recommended that they are included as part of a whole-school approach to teaching about diversity and anti-HBT bullying, within a planned programme for PSHE education.: <https://www.pshe-association.org.uk/sites/default/files/u26918/Barnardo%27s%20Secondary%20School%20Reource%20Pack%20Final.pdf>

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## Stonewall

Resources for LGBT inclusive PSHE/RSHE and a whole school approach:

<https://www.stonewall.org.uk/category/education-resources>

[LGBT inclusive home learning packs for primary, secondary and SEND](#)

[Different families home learning packs for primary, secondary and SEND](#)

## Diversity Role Models

Free downloadable resources for schools: <https://www.diversityrolemodels.org/education-services>

## The LGBT ABC

This leaflet produced by Brook, provides easily accessible definitions for commonly encountered words and phrases about sexuality and gender identity. It is ideal to handout during LGBT inclusive RSE sessions: [The LGBT ABC](#)

<https://www.brook.org.uk/resources/>

## Healthier Together – webpages for Young People

Information for young people about relationships, friendships, gender identity and sexuality:

[Healthier Together - Young People](#)

## Childline – webpages for young people

Information for young people about identity and self-esteem:

[Nobody is Normal – how to cope if you feel different](#)

## The Mix

A website for young people aged 14-25, offering information and advice about a range of issues including sexuality, sexual identity and relationships: [The Mix](#)

## Young Stonewall

A website offering information and support for LGBT young people: [Young Stonewall](#)

## Mermaids

Information for gender diverse young people, their families and teachers: [Mermaids](#)

## Kooth

The Kooth website has lots of forum threads and articles related to identity, gender and sexuality. Content is created by the Kooth professional team and by Kooth users and include young people sharing their lived experiences and poetic expressions. The following links may be a helpful to access the specific information and support directly. Young people will need to log in to Kooth for the links to work.

- A link to our podcast called 'We are Queer and have Always Been Here' [SPOTIFY PODCAST LINK](#)
- Article 'Coming Out to Family and Friends':  
<https://www.kooth.com/members.html/magazine/articles/f028c977-426b-592c-8edd-643bb85833fe>
- Article: 'Coming Out tips':  
<https://www.kooth.com/members.html/magazine/articles/1a7b144a-c724-5da0-a641-b0c0d1159455>

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- Article 'Coming Out : Answers to some of the questions you may be asked':  
<https://www.kooth.com/members.html/magazine/articles/f4fb5a6f-ffd5-544e-90c7-63eafcc4e556>
- Article: 'Accepting Your Sexuality can be Difficult':  
<https://www.kooth.com/members.html/magazine/articles/62aa4d05-41e8-5781-b0ca-15c3a8adce07>
- Article: 'Asexuality: when sex isn't for you':  
<https://www.kooth.com/members.html/magazine/articles/00808595-f6d8-514b-8bd9-fcb1cf6e2241>
- Article: 'Being Gay and Muslim':  
<https://www.kooth.com/members.html/magazine/articles/0f789485-47f5-5689-b719-4abc69201968>
- Article: 'Imaan – Support for LGBTQ+ Muslim People':  
<https://www.kooth.com/members.html/magazine/articles/90fa7006-9180-5411-9d20-277e3e0b5a68>
- Article: 'How to be a Straight Ally':  
<https://www.kooth.com/members.html/magazine/articles/89db6307-6434-4c84-8b4c-3ec993fc2722>
- Article: 'Gender Dysphoria and You':  
<https://www.kooth.com/members.html/magazine/articles/ea698d26-b7a2-46dc-96f2-2fbf0286198d>
- Article: 'Ever had a Same Sex Crush?':  
<https://www.kooth.com/members.html/magazine/articles/35103f28-d058-598f-aae9-be254fa1bef5>
- Article: 'Gender Terms':  
<https://www.kooth.com/members.html/magazine/articles/7face3ff-6dec-59d0-b64d-ab6170c1c6ab>

June discussion forum topics include two especially for Pride Month: 'Being You' and 'Let's Celebrate Pride'. Also, posters for Pride Month to remind young people of the support available from Kooth. Please see below for the posters and a copy of the June Discussion Forum calendar. All Kooth posters and other resources can be accessed here:

<https://kooth.swivle.cloud/#/search//name-asc/?path=ancestorPaths:%22%5CPromotion%20Portal%22>

### Health Education England

LGBTQ+ Basic Awareness Training workshop on 14<sup>th</sup> July 2021 provided by Health Education England. The aim of the workshop is to improve the ability of organisations, teams and individuals who work with the LGBTQ+ community to be aware of the issues faced by LGBTQ+ individuals and to build upon knowledge & understanding. Please see flyers below for more information and use this link to book:

[https://spft-nhs-uk.zoom.us/webinar/register/WN\\_J0izYNAmQuKIEve7rLCsng](https://spft-nhs-uk.zoom.us/webinar/register/WN_J0izYNAmQuKIEve7rLCsng)



## Your free, safe and anonymous online mental wellbeing community

Whether you are looking for advice or simply aren't feeling your best, Kooth offers a range of features and tools to support you.

### Magazine

Helpful articles, personal experiences and tips from young people and our Kooth team.

### Chat with the team

Chat to our helpful team about anything that's on your mind. Message us or have a live chat.

### Discussion boards

Start or join a conversation with our friendly Kooth community. Lots of topics to choose from!

### Daily journal

Write in your own daily journal to track your feelings or emotions and reflect on how you're doing.

### Mini activity hub

Select from a growing menu of fun, therapeutic and useful activities.



## How to sign up

- 1 Head to **Kooth.com**
- 2 Click on the '**Join Kooth**' button on the homepage.
- 3 Choose your **area** and **location** from the drop down menu.
- 4 Select the **year** and **month** you were both.
- 5 Click on the **gender, ethnicity** and **background** that most closely describes you.
- 6 Create an **anonymous username** and secure **password**.
- 7 Let us know how you found out about Kooth from the drop down menu.
- 8 Select **Next Step** to complete your registration!

## Where to find us



[kooth.com](https://kooth.com)



[@Kooth\\_UK](https://www.instagram.com/Kooth_UK)



[Kooth\\_UK & Kooth Podcast](#)



[Kooth-Podcast](#)



- Discussion Boards
- Help Articles
- Free Counselling
- Journal
- Self-help tools

We are your online  
mental wellbeing  
community.

Sign up for free at  
**kooth.com**

An illustration of five stylized, diverse human figures standing on a purple circular platform. From left to right: a person with red hair in a red patterned shirt and black pants; a person with orange hair in an orange shirt and black pants; a person with yellow hair in a yellow patterned shirt and black pants; a person with green hair in a green jacket over a white shirt and black pants; and a person with blue hair in a blue jacket over a white shirt and black pants. They are all holding a large, yellow, wavy banner that curves across the top of the illustration. The banner has the text 'Celebrating Pride Month 2021' written on it in a black, sans-serif font. The background of the illustration is a light blue sky with a yellow sun or moon on the left side.





**kooth**

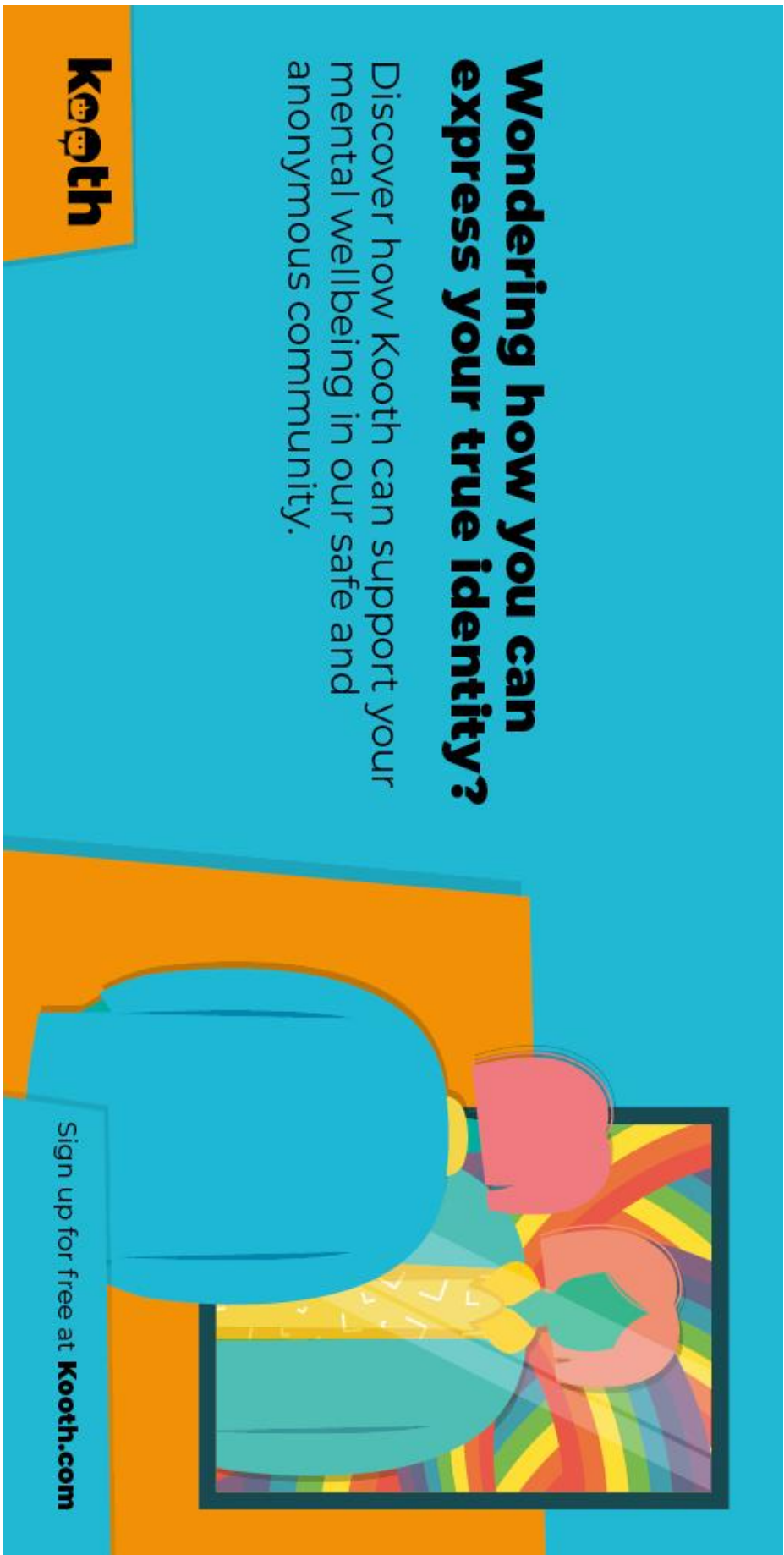


**PRIDE MONTH**

Explore Kooth for **free, safe** and **anonymous** mental wellbeing support.

Share your experiences in our magazine

Sign up at [kooth.com](https://kooth.com)

A graphic advertisement for Kooth. The background is a solid light blue. In the top left corner, there is an orange rectangular box containing the Kooth logo, which consists of the word 'kooth' in white lowercase letters with a small robot head icon inside the 'oo'. To the right of this box, the text 'Wondering how you can express your true identity?' is written in a bold, black, sans-serif font. Below this, in a smaller black font, is the text 'Discover how Kooth can support your mental wellbeing in our safe and anonymous community.' In the bottom right corner, there is a stylized illustration of three people's heads and shoulders. The person on the left is light blue, the middle one is pink, and the one on the right is teal. They are all facing each other. Behind them is a large, vibrant rainbow. The entire illustration is set against a light blue background that matches the main page color.

**kooth**

**Wondering how you can  
express your true identity?**

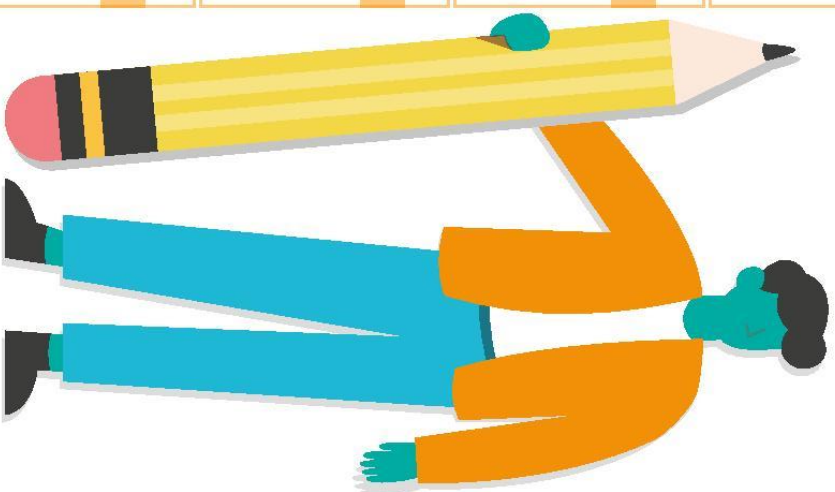
Discover how Kooth can support your  
mental wellbeing in our safe and  
anonymous community.

Sign up for free at **Kooth.com**

## What's on Kooth in June?

**kooth**

<b>Kooth Discussion Board:</b> All Critters Great and Small		<b>Kooth Live Forum:</b> Pride Month 2021: Being You	
<b>DATE:</b> June 1st	<b>TIME:</b> N/A	<b>DATE:</b> June 4th	<b>TIME:</b> 7.30pm - 9pm
<b>INFO:</b> Remember our nature Spotify playlist from the other week? Well, we're getting our nature vibes back on as part of Garden Wildlife Week, and will be sharing our favourite ways to experience wildlife.		<b>INFO:</b> Join us for our first live forum in June, which is all about Pride! While a lot has changed since the first Pride Parade, it can still sometimes feel difficult being proud of yourself, so here we'll be celebrating being ourselves!	
<b>Kooth Discussion Forum:</b> Getting by With a Little Help From Our Friends!		<b>Kooth Live Forum:</b> Safety at Home	
<b>DATE:</b> June 8th	<b>TIME:</b> N/A	<b>DATE:</b> June 9th	<b>TIME:</b> 7.30pm - 9pm
<b>INFO:</b> It's Best Friends Day! So why not come celebrate your friends, share your best friendship tips, and maybe even make some Kooth friends!		<b>INFO:</b> As part of our Crime Time series, join this live forum to help us consider ways we can stay safe at home, and where you can access support if needed as well.	
<b>Kooth Live Forum:</b> Let's Talk About: Self Compassion		<b>Kooth Discussion Board:</b> Let's Celebrate Pride!	
<b>DATE:</b> June 14th	<b>TIME:</b> 7.30pm - 9pm	<b>DATE:</b> June 16th	<b>TIME:</b> N/A
<b>INFO:</b> What exactly is self compassion? Join this live forum where we will explore exactly what it is, and how you might practice it.		<b>INFO:</b> It's Pride Month, and it's an amazing time to celebrate! Whether that's celebrating yourself, or your family and friends. Stop by and join in the celebration!	
<b>Kooth Live Forum:</b> Social Takeover: Favourite Sports & Activities		<b>Kooth Discussion Board:</b> What Are Your Favourite Confidence Boosting Tips?	
<b>DATE:</b> June 23rd	<b>TIME:</b> 7.30pm - 9pm	<b>DATE:</b> June 30th	<b>TIME:</b> N/A
<b>INFO:</b> Join us for our social takeover live forum, where you'll be in charge of what we talk about. Maybe you've discovered a new activity or sport during the past year? Why not come and let us know?		<b>INFO:</b> This week on Kooth we're talking all about confidence! So why not stop by and share some of your tips for boosting confidence?	







## LGBTQ+ Basic Awareness Training Workshop

### Who is it for?

**NHS Staff in Primary Care, Community Care, Acute Care (including CAMHS & Mental health services), Educational and other Health and Social providers who work with LGBTQ+ individuals across the UK.**

### Why is it needed?

Evidence shows health outcomes are worse for LGBT people than the general population; with many LGBT people feeling uncared for (Government Equalities Office, 2018). There is significant evidence by way of national data and statistics highlighting the necessity for LGBT people to receive better care and for staff to be more understanding of LGBT needs (PHE, 2017).

Compassionate staff training around LGBTQ+ people and their potential vulnerabilities has been shown to impact on the way individual staff members are able to re-evaluate their beliefs and assumptions, which may have previously caused them to have actively avoided treating/working with LGBTQ+ individuals.

### Workshop overview

#### *What is LGBTQ+ Basic Awareness Training?*

LGBTQ+ Basic Awareness Training is a 1/2 day interactive, informative and thought provoking face-to-face workshop designed with HEE. The training will be delivered by Jamie Willo, Darzi Fellow and ACP accredited Child and Adolescent Psychoanalytic Psychotherapist working with Sussex Partnership NHS Foundation Trust in Children services for over 10 years. Jamie allows participants to experience how it may feel to be in the shoes of an LGBTQ+ person in our society, and highlights the difficulties faced on a day to day basis by LGBTQ+ people. The workshop is a safe, explorative space.

The objective of the workshop is to:

***Improve the ability of organisations, teams and individuals who work with the LGBTQ+ community to be aware of the issues faced by LGBTQ+ individuals and to build upon knowledge & understanding.***

After the training workshop participants will have the following skills:

- Increased awareness of LGBTQ+ identity and issues
- Ability to discuss LGBTQ+ issues and to understand it's complexity
- Confidence to work with people who present as LGBTQ+
- Greater knowledge and understanding of LGBTQ+ issues



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## The workshops topics include:

- Preferred names and pronouns
- Concept of gender identity & sexuality
- Differences between gender, sex & sexual orientation
- Differences between gender identity, expression & role
- Concept of transgender
- Caring for non-binary people
- Gender & sexuality terminology
- Story of a young transgender boy's transition
- What has gender & sexuality got to do with you?
- Assumptions, beliefs & expectations
- How can we help in our roles?
- Importance of support (society, family, peers)

*"I like the way the material challenged me to think about myself, my assumptions and my approach to working and young people's experience"*

*"Freedom to express, question, not understand and be curious - safe space!"*

*"Excellent workshop, really informative & insightful. Evidenced based & relevant. Loved the activities!"*

*"This training is so important for us to be able to best support LGBTQ+ people"*

## Types of Training:

There are 5 types of LGBTQ+/gender identity interactive face-to-face training sessions available:

Name of Training	Duration	Location	Attendees
LGBTQ+ Basic Awareness Training	3 hours	Flexible – trainer will travel to teams	Maximum 20 attendees
LGBTQ+ Intermediate Mental Health Training	3 hours	Flexible – trainer will travel to teams	Maximum 20 attendees
LGBTQ+ Suicide and Self Harm Awareness Training	6 hours	Flexible – trainer will travel to teams	Maximum 20 attendees
LGBTQ+ Train the Trainer	1/1/2 Days	Flexible – trainer will travel to teams	Maximum 6 attendees
Gender Identity Basic Awareness Training	3 hours	Flexible – trainer will travel to teams	Maximum of 20 attendees

*It is advisable to undertake the basic awareness training before undertaking the intermediate mental health training or the suicide and self-harm awareness training.*

For more information or to book training for your team/organisation contact: [jamie.willo@nhs.net](mailto:jamie.willo@nhs.net)

