- Nearly half of LGBT pupils (45 per cent) – including 64 per cent of trans pupils – are bullied for being LGBT in Britain's schools.This is down from 55 per cent of lesbian, gay and bi pupils who experienced bullying because of their sexual orientation in 2012 and 65 per cent in 2007

- Half of LGBT pupils hear homophobic slurs 'frequently' or 'often' at school, down from seven in 10 in 2012

- Seven in 10 LGBT pupils report that their school says that homophobic and biphobic bullying is wrong, up from half in 2012 and a quarter in 2007. However, just two in five LGBT pupils report that their schools say that transphobic bullying is wrong

- Just one in five LGBT pupils have been taught about safe sex in relation to same-sex relationships

- More than four in five trans young people have self-harmed, as have three in five lesbian, gay and bi young people who aren't trans

- More than two in five trans young people have attempted to take their own life, and one in five lesbian, gay and bi students who aren't trans have done the same

- Nearly half of LGBT pupils (45 per cent) – including 64 per cent of trans pupils – are bullied for being LGBT in Britain's schools.This is down from 55 per cent of lesbian, gay and bi pupils who experienced bullying because of their sexual orientation in 2012 and 65 per cent in 2007

How can you help?

1. Be a listener.

2. Be open-minded.

3. Be willing to talk.

4. Be inclusive.

5. Don't assume that all your friends and co-workers are straight. Someone close to you could be looking for support in their coming-out process. Not making assumptions will give them the space they need.

6. Anti-LGBTQ comments and jokes are harmful. Let your friends, family, students and co-workers know that you find them offensive. Correct students in their language when necessary.

7. Confront your own prejudices and bias, even if it is uncomfortable to do so.

8. Defend LGBTQ against discrimination in school and in your community.

9. Believe that all people, regardless of gender identity and sexual orientation, should be treated with dignity and respect.

Cisgender - Cisgender is commonly used to refer to people who identify exclusively with the gender that they were assigned at birth.

Gender Questioning - Gender questioning describes someone who is questioning all or parts of their gender (identity or expression) and does not wish to identify themselves to a specific gender identity.

Gender Fluid - Gender fluid, like gender questioning, is a term that can be used to describe a person's gender identity, expression, or both. Gender fluid describes a person who moves fluidly between genders, or whose gender shifts over time.

Genderqueer - Genderqueer describes a gender identity that can not be defined as exclusively masculine or feminine. Genderqueer people experience their gender in all unique ways (hence the name). The impossibility of defining the term is part of its appeal for people who identify as genderqueer. The identity can include elements of feminine, masculine, or non-binary identities, or none of these. In part, it can be seen as a rejection of association with a label.

Intergender - Intergender describes a gender identity that is a mix of both masculine and feminine identities. Intergender is not the same as Intersex. Intersex people can identify within any gender identity or expression.

Non-Binary - Non-Binary is widely used to describe a gender identity that can not be categorized as masculine or feminine. Non-Binary people experience their gender in all different ways. It could be experienced as a combination of male and female, neither male nor female, nor something completely independent of notions of conventional gender identities. Non-Binary is an expansive umbrella term, and many gender identities discussed in this article fall under it.

Pangender - Pangender is a gender identity where a person identifies as all, or many, gender identities. This is similar to Polygender, although Polygender is more limited.

Transgender/Trans - Transgender is used to describe any person who has a gender identity that is different from the gender that they were assigned at birth.

Pronouns

	Subject	Object	Possessive	Pronunciation	Example
Gender Binary	She	Her	Hers	As it looks	She is speaking.
	He	Him	His	As it looks	He is speaking.
Gender Neutral	They (Sing.)	Them	Theirs	As it looks	They are speaking.
	Ze	Hir	Hirs	Zhee, Here, Heres	Ze is speaking.
	Ze	Zir	Zirs	Zhee, Zhere, Zheres	Ze is speaking
	Xe	Xem	Xyr	Zhee, Zhym, Zhyre	Xe is speaking.