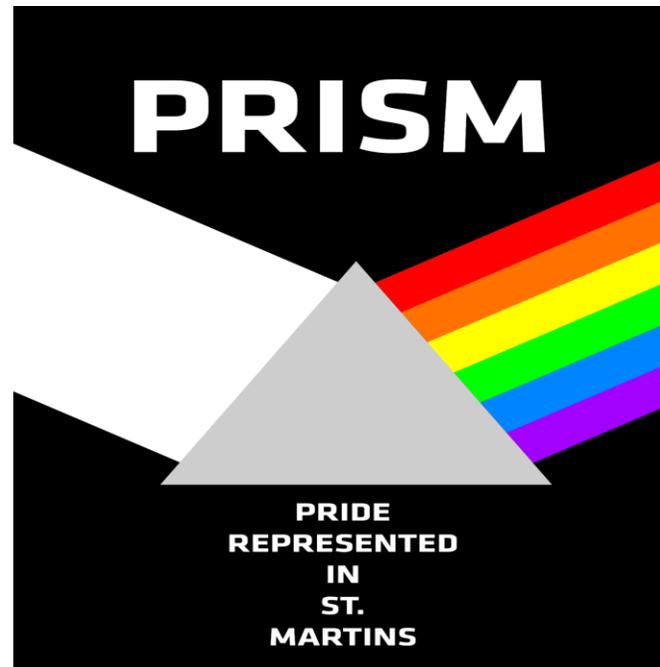




LGBTQ at St. Martins

How we are supporting the LGBTQ community?
How we can support parents of LGBTQ children?



PRISM – PRIDE REPRESENTED IN ST. MARTINS

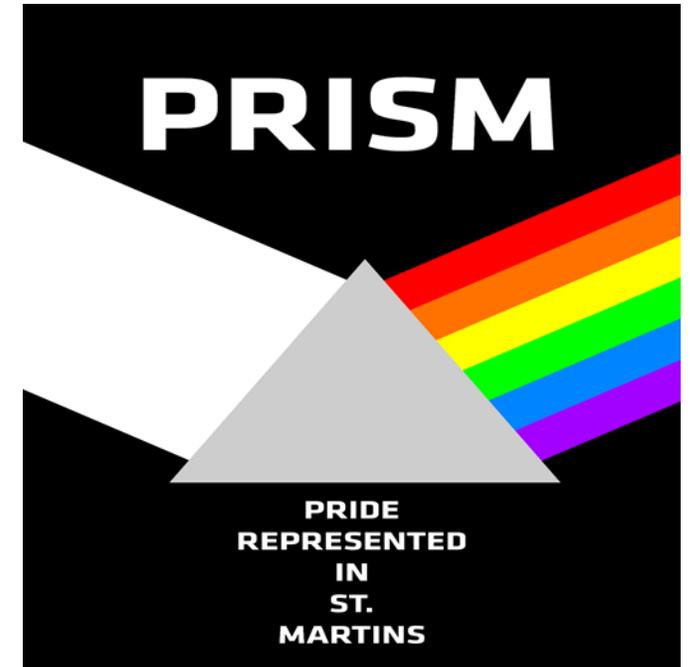


St. Martins are currently working towards earning our Rainbow Flag award.

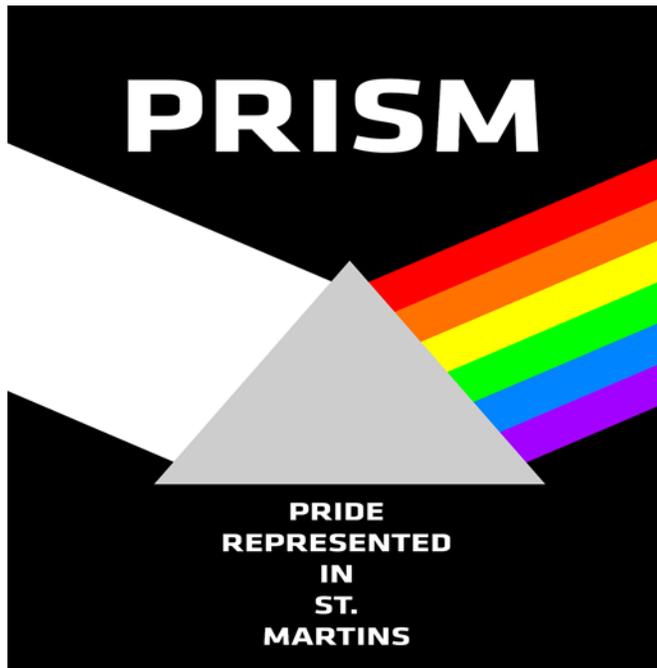
The Rainbow Flag Award is a national quality assurance framework for primary schools, secondary schools, SEND schools and colleges.

The award focuses on positive LGBT+, (lesbian, gay, bisexual, trans, plus other related identities), inclusion and visibility.

The Rainbow Flag Award encourages a whole organisation approach to LGBTQ+ inclusion, as well as developing strategies to effectively challenge and combat LGBTQ phobic bullying.



PRISM – A lunchtime club for LGBTQ students and allies alike.



Students are encouraged to come to our PRISM club on a Thursday lunchtime.

We are a group that supports our LGBTQ community in St. Martins by allowing each individual be themselves and meet other students where they can chat openly and confidently in an environment that is safe.

We show documentaries, listen to music, talk about key issues and overall, let the students take the lead on how the club progresses.

An ally, straight ally, or heterosexual ally is a heterosexual and cisgender person who supports equal civil rights, gender equality, and LGBTQ social movements, challenging homophobia, biphobia, and transphobia

How do you feel about it?

- For some parents, our child's sexual orientation or gender identity may not be surprising and it may even be a relief when they 'come out'.
- It's becoming much more common for parents to be supportive and very proud when their child comes out. For others, our child's identity can come as a genuine shock and one which can raise negative emotions – disappointment, confusion, anxiety, loss or anger.
- You may be unsure how you feel about or how to respond. It's okay to be honest and tell them that. You may not get everything right, and they may not either: the important thing to remember is that they are still the same person you have always loved and cared for. You know them best and you know how your relationship works best.
- If you find it hard to come to terms with your child coming out, you may need some support for yourself before you feel ready to support them.

How can you support or be an ally to others?

- Although it may happen earlier, it's likely that your child will come to conclusions about their sexual orientation and gender identity during their teenage years. This is already a time of immense change.
- In a world which still views being heterosexual as 'normal', gender as being the same as the biological sex you were born with, and anything else as 'different', coming out can really add to the pressure and anxiety that young people feel.
- There is no 'one size fits all' for every family and every situation, but here are a few tips that may help you and your child if they come out to you:

• Try these tips

- Take it seriously. It's positive that they can place their trust in you and want to be honest with you.
- If possible, give yourself some time to think things through. It's ok to tell your child that it may take you some time to come to terms with their news. But reassure them that you're working on it and you're still here for them.
- Think about how you felt about them before they came out.
- Think about their feelings. Recognise the courage it's taken to tell you.
- Be aware of your own values and judgements.
- Be open. If you can share your feelings then they are likely to be open too.
- Ask questions and find out what they need from you (if anything).
- Let them educate you: ask questions, be curious. It shows you're interested and this can really boost their confidence and self-esteem.
- Keep talking to them. They might not open-up fully at first but in time they may want to confide in you.

Try to avoid

- Saying: "It's just a phase". While some children and young people may be exploring their sexual orientation or gender identity, phrases like this can dismiss or make light of how they feel.
- Saying "I thought so". This could make them anxious that people have been talking about them or they may worry about what they have been doing to make it obvious to others.
- Overly questioning if they are "sure" that they are LGB or T. It's important to listen to and accept how they feel. Dismissing or disrespecting their feelings could push them away at a difficult time.
- Reacting with confrontation or anger.
- Try not to panic. If you can be relaxed, it should become normal to be able to talk about this – and anything else.
- Don't make it all there is. Their identity isn't everything they are. They're still the same person you know and love.
- Thinking "where did I go wrong?" There is nothing you have done or failed to do. They are simply who they are.

Contact details to help

<https://www.familylives.org.uk/advice/teenagers/sex/coming-out/>

https://www.strongfamilyalliance.org/ebook-download/?gclid=EAlaIQobChMItpKT-bOQ9AIV2t_tCh2MzgXGEAAAYASAAEgKcwPD_BwE

https://www.mosaictrust.org.uk/support-us?gclid=EAlaIQobChMItpKT-bOQ9AIV2t_tCh2MzgXGEAAAYAAEgIE4fD_BwE

<https://www.stonewall.org.uk/help-and-advice>

<https://www.children1st.org.uk/help-for-families/parentline-scotland/guidance-advice/supporting-your-lgbt-child/>