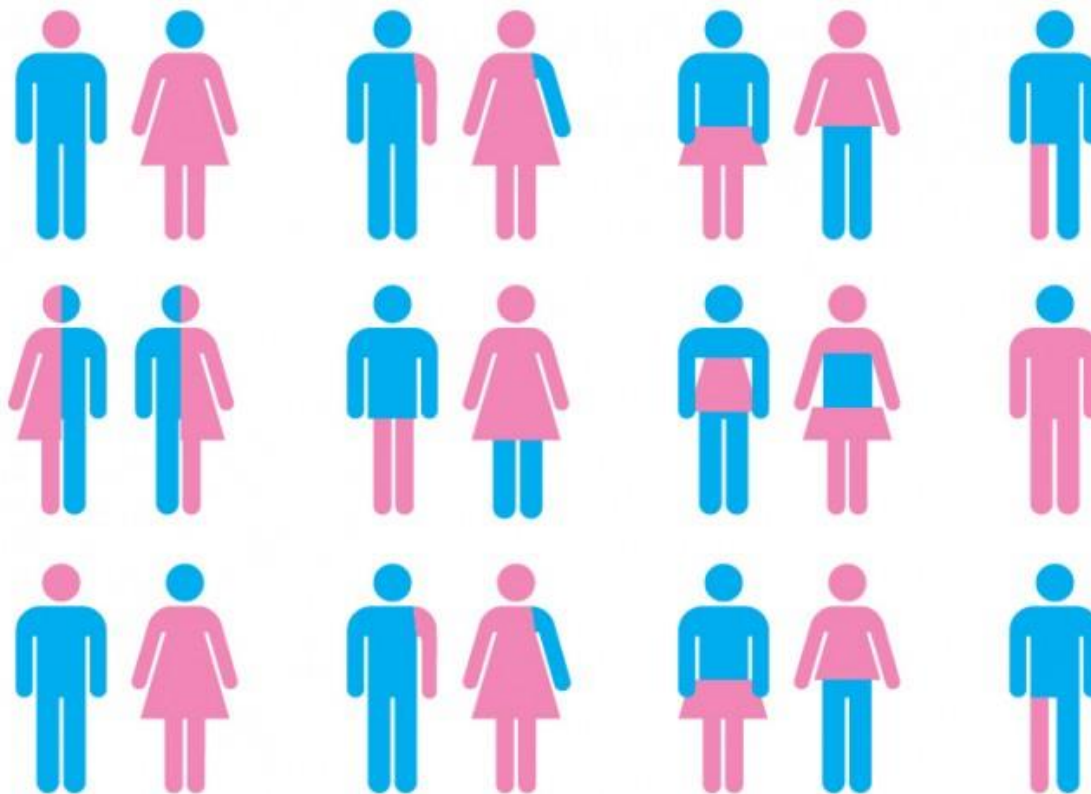


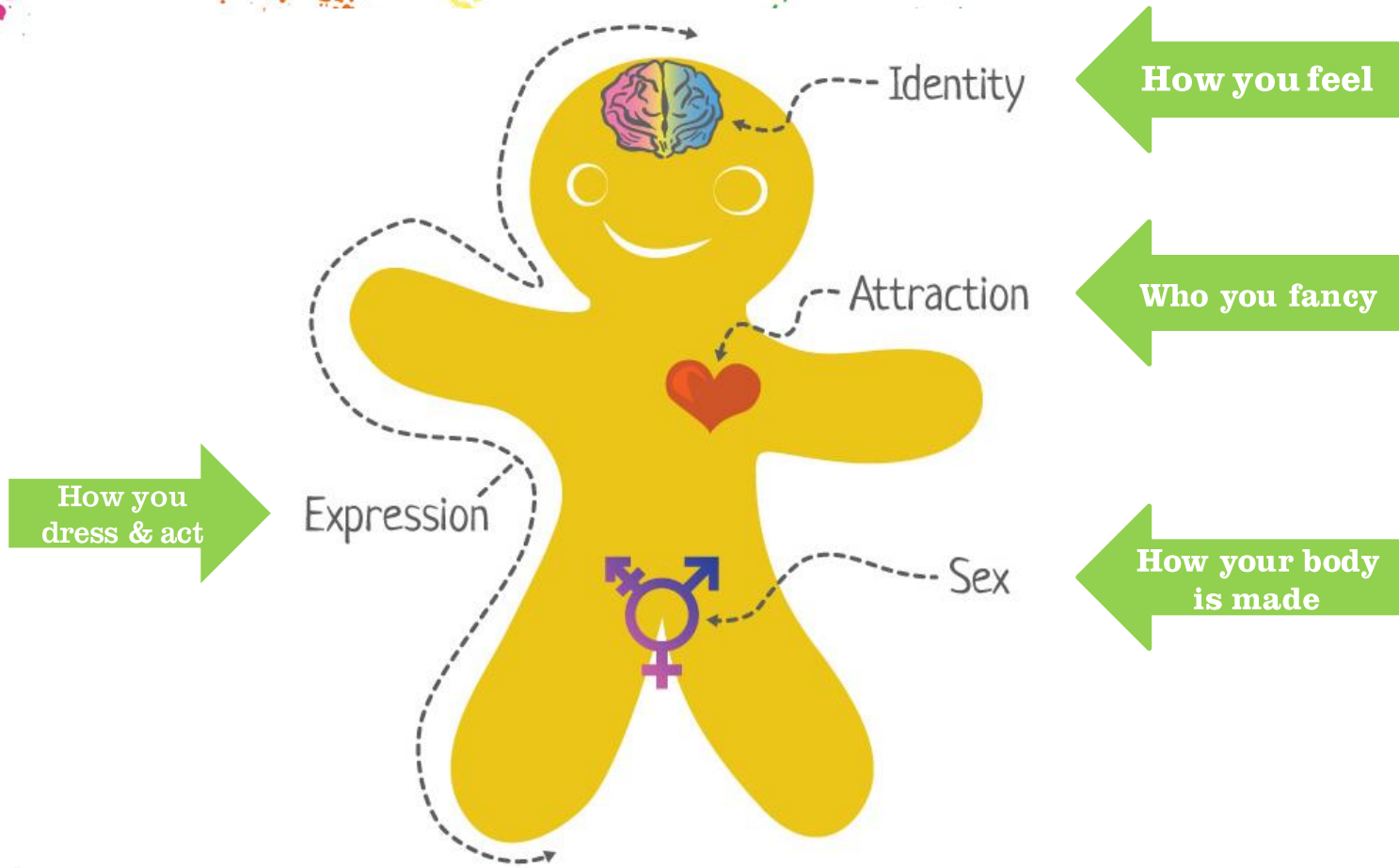
Exploring Identities



Believe in
children



Barnardo's



Identity

How you feel

Attraction

Who you fancy

Expression

How you dress & act

Sex

How your body is made

Sexual Identities

First and foremost.....we all have a sexual identity!

This can differ from person to person. We don't all experience attraction in the same ways, so it is very personal to every individual person.

Some sexual identities you may have heard of could include:

- **L**esbian
- **G**ay
- **B**isexual
- Heterosexual or Straight

You should never feel pressured to label your sexual identity and it is ok to question!

Gender Identities

And.....we all have a gender identity.

Sometimes our gender identity matches our *assigned gender* (the gender we were told we were when we were born), and sometimes it doesn't.

When our gender identity does NOT match our assigned gender, this is called **Trans** or **Transgender**.

There are many different gender identities. Some of these include:

- **Trans**
- Cisgender
- Non-Binary

You should never feel pressured to label your gender identity.

The image features a white background with vibrant, multi-colored paint splashes and brushstrokes along the top and bottom edges. The colors include magenta, red, orange, yellow, green, blue, and purple. A thin black vertical line runs down the center of the page, separating the two columns of text.

**My hair is
Brown**

**My hair is
Blonde**



Cats

Dogs



Films

**TV
Series**

Gender Identity - Trans

One young person, who identifies as Transgender, wanted to explain what Trans means to them.

What is trans?

Someone who identifies as a different gender to their assigned birth sex.



- Dressing up or pretending to be the opposite gender.
- A sexuality.
- A mental illness.
- A phase.
- Being born both genders.



What trans IS NOT...

Questions...

There are lots of questions that are routinely asked to people who may identify as LGBTQ. Some questions are rude or offensive. Others can be silly or intrusive. Let's have a look at some of these:

Questions about gender identity....

- Are you sure that you're not just gay?
- Have you had the op yet?
- What's your real name?
- So are you gay, straight or bi?

When did you choose to become gay/lesbian/bisexual/trans?

Questions about sexual identity....

- So you're gay, does that mean you fancy me?
- Oh, I have a gay friend....do you know him?
- Oh my god, can you be my gay best friend?
- So you're bi....that just means that you're being greedy, right?
- I'm not being homophobic, but....

What is HBT Language?

HBT means:

Homophobic
Biphobic
Transphobic

HBT Language includes language that may be often categorised as 'just a joke' or 'banter'; but is usually at the expense of others.

Language can be targeted at individuals or groups of people who do, or are perceived to be LGBTQ.

What can you do?

- 🌈 Be open-minded
- 🌈 Not use homophobic, biphobic or transphobic (HBT) language yourself.



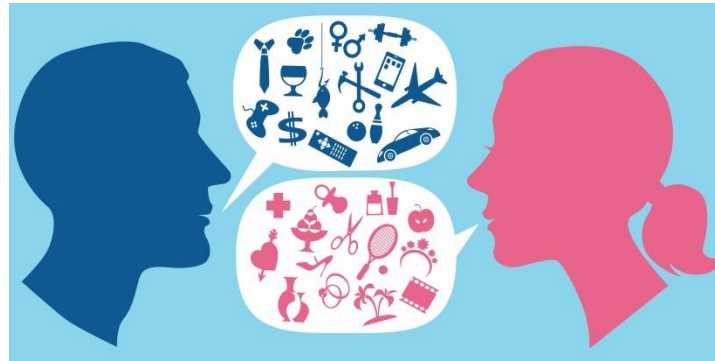
- 🌈 Think about what you say!

- 🌈 Don't laugh along with others



What can you do?

🌈 Don't judge or make assumptions about people's sexuality or gender because of what they like to do/how they look



🌈 Respect people's privacy



🌈 **Report bullying!!**

