Useful Resources

Website: http://www.barnardos.org.uk/what_we_do/our_work/lgbtq

Phone: 0113 3933259
Terminology

**Sexual Identity / Sexuality / Sexual Orientation**

**Lesbian**
A woman who is attracted to other women

**Gay**
A man who is attracted to other men or a person attracted to the same gender as themselves.

**Bisexual**
A person who is attracted to more than one gender.

**Heterosexual**
A person who is attracted to the opposite gender.

**Pansexual**
A person who is attracted to others regardless of their biological sex, gender identity or expression.

**Asexual**
A person who is not interested in, or does not desire, sexual activity.

**Gender Identity**

**Cis/Cisgender**
A term used to describe someone whose gender assigned at birth matches their gender identity.

**Trans/Transgender**
An umbrella term which covers the entire trans community, encompassing anyone whose gender identity and/or expression does not match the gender they were born with.

**Transition**
Transition is when someone begins to live and present as the gender with which they identify. Some people will choose to transition socially (for example, clothing, hairstyle) and some will also take medical steps (such as hormone therapy and/or surgery).

**Non-Binary**
An umbrella or identifying term for a person whose gender identity may not fit the male and female gender binary.
Gender fluid
An identity which signifies that someone’s gender identity may vary over time. This includes all gender identities, not exclusively male & female.

Gender Dysphoria
The discomfort experienced when there is a mismatch between an individual’s assigned or perceived gender and their gender identity.

Both

Questioning
A person who is questioning their sexual and/or gender identity

Queer
In the past a derogatory term for LGBT individuals, the term has now been reclaimed by (some) LGBT people who don’t identify with traditional categories around gender identity and sexual orientation - however it is still viewed to be derogatory by some.
### Books suitable for Primary Schools

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<thead>
<tr>
<th>Title</th>
<th>Author</th>
<th>Description</th>
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<tr>
<td><strong>It's Okay to be Different by Todd Parr</strong></td>
<td>Todd Parr</td>
<td>It's Okay to Be Different cleverly delivers the important messages of acceptance, understanding and confidence in an accessible, child-friendly format featuring Todd Parr's trademark bold, bright colours and silly scenes. Targeted to young children first beginning to read, this book will inspire kids to celebrate their individuality through acceptance of others and self-confidence.</td>
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<td><strong>Amazing Grace by Mary Hoffman</strong></td>
<td>Mary Hoffman</td>
<td>Grace loves to act out stories. Sometimes she plays the leading part, sometimes she is 'a cast of thousands.' When her school decides to perform Peter Pan, Grace is longing to play Peter, but her classmates say that Peter was a boy, and besides, he wasn’t black... But Grace's Ma and Nana tell her she can be anything she wants if she puts her mind to it... This early years book helps to introduce diversity in the classroom, from people &amp; communities, managing feelings &amp; behaviour and challenging gender stereotypes.</td>
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<td><strong>The Sissy Ducking by Harvey Fierstein</strong></td>
<td>Harvey Fierstein</td>
<td>Elmer is not like the other boy ducklings. While they like to build forts, he loves to bake cakes. While they like to play baseball, he wants to put on the halftime show. But when his father is wounded by a hunter's shot, Elmer proves that he can also be the greatest hero. This is a book to share with all children, to help them understand that each one of them is unique and valuable.</td>
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<td><strong>The Family Book by Todd Parr</strong></td>
<td>Todd Parr</td>
<td>The Family Book celebrates the love we feel for our families and all the different varieties they come in. Whether you have two mothers or two dads, a big family or a small family, a clean family or a messy one, Todd Parr assures readers that no matter what kind of family you have, every family is special in its own unique way.</td>
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<td><strong>Something Else by Kathryn Cave</strong></td>
<td>Kathryn Cave</td>
<td>A simple story, about a small creature who does his best to join in with the others. But he's different. No matter how he tries, he just doesn't belong. Then Something turns up and wants to be friends. But Something Else isn't sure he's like him at all...</td>
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<td><strong>A Tale of Two Daddies by Vanita Oelschlager</strong></td>
<td>Vanita Oelschlager</td>
<td>A Tale of Two Daddies is a playground conversation between two children. The boy says he heard that the girl has two dads. The girl says that is right. She has Daddy and Poppa. A Tale of Two Daddies is intended for 4-8 year olds. It becomes clear that the family bond is unburdened by any cultural discomforts.</td>
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<tr>
<td><strong>A Tale of Two Mommies by Vanita Oelschlager</strong></td>
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<td>A Tale of Two Mommies is a beach conversation among three children. One boy asks another boy about having two mommies. A young girl listening in asks some questions too. A Tale of Two Mommies is intended for 4-8 year olds. This book lets us look inside one family, a same sex couple and their son.</td>
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Heather has two mummies by Leslea Newman

Heather's favourite number is two. She has two arms, two legs, and two pets. And she also has two mummies. When Heather goes to school for the first time, someone asks her about her daddy, but Heather doesn't have a daddy. Then something interesting happens. When Heather and her classmates all draw pictures of their families, not one drawing is the same. It doesn't matter who makes up a family, the teacher says, because "the most important thing about a family is that all the people in it love one another."

Mommy, Mama and Me by Leslea Newman

Rhythmic text and illustrations with universal appeal show a toddler spending the day with its mommies. From hide-and-seek to dress-up, then bath time and a kiss goodnight, there's no limit to what a loving family can do together.
Shares the loving bond between same-sex parents and their children.

Daddy, Papa and Me by Leslea Newman

Rhythmic text and illustrations with universal appeal show a toddler spending the day with its daddies. From hide-and-seek to dress-up, then bath time and a kiss goodnight, there's no limit to what a loving family can do together.
Share the loving bond between same-sex parents and their children.

Picnic in the Park by Joe Griffiths

"Picnic in the Park" tells the story of Jason's birthday picnic and his guests. In so doing, it introduces children to a range of family structures, including two- and one-parent families; adoptive and foster families; gay and lesbian families; and step-families. It also shows a diverse range of adults and children.

Using the device of a birthday picnic in the park, each page shows a new set of guests coming to the party; children can draw their own and friends' families on the pages at the back.

The Great Big Book of Families by Mary Hoffman

What is a family? There are almost as many kinds of families as colours of the rainbow - from a mum and dad or single parent to two mums or two dads, from a mixed-race family to children with different mums and dads, from families with a disabled member to those with a mum or dad in prison.
This book takes a look through children's eyes at the wide varieties of family life: from homes, food, ways of celebrating, schools and holidays to getting around, jobs and housework, from extended families, languages and hobbies to pets and family.

Donovan's Big Day by Leslea Newman

Donovan's two moms are getting married, and he can't wait for the celebration to begin. After all, as ring bearer, he has a very important job to do. Any boy or girl with same-sex parents—or who knows a same-sex couple—will appreciate this picture book about love, family, and marriage.
The story captures the joy and excitement of a wedding day while the illustrations show the happy occasion from a child's point of view.

And tango makes three by Justin Richardson

At the penguin house at the Central Park Zoo, two penguins named Roy and Silo were a little bit different from the others. But their desire for a family was the same. And with the help of a kindly zookeeper, Roy and Silo got the chance to welcome a baby penguin of their very own.
Josh and Jaz have three mums by Hedi Argent

Will Josh and Jaz's class laugh because they live with two mums and what will they say about their birth parents? They want to be like everyone else and have just one mum and dad.

Mummy Sue and Mummy Fran help Josh and Jaz to understand that every family tree will tell a different story and that life would be boring if they were all the same. Working together, they produce a family tree that Josh and Jaz are truly proud of and one that wins the admiration of all their classmates.

King & King by Linda De Haan

When a grouchy Queen tells her son it is time to marry, he sighs 'very well, Mother... I must say though, I've never cared much for Princesses'.

Their search for a bride extends far and wide, but none of the eligible princesses strike his fancy...

Prince Henry by Oliver Pike

It is time for Prince Henry to find someone to marry, or so his parents think. Join Henry in his fairy tale kingdom where certain laws apply when it comes to choosing who you can spend your life with. A fairy tale romance intended for young readers, 'Prince Henry' delivers a positive message of both love and equality.

Are you a boy or are you a girl? By Sarah Savage & Fox Fisher

Tiny loves costumes! Tiny likes to dress up as an animal, or a doctor, or a butterfly. Tiny also prefers not to tell other children whether they are a boy or a girl. Tiny's friends don't mind, but when Tiny starts a new school their new friends can't help asking one question: "Tiny, are you a boy or are you a girl?"

This brightly illustrated book will open a dialogue with children aged 3+ about gender diversity in a fun and creative way. Featuring a gender neutral protagonist, the book imparts an important message about identity and being who you want to be.

10,000 Dresses by Marcus Ewert

Every night, Bailey dreams about magical dresses: dresses made of crystals and rainbows, dresses made of flowers, dresses made of windows. . . . Unfortunately, when Bailey's awake, no one wants to hear about these beautiful dreams. Quite the contrary, "You're a BOY!" Mother and Father tell Bailey. "You shouldn't be thinking about dresses at all." Then Bailey meets Laurel, an older girl who is touched and inspired by Bailey's imagination and courage. In friendship, the two of them begin making dresses together. And Bailey's dreams come true!

William's Doll by Charlotte Zotelow

William wants a doll - to hug, to feed, to tuck in, and kiss goodnight. "Don't be a creep," says his brother. "Sissy, sissy," chants the boy next door. His father buys him trains and a basketball - but not the doll that William really wants. Then one day, someone comes along who understands why William should have his doll.

Dad David, Baba Chris & Me by Ed Merchant

Ben was adopted by his gay parents Dad David and Baba Chris when he was four years old, and they live happily together in an ordinary house, on an ordinary street and do ordinary things. When Ben starts junior school, his ordinary life is turned upside down. Some children begin to tease him because he lives with two dads. Now Ben is worried that he is not so ordinary anymore and he is anxious about being different.

Baba Chris and Ben's school teacher Miss Patel help Ben to understand that children live in all kinds of families and that what matters most is that children are loved and cared for.
### One of a Kind Like Me/Único como yo by Laurin Mayeno

This bilingual Spanish picture book gently introduces gender diversity. Danny wants to be a purple princess for the school parade, and his family helps him create a costume from thrift store finds. The author hopes that her book gives children a sense of belonging, courage to be who they are, and an appreciation for people who are different from themselves. [picture book, ages 3 and up]

### The Boy and the Bindi by Vivek Shraya

A boy asks his Ammi about the dot above her nose. When she gives him his own bindi, he discovers that it watches over him and allows him to explore and express who he is. This book is nothing short of magical!

### Call Me Tree/Llamame árbol by Maya Christina Gonzalez

Just as a tree, a child grows tall and strong, reaches out, belongs, and is free to be. I love the carefree child in this book, who could be any gender. English, and Spanish words and vivid illustrations flow together like a song.

### Who You Are? The Kid’s Guide to Gender Identity by Brook Pessin-Whedbee

Hooray for this book that helps explain gender to children and supports them to be who they are! It breaks down concepts like expression, and gender identity using language and vivid illustrations that make it easy to understand.

### Red: A Crayon’s Story by Michael Hall

This book is a fantastic way to send a powerful, yet simple message. Everyone in this humorous story wants the crayon to be red, just like the paper it is wrapped in. Will the crayon eventually learn to embrace its true colour?

### George by Alex Gino

George is a fourth grader who everyone thinks is a boy, but she realizes that she’s a girl. Readers follow George’s journey as she comes to terms with, and finds ways to express, who she is. The fun story line keeps us wondering what will happen next.

### Sex is a Funny Word: A Book About Bodies, Feelings, and You by Cory Silverberg and Fiona Smith (Middle Grades)

This book is a great tool for talking with children about a range of topics including the word “sex”, bodies, crushes, consent, and more. Written and illustrated in a playful, engaging, and empowering way, it is inclusive of many types of diversity.
### Meet Polkadot by Talcott Broadhead

Yay for a book that highlights a child whose identity is neither boy or girl. Told through the eyes of a child named Polkadot, it is an information-packed resource that can help us learn about gender, explore who we are, and become better allies.

### Introducing Teddy by Jessica Walton

Errol and Thomas the teddy play together every day. Thomas is afraid to tell Errol that she’s really Tilly, a girl teddy. This story about friendship and being who you are can help young children understand and appreciate gender diversity.

### This Day in June by Gayle E. Pitman

In a wildly whimsical, validating, and exuberant reflection of the LGBT community, *This Day In June* welcomes readers to experience a pride celebration and share in a day when we are all united.

Also included is a Reading Guide chock-full of facts about LGBT history and culture, as well as a Note to Parents and Caregivers with information on how to talk to children about sexual orientation and gender identity in age-appropriate ways.

*This Day In June* is an excellent tool for teaching respect, acceptance, and understanding of lesbian, gay, bisexual, and transgender people.

### Pea’s Book of Best Friends by Susie Day

When Pea Llewellyn’s dizzy but dazzling single mum becomes Marina Cove, author of the bestselling *Mermaid Girls* books, everything changes. It’s time to leave their tiny flat in Tenby for a proper house in London, and a whole new life.

Pea likes the red front door, and the attic bedroom all to herself. She even likes her hideous new school uniform, in a masochistic Malory Towers sort of way. But there’s an empty chair beside her in every lesson, and no one seems to want to fill it. In the absence of volunteers, Pea is going to have to acquire herself a best friend . . .

Meet Pea, the girl with a head full of dreams, in this funny and entertaining story where she decides what she wants to be.
### I am J by Chris Beam

J always felt different. He was certain that eventually everyone would understand who he really was: a boy mistakenly born as a girl. Yet as he grew up, his body began to betray him; eventually J stopped praying to wake up a ‘real boy’ and started covering up his body, keeping himself invisible - from his family, from his friends...from the world. But after being deserted by the best friend he thought would always be by his side, J decides that he’s done hiding - it's time to be who he really is. And this time he is determined not to give up, no matter the cost.

### If You Could Be Mine by Sara Farizan

Seventeen-year-old Sahar has been in love with her best friend, Nasrin, since they were six. They’ve shared stolen kisses and romantic promises. But Iran is a dangerous place for two girls in love--Sahar and Nasrin could be beaten, imprisoned, even executed. So they carry on in secret until Nasrin’s parents suddenly announce that they’ve arranged for her marriage. Then Sahar discovers what seems like the perfect solution: homosexuality may be a crime, but to be a man trapped in a woman’s body is seen as nature’s mistake, and sex reassignment is legal and accessible. Sahar will never be able to love Nasrin in the body she wants to be loved in without risking their lives, but is saving their love worth sacrificing her true self?

### The Boy in the Dress by David Walliams

Dennis was different. Why was he different, you ask? Well, a small clue might be in the title of this book…

Charming, surprising and hilarious – The Boy in the Dress is everything you would expect from the co-creator of Little Britain. David Walliams’s beautiful first novel will touch the hearts (and funny bones) of children and adults alike.

### Alex as Well by Alyssa Brugman

Why does it matter whether I am a boy or a girl? But it does...It really, really matters. When Alex was born, the doctors described him as sexually ambiguous, with both male and female reproductive organs. For the last fourteen years his parents have raised Alex as a boy. They dressed him in boy’s clothes, sent him to a boy’s school and gave him medication to help regulate his hormones. But last night at dinner, Alex made an announcement, three words that would change everything: ‘I’m a girl.’ And when Alex sets about changing her life her wardrobe, her school, her entire identity no one knows how to react, least of all her parents.

### About a Girl by Joanne Horniman

Anna is afraid she must be unlovable - until she meets Flynn. Together, the girls swim; eat banana cake, laugh and love. Some days Flynn is unreachable; other days she’s at Anna's window - but when Anna discovers her secret, she wonders if she knows Flynn at all.

A beautifully crafted novel that explores the tension between the things that pull people together and the things that push them apart.
Boys Don't Cry by Malorie Blackman

Dante is waiting for the postman. It's 'A' level results day and he has high hopes, but a knock on the door brings an old girlfriend and some news that will change his plans for good.

Written from the point of view of two teenaged brothers: Dante, who is looking forward to university and a successful career, unexpectedly finds himself faced with the demands of full time single parenthood, and Adam, who is happy to be gay and makes no secret of it, but ultimately suffers from the intolerance of those around him.

A hard-hitting novel dealing with some of the real issues facing teenagers. This is also a moving story about father-son relationships.

Boy Meets Boy by David Levithan

To be together with someone for twenty years seems like an eternity. I can't seem to manage twenty days... How do you stay together?

Paul has been gay his whole life and he's confident about almost everything. He doesn't have to hide his feelings like best friend Tony or even cope with loving the wrong guy like his other best friend Joni. But heartbreak can happen to anyone. Falling in love changes everything.

How They Met by David Levithan

They met on a plane / at Starbucks / in class. It was a set-up / it was completely random / they were dancing. It was love at first sight / it took time / it was a disaster!

Love is a complicated, addictive, volatile, scary, wonderful thing. Many of the stories in this collection started out as gifts for the author's friends. From the happy-ever-after to the unrequited, they explore the many aspects of the emotion that has at some time turned us all inside out and upside down.

Gracefully Grayson by Ami Polinski

Grayson Sender has been holding onto a secret for what seems like forever: 'he' is a girl on the inside, stuck in the wrong gender's body. The weight of this secret is crushing, but sharing it would mean facing ridicule, scorn, rejection or worse. Despite the risks, Grayson's true self itches to break free. Will new strength from an unexpected friendship and a caring teacher's wisdom be enough to help Grayson step into the spotlight she was born to inhabit?

Ami Polonsky's moving, beautifully-written novel about identity, self-esteem and friendship shines with the strength of a young person's spirit and the enduring power of acceptance.

This Book is Gay by Juno Dawson

A funny and pertinent book about being lesbian, bisexual, gay, queer, transgender or just curious - for everybody, no matter their gender or sexuality

Juno Dawson gives an uncensored look at what it's like to grow up as LGBT. Including testimonials from people across the gender and sexual spectrums, this frank, funny, fully inclusive book explores everything anyone who ever dared to wonder wants to know - from sex to politics, how to pull, stereotypes, how to come-out and more. Spike Gerrell's hilarious illustrations combined with funny and factual text make this a must-read.
The Art of being Normal by Lisa Williamson

Two boys. Two secrets. David Piper has always been an outsider. His parents think he's gay. The school bully thinks he's a freak. Only his two best friends know the real truth - David wants to be a girl. On the first day at his new school Leo Denton has one goal - to be invisible. Attracting the attention of the most beautiful girl in year 11 is definitely not part of that plan. When Leo stands up for David in a fight, an unlikely friendship forms. But things are about to get messy. Because at Eden Park School secrets have a funny habit of not staying secret for long...

Can I tell you about Gender Diversity by CJ Atkinson

Meet Kit - a 12 year old undergoing medical transition - as he talks about gender and the different ways it can be explored. He explains what it is like to transition and how his friends, family and teachers can help through talking, listening and being proactive.

With illustrations throughout, this is an ideal way to start conversations about gender diversity in the classroom or at home and suitable for those working in professional services and settings. The book also includes a useful list of recommended reading, organisations and websites for further information and support.

How to understand your Gender by Alex Iantaffi and Meg-John Barker

This helpful guide presents ways we can all better understand gender, and how people can change and express their gender identity. Considering biological and cultural understandings of gender, gender expression, and relationships and sexuality, this is an excellent starting point for anybody thinking about what gender means to them.
### Comic Books for young people

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<thead>
<tr>
<th><strong>Princeless</strong></th>
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<tr>
<td><strong>Princeless</strong> tells the story of Princess Adrienne, a strong-minded, brave, and intelligent black princess who questions and challenges expectations and stereotypes associated with princesses. From a young age, Adrienne resents any limitations placed on her as a princess and struggles against them in order to define her own role. On her 16th birthday, she is tricked into imprisonment in a tower, as is the expected fate of any princess in the land. Instead of waiting for a prince to rescue her, Adrienne escapes from her tower with the aid of her guardian dragon, trades her dress and crown for armour and sword and sets out to rescue her six sisters from their own prisons.</td>
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<td>Ages 8-12</td>
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<tr>
<th><strong>Raven: The Pirate Princess</strong></th>
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<td><strong>Raven: The Pirate Princess</strong></td>
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<td>It's about a queer woman-of-colour pirate commanding an all-female crew on a quest of revenge against her brothers who stole from her everything that should have been hers. The series is very diverse, featuring LGBTQ characters, people of colour and characters with disabilities, and has strong messages of inclusion, much like the Princeless series that it stems from.</td>
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<tr>
<td>From KS3 upwards</td>
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<tr>
<th><strong>Lumberjanes</strong></th>
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<td>The story follows a group of girls spending summer at a scout camp, and the strange creatures and supernatural phenomena they encounter there. Two of the girls are a couple and one is trans. There are prominent BAME characters.</td>
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<td>Suitable for all ages</td>
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<tr>
<th><strong>Steven Universe</strong></th>
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<td>Animated TV series but also issued as comics. Steven Universe is an American animated television series created by Rebecca Sugar. It is the coming-of-age story of a young boy named Steven Universe, who lives in the fictional town of Beach City with the “Crystal Gems” – Pearl, Garnet, and Amethyst, three magical humanoid aliens. Steven, who is half-Gem, goes on adventures with his friends and helps the Gems protect the world from their own kind. The creator says that her series’ LGBT representation is not intended to make a point, but to help all children understand themselves and develop their identity.</td>
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<tr>
<td>Suitable for KS2 upwards</td>
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