



Pride

Learning Pack



**SAFER
SCHOOLS**



What is Pride?

Pride is a month dedicated to celebrating LGBTQ+ communities in the UK and abroad.

Pride Month takes place in June, as this is the same month as the Stonewall protests in New York in 1969. These protests happened after significant acts of violence and discrimination from the police. They led to widespread demands for LGBTQ+ civil rights across the world.

What is the Pride Festival?

After these protests, the first official Pride festival in the UK took place in 1972. This first event saw a turnout of 2,000 people. Now, over one million celebrate the event every year in London.

Although celebrations might be different this year, the idea of the festival is the same: coming together to promote the rights and equality of sexual and gender minorities. People of all orientations usually take part in colourful parades, concerts, cultural events, and marches.

Pride is also an opportunity to better understand the shared experience of LGBTQ+ people.





What does LGBTQ+ mean?

LGBTQ+ stands for Lesbian, Gay, Bisexual, Trans, and Queer/Questioning. Our sexualities and genders can be diverse, so the + represents everyone who doesn't feel they fall neatly into the category of LGBTQ (e.g. intersex or asexual people).

Lesbian: A female who is attracted to other females.

Bisexual: A person who is attracted to both men and women (does not have to be equally).

Gay: A person (usually a man) who is attracted to the same sex.

Trans: A person who has a different gender than the one they were born with.

Queer: A word used to explain all the different types of gender/sexualities.

Questioning: A word to describe a person exploring their sexual/gender identity.

Use the glossary at the back to better understand more LGBTQ+ terms.

Facts and Myth

Discuss whether you think these statements are facts or myths. Write **fact** or **myth** beside each statement.

1. Same-sex marriage was legally introduced in England in 2013
2. A person can only identify as a man or a woman.
3. 2-4% of the UK population identifies as LGBTQ+
4. 45% of all LGBTQ+ pupils face bullying at School.
5. Homosexuality was illegal in the UK until 1967
6. People are either straight or gay.
7. Our sexuality is fixed and cannot change
8. Men are always masculine, and women are always feminine.

Facts: 3,4,1,5
Myths: 2,6,7,8



Questions and Reflection

Have you ever attended a Pride festival? **If not, would you like to?**

Why do you think it is important that we all celebrate Pride Month?

Does your school have any events that celebrate the LGBTQ+ community?

Now is your opportunity to ask any questions you might have. If you have any questions about Pride Month, Pride festival, or the LGBTQ+ community, **write your questions below.**



Questions and Reflection

Now is your opportunity to ask any questions you might have. If you have any questions about Pride Month, Pride festival, or the LGBTQ+ community, **write your questions below.**



Glossary

LGBTQ+: Umbrella term. Lesbian, Gay, Bi-Sexual, Trans, and Queer or Questioning

Lesbian: Usually refers to same sex attracted women.

Gay: Usually refers to same sex attracted people. (Usually men but sometimes women).

Bisexual: Usually refers to a person attracted to both genders (does not have to be equally).

Trans: Preferred umbrella (catch all) term that refers to separate terms transgender and transsexual (these are both different).

Transgender: Refers to someone whose gender identity differs from the one assigned to them at birth.

Queer: Can be seen as offensive by some but has been reclaimed by others. Queer refers to feelings of 'otherness' or different identities. It is considered less restrictive than LGBTQ+.

Pansexual: An attraction to a person of any sex or gender.

Sex: Refers to our biological sex, chromosomes, genitals, and hormones.

Gender: Refers to our appearance, mannerisms, and expected social behaviours. It can be possible that a person's biological sex and gender identity do not match.

Sexual Orientation: This refers to the emotional, physical, and sexual attraction to others which may change throughout our lives.

Gender Identity: A person's sense of their gender. This can refer to our feelings and appearances of masculinity or femininity. This can be the same as or different from the gender we were assigned at birth.



Glossary

Questioning: When a person is reflecting on their sexual and/or gender identity. This is a normal experience for all young people as they pass through puberty.

Cis/Cisgender: A term used to describe someone whose gender is the same as the sex they were assigned at birth.

Cross-Dresser: The act of dressing in the opposite gender's clothes. This can be a form of self-expression and does not necessarily mean a person is trans.

Gender Non-Binary: An identity category used for someone whose gender doesn't fit clearly into either male or female.

Gender-Fluid/Gender-Queer: An identity category used by someone who has no fixed gender. Their gender is likely to fluctuate or change. They may have both masculine and feminine (or neither) traits while expressing their gender.

Heterosexual/Straight: Someone who is attracted romantically, sexually, and emotionally to a member of the opposite sex.

Intersex: Someone who was born with variations in primary sex characteristics, such as genitals, chromosomes, and sex hormones. Their bodies do not usually fit standard medical definitions of male or female.

Homophobia, Biphobia, and Transphobia: The irrational fear and hatred of people, identities, and behaviours. Can include negative attitudes, discrimination, and violence toward LGBTQ+ people.

(Gender) Pronouns: words used to refer to a person including: he/she/they and his/hers/theirs. Some people may use gender neutral pronouns. If you are unsure of someone's gender/sex, it is better to ask for their preferred pronouns.

Coming Out: When a person chooses to tell others in their life about their sexual orientation or gender identity. This usually happens once, but this can also happen every time an LGBTQ+ person meets someone new. In some cases, it is not safe for an individual to 'come out' if they may face possible discrimination, violence, or harm.



Glossary

Outing: When an LGBTQ+ person's sexual orientation and/or gender identify is publicly disclosed without their knowledge or consent.

Deadnaming: When a person or group continues to use a person's birth name after they have transitioned. This is usually to bully, harass, or shame them.

Helpful Resources

Childline: bit.ly/3garLEt

The Princes Trust: bit.ly/3zh1RGz