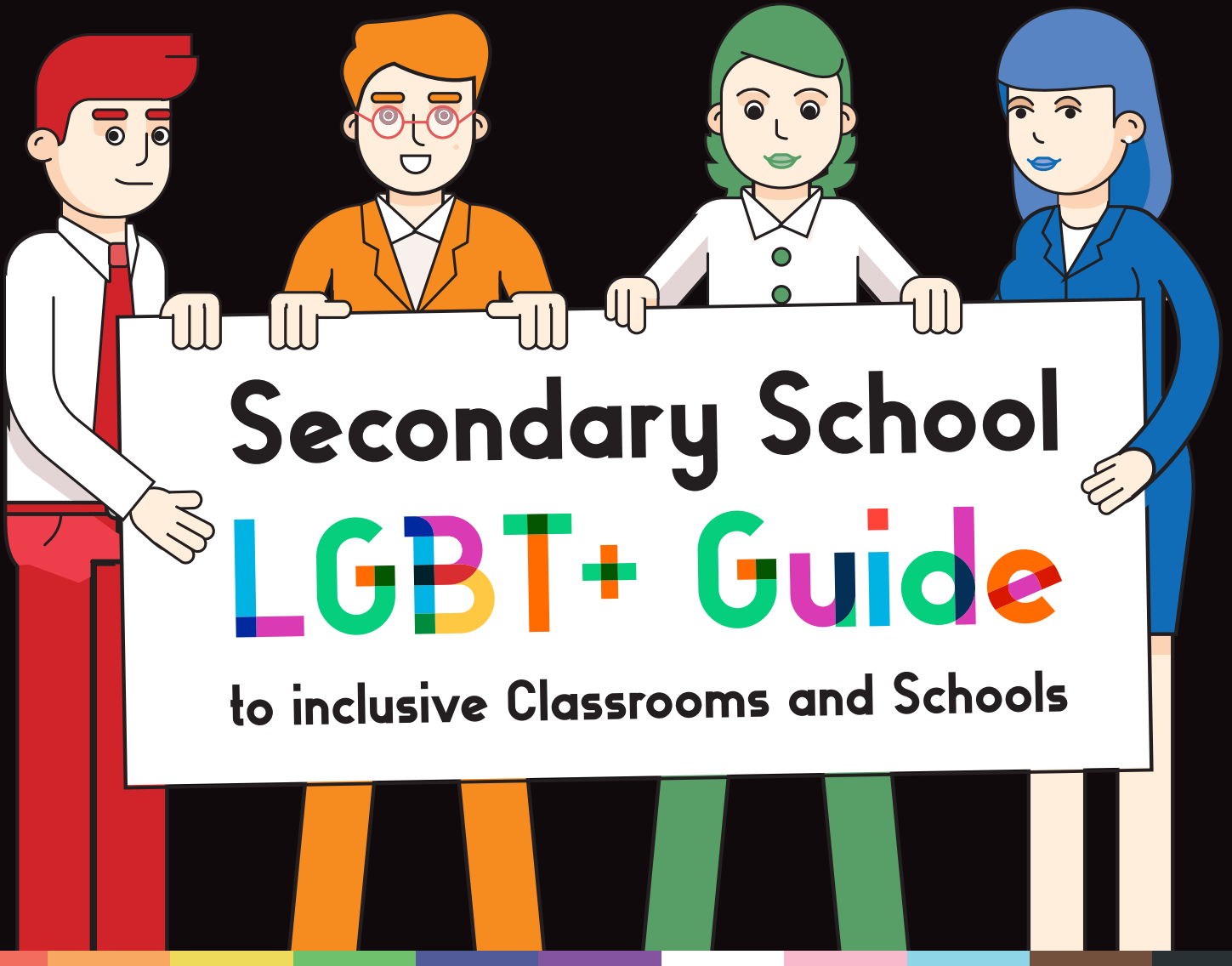


midlands

LGBT+

project



Secondary School

LGBT+ Guide

to inclusive Classrooms and Schools

# Who we are...

We are Midlands LGBT+ Project, a service designed to help the LGBT+ population in Kildare, Offaly, Laois and surrounds. We were established in February 2021 as Laois LGBTI Project but quickly grew into Midlands LGBT+ Project due to demand for our services.

We are based in Portlaoise, funded by Department of Children, Equality, Disability, Integration and Youth and we are managed and Governed by Youth Work Ireland Laois.

We are a small project with one staff member and ten volunteers that help make everything we do possible. Our mission is to help reduce any isolation felt by LGBT+ people in the midlands by creating a community for everyone. How we do this is ever changing like the needs of those we work with.

Currently we run social and support groups for adults, we facilitate training to groups like this one for teachers and others for individual businesses, for counsellors and more.

We run queer book clubs and pop up events, workshops and community days. We also deliver LGBT+ sessions to secondary school students and provide advice and advocacy services for those who need it.

You can catch us on email, phone, social media and we are always happy to chat about making your school a wonderful safe space for its LGBT+ students (and staff) or if you have any specific questions we are always here to help.



📞 Mobile: 086 0757985

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✉️ help@midlandslgbtproject.com

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# ABC's of LGBT

## LGBTQIA

Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Ally or Asexual

### Allies

People who identify as cisgender (see cis below) and/or straight, and believe in social and legal equality for LGBTQ+ people. LGBTQ+ people can also be allies to each other.

### Asexual

This is an umbrella term used for individuals who do not experience, or experience a very low level of sexual desire. Sometimes referred to as "Ace", this identity can include those who are interested in having romantic relationships, and those who are not. Those who are interested in having romantic relationships may identify as homo-romantic, heteroromantic, bi-romantic, or pan-romantic. Asexuality is a spectrum encompassing a number of identities.

### Assigned at birth

Assigned at birth refers to the way in which your sex assignment is recorded on your birth certificate. When a baby is born, they are assigned a sex based on a perfunctory examination of their anatomy. Typically, babies are either assigned female at birth (AFAB), or assigned male at birth (AMAB).

### Biological Sex

A medical term used to refer to the chromosomal, hormonal and anatomical characteristics that are used to classify an individual as female or male or intersex. Often referred to as simply "sex," "physical sex," "anatomical sex," or specifically as "sex assigned at birth."

### Bisexual

Most commonly, bisexuality is seen as an emotional and/or sexual attraction to two genders. This definition includes the fact that some individuals who identify as bisexual are sexually and/or emotionally attracted to more than one gender but only form relationships with one. Another commonly used definition is a sexual attraction towards the same gender, and gender(s) different than your own. This attraction does not have to be equally split or indicate a level of interest that is the same across the genders or sexes an individual may be attracted to.



### Butch

A person who identifies themselves as masculine, whether it be physically, mentally, or emotionally. 'Butch' is sometimes used as a derogatory term for lesbians, but it can also be claimed as an affirmative identity label.

### Cisgender

Cisgender refers to people who are not trans; someone who had the correct gender assigned to them at birth. For example, if someone was assigned male at birth (AMAB) and they identify as a man, then they are a cisgender man, or cis man, also referred to as a "man". If someone was assigned female at birth (AFAB) and they identify as a woman, then they are a cisgender woman, or a cis woman, also referred to as a "woman".

### Coming Out

This is the process of revealing your sexual orientation and/or gender identity to individuals in your life; often incorrectly thought to be a one-time event, this is a lifelong and sometimes daily process.

### Discrimination

Discrimination means making a distinction in favour of, or against, a person based on the group, class, or category to which a person belongs.

# ABC's of LGBT

## Dyke

This refers to a lesbian or gay woman. While often used derogatorily, it is also reclaimed affirmatively by some lesbians and gay women as a positive self identity term.

## FTM/ MTF

Female-to-male transgender person / male-to-female transgender person

## Gay

This term can be used as an umbrella term for anyone who is sexually or romantically attracted to someone of the same gender. The definition is often used to exclusively refer to someone who is male-identified, who is romantically or sexually attracted to other male-identified individuals.

## Gender Binary

The idea that there are only two genders and that every person is one of those two.

## Gender Expression

The external display of one's gender, through a combination of clothing, grooming, demeanor, social behavior, and other factors, generally made sense of on scales of masculinity and femininity. Also referred to as "gender presentation."

## Gender Identity

An individual's identification of themselves as female, male, non-binary, or another descriptor.

## Gender Norms

Gender norms define what society considers male and female behavior, and it leads to the formation of gender roles, which are the roles males and females are often expected to take in society.

## Heteronormativity

The assumption, in individuals or in institutions, that everyone is heterosexual. This leads to invisibility and stigmatizing of other sexualities: when learning a woman is married, asking her what her husband's name is.

## Heterosexual (Straight)

This is a sexual attraction to the "opposing" sex/gender. Typically this means a female/women attracted to male/men, and vice versa. Also known as straight.

## Homophobia, Biphobia & Transphobia

Are all umbrella terms for a range of negative attitudes (e.g., fear, anger, intolerance, resentment, erasure, or discomfort) that one may have toward LGBTQ people. The term can also connote a fear, disgust, or dislike of being perceived as LGBTQ. Homophobic- a word used to describe actions, behaviors, or individuals who demonstrate elements of this range of negative attitudes toward LGBTQ people.

## Intersex

A person whose sex characteristics don't fit within the medical confines of female or male.

## Lesbian

A female-identified person who is sexually and/or romantically attracted to other female-identified individuals.

## Non-Binary

Identifying outside the gender binary.

# ABC's of LGBT

## Pansexual

Pansexuality is a sexual orientation used to describe an individual who feels they are sexually and/or romantically attracted to all genders, based on an individual's personality.

## Passing

A word used to describe trans people being accepted as, or able to "pass for," a member of their self-identified gender identity (regardless of sex assigned at birth) without being identified as trans.

## Polyamory/Polyamorous:

refers to the practice of, desire to, or orientation towards having ethically, honest, consensually non-monogamous relationships (i.e. relationships that may include multiple partners). This may include open relationships, polyfidelity (which involves more than two people being in romantic and/or sexual relationships which is not open to additional partners), amongst many other set ups. Some poly(amorous) people have a "primary" relationship or relationship(s) and then "secondary" relationship(s) which may indicate different allocations of resources, time, or priority.

## Pride

Pride is an annual celebration of LGBTQ+ communities held around the world. In Ireland most of the large cities and towns have their own Pride Festival.

## QPOC

Initials standing for Queer People of Colour

## Queer

Historically, this was a derogatory slang term used to identify LGBTQ+ people. It has been embraced and reclaimed by the LGBTQ+ community as a symbol of pride, representing all individuals who fall out of the gender and sexuality norms. This can be an umbrella term for anyone who is not heterosexual, gender-binary and/or heteronormative.

## Sexual Orientation

The sexual, emotional, physical attraction one feels for others.

## Transgender (Trans)

A term that describes a person whose gender identity does not match their assigned sex. For example, someone who was assigned female at birth who identifies as male. Transgender people may alter their bodies using hormones, surgery, both or neither.



**This list is not exhaustive, it gives only an overview of some of the most common phrases and terms in the LGBT+ Community.**

**There are a variety of other identities and expressions so please remember to respect peoples identities and to do further research on other terms if needed.**

# Dates to Celebrate and Remember

# Coming out

Coming out is the process of discovering your LGBT+ identity and telling people. Coming out is different and unique for everyone and people come out in many different ways.

For most people, coming out can be both challenging and rewarding in different ways but knowing how to support young people coming out can make a huge difference to their experience of it.

Knowing that they will be supported and accepted makes a huge difference to young people feeling like they can come out along with having strong LGBT+ visibility which are both things we can do in our classrooms.



**12 Years Old**  
Most common age people discovered their LGBT+ Identity

**16 Years Old**  
Most Common age when people told the first person they were LGBT+

**February**  
LGBT History Month

**March**  
31st - Trans Day of Visibility

**April**  
6th - International Asexuality Day  
26th - Lesbian Visibility Day

**May**  
17th - International Day Against Homophobia, Transphobia and Biphobia  
19th - Agender Pride Day  
22nd - Irelands Marriage Equality Referendum Anniversary  
24th - Pansexual & Panromantic Awareness Day

**June**  
Pride Month  
28th - Stonewall Riots Anniversary

**July**  
14th - Non Binary People's Day

**September**  
23rd - Bisexual Visibility Day

**October**  
Trans Awareness Month  
Pronouns Day  
(Third Wednesday of October)  
8th - Lesbian Day  
11th - National Coming Out Day  
26th - Intersex Awareness Day

**November**  
Belong To's Stand Up Week  
8th - Intersex Day of Remembrance  
20th - Trans Day of Remembrance

**December**  
1st - World Aids Day  
10th - Human Rights Day

## Do



- Be proactive - Make sure students know you are supportive and inclusive through your everyday actions, the language you use or the lessons you teach, don't wait for students to come out before integrating this into your classroom. Assume there are LGBT+ in every class you teach
- Listen, listen, listen
- Respect their confidentiality- Your student has disclosed their LGBT+ identity because they trust you, do not share information you don't have to with others. Let the student know that the conversation will be confidential unless there is a risk to the student or others. Risk of harm should be assessed and dealt with in accordance with Children First Guidelines
- LGBT+ Resources- Have a bank of LGBT+ resources, know where your nearest LGBT+ youth group or services are and have contact information for them or flyers

## Do Not



- Tell them it could be a phase
- Say you knew they were LGBT+
- Tell them you don't have a problem with them being LGBT+
- Ask about their sexual history or experiences
- Do anything without consulting the student- Your student may just need a listening ear, if you are going to act on anything they have said make sure to communicate that with the student
- Pretend to know anything you don't - If you do not know the answer to any questions a student might have, tell them you don't know but you will try to find out for them
- Tell them they are too young to know

# LGBT+ Young People - The Facts

LGBT+ young people in Ireland still today face significant difficulties while in school compared to most of their peers and teachers, educators, youth workers and those around them have a real chance to impact each and every LGBT+ young person's lives by making big and small changes in their schools.

## LGBTI Young People have: <sup>2</sup>

- 2 times the level of self harm
- 3 times the level of attempted suicide
- 4 times the level of severe/extreme severe stress, anxiety and depression

(Compared to the My World National Youth Mental Health Study <sup>1</sup>)

## School Environment <sup>3</sup>

- 73% of LGBTI+ students feel unsafe at school. 47% because of their sexual orientation and 27% because of their gender expression.
- 3 in 10 LGBTI+ students missed at least one day in the past month because they feel unsafe or uncomfortable.
- LGBTI+ students avoid certain spaces and activities due to safety concerns: PE: 37%, bathrooms: 34%, locker rooms: 24%, sports facilities: 22%, lunch area: 18%
- 60% of LGBTI+ students never reported incidents of LGBTI+ bullying to school staff and 54% never reported to a family member.
- 60% of LGBTI+ students felt school staff intervention was ineffective.

## Safety <sup>3</sup>

- 7% of LGBTI+ students are verbally harassed (e.g. name calling or being threatened) based on their sexual orientation, gender, gender expression or ethnic origin.
- 38% of LGBTI+ students are physically harassed (e.g. being shoved or pushed), 25% because of their sexual orientation and 18% based on gender expression.
- 11% of LGBTI+ students are physically assaulted (e.g. punched, kicked or injured with a weapon) because of their sexual orientation, 8% because of their gender expression.
- 43% of LGBTI+ students are sexually harassed (e.g. unwanted touching or sexual remarks).

## Higher Education <sup>3</sup>

- 8% less likely to pursue third-level education (66% vs 74%).

## Curriculum <sup>3</sup>

- 68% of LGBTI+ students were not taught anything positive about LGBTI+ identities in school.
- LGBTI+ students identified positive representations of LGBTI+ topics in the following subjects: SPHE (23%), English (7%) and History (6%).
- Including LGBTI+ related issues in the curriculum means students are 26% more likely to feel accepted by the student body, 20% more likely to feel they belong at school and 9% more likely to not miss days of school due to feeling unsafe.

- **55% of LGBTI+ students reported hearing a transphobic remark from a teacher or staff member.** <sup>3</sup>

## Mental Health <sup>4</sup>

- 97% of LGBTI+ young people are struggling with anxiety, stress, or depression (2020: 93%). (compared to 53% of young people named in the Young Social Innovators Covid-19 Youth 'Check In' Survey 2020.)
- 63% of LGBTI+ young people are struggling with suicide ideation (2020: 55%).
- 50% of LGBTI+ young people are struggling with self-harm (2020: 45%).

1. Dooley B and Fitzgerald A (2012) My world survey: national study of youth mental health in Ireland. Dublin: UCD and Headstrong  
2. Higgins A. et al. (2016) The LGBTIreland Report: national study of the mental health and wellbeing of lesbian, gay, bisexual, transgender and intersex people in Ireland. Dublin: GLEN and BeLonG To Youth Services  
3. Oren Pizmony-Levy & BeLonG To Youth Services (2019) The 2019 School Climate Survey Report: The experience of lesbian, gay, bisexual and trans young people in Ireland's schools. Research Report. Ireland: Dublin.  
4. Belong To Youth Services (2020) LGBTI+ Life in Lockdown: 1 Year Later Key Findings. Dublin



# Inclusive Schools and Curriculums

Inclusive schools and subjects are intentional and well thought out, they not only study LGBT+ figures and themes but use inclusive language and LGBT+ people are represented throughout the school year in everyday stories and words that are used. Assessing your texts, posters, projects, homework, policies and more will help to make school a better and safer environment for all students.

## Things to do and consider in your school and classroom:

- Conduct a visual audit of your classroom to examine your wall posters and other visible materials. Do they represent individuals with diverse gender expressions? Are there portrayals of nontraditional families or families with LGBTQ members?
- **Can you introduce more gender neutral language with your students, instead of boys and girls can you say students, class, friends, everybody.**
- Instead of dividing students by gender for activities, can you divide by sides of room or table groups.
- **Don't make gender assumptions and offer equal opportunities for all students. Don't ask for 'strong boys to carry materials' or 'creative girls to decorate'.**
- Making curriculums and subjects inclusive in small ways can make a huge difference to your LGBT+ students feeling represented and included in class. It also allows all students to grow and learn about LGBT+ history and themes and makes a space where students can become confident in challenging societal norms and heteronormativity and instead makes room for thinking outside of the box and including minorities in everyday life that have often been overlooked in the past. On the next page are some examples of how you can integrate LGBT+ lives and themes into different subjects.

## English

Studying LGBT+ authors and themes is a great way to make your curriculum and classroom more inclusive and allows conversations around LGBT+ issues to be discussed in the classroom. Studying LGBT+ authors gives LGBT+ students an opportunity to learn about people they share similar experiences with and it gives non LGBT+ students a chance to explore things from an LGBT+ persons perspective which they may not have had to do before.

Introduce LGBT authors and themes: Study works of fiction by LGBT authors. Discuss how their LGBT identity and the culture they lived in might have influenced their writing and include LGBT themes in discussions.

You could also study LGBT themes from different nations and the contrasting representation of now and in the past or country to country and discuss the changes that have happened or that need to happen.

*Examples of Authors to study: Audre Lorde, Adrienne Rich, Alice Walker, Jackie Kay, Siegfried Sassoon, Christopher Isherwood, Oscar Wilde.*

## Irish

Learning the words for common LGBT+ terms and phrases in Irish is a great start to making Irish lessons inclusive. Once students are better able to communicate LGBT+ themes they could write a story or have a discussion about a fictional LGBT+ storyline. Teachers should model inclusive language in everyday conversations in Irish, for example, speaking about two women and their children.

## Maths

Developing an inclusive math curriculum can be as simple as using gender and sexuality inclusive language and mentioning LGBT+ people who made a notable difference in the field of math. Changing your language in small ways like this can make a huge difference to students feeling accepted and safe in schools.

*Example: Husbands Mark and David Fitzpatrick are budgeting for their family holiday to Spain... or, Aisling and her girlfriend Siobhan want to calculate the cost of petrol from Laois to Cork.....*

## History

History provides an excellent opportunity to study the changes LGBT+ people have made to all areas of society and the LGBT+ community throughout different times and how it has changed or ways it has stayed the same. Doing projects on specific events in Irish, European or American LGBT+ history such as the decriminalization of homosexuality in Ireland or Stonewall helps LGBT+ students learn their community history and studying LGBT+ historical figures and people who have made a difference to LGBT+ rights such as Marsha P Johnson, Harvey Milk, David Norris, Lydia Foy etc.

*A project example could be creating an Irish Equality Timeline allowing students to study many different underrepresented groups and learning about their struggles from the past right up to today.*

## Geography

Alongside using inclusive language and representing different genders and sexualities in Geography class, Geography allows us to explore the environment, people and the world. Studying LGBT themes in Geography could include migration and why LGBT+ might choose to migrate internationally or nationally, the different types of migration and push and pull factors that might occur. Students could also look at LGBT+ tourism and why that might look different for LGBT+ people (safety, societal norms, laws etc.)

## Art

Inclusive art curriculums will include references to LGBT+ artists, making sure their sexual orientation and/or gender identity is discussed as part of their identity. Provide opportunities for pupils to debate and think critically about key ideas that relate to LGBT people and experiences, such as relationships and personal identity.

*Examples of LGBT+ Artists: Frances Bacon, Frida Kahlo, Gilbert and George, Keith Haring, Berenice Abbott, Adi Nes, Albrecht Becker*

## PE

PE and sports can be difficult for LGBT+ students and there is a lot of work to do to make them more inclusive for everyone. We can start by discussing and promoting a diverse range of sports people. Mixed schools often divide teams and sports by gender which can be harmful for non binary and trans students. Non gendered games and sports give everyone an opportunity to participate. If teams are being divided by gender, ensure it is made clear that students can join the team of their preferred gender.



## Ideas

- Create an LGBT+ or Pride section in your school library.
- Is there an LGBT+ Student Committee or Club in your school? If not could you help get one started?
- Could your school mark some of the dates in the calendar like Stand Up Week or National Coming Out Day?
- Are you having open conversations with other teachers to encourage all classrooms to integrate LGBT+ lives into their learning and sharing ideas?
- Brainstorm with your students, set aside an hour for them to come up with ideas of how to make the school, the classroom and curriculum more inclusive.



## Books for your library

- **Better Nate than Never** - Tim Federle (9-14)
- **George** - Alex Gino (9-14)
- **The Deepest Breath** - Meg Grehan (9-14)
- **YAY! You're Gay! Now What? A Gay Boy's Guide to Life** - Riyadh Khalaf (11-16)
- **What is gender? How does it define us? And other big questions for kids** - Juno Dawson (11-14)
- **Leah on the Offbeat** - Becky Albertalli (YA)
- **Proud** - Juno Dawson (YA)
- **All the Invisible Things** - Orleigh Collins (YA)
- **I'll Give You the Sun** - Jandy Nelson (YA)
- **Heartstopper (Volume 1, 2, 3, 4)** - Alice Oseman (YA)
- **This Book is Gay** - Juno Dawson (YA)
- **All Boys Aren't Blue** - George M. Johnson (YA)
- **Felix Ever After** - Kacen Callender (YA)
- **Pet** - Akwaeke Emezi (YA)
- **Dreadnought** - April Daniels (YA)
- **I Wish You All the Best** - Mason Deaver (YA)



## Movies with LGBT+ Characters or Themes:

- **Love Simon** (12A)
- **The Prom** (12A)
- **Out** (G)
- **In a heartbeat** (G)
- **Geography Club** (12A)
- **D.E.B.S** (12A)
- **Milk** (15A)
- **The Kids are Alright** (16)
- **Call Me By Your Name** (15A)
- **Imagine Me and You** (15A)



## LGBT+ Inclusive Schools Checklist

Question	Working on it	Achieved
• Do images throughout your school (classrooms, hallways, dining area etc.) reflect LGBT+ people?	<input type="checkbox"/>	<input type="checkbox"/>
• Have your school forms all been reviewed to ensure students can accurately self identify with their preferred name and pronouns? (registration, attendance, class lists etc.)	<input type="checkbox"/>	<input type="checkbox"/>
• Is all of your school's communication using gender neutral language e.g. families or students instead of Mam and Dad or Girls and Boys.	<input type="checkbox"/>	<input type="checkbox"/>
• Do LGBT+ staff members know it is safe to be 'out' at work? Specifically trans and non binary staff members?	<input type="checkbox"/>	<input type="checkbox"/>
• Does your school's anti-bullying policy specifically name sexual orientation, gender identity or expression and other groups more frequently targeted?	<input type="checkbox"/>	<input type="checkbox"/>
• Are all classrooms and curriculums celebrating all genders and sexualities through highlighting the achievements from LGBT+ people past and present?	<input type="checkbox"/>	<input type="checkbox"/>
• Are all staff members offered and encouraged to participate in continuing professional development that will upskill their LGBT+ knowledge and best practice in supporting LGBT+ students?	<input type="checkbox"/>	<input type="checkbox"/>
• Is your school's sexual health and education inclusive of all sexual orientations and gender identities?	<input type="checkbox"/>	<input type="checkbox"/>
• Does your school support students in using toilets and changing facilities that align with their gender identity and is this communicated to students?	<input type="checkbox"/>	<input type="checkbox"/>
• Are there private changing areas available to all students who want it?	<input type="checkbox"/>	<input type="checkbox"/>
• Does your school library include books and information about people representing a spectrum of gender identities and sexual orientations?	<input type="checkbox"/>	<input type="checkbox"/>
• Are there gender inclusive sports opportunities for students in your school?	<input type="checkbox"/>	<input type="checkbox"/>
• Is there someone in your school responsible for evaluating and implementing LGBT+ inclusivity?	<input type="checkbox"/>	<input type="checkbox"/>
• Does your school have an all genders dress code that is inclusive of gender expressions? Are you ensuring your students are welcome and feel safe to wear clothes, hairstyles and accessories that reflect their identities?	<input type="checkbox"/>	<input type="checkbox"/>

# Local LGBT+ Youth Groups and Organisations

## Midlands LGBT+ Project



Midlands LGBT+ Project is a service providing adult LGBT+ social and support groups, training for organisations and community groups, workshops in schools and developing resources and materials relating to LGBT+ life in the Midlands. The services operate in Laois, Offaly, Kildare and surrounding areas. Midlands LGBT+ Project also operate a group for parents of LGBT+ young people, support teachers and schools become more inclusive and organise LGBT+ Community events in the three counties marking significant days throughout the year.

[help@midlandslgbtproject.com](mailto:help@midlandslgbtproject.com)  
**0860757985**  
[www.midlandslgbtproject.com](http://www.midlandslgbtproject.com)



## K LGBT+ by In Sync, Youth and Family Services (Kildare)



Kildare LGBT+ is a youth group for LGBTI+ young people aged 14-18. It is a drop in centre that is free of charge for young people and friends. KLGST+ provides a space for young people to hang out and develop friendships with like minded people and share their experiences in a safe environment with support from the Youth Work Team and trained volunteers.

[www.insync.ie](http://www.insync.ie)  
[klgbt@insync.ie](mailto:klgbt@insync.ie)

## Youth Work Ireland Laois



Luck Out by Youth Work Ireland Laois operate three LGBT+ Youth Groups in Portlaoise. All groups activities are led by the needs and wants of the young people attending and can include activities such as inclusive sexual education to trips to Pride Festivals and more.

**13-15 year olds** - This group centres around the beginning of the young person's journey and provides a safe space for them to meet other LGBT+ young people and to start to explore their identity.

**15-18 year olds** - This group also allows a safe space for young LGBT+ or questioning people and their allies to make friends and continue to explore their identity and self expression and focuses on confidence building.

**18-24 year olds** - This group is for young people no longer in second level and focuses on leadership and life skills and preparing them for life without the support of youth groups.

To find out more you can contact  
**Elaine on [elaine@ywilaois.com](mailto:elaine@ywilaois.com)**  
or **0864112816**.

## Youth Work Ireland Midlands



Youth Work Ireland Midlands operate across Westmeath, Offaly and Roscommon and have a range of ever growing LGBT+ Youth Groups and drop in times for LGBT+ young people from ages 12-24.

[www.youthworkirelandmidlands.org](http://www.youthworkirelandmidlands.org)  
[info@youthworkmidlands.org](mailto:info@youthworkmidlands.org)

# National LGBT+ Organisations

## LGBT Ireland



LGBT Ireland is a national support service for Lesbian, Gay, Bisexual, and Transgender people and their families and friends.

They provide non-judgemental, confidential listening and support through their National LGBT Helpline, Transgender Family Support Line, online instant messaging service and telefriending service for older LGBT+ adults.

They also run monthly peer support groups for adults, deliver LGBT Awareness training to services and community groups and partner with organisations to expand the support available to LGBT people and their families.

**National LGBT Helpline Freephone**  
**1800929539 Mon-Thurs 6:30-10:00pm**  
**Transgender Family Support Line 019073707**  
**Sundays 6-9pm Tuesdays 10am-12pm**  
**Info@lgbt.ie**  
**Tel: +35316859280**  
**www.lgbt.ie**

## Belong To



BeLONg To Youth Services is the national organisation supporting lesbian, gay, bisexual, transgender, and intersex (LGBTI+) young people in Ireland. Since 2003, they have worked with LGBTI+ young people, between 14 and 23 years, to create a world where they are equal, safe, and valued in the diversity of their identities and experiences. They also advocate and campaign on behalf of young LGBTI+ people, and offer a specialised LGBTI+ youth service with a focus on mental and sexual health, alongside drug and alcohol support.

**01 670 6223**  
**info@belongto.org**  
**www.belongto.org**

## Transgender Equality Network Ireland (TENI)



Transgender Equality Network Ireland (TENI) seeks to improve conditions and advance the rights and equality of trans\* people and their families. TENI advocate to ensure that policy development and legislative reform reflects the positive recognition of trans inclusion, rights and equality. They provide workshops and training to increase awareness and understanding and inclusion of trans issues in all sectors of Irish society and they provide support services to trans people and their families.

**+353 (0)1 873 3575**  
**office@teni.ie**  
**www.teni.ie**

## Shout Out



ShoutOut is a registered charity committed to improving life for LGBTQ+ people by sharing personal stories and educating school students, parents & guardians, teachers, youth workers and workplaces on LGBTQ+ issues.


**director@shoutout.ie**  
**www.shoutout.ie**










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