

**TELL ME ABOUT..**

# Gender and Identity

LGBT

the facts

useful contacts

## Straight, Lesbian, Gay, Bi or Trans?

Everyone is different when it comes to relationships and it is important you are happy with the choices you make. Sometimes it takes a bit of practice with different individuals to find out who you are and who you are well-matched with.

There is no set age to become aware of your sexuality, (who you are physically and emotionally attracted to), or your trans identity, (believing your gender identity is different to the body you were born into).

Mostly, people just want to be honest about who they are, especially with the people they love. Hiding who you really are can be a big struggle. It can take your focus and energy away from other important things in your life such as school, studying, exams, family, friends and social life.

'Coming out' means telling somebody something private about yourself that isn't immediately obvious. In relation to sexual orientation and gender identity, this could mean sharing with others that you are lesbian, gay, bi-sexual or trans. Whether this is about who you feel attracted to, or how you feel about your own gender and body it is important to talk to a trusted adult who is able to listen without judging. There are lots of support groups that can help you find the information you need.

You should never feel pressured by others to make decisions you are not sure about.

IF YOU NEED  
**HELP NOW!**

If you need help **NOW** speak to a trusted adult: parent, carer, teacher, friend of family, doctor, school counsellor, school nurse or any member of staff. Ask a friend to help you if you need to.

If you cannot tell someone you know, or want to hurt yourself in anyway, speak to someone at **ChildLine** on **0800 1111**, **Samaritans** on **116 123** or **HopeLine UK** on **0800 068 41 41**.

If you want to end your life call **999** immediately to get help.

other contacts

Help on any other issues that affect young people can be found at:

**CAMBS**  
<http://www.youthoria.org>

**LINCS**  
<https://www.lincolnshire.gov.uk/teeninfo/lincs/>

**NORFOLK**  
<https://www.whatsthedealwith.co.uk>

**NATIONAL**  
[www.youngminds.org.uk](http://www.youngminds.org.uk)

**National Stonewall**  
Tel: 08000 50 20 20  
[www.stonewall.org.uk](http://www.stonewall.org.uk)

**Cambs sexYOUality – 2byou (age 12-24)**  
<http://syacambs.org/>  
Tel: 01223 369508  
Text: 07808189158

**Norfolk (under 25) Blah LGBT Youth**  
Tel: 01603 624924  
[www.blahyouth.co.uk](http://www.blahyouth.co.uk)

**Youthoria**  
[www.youthoria.org](http://www.youthoria.org)