

FURTHER RESOURCES

The following publications, websites and services may be helpful for staff, lesbian, gay, bisexual and trans young people and their parents/carers.

FOR PARENTS/CARERS AND FAMILIES

Gendered Intelligence is an organisation that works to increase the quality of trans people's lives and to raise awareness of trans people's needs. Their website hosts an online group for parents/carers of young trans people aged 13-25, a *Guide for Parents and Families of Young Trans People and Parents and Family Members of Trans People in the UK – A Report on the Issues* www.genderedintelligence.co.uk

Families and friends of lesbian, gay and bisexual people (FFLAG) provides support for parents and their lesbian, gay and bisexual children. The website offers resources, stories from parents of LGB young people and information on local parent groups www.fflag.org.uk

Mermaids offers support to trans children and young people up to 19 years old and their families, friends and schools. Parents/carers can access support, information and friendship groups online www.mermaidsuk.org.uk

NHS choices website – think your child might be transgender? Information and guidance for parents/carers who think their child may be trans or whose child has just come out as trans www.nhs.uk/Livewell/Transhealth/Pages/Transparentalworries.aspx

FOR LGBT YOUNG PEOPLE

R U Coming Out A website where LGBT people share their coming out stories www.RUcomingout.com

PACE is an LGBT+ mental health charity offering a range of face-to-face and online services. The website hosts publications and factsheets on subjects including mental wellbeing, health and LGBT rights, religion and LGBT issues. They offer face-to-face, online/email, and telephone counselling for young people www.pacehealth.org.uk

Brook provides free and confidential sexual health and wellbeing

services for young people nationwide. Their website includes information pages on gender identity and sexual orientation, contraception, health and wellbeing and staying safe online, and a text and web chat service www.brook.org.uk/your-life

Switchboard – the LGBT+ helpline Information, support and referral service for LGBT people including online messaging and phone service www.switchboard.lgbt/help

Albert Kennedy Trust is an organisation supporting LGBT 16-25 year olds who are made homeless or are living in a hostile environment www.akt.org.uk

ChildLine is a private and confidential service for children and young people up to the age of 19. Young people can contact ChildLine via email, message boards or phone and access advice and information online www.childline.org.uk

FOR TRANS YOUNG PEOPLE

Gendered Intelligence provides guidance for trans young people including *A Guide For Young Trans People in the UK*, *Trans Youth Sexual Health Booklet*, *Capturing Journeys* report and online information as part of their *Knowledge is Power* project www.genderedintelligence.co.uk

Gendered Intelligence and Galop *Free to be Me* project exploring hate crime and trans rights www.genderedintelligence.co.uk/trans-youth/resources

Mermaids hosts an online forum for trans young people aged 13-19 www.mermaidsuk.org.uk

Mermaids *Where do the Mermaids stand?* Poetry, prose, artwork and personal stories by trans children, young people and their parents www.mermaidsuk.org.uk/index.php/young-voices

Beyond the Binary A submission-based website which aims to give non-binary people the opportunity to share their experiences www.beyondthebinary.co.uk

MyGeneration is an on-going documentary project exploring gender variance set up to record the different experiences and perspectives of trans people www.mygeneration.com

TRANS HEALTH

NHS choices website trans health www.nhs.uk/Livewell/Transhealth

Gendered Intelligence has collated a comprehensive list of treatment guides & information and trans health documents on their website at www.genderedintelligence.co.uk/trans-community/resources

MEDICAL INTERVENTION FOR YOUNG PEOPLE – WHAT’S THE PROCESS?

Young person referred to **Child and Adolescent Mental Health Services** (by GP, school, and some other organisations – for example a local authority) -> CAMHS refer to **Gender Identity Development Service** (currently only the Tavistock and Portman in England).

The Tavistock and Portman Gender Identity Development Service (GIDS) sees trans or gender questioning children and young people (up to the age of 18) and their families.

A downloadable leaflet for parents about services and treatment offered is available on their website. The clinic accepts referrals from across the UK, usually through CAMHS

www.tavistockandportman.uk/care-and-treatment/information-parents-and-carers/our-clinical-services/gender-identity-development

GUIDANCE FOR SCHOOL STAFF

Sex Education Forum is a membership organisation which works to achieve high-quality sex and relationships education in schools

www.sexeducationforum.org.uk/schools

PSHE Association was set up to support PSHE practitioners to raise the quality of PSHE teaching. Guidance on teaching about mental health and wellbeing and other topics can be found at

www.pshe-association.org.uk/resources

Brighton & Hove City council Trans Inclusion Schools Toolkit

www.allsortsyouth.org.uk/wp-content/uploads/2014/02/Trans-Inclusion-Schools-Toolkit.pdf

Cornwall Schools Transgender Guidance

www.intercomtrust.org.uk/resources/cornwall_schools_transgender_guidance.pdf

ONLINE SAFETY

Childnet International has developed resources on e-safety for young people of all ages, parents/carers and teachers www.childnet.com

Digizen provides resources and information on responsible digital citizenship including guidance on cyberbullying and social networking

www.digizen.org

Kidsmart hosts fun games and activities for children as well as internet safety advice for teachers and parents/carers www.kidsmart.org.uk

Thinkuknow provides information and advice for children, parents/carers, teachers and other education professionals

www.thinkuknow.co.uk

Reporting centres

Most social networking sites have their own safety and reporting centres.

Child Exploitation and Online Protection (CEOP) tackles child abuse on the internet. This website allows parents/carers and young people to make reports of abuse online www.ceop.police.uk

How to find support in your local area

- Use **Stonewall's What's in my area?** database where you can search for organisations and LGBT youth groups by 'type' and 'region'
www.stonewall.org.uk/whatsinmyarea
- Call the **Stonewall Information Service** on **08000 502020** or tweet **@stonewallukinfo** with your question
- Contact your **local authority** or look at their web pages for youth services

GET IN TOUCH WITH STONEWALL

Everything we do is based on meeting the needs of schools, staff and young people. Please do get in touch with us to share your experiences and tell us what you think about our materials.

If you have any questions or would like to speak to Stonewall's education staff please email education@stonewall.org.uk or call Stonewall's Schools Helpline **020 7593 1881**.

Stonewall's resources are available at www.stonewall.org.uk/educationresources

Stonewall

education@stonewall.org.uk

020 7593 1862

www.stonewall.org.uk/get-involved/education

www.facebook.com/stonewalluk

Twitter: @stonewalluk

www.youtube.com/user/stonewalluk

Stonewall Cymru

education@stonewallcymru.org.uk

addysg@stonewallcymru.org.uk

02920 237767

www.stonewallcymru.org.uk/get-involved/education-cymru

www.stonewallcymru.org.uk/ynryrsgol

www.facebook.com/stonewallcymru

Twitter: @stonewallcymru

www.youtube.com/user/stonewallcymru

Stonewall Scotland

education@stonewallscotland.org.uk

0131 474 8019

www.stonewallscotland.org.uk/get-involved/education-scotland

www.facebook.com/stonewallscotland

Twitter: @stonewallscot