

## HELPFUL RESOURCES

### Stonewall

[www.stonewall.org.uk](http://www.stonewall.org.uk)

Stonewall have a tonne of useful resources on their website, they also have the young stonewall site which is specific to LGBT youth.

### GIRES

[www.gires.org.uk](http://www.gires.org.uk)

GIRES' overall aim is to improve substantially the environment in which gender non-conforming people live. Gires has a lot of resources available including an e-learning course titled 'Caring for Gender Nonconforming Young People'.

### Mermaids

[www.mermaidsuk.org.uk](http://www.mermaidsuk.org.uk)

Mermaids supports young people and families facing issues in regards to gender identity through a variety of services. They work to raise awareness about gender nonconformity.

### Terrence Higgins Trust

[www.tht.org.uk](http://www.tht.org.uk)

The Terrence Higgins Trust is a sexual health service that provides advice and testing to LGBT individuals. The website has a lot of advice and content including specific advice for trans individuals.

# CARING FOR SOMEONE WHO IS LGBT



For more information and advice, you can contact us at Hart Gables or check out our website.  
[www.hartgables.org.uk](http://www.hartgables.org.uk)





### Born 2 Be Youth Groups

Available in Hartlepool and Stockton

**Hartlepool:** Every Friday, 5:30pm - 7:30pm, Rossmere Youth Centre, TS25 5EB, for ages 13-19

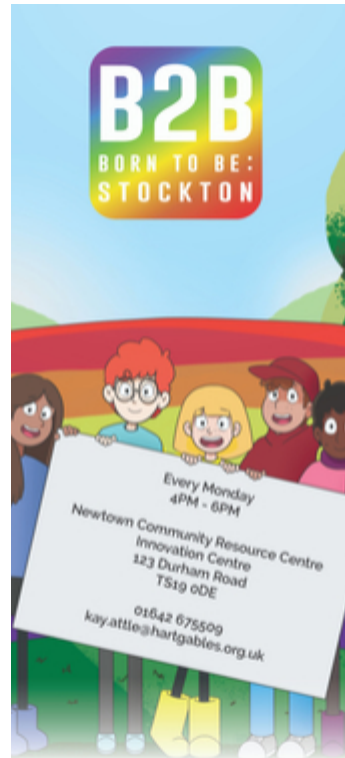
**Stockton:** Every Monday, 4:30pm - 6:30pm, Newtown Community Resource Centre, TS19 0DE, for ages 11-16

At Hart Gables we provide the following services for young people:

- Family Support
- One to one support
- Sexual Health Advice
- Outreach in Schools and Colleges
- Hate Crime Reporting and Support

To access these services contact us:

Hart Gables  
Newtown Community Resource Centre  
Durham Road, Stockton on Tees  
TS19 0DE  
Telephone: 01642 675509  
Email: [info@hartgables.org.uk](mailto:info@hartgables.org.uk)



# WHAT EXACTLY IS LGBT?

We can tell you it doesn't stand for Lettuce, Glitter, Bacon and Tomato.

LGBT means Lesbian, Gay, Bisexual and Transgender. There are many variants of this acronym, these can include LGBT+, LGBT\*, LGBTQ (Q= Queer/Questioning), LGBTI (I= Intersex) but the most commonly used is LGBT.

## THE YOUNG PERSON I'M FOSTERING IS LGBT, WHAT DO I NEED TO KNOW?

Not to worry if you haven't cared for a young LGBT person before, they're an individual. Their sexuality or gender identity is a small part of them, not their whole identity. It's important to treat these young people with respect like you would any other young person.

If they've come out to you as LGBT and no-one else knows, they have shown a lot of trust in you. Use that information to support them and boost their confidence. It's important not to 'out' the young person if they're not ready. Go at their pace.

Almost half of LGBT pupils - including 64% of trans pupils, are bullied for being LGBT in our schools according to Stonewall. Mental health issues are also more common in LGBT youth with more than 4 in 5 trans young people having self harmed as have 3 in 5 LGB young people. With these statistics in mind, it's good to be mindful of the extra stress on young LGBT people.