

WELCOME



Please be aware that some of the sessions are being recorded for sharing later.

We want people to participate but please use the 'raise hand' facility to ask questions and

Please be considerate to others - together we want to create a safe, open and reflective space to learn.

You can turn on live captions on by clicking on the 3 dots at the top of your screen if you need this.

The link to the feedback form will be put in the chat.

Please do take the time to complete it after the session.

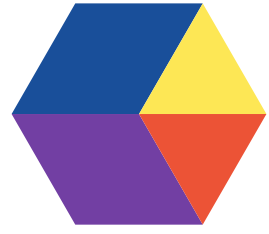
Thank you!

NORFOLK

LGBT+

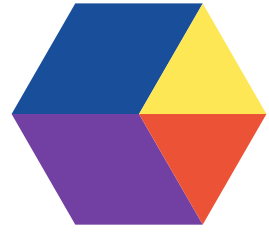
PROJECT

SUPPORT INFORMATION ADVICE



Agenda





Our Team 😊





Our Services

- 1 - 1 Support
- Low cost LGBT+ specific counselling
- Family Support
- Drop-in Groups for adults
- BLAH Youth Groups
- Training, Presentations, Workshops and free Resources



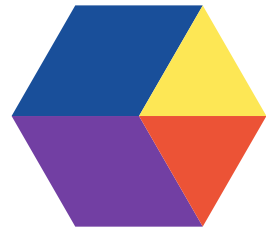
LGBT+

Awareness Training

Gender Identity Awareness

Norfolk LGBT+ Project | Support | Information | Advice



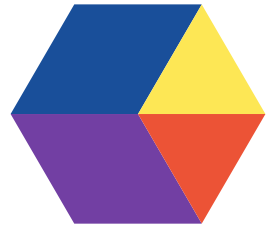


Our Services

- 1 - 1 Support
- Low cost LGBT+ specific counselling
- Family Support
- Drop-in Groups for adults
- BLAH Youth Groups
- Training, Presentations, Workshops and free Resources
- Educating with Pride

NORFOLK
LGBT+
PROJECT
SUPPORT INFORMATION ADVICE

www.norfolklgbtproject.org.uk



Issues facing children and young adults

Children should not be taught about LGBTQ+ people as it will confuse or influence them

Not wanting to share bathrooms due to fear of predatory behaviour

Biphobia

Discrimination

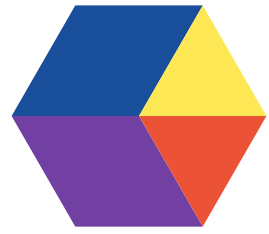
Trans Conversion Therapy

Assuming someone's intent is sexual or to deceive

Transphobia

Prejudice

Homophobia

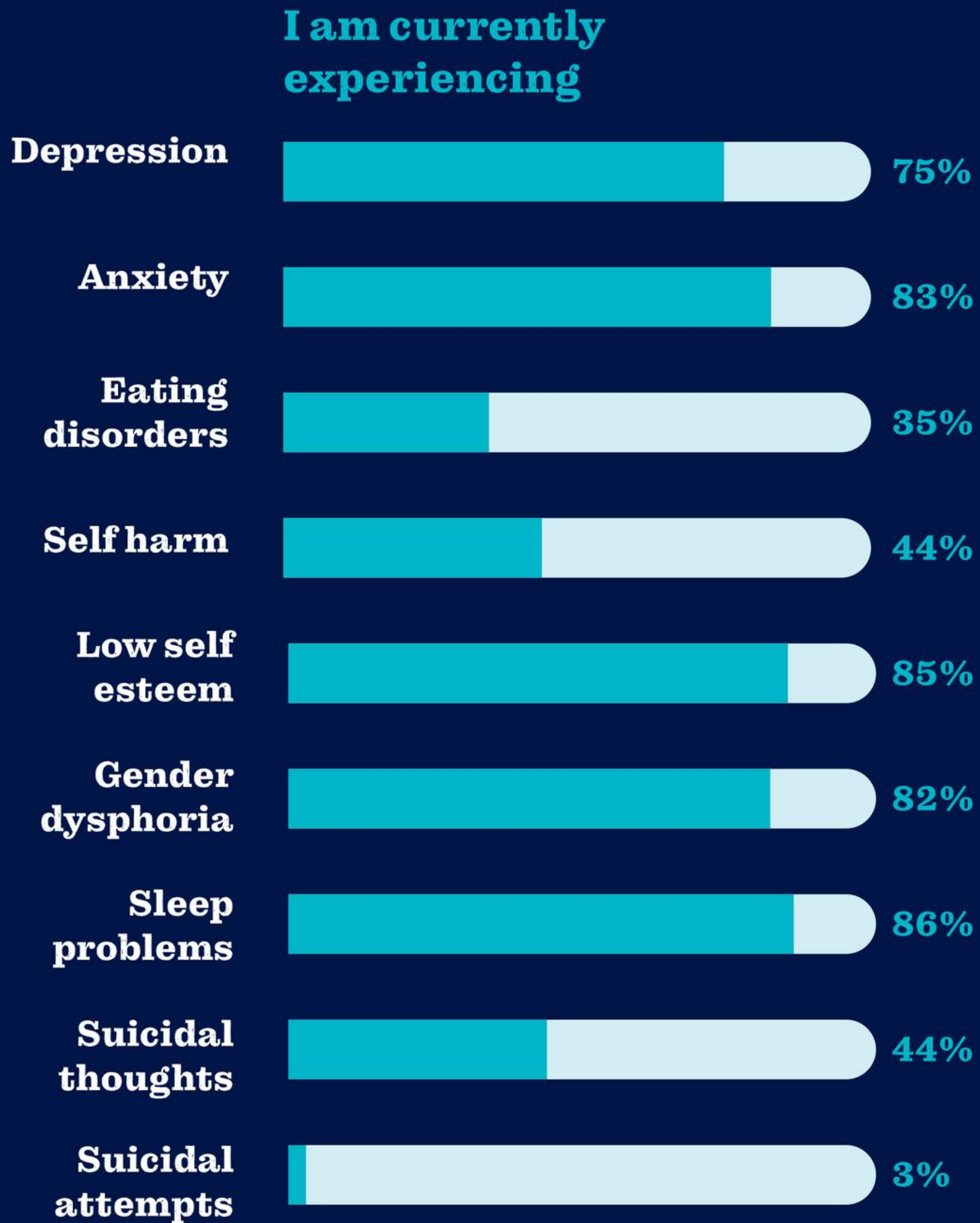


Top 3 Mental Health Issues

- 72% Depression
- 64% Anxiety
- 56% Self-harm

Norfolk LGBT+ Youth

Mental Health Statistics 2020



NORFOLK
LGBT+
PROJECT
SUPPORT INFORMATION ADVICE

www.norfolklgbtproject.org.uk

Norfolk LGBT+

Youth at home

Statistics 2020



of LGBT+ young people reported they felt comfortable being themselves at home.



felt their parents or guardians were consistently supportive of their gender identity/sexuality.



of young people felt it was extremely important that parents understand that being LGBT+ is not a choice.



of young people felt parents and guardians should have more support in learning the best way to support their LGBT+ child.



have heard their family speak negatively about LGBT+ people.

We are here to support you in making sure everyone feels safe and respected at home. To find out more about the services we offer parents and young people go to norfolklgbtproject.org.uk



Other Challenges Include...

Hate Crime

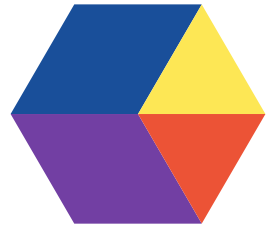
41% increase against LGB people, 56% increase in transphobic hate crimes over the last year in the UK (2022).

Homelessness

24% of young (16-25) homeless people in the UK are LGBTQ+.

Self-Harm

LGBT+ young people are more than 3x as likely to self-harm (31%) compared to non-LGBT+ young people (9%).



Microaggressions

Think of them like tiny mosquito bites...



Microaggressions are the everyday slights that we can all experience for different aspects of our identity. We have all grown up with LGBT+ identities being much less accepted than they are today, so some early learnt messages may come through in how we talk to and talk about each other.

"You don't look gay/trans"

"But what is your real name?"

"Have you had the surgery?"

"That's so gay"

"Who is the man/woman in the relationship?"

"You are very attractive...for a trans person"



LGBTQ+ YOUTH

BLAH!

SUPPORT • INFORMATION • ADVICE



WILLOWS

GENDER IDENTITY SUPPORT



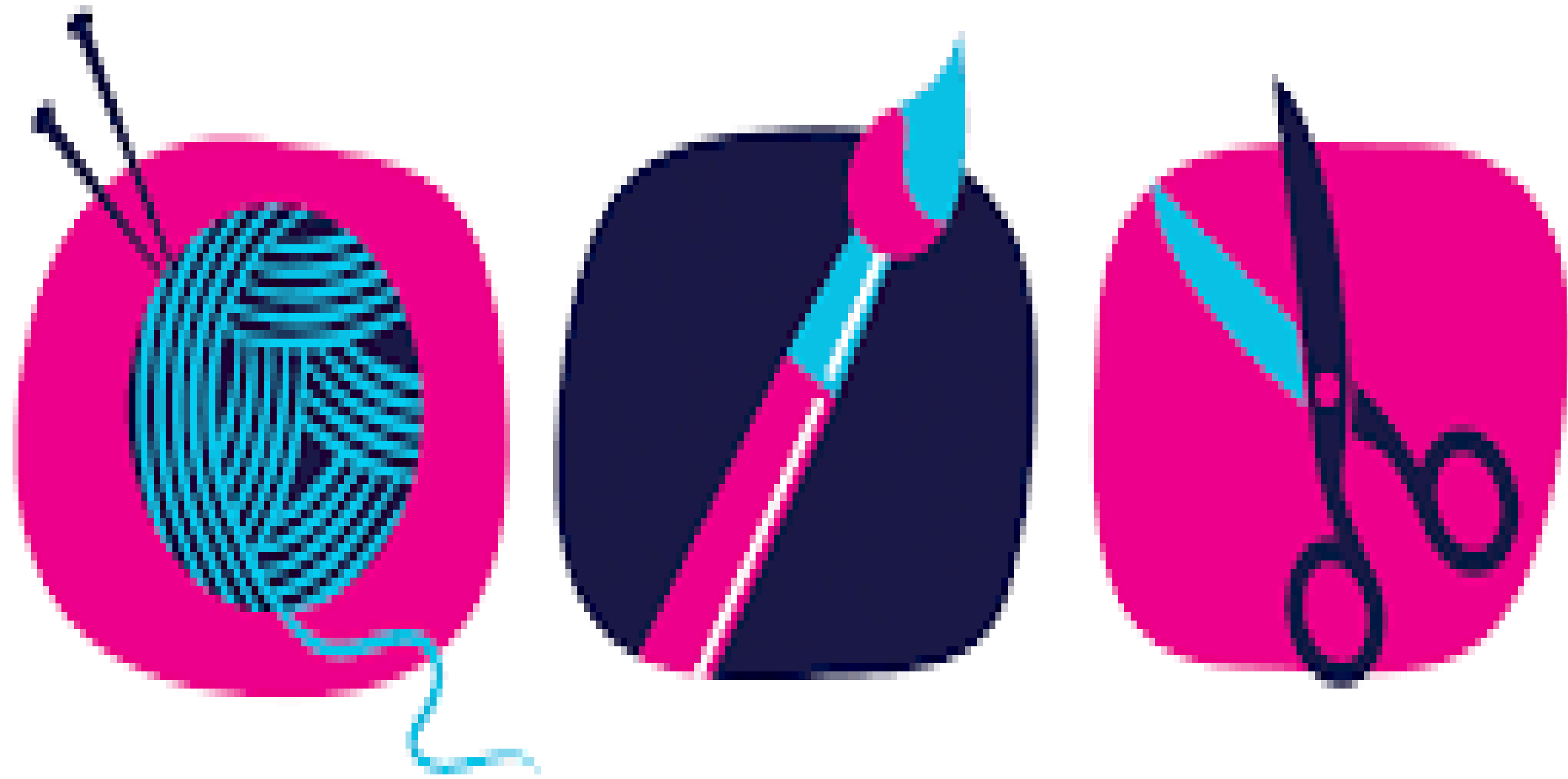
OAKS

GENDER IDENTITY SUPPORT



**Women
Supporting
Women**

Norwich



CRAFTY QUEERS



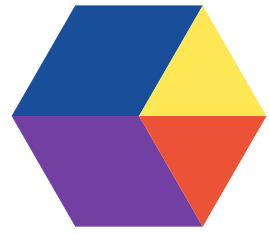
EDUCATING

WITH

PRIDE

AWARD

Promoting LGBT+ Inclusivity



Who we've supported 22/23

- 67% - of those who accessed our support were under 17
- 15% - were aged between 18 and 25
- 18% - were aged 26 and over
- 63% - referrals were for support around gender identity
- 25% - support around sexuality
- 12% - for both sexuality and gender identity
- 82% - referrals received from professionals
- 18% - self referrals
- 94% - of clients have mental health issues

LGBTQ+ Groups

“Having BLAH is a lifeline.... and that’s why we need BLAH groups. Thank you for all that you do”
– Parent.

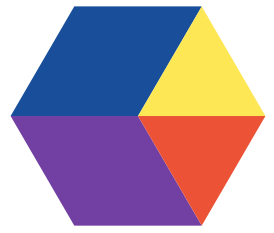
102 individuals accessed our biweekly or monthly drop in Groups.

“I am grateful for the opportunity to meet others at the drop in Group, it gives me something to look forward to”

“As a parent I wanted to make sure that I had a better understanding of what my child was going through, staff were always reassuring. Not once did I feel that I was alone”

“My support worker understood everything I was going through, no judgement, just listened and gave me hope”

“If it wasn't for Norwich BLAH and the support that I received as a young person I very much doubt that I would be alive today”



Thank You!!

Any
Questions?

Open
Forum...

info@norfolklgbtproject.org.uk

[emma.hallums@
norfolklgbtproject.org.uk](mailto:emma.hallums@norfolklgbtproject.org.uk)

PROJECT
SUPPORT INFORMATION ADVICE

www.norfolklgbtproject.org.uk

Please let us know what you think



<https://forms.office.com/e/nFDzqZWk4i>

