

# NEWSLETTER

THERAPEUTIC SUPPORT FOR PARENTS AND CARERS.

## Pride Month 2021

June is Pride month, it is a month dedicated to celebrating the LGBTQ+ communities all around the world.

June is the month chosen to celebrate pride as it was the month of the Stonewall riots, the protests that changed gay rights for a lot of people in America and beyond.

It's about people coming together in love and friendship, to show how far gay rights have come, even if in some places there's still some work to be done.

Pride month is about teaching tolerance, education in pride history and continuing to move forward in equality.

It calls for people to remember how damaging homophobia was and still can be.

It's all about being proud of who you are no matter who you love.

See: (<https://www.bbc.co.uk/newsround/52872693>, 2021).



### What is sexuality and sexual orientation?

Sexuality and sexual orientation is about who someone feels physically and emotionally attracted to. This can be romantic or emotional attraction, or both.

As children and young people grow up it's natural for them develop and express their sexuality in healthy ways. For example, older teenagers might start dating or having relationships, while younger children might show curiosity about sex or the changes that happen during puberty. Many young people also feel unsure about their sexuality or who they're attracted to, or find that their sexuality changes over time.

There are lots of different types of sexuality or sexual orientation, and young people may use different terms to describe how they feel. LGBTQ+ stands for lesbian, gay, bisexual, transgender, queer or questioning and more. Although people often confuse them, it's important to remember that gender identity is different from sexuality.

### What is gender identity?

Gender identity is a way to describe how someone feels about their gender. For example, some people may identify as a boy or a girl, while others may find neither of these terms feel right for them, and identify as neither or somewhere in the middle. Although people often confuse them, gender identity is different from someone's biological sex or assigned gender at birth and from sexuality or who someone's attracted to.

### Types of gender identity:

Just some of the terms a young person or child might use to describe their gender identity are:

- Trans or transgender: this is when someone feels their gender is different from the gender they were assigned at birth.
- Non-binary, gender fluid or gender queer: this means someone doesn't identify as either male or female. They could identify as both, or neither.
- Cisgender: this is when someone's gender identity is the same as the gender they were assigned at birth.

See: (<https://www.nspcc.org.uk/keeping-children-safe/sex-relationships/gender-identity/>, 2021)



Please email us any questions/feedback that you may have to help support you and your family;

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