



What is Pride?

Pride is celebrated in the month of June every year, as that was the month when the Stonewall riots took place. The global movement fights for equal rights for LGBT people all over the world.



LGBT stands for lesbian, gay, bisexual and transgender. Sometimes a Q+ is added which stands for queer and + is an inclusive symbol to mean 'and others' to include people of all identities. As well as an opportunity to raise awareness of the fight for equal rights for the LGBT community, **Pride is also a celebration of diversity.** Intersex and Asexual are now frequently included within the main LGBT title umbrella, but it is important to recognise each and every sexuality is as equally important and valid as each other. *Source: BBC*

What do some of the flags and their definitions mean?



Aromantic refers to someone who does not experience romantic attraction. They may experience sexual and/or aesthetic attraction, but not romantic attraction.



Someone who is attracted to all genders, the pre-fix 'pan' meaning 'all' in Latin. Many Pansexual people also describe themselves as being attracted to others based on their personality, not gender.



An asexual person is someone who does not experience sexual attraction. They may experience romantic and/or aesthetic attraction, but not sexual attraction.



An umbrella term for someone whose sexuality and/or gender is not heterosexual, cisgender and/or allosexual. Queer has been used as a term of abuse against the LGBTQ+ community, but is now often used by members of the LGBTQ+ who have reclaimed it.



Bisexuality refers to sexual attraction to more than one gender and is inclusive of ALL genders and be attracted to people from right across the gender spectrum.

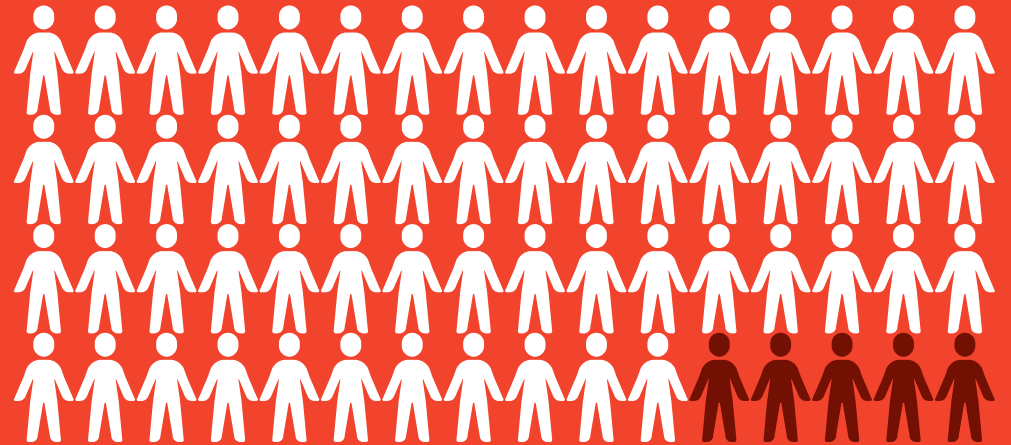


Someone who is attracted to the same gender as themselves. The rainbow flag is also used to represent the LGBTQIA+ community as a whole.

Source: Rainbow & Co by Oliver

It's important to remember that sexuality is a spectrum and completely different and unique to each of us, and whilst some of these definitions may align well with some individuals, some people might only feel they align with some, or none at all.

3.2% OF THE POPULATION AGED 16 YEARS AND OVER IDENTIFIED WITH AN LGB+ ORIENTATION IN THE LAST CENSUS. THIS TOTAL CALCULATES TO 1.5 MILLION PEOPLE.



At Work:

- More than a third of LGBT staff (**35%**) have hidden that they are LGBT at work for fear of discrimination.
- Almost 2 in 5 bi people (**38%**) aren't out to anyone at work about their sexual orientation, compared to 7% of gay men and four per cent of lesbians.
- 1 in 4 trans people (**26%**) aren't open with anyone at work about being trans. This number increases to about two in five non-binary people (**37%**) who aren't out at work.

Source: *LGBT in Britain: Work (2018)*

Now, let's look at some of these stats in Sport:

- 7 in 10 football fans who've attended a match have heard or witnessed homophobia
- 1 in 10 LGBT people (10%) who attended a live sporting event in the last year experienced discrimination because of their sexual orientation and/or gender identity.
- 17% of lesbian, gay, bi and trans people have experienced and 49% have witnessed homophobia or transphobia in sport.
- 66% of lesbian, gay, bi and trans people felt that there were problems with homophobia and transphobia in sport and that this acted as a barrier to LGBT people taking part.
- 1 in 8 LGBT people (12%) avoid going to the gym or participating in sports groups because of fear of discrimination and harassment

Source: *Out for Sport (2012)* and *LGBT in Britain - Hate Crime (2017)*



How can I access support?

www.mind.org.uk/information-support/tips-for-everyday-living/lgbtqiaplus-mental-health/useful-contacts/

