

**Everyone is different! It is ok if your identity changes over time. You should be accepted for who you are.**

**LGBT Youth in Care**

A website dedicated to the acceptance and inclusion of all LGBT young people in care. Resources and links to places that can help. [www.lgbtyouthincare.com](http://www.lgbtyouthincare.com)

**Proud Trust**

A regional organisation supporting LGBT young people [www.theproudtrust.org](http://www.theproudtrust.org)

**The LGBT Foundation**

Well-established services aimed at meeting the needs of lesbian, gay and bisexual people. [Lgbt.foundation](http://Lgbt.foundation)

**Useful Links**



**Albert Kennedy Trust**

Support lesbian, gay, bisexual and trans homeless young people in crisis. [www.akt.org.uk](http://www.akt.org.uk)

**FFLAG**

National voluntary organisation and registered charity dedicated to supporting parents, families and friends of lesbians and gays. [www.fflag.org.uk](http://www.fflag.org.uk)

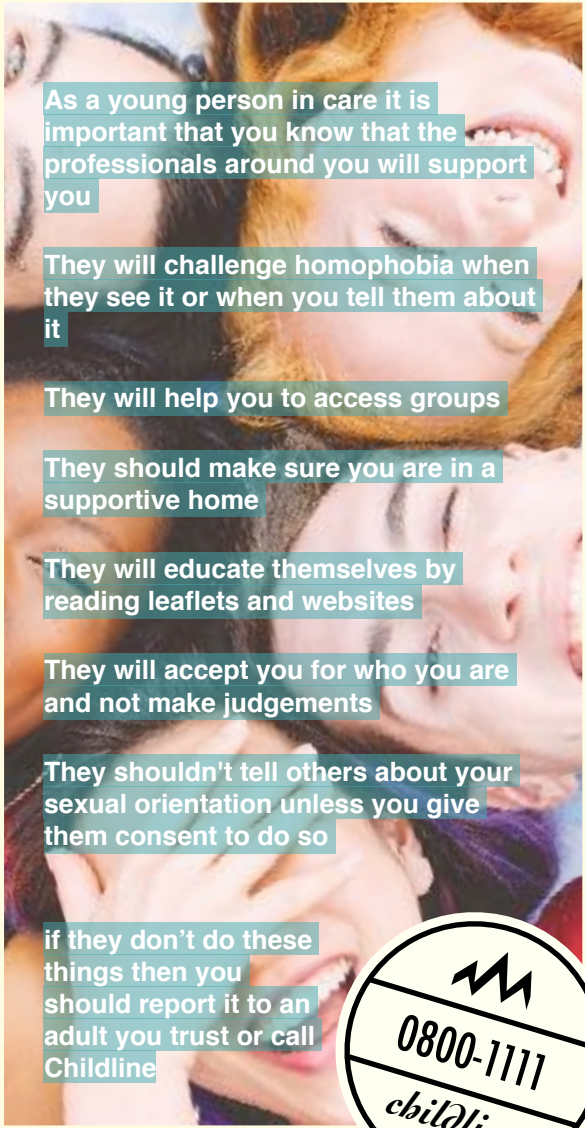
**LGBT History Month**

Lesbian, gay, bisexual and trans history month celebrates the lives and achievements of the LGBT community.



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As a young person in care it is important that you know that the professionals around you will support you

They will challenge homophobia when they see it or when you tell them about it

They will help you to access groups

They should make sure you are in a supportive home

They will educate themselves by reading leaflets and websites

They will accept you for who you are and not make judgements

They shouldn't tell others about your sexual orientation unless you give them consent to do so

if they don't do these things then you should report it to an adult you trust or call Childline



### You have the right to:

- If your sexual orientation is not accepted within the foster home, you have the right to ask to be moved to somewhere else
- You have the right to be treated the same as all young people. You should not be treated differently because of your sexual orientation.
- No one can harass, tease you or bully you because of your sexual orientation, if they do you should report it.
- If you are being teased by others in a residential home or in the foster home, the carers or care managers should do something to stop it.
- If other young people in your home can date - you should be able to if it is safe for you to do so



Identifying as LGB and being in care shouldn't be a barrier to getting on in life

LESBIAN	GAY	BISEXUAL
A woman who is emotionally, romantically, and/or physically attracted to other women.	A person who is emotionally, romantically, and/or physically attracted to people of the same gender.	A person who is emotionally, romantically, and/or physically attracted to people of their own gender and different genders.
<p><b>There are many other identities, check out the coming out page on The Proud Trust website <a href="http://www.proudtrust.org">www.proudtrust.org</a></b></p>		

### What are your rights?

- You have the right to live in a safe, comfortable home where you are accepted for who you are
- You should be supported to access LGBT groups in your area if you want to

### Sexuality and faith

There are many LGBT faith groups of all denominations. Identifying as LGB does not impact on you being spiritual or religious any more than being heterosexual does.

If you follow a particular faith or religion then your carers, and any other important people around you should support this. For example, they should purchase any resources you might need such as religious texts or provide a space to pray. They should also support you in researching the religious LGBT groups in your area and support you to get to these groups should you want to.

If you experience negative reactions from others because of your sexual orientation then you should report this to a trusted adult.