



ShoutOut's Educational Programmes

ShoutOut is a registered charity working to end the exclusion of LGBTI+ people by delivering educational programmes to students, parents and guardians, teachers, and other organisations. Our range of offering for schools includes;

STUDENT WORKSHOPS

We work directly with students to provide education on LGBTI+ terminology and identity. Email education@shoutout.ie to have us visit your school.

RESOURCES

We provide print and digital resources for schools and teachers to deepen your understanding of LGBTI+ terminology and supports.

TEACHER TRAINING

We provide tailored teacher training sessions at a time and date that suit your school's schedule. Email schools@shoutout.ie to learn more.

ADVICE AND GUIDANCE

If you're developing LGBTI+ inclusive policies or supporting LGBTI+ students in your school, we can help. Email schools@shoutout.ie for guidance and support.

For more information visit www.shoutout.ie



Ways to be an LGBTQ+ Ally



Listen to LGBTQ+ people

If LGBTQ+ people tell their stories; listen, and then amplify those voices. Whether it's your friends, celebrities, influencers, or LGBTQ+ writers, make sure they're being allowed to speak for themselves and try not to speak over them. Trust them and respect their identities and privacy.



Openly support the LGBTQ+ community

Talk about ongoing LGBTQ+ struggles with your friends. Focus in particular on the most marginalised within the community - trans and intersex folks, disabled LGBTQ+ people, LGBTQ+ people of colour, and homeless LGBTQ+ people. Challenge homophobic, biphobic, and transphobic language, and make it clear discrimination isn't accepted in your school.

**TRANS RIGHTS =
HUMAN RIGHTS**



Educate yourself and share your learnings

Read articles about LGBTQ+ issues and politics, and try to gain as many different perspectives as you can. Seek out LGBTQ+ literature and cinema, and use your knowledge to start conversations with those around you. Brush up on your terminology and avoid using outdated language.

Learn more: www.shoutout.ie



LGBTQ+ Terminology

Sexual Orientation

This refers to who people are attracted to.

- Lesbians are usually women attracted to women – but can be non-binary or gender-fluid
- Gay men are usually men attracted to men
- Bisexual people are people attracted to more than one gender
- Pansexual people are attracted to people regardless of gender

Please note that these are only guidelines – a definition does not outweigh someone's lived experience.

Wait, bi and pan sound the same!
Many people use these terms interchangeably.
Why someone uses one term over another is a personal choice.

What does Asexual mean?

Sometimes referred to as "ace", asexual people experience little to no sexual attraction to other people. Asexual people may experience romantic attraction. It's a sexual orientation just like being gay, straight, bi or pan.



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What is gender though?

Gender refers to your internal identity as a woman, a man, a different gender, or no gender at all.

For most people, their gender matches the sex assigned to them at birth - these people are cisgender. For some people, their gender is different from the sex assigned to them at birth - these people are transgender

Lots of trans people are trans men and trans women, but some do not identify within the male/female binary, the umbrella term for this is non binary. Many, but not all, non binary people use they/them pronouns.

What are they/them pronouns?

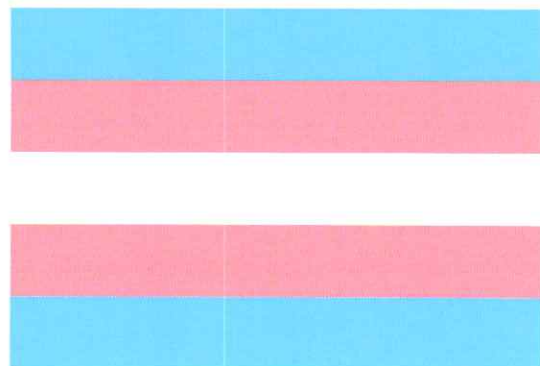
They/them pronouns are a gender neutral set of pronouns instead of using she/her or he/him.

For example; Max has their last exam today, I hope they do well!

WHAT DOES INTERSEX MEAN?

Intersex is an umbrella term for people whose bodies do not fit the typical medical definition of male or female. Intersex people make up 1.7% of the population.

Trans 101



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Trans folks are some of the most marginalised in the LGBTQ+ community...

Trans people are more likely to face unemployment and low wages, experience the highest levels of negative mental health, and can face violence and harassment. Trans people have been in the LGBTQ+ movement since the beginning and need allyship from their friends and community.

Pronouns and language are important

- If you're not sure of someone's pronouns, you can often ask - discreetly and politely. Maybe give yours first so that they feel more comfortable.
- If you mess up someone's pronouns; just apologise, correct yourself and move on. If someone else uses the wrong pronouns for a trans person, gently correct them, even if the person isn't there.
- Brush up on your terminology and avoid using outdated terms like "born in the wrong body". Call out transphobic language when you hear it!



Get to know your definitions

Gender identity: your innermost sense of who you are as male, female, non-binary or something else entirely.

Trans: having a gender identity other than the sex you were assigned at birth.

Non-binary: Non-binary is a general or umbrella term, used to describe those who identify in many ways outside the gender binary of male and female.

Learn more: www.shoutout.ie



LGBTQ+ Inclusion Tips for Teachers

Latest studies show that up to 1 in 6 young people identify as LGBTQ+

Bullying is still a major problem

- 86% of LGBTQ+ students felt excluded by their classmates
- 72% of LGBTQ+ students are verbally harassed
- 33% of LGBTQ+ students are physically harassed

BeLonGTo, 2022

BE THEIR ALLY

- Speak positively about LGBTQ+ role models
- Respect your students' name and pronouns
- Call out homophobic and transphobic language when you hear it

Educate your class & yourself

ShoutOut offers LGBTQ+ inclusion workshops for students as well as training for teachers and school staff. You can also check out terminology on the www.shoutout.ie

Point them in the right direction

There are amazing resources out there for young people and their families. Check out TENI, BeLonGTo and LGBT Ireland as well as local organisations for support

RESPECT THEIR PRIVACY

If a young person comes out to you the best first response is "Thank you for telling me" – you might be the only person they are ready to tell for now.



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