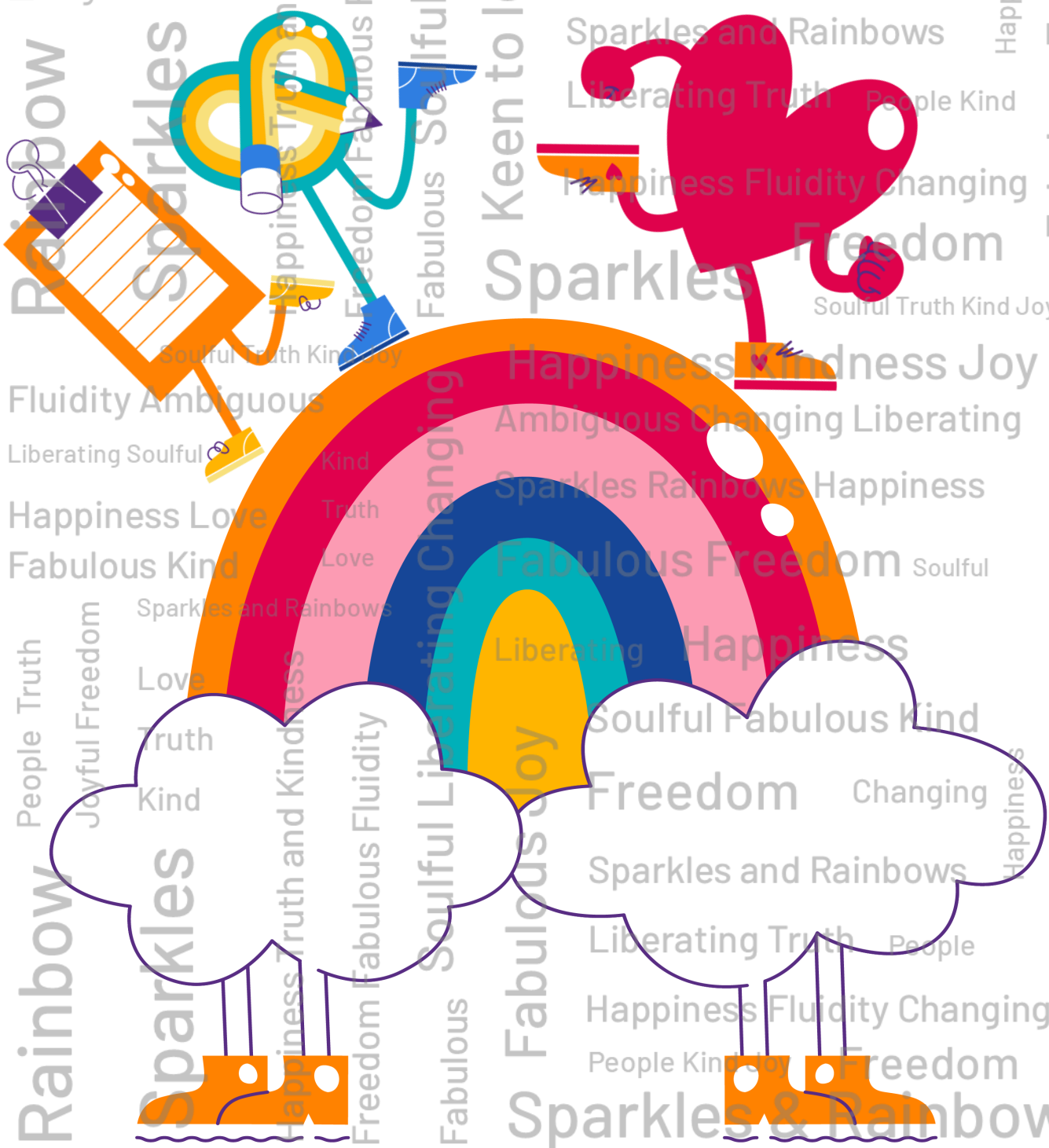


Fluidity Ambiguous
Liberating Soulful
Happiness Love
Fabulous Kind
People Truth
Joyful Freedom
Sparkles and Rainbows
Love
Truth
Kind
Sparkles
Happiness Truth and Kindness
Freedom Fabulous Fluidity
Fabulous Soulful Liberating Changing
Keen to learn
Freedom Changing
Sparkles and Rainbows
Liberating Truth
People Kind
Happiness Fluidity Changing
Freedom
Soulful Truth Kind Joy
Happiness Kindness Joy
Ambiguous Changing Liberating
Sparkles Rainbows Happiness
Fabulous Freedom Soulful
Liberating Happiness
Soulful Fabulous Kind
Freedom Changing
Sparkles and Rainbows
Liberating Truth People
Happiness Fluidity Changing
People Kind Joy Freedom
Sparkles & Rainbows
Fabulous Freedom Liberating Truth

THE RAINBOW HANDBOOK



INTRODUCTION

Hello, we are Rainbow Power Youth Council.

We are part of Free2B, an LGBTQ+ organisation in London who run LGBTQ+ support services for young people:

www.free2b.lgbt

Our names are:

Cameron (he/him) Spencer (they/he) Eli (he/they)

Michael (they/he) Frankie (they/them) and K

Character artwork by Colby (he/him)

We have created this book as LGBTQ+ young people ourselves, in order to try and help other LGBTQ+ young people and allies wanting to learn about the community.

This book is divided into sections on: gender, sexuality and wellbeing.

They all have areas for education and activities including colouring sheets. You don't have to follow all the ideas in the book.

Feel free to pick and choose which sections and activities you want to engage with.

Remember if this is not your book and you'd like to complete an activity worksheet or colouring sheet, please photocopy the page!

We have focused on positivity and we have included links to more detailed information on specific topics.



Throughout the book we will provide top tips, affirmations and quotes.

So you can spot these easily we have used:



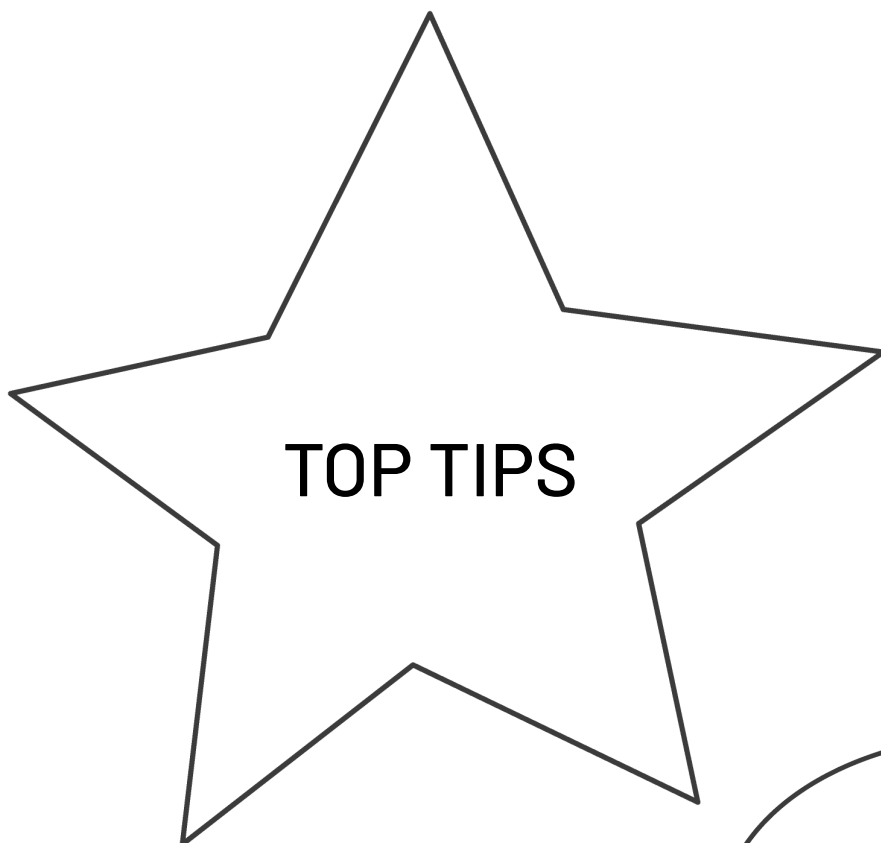
Stars for top tips



Hearts for affirmation



Speech bubbles for quotes





Hi, I'm Danny and I'm 17 years old.

I use pronouns they / he.

I'm questioning my gender identity and sexuality at the moment.

I have ADHD so I often use a fidget toy to help me. I am very spiritual and I use crystals.

I also have a health condition that means I wear a stoma bag. I wish I could get a rainbow one!



Hi, I'm Alfie and I'm 20 years old.

I use pronouns he / him.

I am a trans boy, fem presenting and I am also gay.

I have autism and often wear headphones to help me cope in noisy places that I can find overwhelming.



Hi, I'm Karter and I'm 16 years old. I use pronouns she / he / they / ze. I don't really connect with gender, so I identify as agender and I am also asexual. I wear hearing aids and I am also dyspraxic, so I wear a sunflower lanyard to let people know I may need additional support. I am a catholic and attend a wonderful LGBTQ+ inclusive church.



Hi, I'm Cameron and I am 19 years old. I use pronouns he / him. I am a trans boy and I am straight. I am proud to be Jewish and part of the LGBTQ+ community. I used to find this difficult, but I've found a great social group with other LGBTQ+ Jewish members which has been so positive and affirms my intersectional identity.



Hi, I'm Frankie and I am 13 years old.
I use pronouns she / they.
I am a trans girl and I am pansexual.
When I'm older, I want to become a doctor because I want to have a positive impact and help people.
At the weekends I like to explore my town with my friends and find new places to hang out.



Hi, I'm Anisa and I'm 15 years old.
I use pronouns they / them.
I identify as non-binary and I am bisexual.
I like to work with nature and animals! For the last 3 months I've been working at a local animal shelter. My favourite subjects at school are science and history. I also run the student council with two of my closest friends.

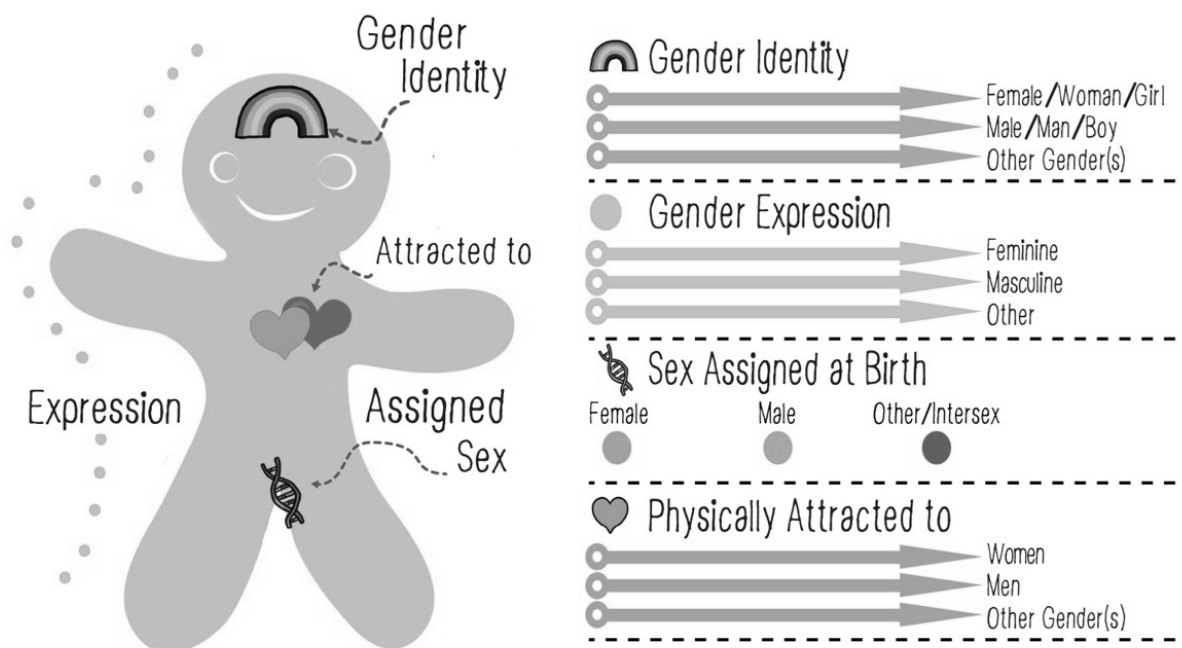
GENDER IDENTITY

Everyone has an internal sense of their own gender identity and for many people this will match with the assumptions made about them at birth (based on their genitals), but it doesn't always. For trans and non-binary people their internal sense of gender identity doesn't match up with the assumptions made about them at birth. For example, someone with female body parts may identify as male. See our glossary of terms (p56-57) for gender terminology and definitions.

Approximately 1% of the population are transgender.

Take a look at the **genderbread person** below to help explore gender.

The Genderbread Person



Resource adapted from tools created by:
www.ItsPronouncedMetrosexual.com
www.transstudent.org/gender



In the following pages we will briefly explore names, pronouns and gender expression. For detailed information on gender identities please access our Trans 101 guide: <https://free2b.lgbt/trans-guide/>

PRONOUNS

Pronouns are words that we use to refer to other people that are not their names. An example would be...did you see Charlie yesterday? **HIS** new hair cut really suits **HIM**, **HE** looks great.

Your pronoun choice can help affirm your gender identity.

These are some examples of commonly used pronouns:

He / him

He / they

They / he

She / her

She / they

They / she

They / them



If people give two or more different pronouns like she / they, it is likely they'll prefer the one they listed first. **But** it's always good to ask and check.

Some examples of neo-pronouns:

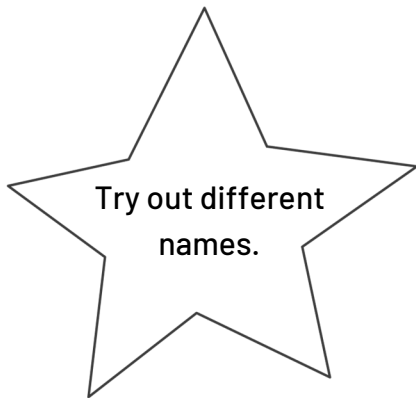
Ze / zer

It / Its

Ae / aer

All / any - meaning you can use any of the options above - they don't mind, but don't just stick with one!

NAMES & PRONOUNS



It can be helpful to try out different names and pronouns to explore what works for you. If you have supportive friends or family members, try asking them to use a particular name and / or pronouns for a few days, so you can hear it and see how it feels.

If you don't feel comfortable asking people to get involved, you could try writing down names and pronouns to try them out.



You can informally change your name (without any legal change) simply by asking people to use your chosen name. *For information on legally changing your name and gender marker check out our Trans 101 guide.*

<https://free2b.lgbt/trans-guide/>

Keep in mind this can be very difficult for your parent(s) because it is likely they chose your birth name and you are now asking to be called something different. If possible (and safe to do so) consider asking your parent(s) to help choose your new name or perhaps a middle name.

It's ok to deadname / misgender yourself by accident – it doesn't question your process, it's just you adapting to change.

NAMES & PRONOUNS

If you are still trying to find a name and pronouns that feel comfortable for you, you can use this activity to try out options.

The short story below has blank spaces for you to add in names and pronouns you may be trying, so you can explore how they feel when you read it back.

Take a look at the example below with he / him / his to see how to complete the activity with your pronouns.

If you are trying out different options, it may be best to use pencil or photocopy the page.



A day at the zoo:

Hello! Today I met Charlie and he told me about his trip to the zoo.

He went to the zoo with friends for a birthday celebration.

To get to the zoo he travelled by bus and train in London and used his Oyster card to pay the fare.

He had a brilliant day with his friends.

His favourite animal at the zoo was the giant panda.

He brought a packed lunch with him and he baked a birthday cake for his friend.

Remember if this is not your book, please photocopy the pages before completing the activities and colouring sheets!

A day at the zoo:

Hello! Today I met _____ and _____ told me about _____ trip to the zoo.

_____ went to the zoo with friends for a birthday celebration.

To get to the zoo _____ travelled by bus and train in London and used _____ Oyster card to pay the fare.

_____ had a brilliant day with _____ friends.

_____ favourite animal at the zoo was the giant panda.

_____ brought a packed lunch with _____ and _____ baked a birthday cake for _____ friend.

GENDER EXPRESSION

Gender expression is the way we present ourselves to the world, such as our hairstyle, clothes, makeup, jewellery and so on.

Think about choices that help affirm your gender identity. Take a look at a few of our suggestions below...

The use of toiletries can be a positive and a relatively cheap way to affirm your gender. For example trans masc people may choose to wear deodorant “designed for men” and likewise trans fem people may choose a feminine perfume.

Try different styles of clothes to find what works for you. It doesn't matter how clothes have been labelled – it's about what works for your body type.

Trans masc people could consider using make-up to create the appearance of facial hair.



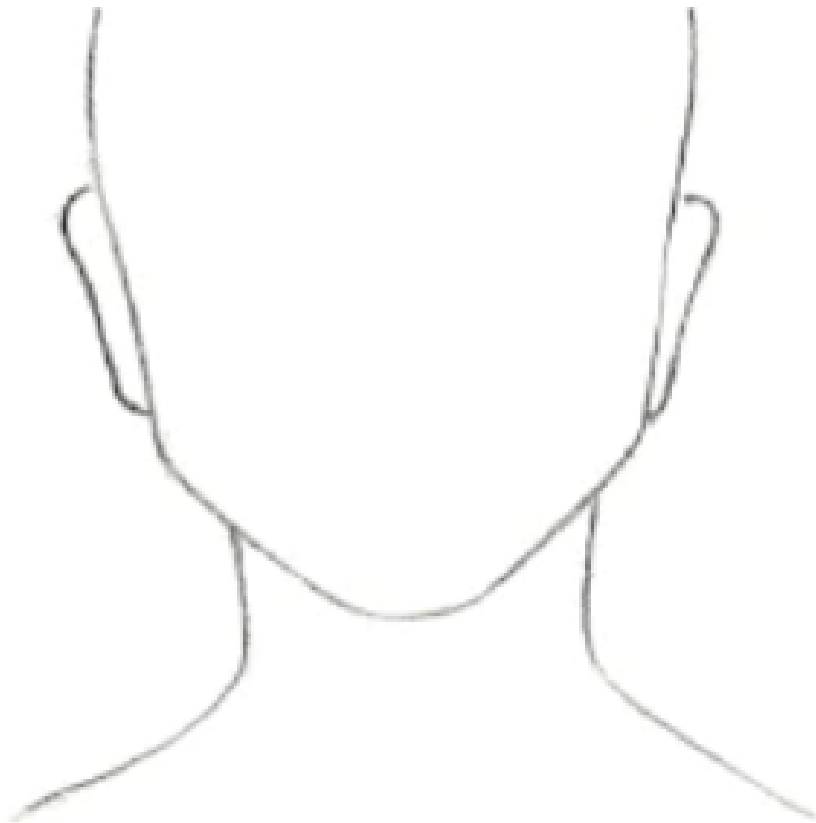
For more details please access our Trans 101 guide...there is a whole section on gender affirming techniques: <https://free2b.lgbt/trans-guide/>



People make assumptions because I wear a hijab, so I find clothes and my pronoun badge really help me express my gender.

Jot down what works for you:

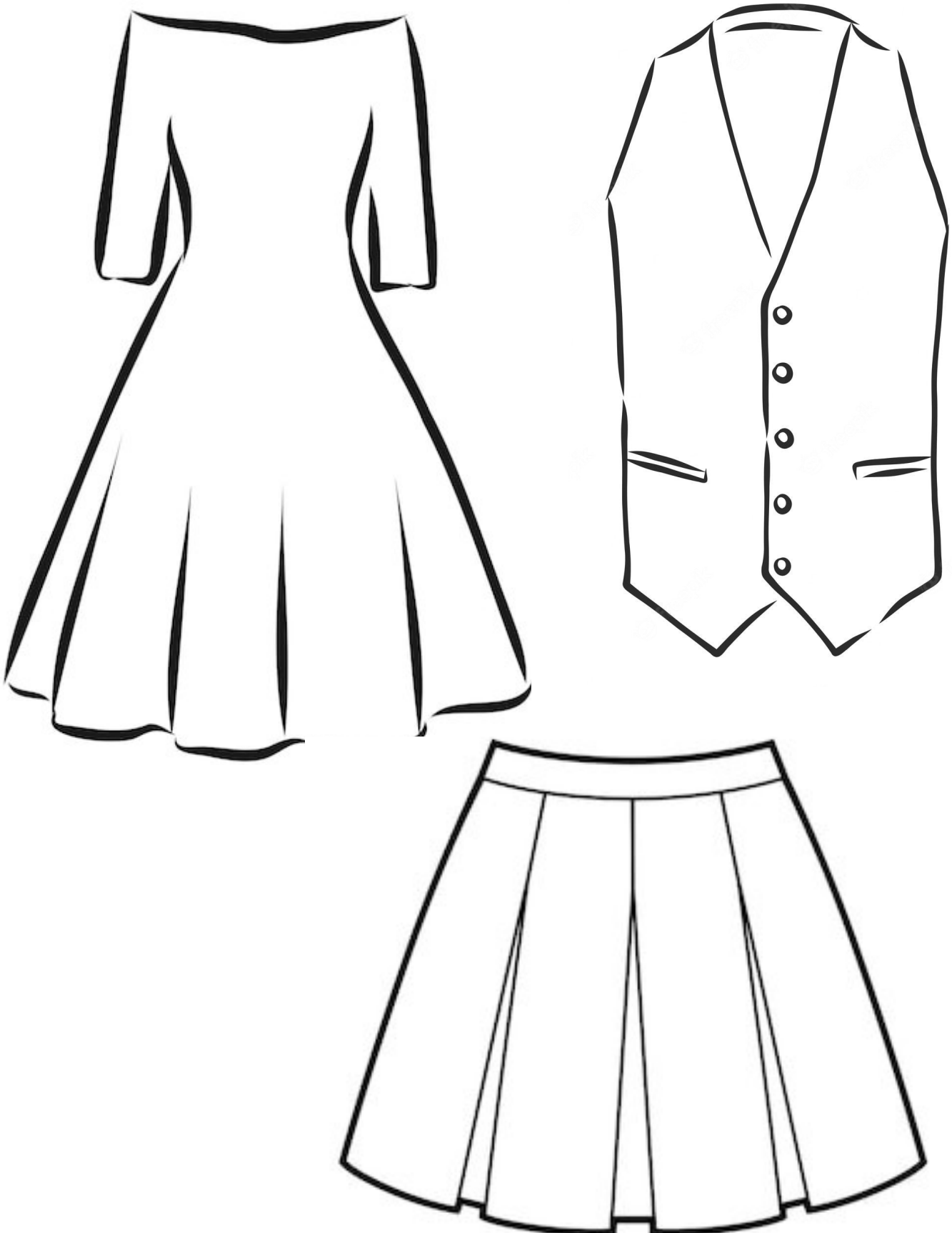
Design your dream hair style



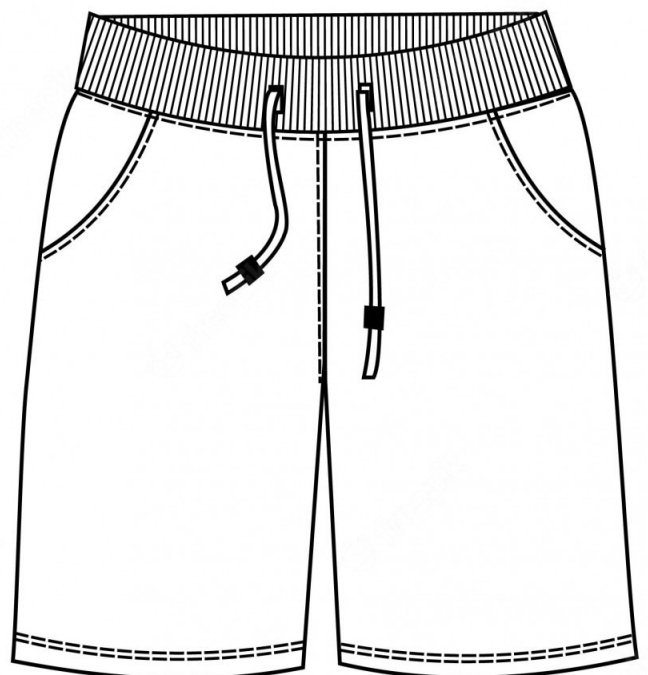
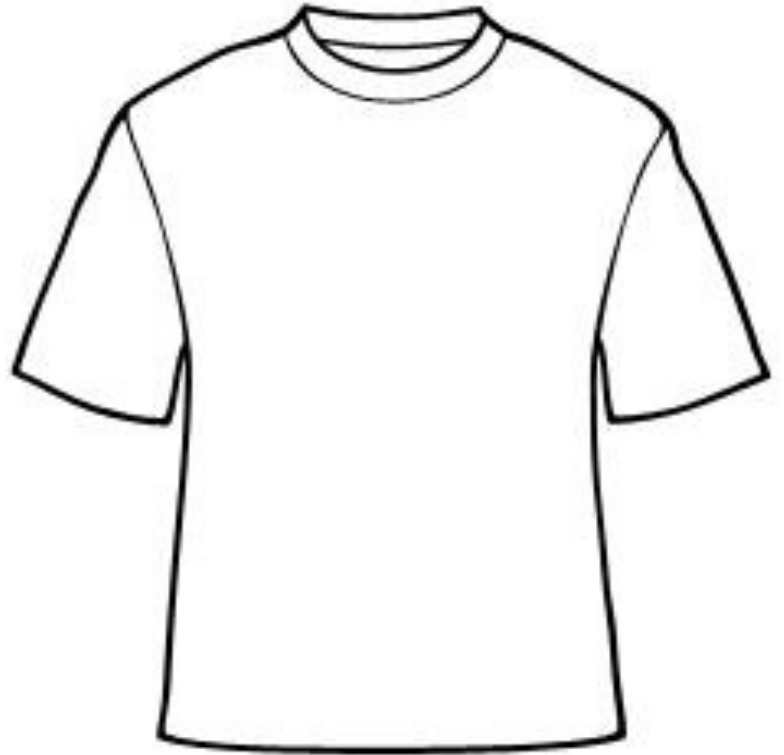
Consider the length of the hair, whether you want a fringe, hair style and hair colour...

Design your own clothes!

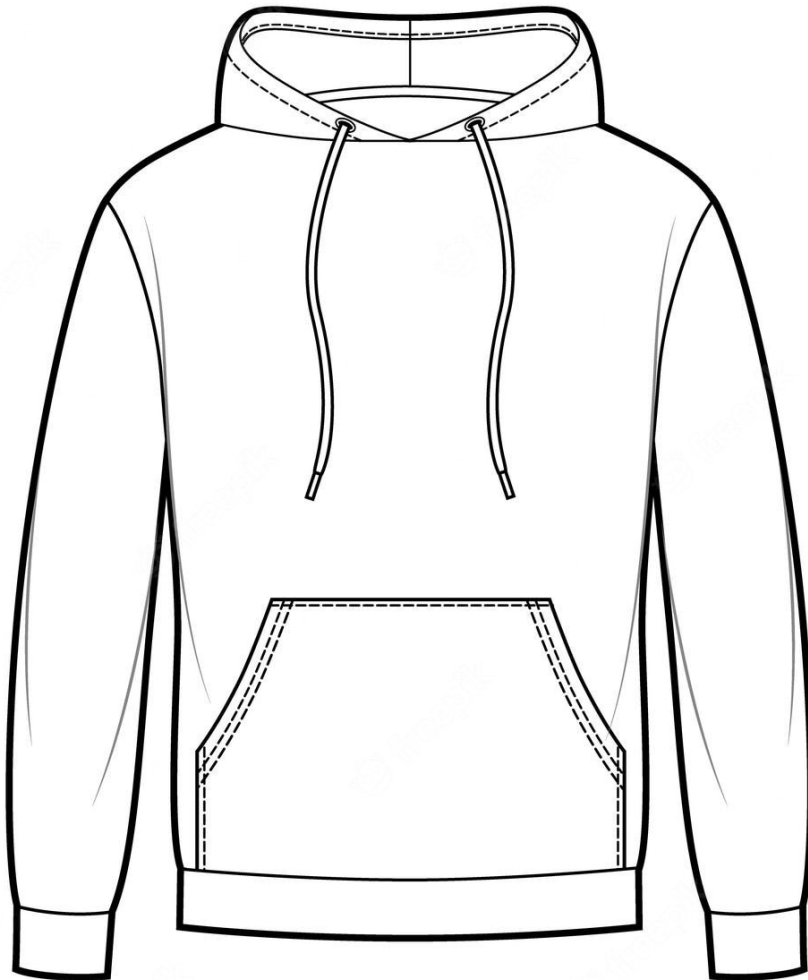
Cut out and colour in the clothes items that you feel best represent you.



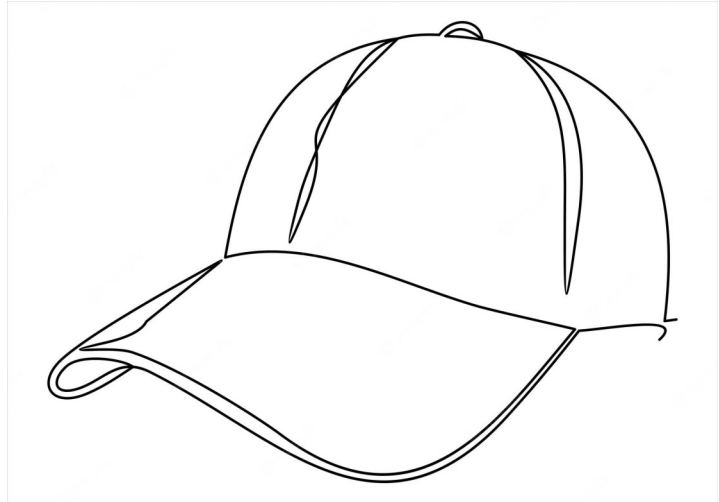
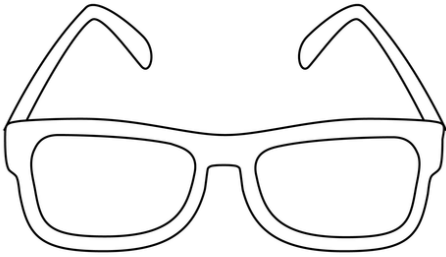
Design your own clothes



Design your own clothes



Design your own clothes



Use the space below to add your own ideas

SEXUALITY

Our sexuality describes who we are attracted to - this can include sexual attraction and / or romantic attraction, or neither.

See our glossary of terms (p58) for sexuality terminology and definitions.

It can take time to know and understand your sexuality - it could be as simple as recognising you have a crush on someone, or it might be more complicated. For some people their sexual attraction and romantic attraction is the same, but for others it may not be. Some people struggle to find a 'label' that truly describes their sexuality. And often language is 'catching up' with people's experiences.

Over the page we've included an activity that you might find helpful to explore your sexuality.

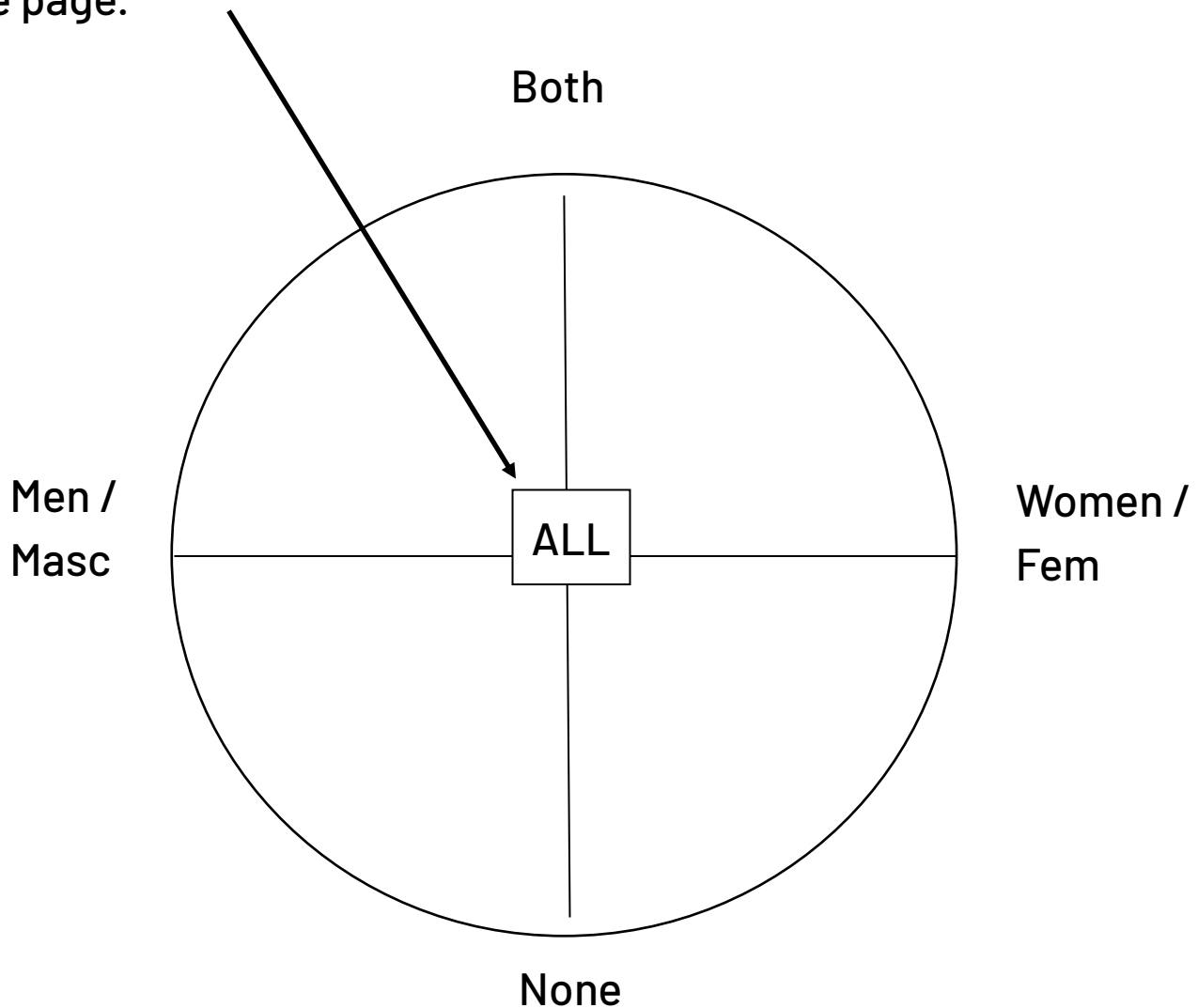


I had lots of friends that were girls but something didn't quite click...

I had a close male friend, and we used to hold hands, and cuddle a lot. I got a warm fuzzy feeling when we were together and I realised that was different to a friendship.

ROMANTIC ATTRACTION

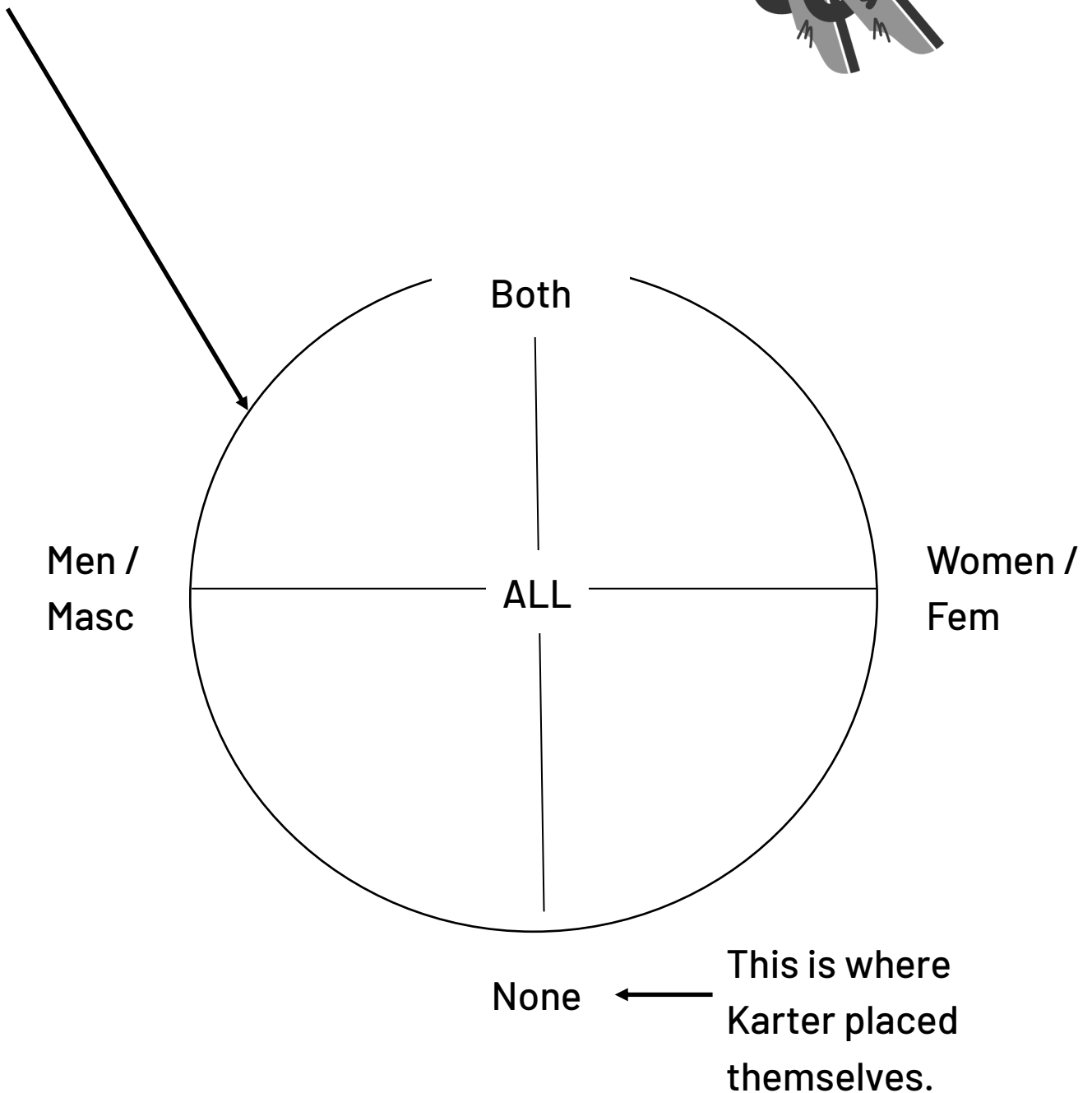
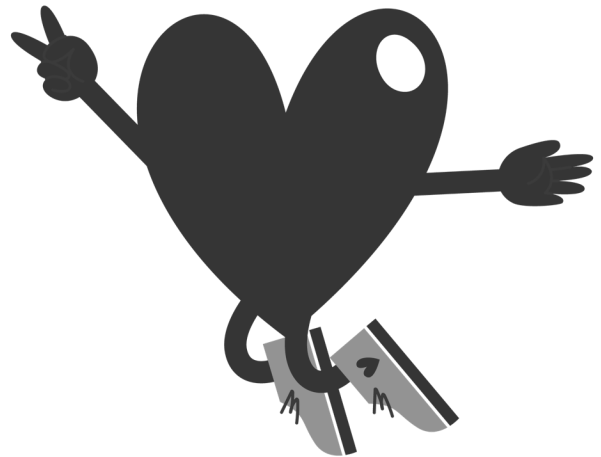
Karter is asexual. They don't have any sexual attraction towards people of any gender, but they do have romantic attraction to people - regardless of gender identity. So they have chosen 'ALL' on the romantic attraction diagram below and 'NONE' on the sexual attraction diagram over the page.



Where would you place yourself on the romantic attraction diagram?
Don't worry if you're not sure, that's ok.

SEXUAL ATTRACTION

Alfie's boyfriend has placed himself here on the diagram. He is mostly attracted to men, but he is occasionally attracted to women and has dated a girl previously.



Where would you place yourself on the sexual attraction diagram? Don't worry if you're not sure, that's ok.

FUN FACTS!

Same sex marriage is legal across all of the UK.

It was made legal in England and Wales first in March 2014, then in Scotland in December 2014 and Northern Ireland since January 2020.

Pride marches take place across the UK.

In 2022 the LGBTQ+ community celebrated fifty years after the first Pride in London.

At that first Pride in 1972, around 2,000 participants marched together, calling for gay rights.

The Rainbow Laces campaign began in 2013 when Stonewall UK looked to fight homophobia, biphobia, and transphobia in sport.

The rainbow flag, also known as the (gay) pride flag, is a symbol of lesbian, gay, bisexual, and transgender (LGBT) pride and LGBT social movements. The original flag designed in 1978 had eight colours: Hot Pink, Red, Orange, Yellow, Green, Turquoise, Indigo, Violet.

In 1979 the design was amended to the flag you may recognise with six colours: Red, Orange, Yellow, Green, Blue, Purple.

The flag has undergone several changes recently to be more inclusive. In 2017 the flag had a black and a brown stripe added to recognise that people of colour are unfortunately often not fully included by LGBT people.

In 2018 the progress flag was developed which includes the trans pride colours (white, pink and blue) the black and brown stripes and the six colours from the gay flag.

In 2021 a yellow section with a purple circle was added to include intersex people.

LGBTQ+ ICONS

We've shared some of our favourite LGBTQ+ icons below focusing on sexuality.



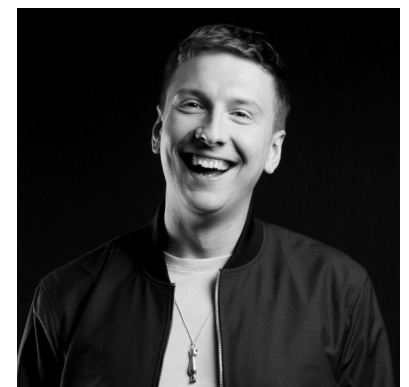
Captain Raymond Holt is the stoic, pragmatic and serious captain of the Nine-Nine and a major character in the sitcom Brooklyn Nine-Nine. As a black, gay police officer, Holt experienced an avalanche of discrimination, profiling, homophobia and slander for many years but fought through it all.

Rosa Diaz is a main character in Brooklyn Nine-Nine. In the fifth season, Rosa comes out as bisexual. Her storyline in coming out was shaped by the actor Stephanie Beatriz who plays Rosa, herself identifying as bisexual.



Rosie Jones is a comedian, she was quoted saying "I am proud to be a gay, disabled woman." Having Cerebral palsy made her an icon representing LGBTQ+ people in the media. Having appeared on popular shows The Last Leg and 8 Out of 10 Cats, she won the 2020 Comedy Award at Attitude Awards.

Joe Lycett is a British comedian who currently identifies as pansexual, he discusses how the language surrounding sexuality has changed, and how words like pansexual were not used when he was questioning his sexuality. He was quoted saying "I say bisexual because it's easy for people to understand but I actually don't quite think it's that."



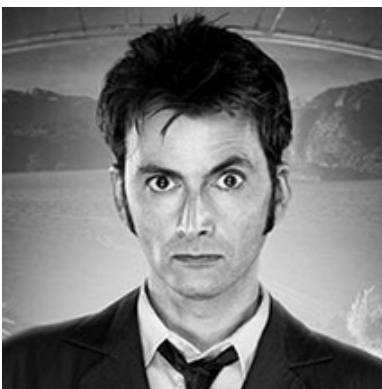
LGBTQ+ ICONS



Lil Nas X is an American rapper, singer, and songwriter.

As "Old Town Road" was atop the Hot 100, Lil Nas X came out as gay, becoming the only artist to do so while having a number one record.

Tessa Thompson is an American actress. She began her professional acting career with the Los Angeles Women's Shakespeare Company. The actress put it bluntly: "I'm attracted to men and also to women" (in an interview with Porter Magazine).



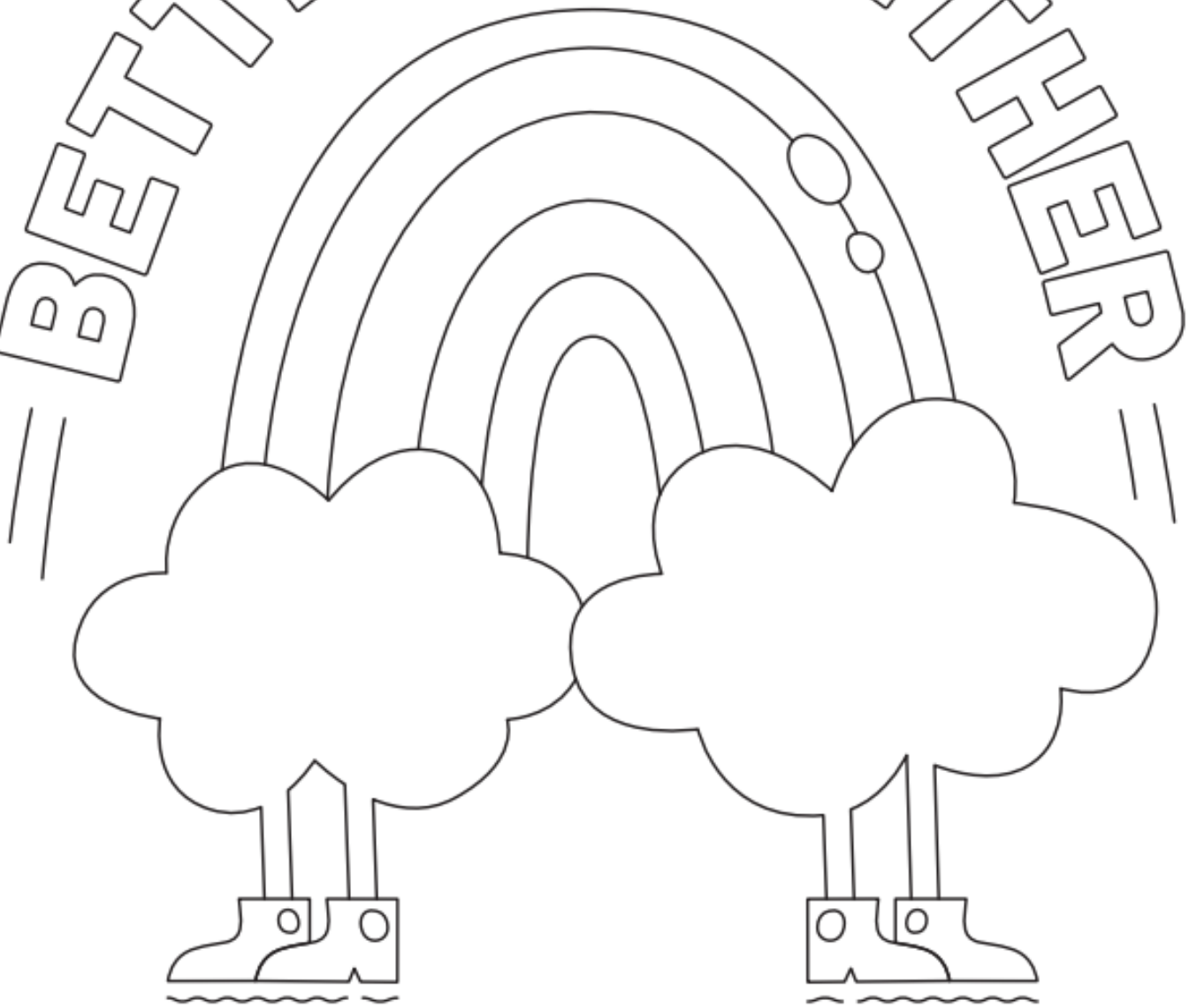
The Doctor is a Time Lord, from the planet Gallifrey. Due to their alien physiology, the Doctor, when critically injured, can regenerate their body, gaining a new physical appearance and personality. David Tennant (10th Doctor) and Matt Smith (11th Doctor) have expressed in interviews that The Doctor is asexual. The

Doctor doesn't express interest in anyone in the show and many fans headcanon them as asexual.

Clare Balding OBE is an English broadcaster, journalist, and author. She's 51 and identifies as a lesbian. She's won many awards including: Sports Presenter Of The Year, Biography / Autobiography of the Year, Women in Film and Television Awards and Top 100 most powerful women in the UK.



BETTER TOGETHER



WELLBEING

It is important to look after your wellbeing. Below are some of our suggestions, but it's important to find what works for you.

These are just little ways to help lift your mood.

Keep a diary of positive memories

Deep breathing - NHS guidance suggests to try the following steps

- Breathe in gently and regularly.
- Some people find it helpful to count steadily from 1 to 5. You may not be able to reach 5 at first.
- Then let it flow out gently, counting from 1 to 5 again, if you find this helpful.
- Keep doing this for at least 5 minutes.

Scream - it can help to 'get it out' but make sure you let people know so they don't panic! Or try screaming into a pillow

Call a friend

Watch your favourite video

Hug a soft toy / create a pile of cushions for floofy comfort!

Eat something nice

Go for a walk

Do something you enjoy...bake, play games, dance, draw

Get some rest and sleep if you can

Try the 54321 technique to ground yourself:

5 Things you can see

4 Things you can feel

3 Things you can hear

2 Things you can smell

1 Thing that brings you joy



One of the things that helps me is drawing my emotions. Check out some of my creations...



WELLBEING

Use the space below to write or draw ways that you find help lift your mood and support your wellbeing.

LET SOME ANGER OUT



Use the space below to write or draw all the things that are currently causing you stress, then safely destroy it...rip it up, scribble over it or throw it away. Whatever works for you!

AFFIRMATIONS



These are some examples of positive affirmations to support wellbeing:

You've got this - I'm proud of you

No matter what you think - you are loved

Turn that frown upside down

Brighten up - buttercup

Don't give up - you're nearly there

You are enough

Just be yourself

Always be yourself

Take it one step at a time

Small steps are better than no steps

You're gorgeous, keep your spark shining

Try to remember your achievements

Try to remember good times

You're handsome

You are fabulous, keep moving forward, keep going

Over the page there are some examples of how to use affirmations and some activities if you'd like to create your own.

HOW TO USE AFFIRMATIONS

- ◆ Say them repeatedly
- ◆ Write them down on post-its and stick them up around your room
- ◆ Keep some with you (for example in your phone)
- ◆ Say them to yourself in front of the mirror
- ◆ If you find it difficult to tell them to yourself, try telling them to your pet and / or record them on your phone so you can listen back to them
- ◆ Set a positive affirmation on your home screen
- ◆ Find a song / lyric with a positive affirmation to play to yourself
- ◆ Fill a jar with positive affirmations so you can pull one out when you need one
- ◆ Get creative - you could put it in icing on a cake!

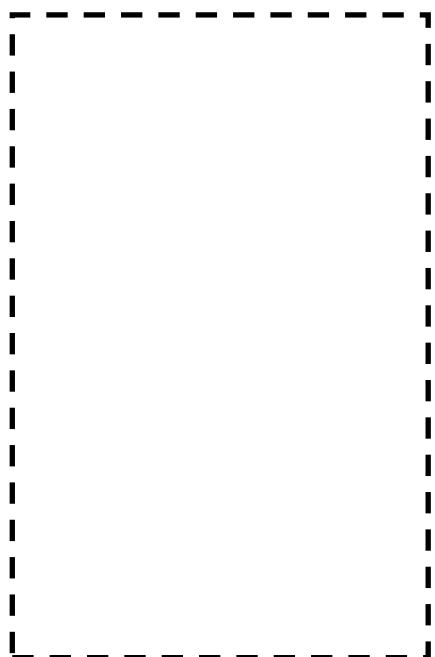
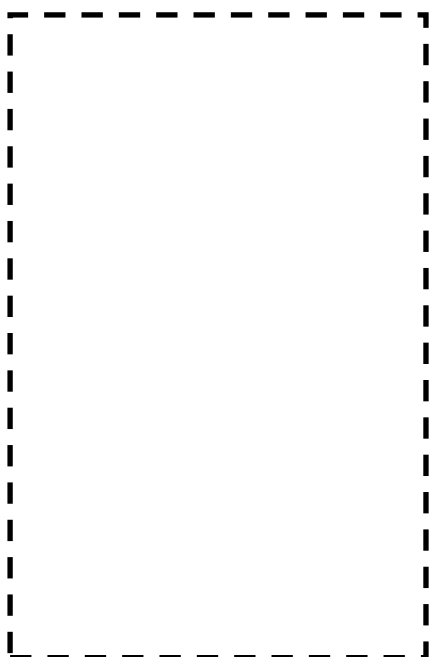
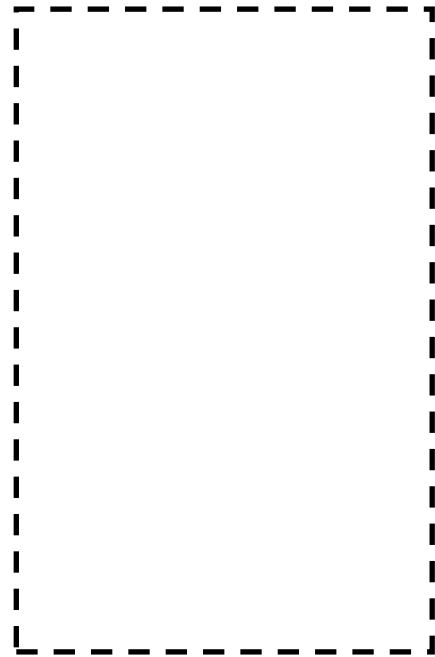
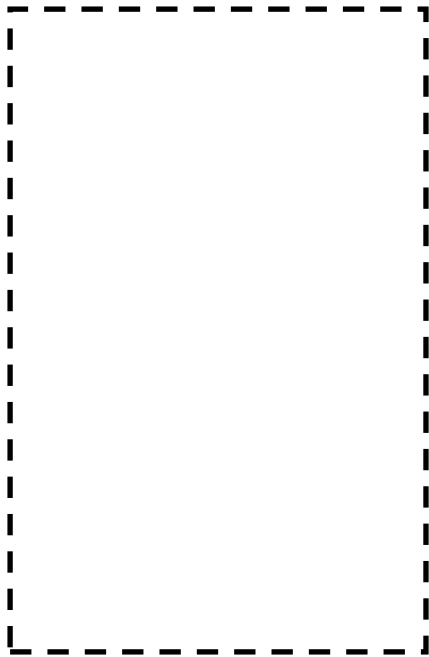
Tips for writing your own

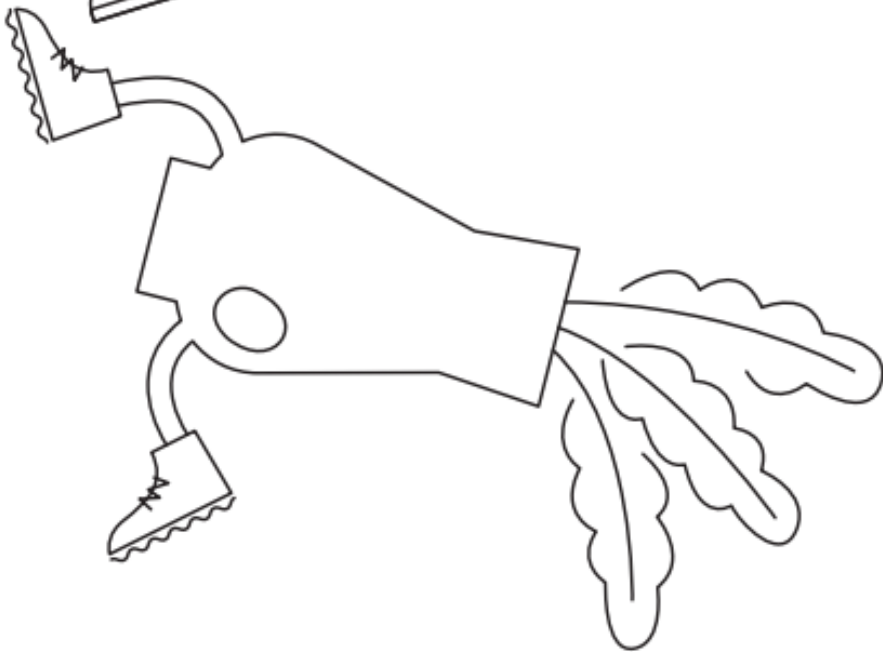
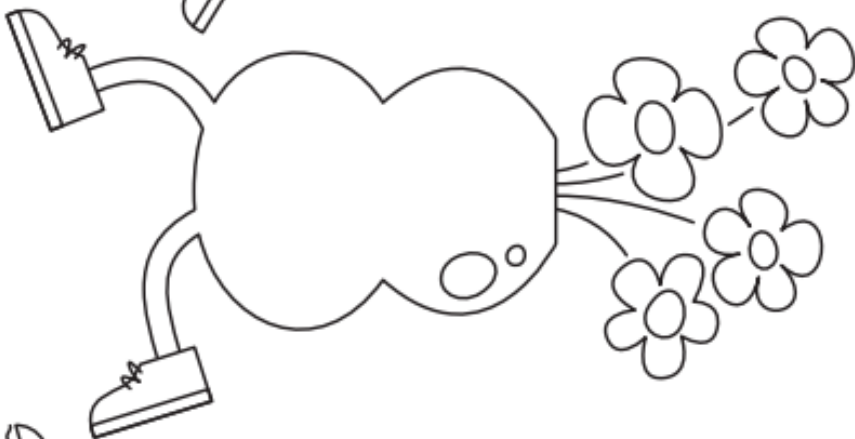
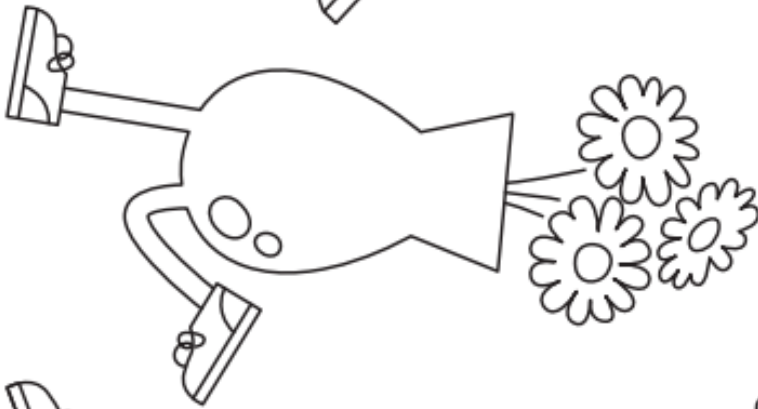
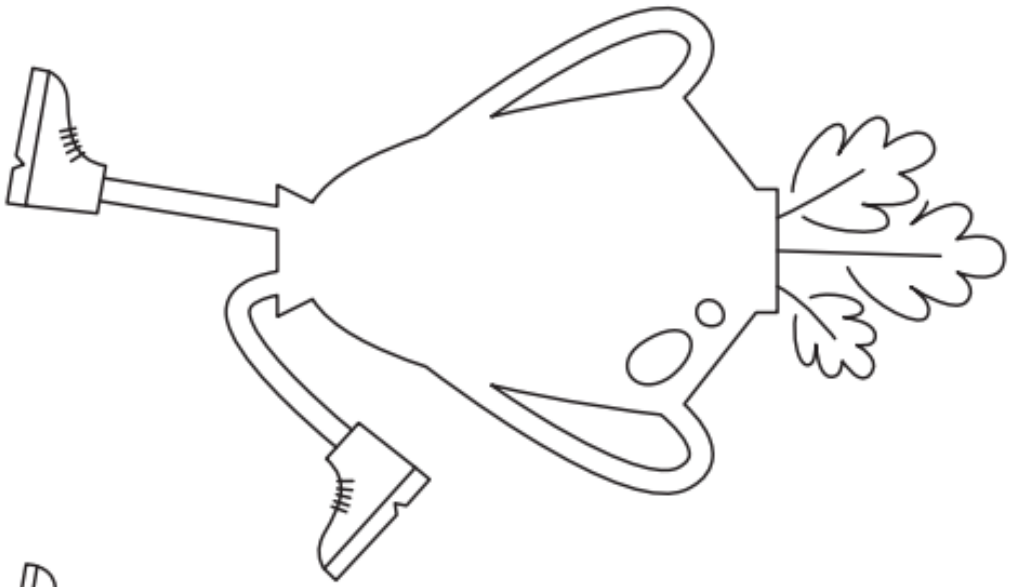
- ◆ Make them personal to you
- ◆ Keep them in the present tense
- ◆ You could draw your affirmation and decorate it...

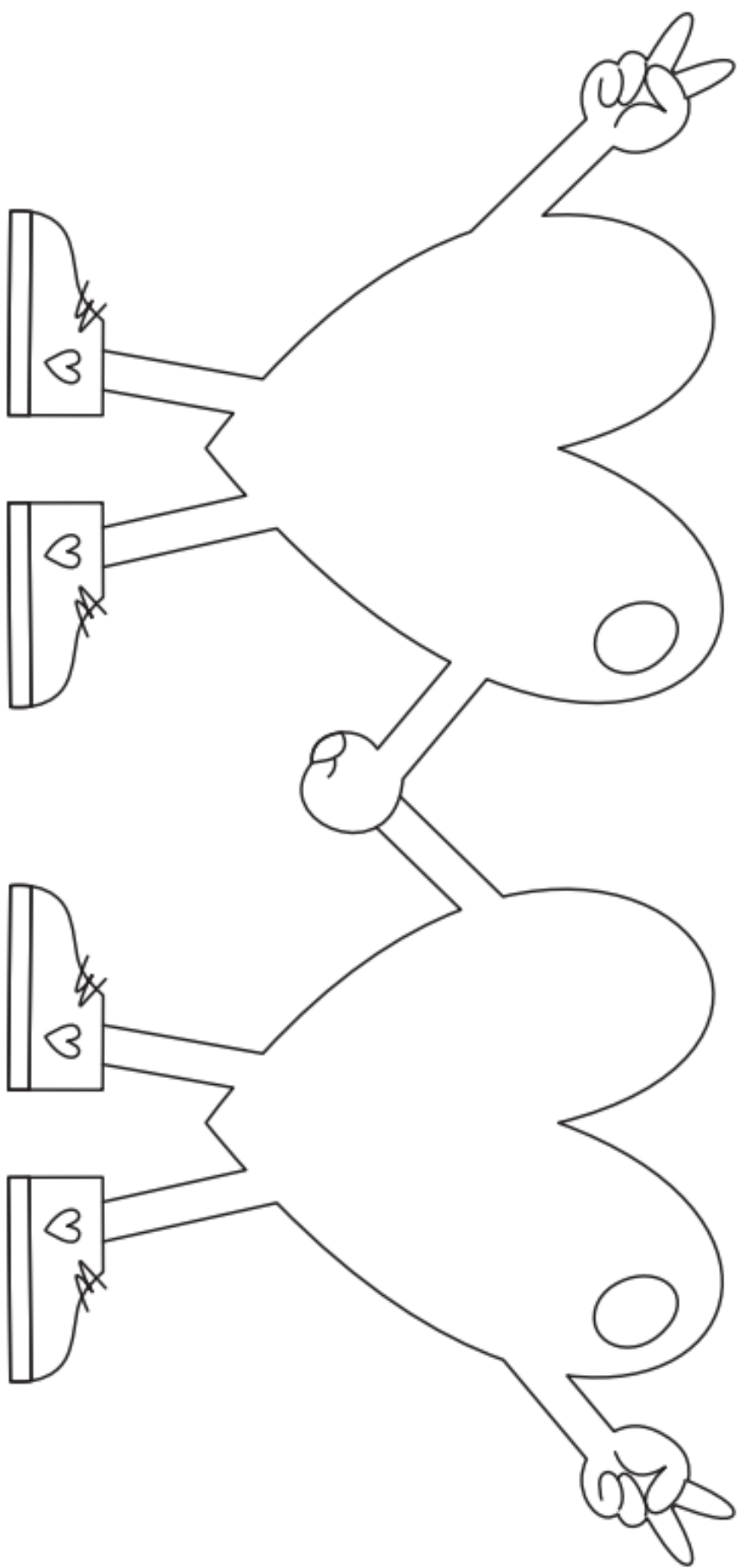


HOW TO USE AFFIRMATIONS

Why not design some affirmation cards that you can keep with you, for example in your wallet, in your phone case, with your college pass or travelcard. You can cut out the templates below.







LOVE IS LOVE

DESIGN YOUR OWN IDENTITY FLAG

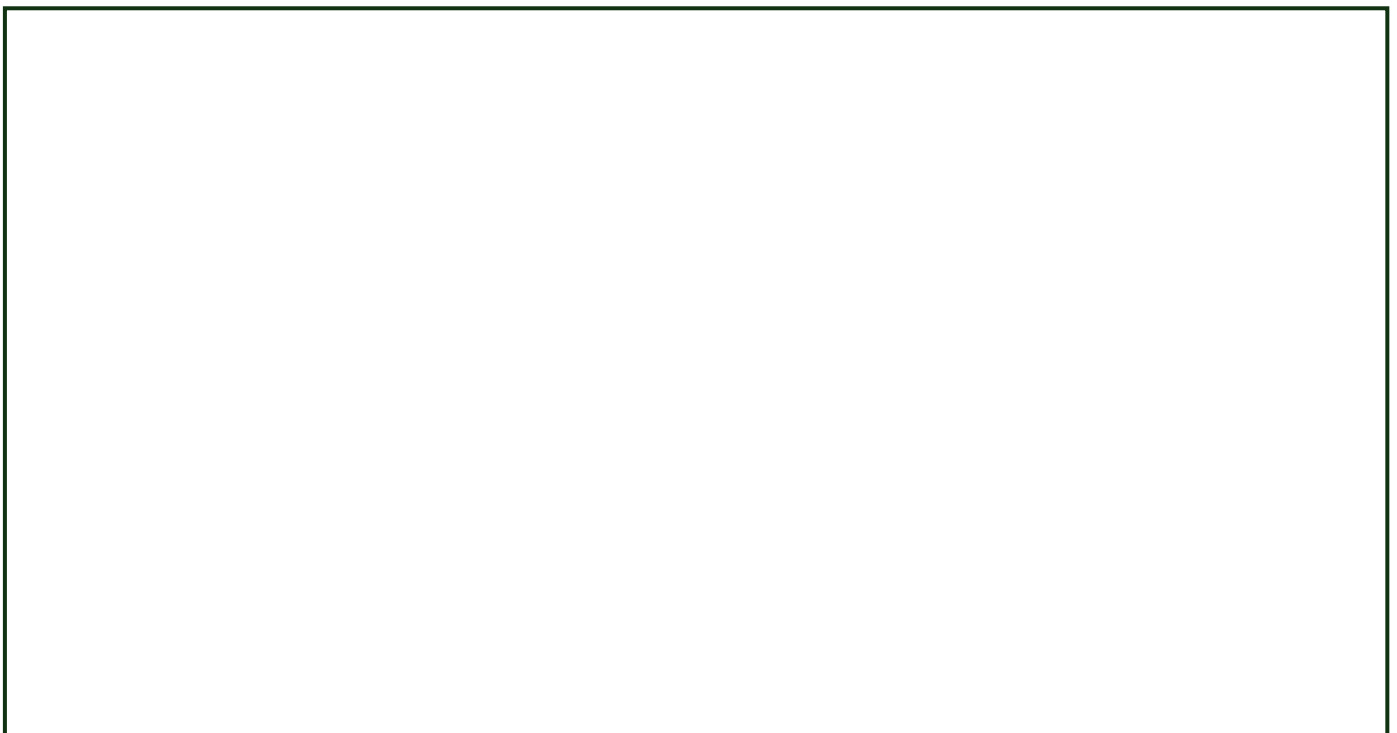
Combine your gender identity and sexuality flag designs to create your own personalised identity flag.

What will you name your flag and what does it mean?

Name:

Meaning:

You might want to add your gender identity and sexuality flag designs here to help you decide how to combine them:



LGBTQ+ WORD SEARCH

D L V L U X G H N B S W Y X N Q T S S T A M R K N M R I W D
S S A T F U D R Q J J I U U H V S V T Y Q R E Y C U R R G L
X I G R Y P S E Z Y N S G N Q Q T I D V X R H J A V U R P N
V E E U E F D H T O K T M W E U P H O R I A G M J Y V X G X
M U D S M Q Y X E J C C J N X Z K S U I F G R X P J R K B Y
W E A F H D S U I N C L U S I V I T Y J N F V C B W U C W F
V F L G H R P J Y R O O N S O C B O P K W T E E A N W P S F
J X R K O J H X N G H Q M D H M H U B S Q Y E J Q H Y B Z B
M K I Z V X O J T Z U N B R Z C S I P T B Z N R Q H B N J X
Z O S N O X R A H G E S G E N D E R F L U I D B S U H P G B
I X E A G A I I C B B L N S B O F C R H S U T F W E A A E J
X Y C I L T A B Z U X F O W Z M G G I K M P S N L I X G N T
J N P G S Z C A H C M O N Z L F Q H C S A O E E L K E B D C
M K S I A R X F A R K M B G L Z A N Y U G D Z R Y B V R E K
U V R E U A G Z T H F K I M H G M Z T Z H E E K V B H C R Q
T Q X J A Q A M D O C S N Q D U M P N D Q N N W R P S X Z P
A Y Z V Q F Y I E P V X A P F E Q P H Z F C A D S C M G F O
S D T H J U J S T D H C R K L E V Y V T K H S H E G J Z W R
T U C K I N G L C U H G Y C Y E S Q Q C F D E A X R I B O B
I N D I V I D U A L I T Y L U V X V C H J J X Q D S K J B B
U O W C R S E R P P Z Q O D I Q M P F Z G T U E X G K V G S
B S O M Q N K W J B D J X C B F H Q R U R G A V B H Z G S K
O I Q Q C C R J R L W U K B T Y W G H E X O L M S C F R T B
W Z F V B P R I D E F M J L E S B I A N S P P C F A I W E V
W X B U Z Q C R Q K P F C Y L X U H V W X S F R E E D O M M
D W L F D W C H A I I P T H O O V N Y K I X I V E Z V Q S C
P U Q T R A N S G E N D E R R J O M U I O X O O O Z X L Z R
I G R B I S E X U A L Y L P G A F I V Y B P E L N L S S U B
P P T B P C Y H Y W J W O A C M S B I N D E R C I D D Z P F
Z I J T B I N A R Y I U T H D L V P O Q Y A G A Y K O L H Z

Nonbinary

Binder

Tucking

Euphoria

Pride

Lesbian

Gender

Gay

Expression

Dysphoria

Bisexual

Asexual

Binary

Transgender

Cisgender

Freedom

Individuality

Inclusivity

Intersex

Genderfluid

GENDER EUPHORIA

Fed up of feeling gender dysphoric,
I've put together this toolkit to help me feel gender euphoric.

Going to spaces & being able to be me,
wearing what I feel comfortable in & dressing freely.

Challenging negative perceptions without confrontation
& with the doubters, being able to have an open conversation.

I like my hair dyed, long, short, or maybe I'll shave it one day,
it's my choice to make though, it really doesn't matter what you say.

Babs, Boris, Doris, Oliver & Ruby, some of the names of our cats or
dogs to stroke & pet,
feeling their fur when stressed, helps to forget...

...the storms & remember the sunrises, the hope at the end of a
rainbow

& the fields, where I can see the pretty flowers grow,

while I watch the caterpillar transform into a butterfly,

I feel that's progress, a beautiful moment, so I'll continue to try...

Poem by T

Created with Free2B youth members



LGBTQ+ WORD SEARCH ANSWERS

D L V L U X G H N B S W Y X N Q T S S T A M R K N M R I W D
 S S A T F U D R Q J J I U U H V S V T Y Q R E Y C U R R G L
 X I G R Y P S E Z Y N S G N O O T I D V X R H J A V U R P N
 V E E U E F D H T O K T M W E U P H O R I A G M J Y V X G X
 M U D S M Q Y X E I C C I N X Z K S U I F G R X P J R K B Y
 W E A F H D S U I N C L U S I V I T Y J N F V C B W U C W F
 V F L G H R P J Y R O O N S O C B O P K W T E E A N W P S F
 J X R K O J H X N G H Q M D H M H U B S Q Y E J Q H Y B Z B
 M K I Z V X O J T Z U N B R Z C S I P T B Z N R O H B N I X
 Z O S N O X R A H G E S G E N D E R F L U I D B S U H P G B
 I X E A G A I I C B B L N S B O F C R H S U T F W E A A E J
 X Y C I L T A B Z U X F O W Z M G G I K M P S N L I X G N T
 J N P G S Z C A H C M O N Z L F Q H C S A O E E L K E B D C
 M K S I A R X F A R K M B G L Z A N Y U G D Z R Y B V R E K
 U V R E U A G Z T H F K I M H G M Z T Z H E E K V B H C R Q
 T Q X J A Q A M D O C S N Q D U M P N D Q N N W R P S X Z P
 A Y Z V Q F Y I E P V X A P F E Q P H Z F C A D S C M G F O
 S D T H J U J S T D H C R K L E V Y V T K H S H E G J Z W R
 T U C K I N G L C U H G Y C Y E S Q Q C F D E A X R I B O B
 I N D I V I D U A I L I T Y L U V X V C H J J X Q D S K J B B
 U O W C R S E R P P Z Q O D I Q M P F Z G T U E X G K V G S
 B S O M Q N K W J B D J X C B F H Q R U R G A V B H Z G S K
 O I Q Q C C R I R L W U K B T Y W G H E X O L M S C F R T B
 W Z F V B P R I D E F M J L E S B I A N S P P C F A I W E V
 W X B U Z Q C R Q K P F C Y L X U H V W X S E R F E D O M M
 D W L F D W C H A I I P T H O O V N Y K I X I V E Z V Q S C
 P U Q T R A N S G E N D E R R J O M U I O X O O Q Z X L Z R
 I G R B I S E X U A I Y L P G A F I V Y B P E L N L S S U B
 P P T B P C Y H Y W J W O A C M S B I N D E R C I D D Z P F
 Z I J T B I N A R Y I U T H D L V P O Q Y A G A Y K O L H Z

Nonbinary

Binder

Tucking

Euphoria

Pride

Lesbian

Gender

Gay

Expression

Dysphoria

Bisexual

Asexual

Binary

Transgender

Cisgender

Freedom

Individuality

Inclusivity

Intersex

Genderfluid

GLOSSARY OF TERMS

Below are some definitions, but please be assured if you don't see yourself reflected in the information below this is simply because we've only provided a very basic list.

Keep in mind – definitions and language are constantly evolving!

GENDER IDENTITY TERMINOLOGY

Our biological sex refers to our reproductive organs, hormones and chromosomes. Gender identity is how we think in our heads about ourselves.

Cis Male: a person whose gender identity (male) matches the assumptions made about them at birth (male).

Cis Female: a person whose gender identity (female) matches the assumptions made about them at birth (female).

Trans Male: a person whose gender identity (male) does not match the assumptions made about them at birth (female).

Trans Female: a person whose gender identity (female) does not match the assumptions made about them at birth (male).

Trans masc: is an umbrella term that describes a trans person (generally one who was assigned female at birth), and whose gender is masculine and/or who express themselves in a masculine way.

Trans fem: is an umbrella term that describes a trans person (generally one who was assigned male at birth) and whose gender is feminine and/or who express themselves in a feminine way.

Intersex: a person who is born with a combination of both male and female biological sex organs / chromosomes. Approximately 1.7% of the population are intersex.

Non-binary: a person who does not identify as either a man or a woman – sometimes the term gender neutral is used.

Gender fluid: a person whose gender changes over time. A gender fluid person might identify as a woman one day and a man the next, as agender, bigender, or another non-binary identity. Their gender might change quickly – in a matter of hours – or slowly, over months or even years.


Agender: not knowing or not caring about gender, as an internal identity and/or as an external label. Deciding not to label their gender. Genderless.

AFAB: stands for assigned female at birth and may be used when a person's gender identity is different from the female sex they were assigned at birth.

AMAB: stands for assigned male at birth and may be used when a person's gender identity is different from the male sex they were assigned at birth.

Questioning: a term used when someone is thinking about / exploring their gender identity and hasn't found a label yet that fits for them.

Queer: an umbrella term used to describe the LGBTQ+ community.



Labels do not equal rules! There are no rules – be who you want to be!

SEXUALITY TERMS

Gay: male identified person attracted to male identified people.

Lesbian: female identified person attracted to female identified people.

Please note - gay can be used as a general 'umbrella' term for anyone attracted to the same gender as their own.

Straight: someone attracted to the opposite gender to their own, (e.g. a woman attracted to a man).

Bisexual: a person who is attracted to people of their own gender and other genders.

Pansexual: a person who is not attracted by the person's gender, but instead attracted to the person's personality.

Asexual: a person who experiences little to no sexual attraction.

Questioning: a term used when someone is thinking about / exploring their sexuality and hasn't found a label yet that fits for them.

Queer: an umbrella term used to describe the LGBTQ+ community.

Polyamorous: a person in multiple committed relationships.

This is an introduction to labels - there are many more and all are valid!

These definitions are not 'set in stone' language evolves all the time and different people can have their own different interpretation. Some labels may also overlap. Whatever label or no label that works for you is perfect.

WHATEVER BRINGS YOU JOY...

Use this page however you want to. You could write a poem, a story, draw a picture or something else!



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Fluidity Ambiguous

Liberating Soulful

Kind

Happiness Love

Truth

Fabulous Kind

Love

People Truth

Joyful Freedom

Sparkles and Rainbows

Love

Truth

Kind

Rainbow

Sparkles

Happiness Truth and Kindness

Freedom Fabulous Fluidity

Fabulous Soulful Liberating Changing

Ambiguous Changing Liberating

Sparkles Rainbows Happiness

Fabulous Freedom Soulful

Liberating

Happiness Truth

Soulful Truth Kind Joy Sparkles

Soulful Fabulous Kind

Freedom Changing

Sparkles and Rainbows

Liberating Truth People Kind

Happiness Fluidity Changing

Sparkles

Freedom

Soulful Truth Kind Joy

Fabulous Freedom Liberating Truth

Soulful Truth Kind Joy

Fluidity Ambiguous

Liberating Soulful

Kind

Happiness Love

Truth

Fabulous Kind

Love

People Truth

Joyful Freedom

Sparkles and Rainbows

Love

Truth

Kind

Rainbow

Sparkles

Happiness Truth and Kindness

Freedom Fabulous Fluidity

Fabulous Soulful Liberating Changing

Happiness Kindness Joy

Ambiguous Changing Liberating

Sparkles Rainbows Happiness

Fabulous Freedom Soulful

Liberating Happiness

Soulful Fabulous Kind

Freedom Changing

Sparkles and Rainbows

Liberating Truth People

Happiness Fluidity Changing

People Kind Joy Freedom

Sparkles & Rainbows

Happiness

Fabulous Freedom Liberating Truth