

easy  
read



# LGBTQ+

An easy read guide



Government  
Equalities Office

“**Advonet**”  
Providing Independent Advocacy



Yorkshire  
MESMAC

Advonet, CHANGE and Yorkshire MESMAC were funded by the Government Equalities Office to improve the inclusion of local LGBTQ+ people who are autistic, have a learning disability, or have mental health difficulties within healthcare services in Leeds.

This booklet and the other resources funded by this project are available to help keep breaking down barriers. Thank you to the Government Equalities Office for funding this valuable and effective project.

A special thanks to Yorkshire MESMAC for reviewing the wording in this booklet.

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# Introduction

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This booklet is about people who are LGBTQ+ and what that means.

LGBTQ+ stands for

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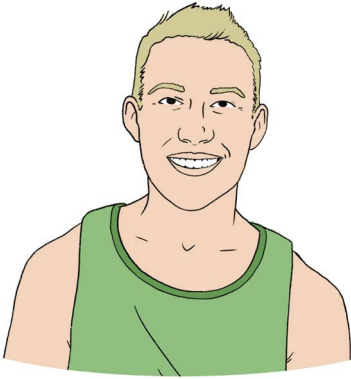
**L**esbian



**G**ay



**B**isexual



Transgender

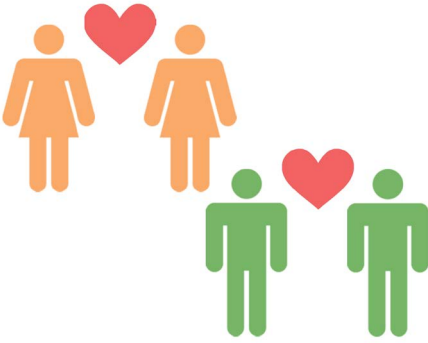


Queer or Questioning

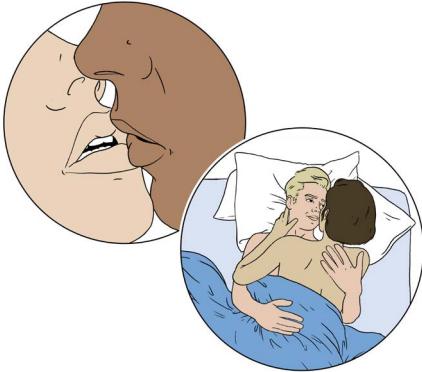


The + is to be inclusive to everyone that feels part of the LGBTQ+ community but don't feel like they fit into the groups listed in LGBTQ.

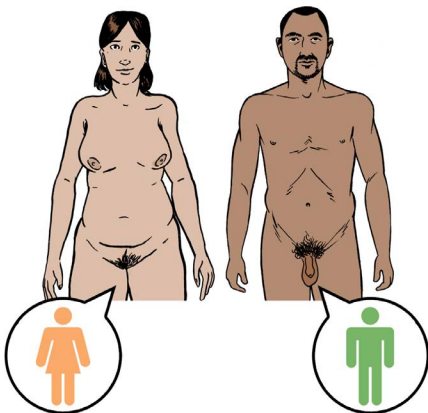
# Sexuality



Being lesbian or gay means you are **attracted** to people of the same **sex** or **gender**.



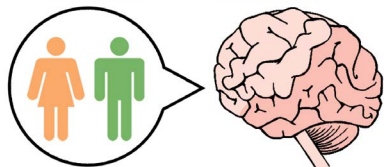
Being **attracted** to someone means that you would like to kiss them or have sexual intercourse with them.



Your **sex** describes if you are male or female based on the physical body parts you were born with. This can be different to your gender.



✗ GENDER



✓ GENDER



**Gender** is if you feel like a man or a woman. This can be different to your sex.

Lesbians or gay women are attracted to other women.



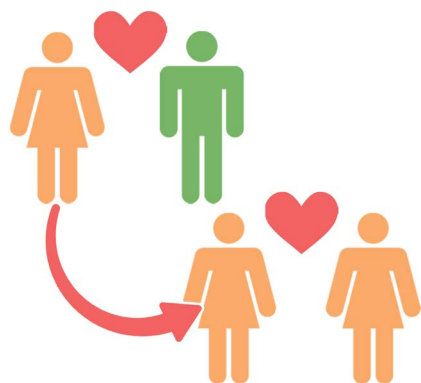
Gay men are attracted to other men.



You can marry or have a civil partnership with someone of the same sex or gender.

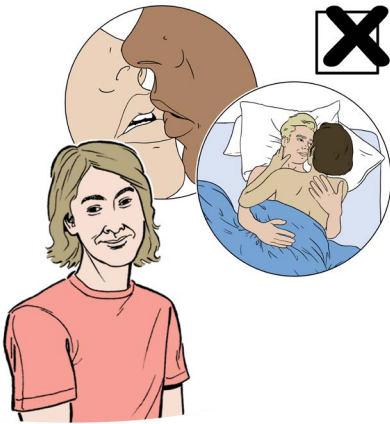


Bisexual people are attracted to people no matter what their sex or gender is.



Who you are attracted to can change over time.

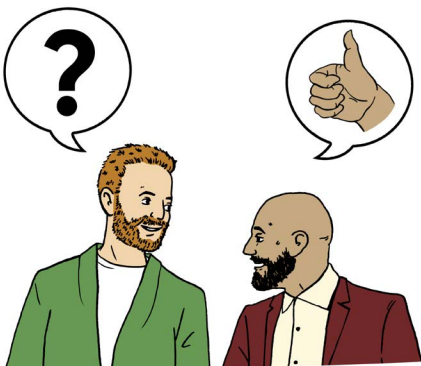




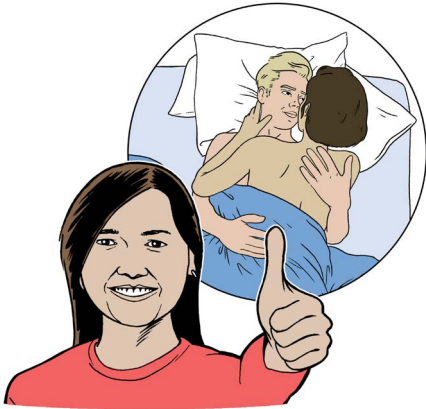
You may not be attracted to anyone, this is called being asexual.



If you are asexual you may still want to have a girlfriend or boyfriend but not want to kiss them or have sexual intercourse with them.



If you do want to have sex with someone, you must make sure they also want to have sex with you. This is called consent.



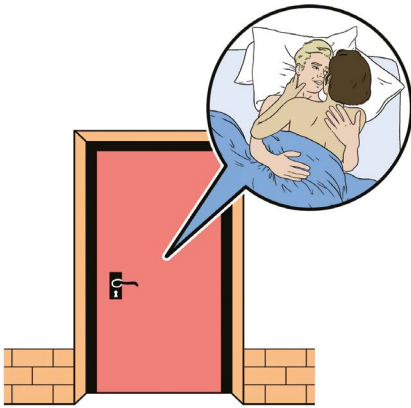
A person can give you their consent by saying they want to or they may show you they want to by enthusiastically taking part.



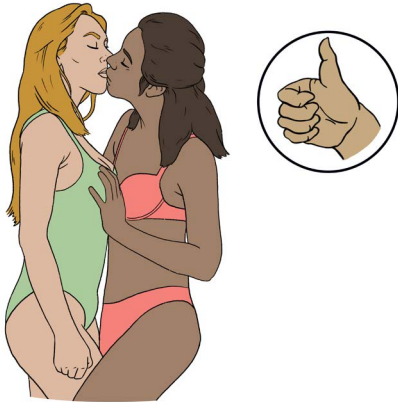
They could enthusiastically take part by them kissing you back or touching you sexually.



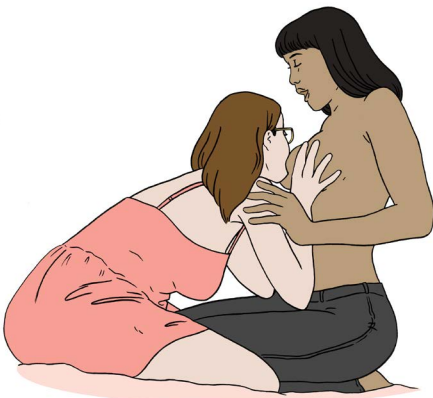
It is against the law to have sex if you are under 16. Anyone under 16 can not give consent.



It is important that you only have sex in a private place.



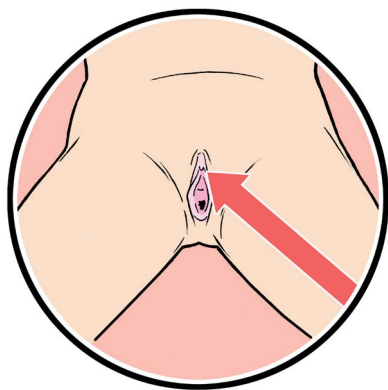
You can kiss, touch and rub each other's bodies to make each other feel good.



Lesbians can touch and suck each other's breasts.



Lesbians can stroke each other's **clitoris**.



The **clitoris** is a sensitive sexual organ at the top of the vagina.



They can put things into each other's vaginas like their fingers or sex toys.



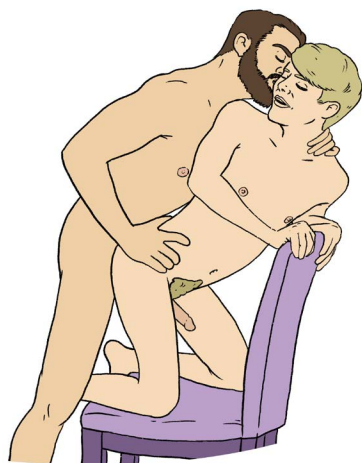
Lesbians can lick each other's clitoris and vagina. This is called **oral sex**.



Gay men can rub and stroke each other's penis.



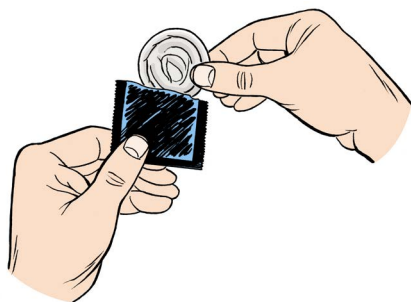
A gay man can lick and suck another man's penis. This is called **oral sex**.



If both men want to, a man can put his penis inside another man's bottom. This is called **anal sex**.



Not all gay men want to have anal sex.



If you do want to have anal sex you should use a condom to stop sexual infections being passed on.



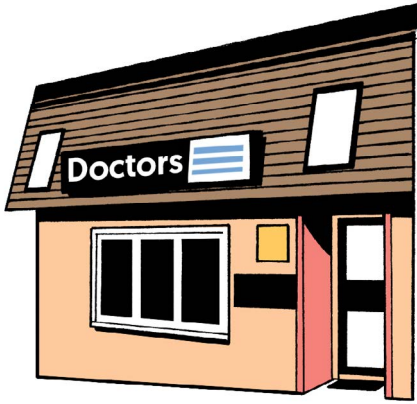
If a man puts his penis in your bottom, it may hurt.



To make it more comfortable, use lubricant which you can buy from the chemist.

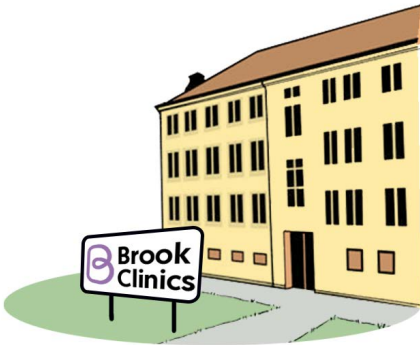


If it hurts too much, tell him to stop.



You can get free condoms and lubricant from lots of places:

● Doctor's surgery



● Brook clinics



● Contraception and sexual health clinics.



# Gender



Being LGBTQ+ is not just about who you are attracted to. It is also about how you feel about your gender.



You may feel that you have no gender, that you are not a man or a woman. This is called non binary.



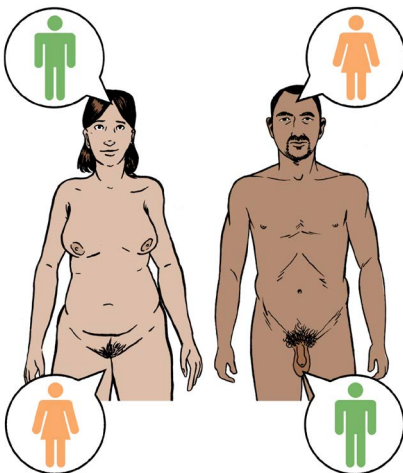
A person who feels like they are more a man one day and more a woman a different day is called gender fluid.



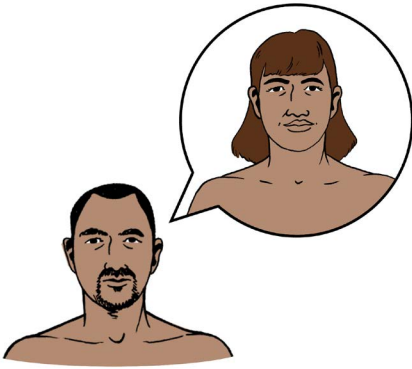
If a person feels that they are non binary or gender fluid they may not want to be called a he or a she.



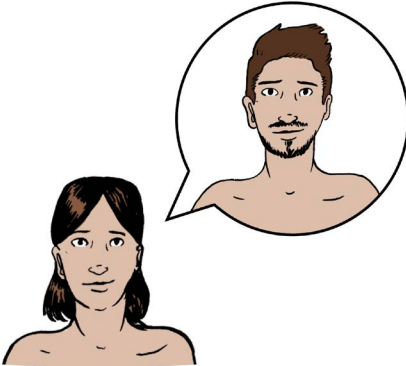
They may want to be called they or them instead.



A person who feels that they are a different gender to their sex is called **transgender**.



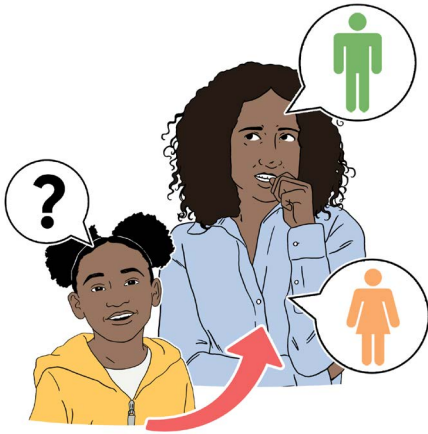
A transgender woman is a woman who was born into a man's body.



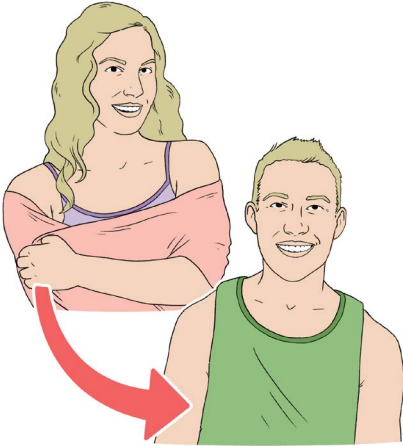
A transgender man is a man who was born into a woman's body.



Someone who is transgender may have known growing up that they are a different gender to their body.



Or they may have realised over a long time.



People who are transgender may change how they look, dress and behave to be more like the gender they are.



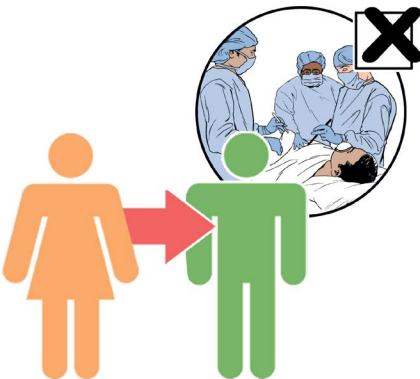
Not everyone who is dressed in a way that looks different to their sex is transgender.



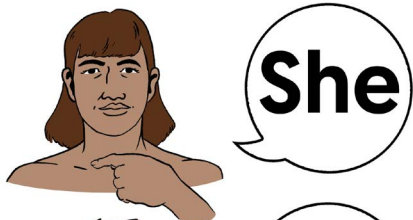
A transgender person can take drugs to help their bodies to be more like the gender they are.



They can also have surgeries to change their bodies to be the gender they are.

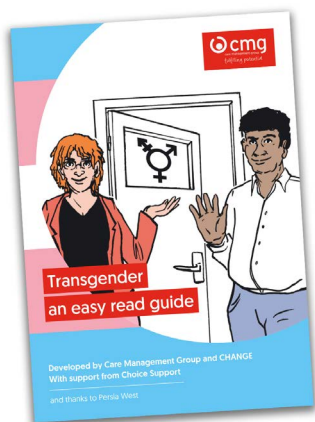


You do not have to have surgery to be transgender.



A transgender woman may want to be called a she and a transgender man may want to be called a he.

Or they may want to be called they or them. Every person is different.



If you want to know more about being transgender you may want to read **Transgender an easy read guide.**

# Being LGBTQ+



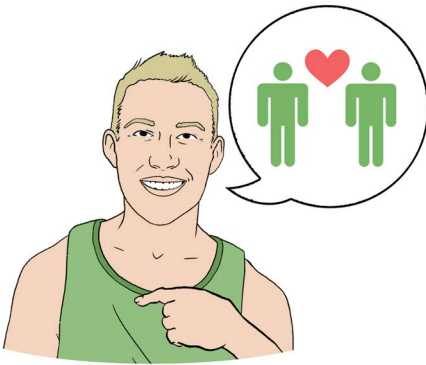
Lots of people are LGBTQ+.



You may not be sure if you are and that is OK too.



**Questioning** is if you feel that you might be but you are not sure.



Only you can say who you are attracted to and what gender you are.



It's up to you if you want to tell people how you feel.



It can be scary telling people that you are LGBTQ+. If you are worried there are organisations on **pg 27** that you can talk to.





Some people are bullied or hurt for being LGBTQ+. It is wrong to bully someone for being LGBTQ+.



If you are being bullied or hurt, try to tell someone.



You can tell a friend, your family, a teacher, the police or someone you trust.



You can meet other LGBTQ+ people by going to LGBTQ+ events such as a pride parade.



There are also bars or night clubs that are for LGBTQ+ people.



Many places have LGBTQ+ groups or social clubs.



You can also find other LGBTQ+ people online.

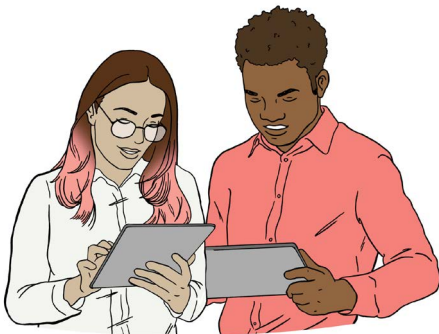
## Useful Links

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To talk to someone who is LGBTQ+. You can phone Switchboard LGBT+ helpline:

0300 330 0630



You can look online to see services in your area:

<https://www.consortium.lgbt/member-directory/>



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[www.changepeople.org](http://www.changepeople.org)