

The background features a light blue rounded rectangular sign with the words "Early Help" in white, sans-serif font. Below the sign, there are several overlapping, semi-transparent circles in shades of light blue and light pink. The overall aesthetic is soft and supportive.

Early  
Help

# LGBTQ+ young people consultation

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# Scope of consultation

- To engage with a wide range of LGBTQ+ young people (ages 10-25 years) to gain an understanding of positive and negative experiences that attribute to emotional health and wellbeing needs.
- To capture what is going well for young people and any issues they face as a result of their gender identity and/or sexual orientation. The outcomes of engagement provided recommendations for future campaigns and support for young LGBTQ+ people in the city.

# Consultation method – Online Survey

A survey was co-produced with Finn (Deputy of Hull Youth Parliament, Regional and National Youth Parliament Representative, and member of the regional LGBTQ+ working group) to ensure that the language used is clear, understandable and appropriate to the target population.

The survey includes questions that reflect on:

- Feelings towards 'coming out'.
- Positive experiences associated with being a part of the young LGBTQ+ community.
- Challenges and issues faced by the young LGBTQ+ community.
- When and how young LGBTQ+ access, and utilise support to manage their thoughts and feelings.

# Consultation methods

- Links and QR code to the survey were active for a period of three weeks and were distributed through email and social media across VCS, health, schools and local authority networks to maximise the reach. We aimed to reach 50 plus CYP
- We aimed to distribute the survey to a group of 50+ young people aged 10- 25 years of age. We endeavoured to gather a representative sample of different age groups, gender identity, and ethnicity through a targeted approach to recruitment based on the networks and relationships we have with organisations and communities across the city.
- Data was collected, analysed and disseminated into formal reports and easy read infographics to highlight findings and inform future engagement plans and recommendations for services and support.

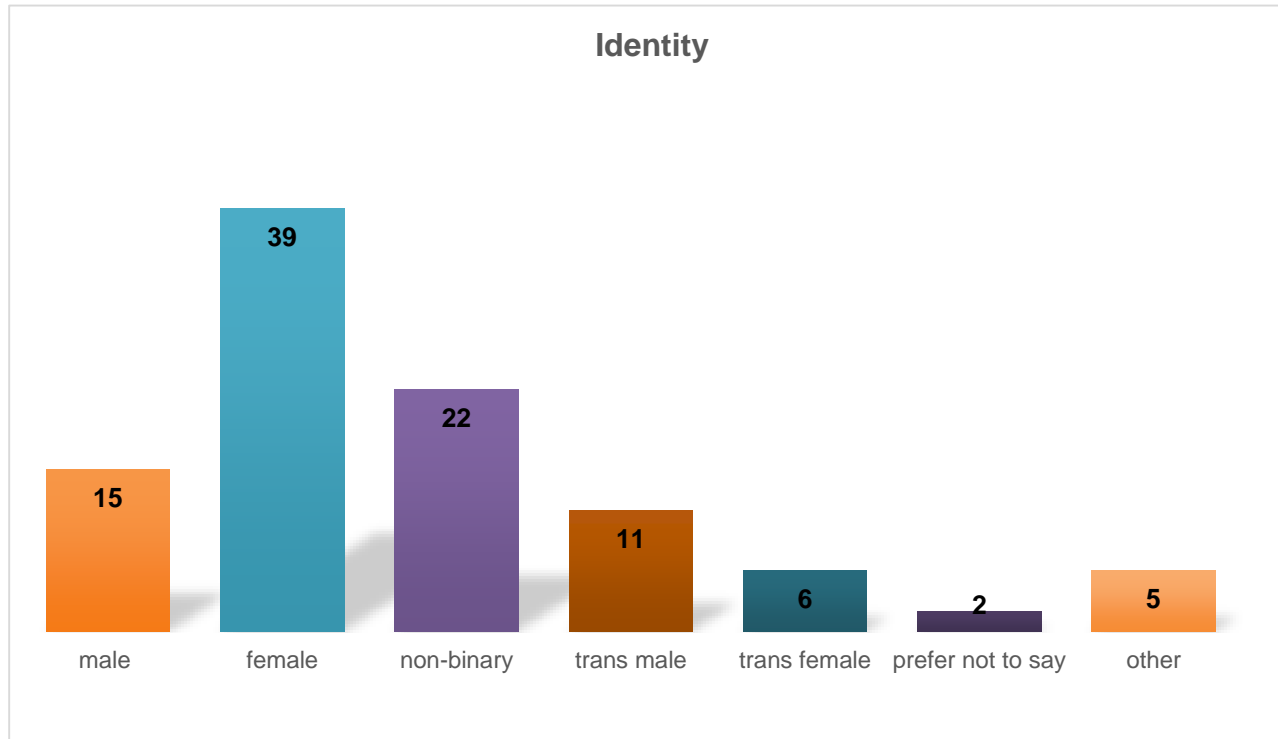


# Consultation Responses - Demographics

54 young people completed the survey.

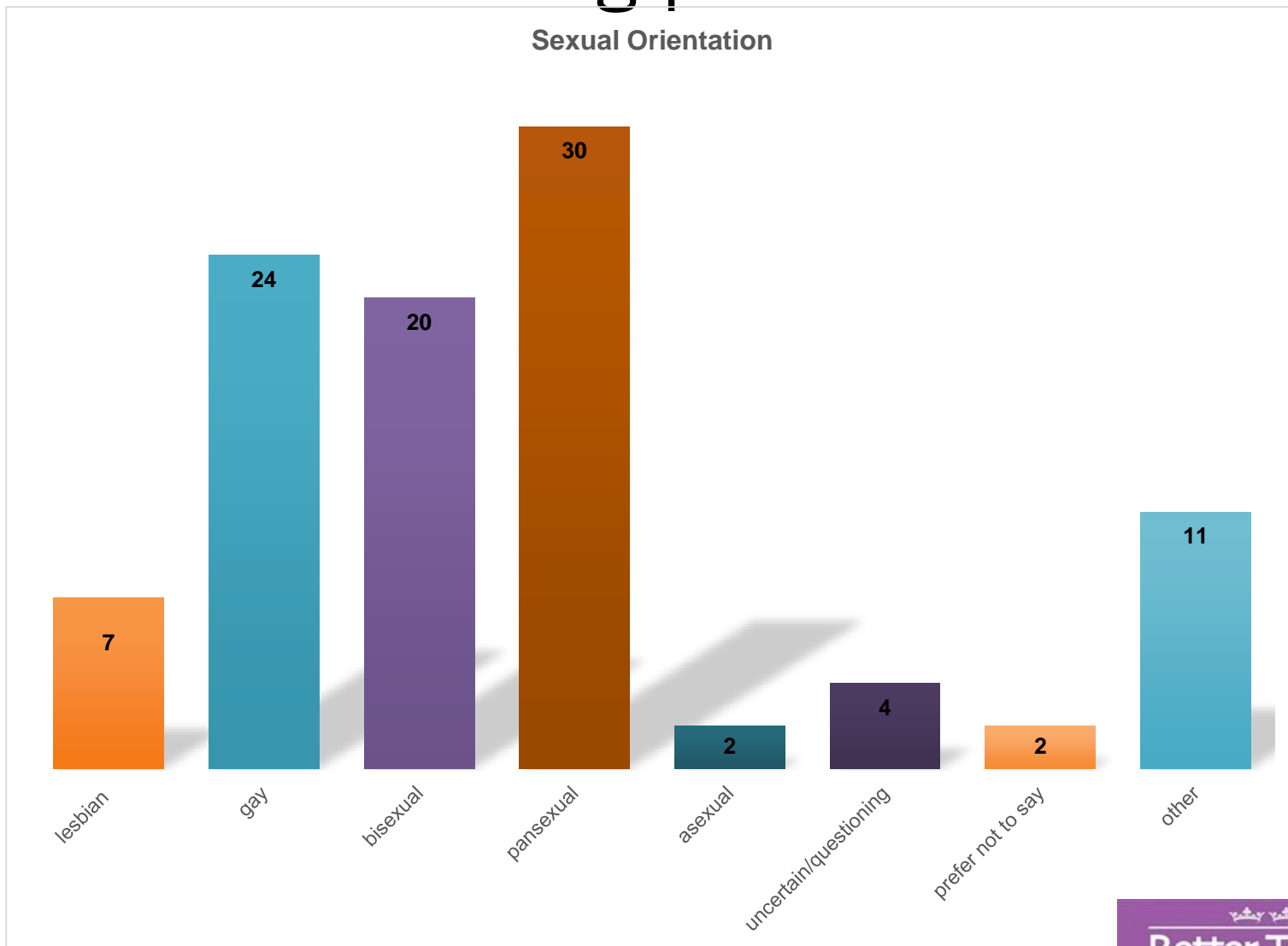
## Age

- 61% aged 10-16 years.
- 24% aged 17-20 years.
- 15% aged were 21-25 years.



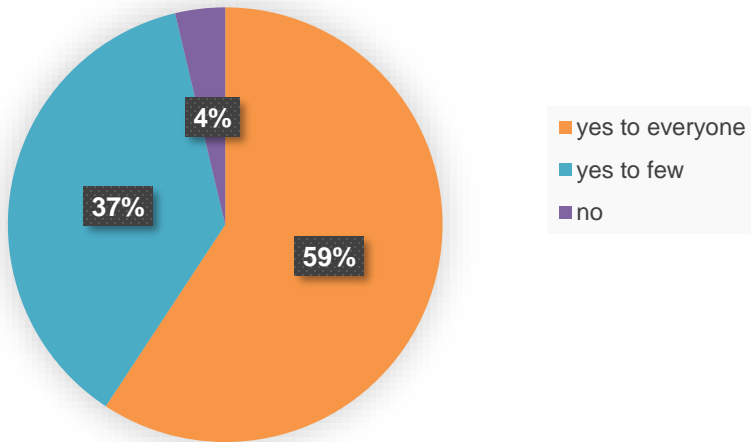


# Consultation Responses – Demographics

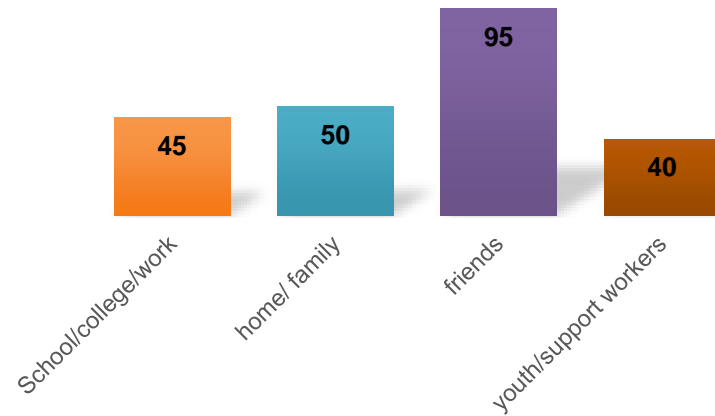


# Consultation Findings

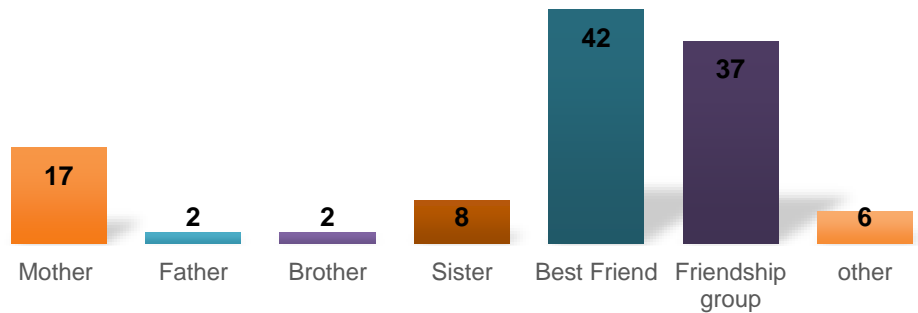
Have you come out yet?



Who are you out to now?



Who did you come out to first?



## Quotes from young people about coming out

- *‘Scared that I was going to be rejected or lose friends.’ (Non-binary, 10-16, gay)*
- *‘Anxious, thought they wouldn't accept me or treat me differently.’ (Female, 10-16, pansexual)*
- *‘Terrified coming out to family as they might not have accepted or understood.’ (Non-binary, 10-16, gay)*
- *‘I was quite nervous, I felt like my family wouldn't accept me or wouldn't understand.’ (Female, 21-25, lesbian)*



## Quotes from young people about coming out

- *‘Some ‘friends’ were humiliating and mocking.’ (Female, 10-16, bisexual)*
- *‘My friends were slightly homophobic towards me and I didn’t like it being toxic.’ (Non-binary, 10-16, pansexual)*
- *‘At first I came out to my close friends and I told them not to go around telling people but they did. It kind of made me feel like I couldn’t trust anyone at that point.’ (Gender fluid, 10-16, lesbian)*
- *“I told my mum about it...and she said to me “oh, I understand what you are going through. It’s just a phase”. I thought that by year 11 I would be straight again and that didn’t really happen.’ (Female, 10-16, biromantic)*

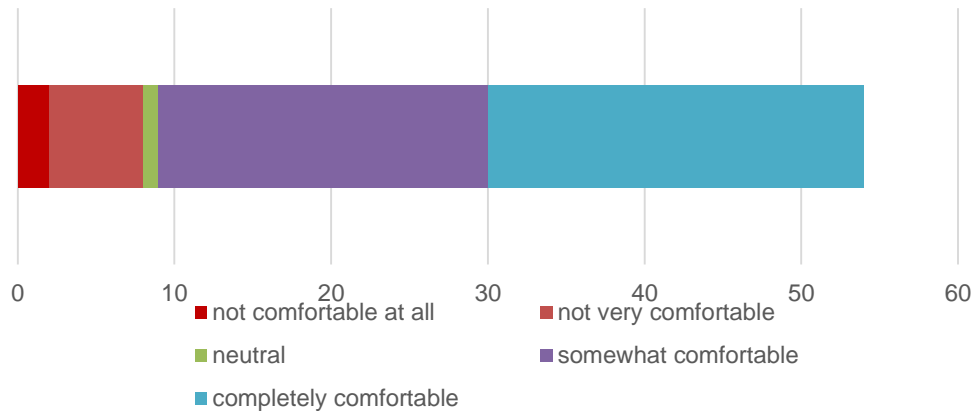
## Quotes from young people about coming out

- *‘Relief, as if I wasn’t hiding anymore.’ (Non-binary, 21-25, gay)*
- *‘It felt like a weight had been lifted off my shoulders.’ (Gender fluid, 10-16, lesbian)*
- *‘It felt pretty good as all the people I came out to were very accepting.’ (Trans female, 17-20, pansexual)*
- *I’m free! I don’t have to hide it anymore. Now it can become part of my identity. (Male, 17-20, gay)*

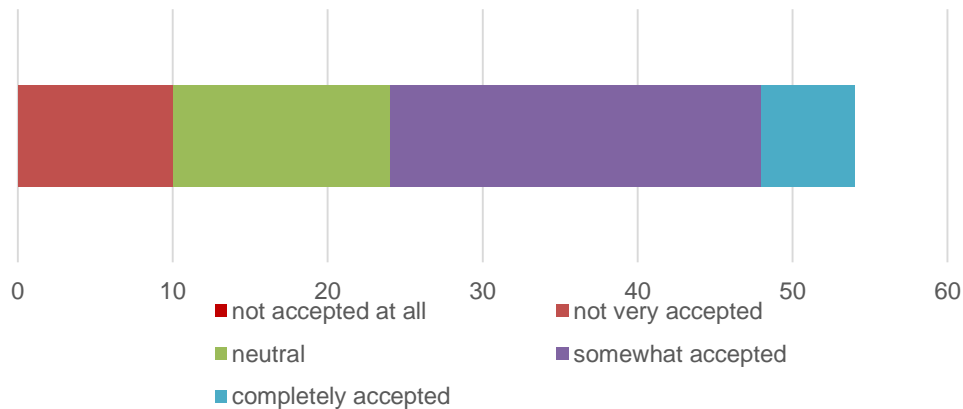


# Consultation findings

## How comfortable are you with your identity?

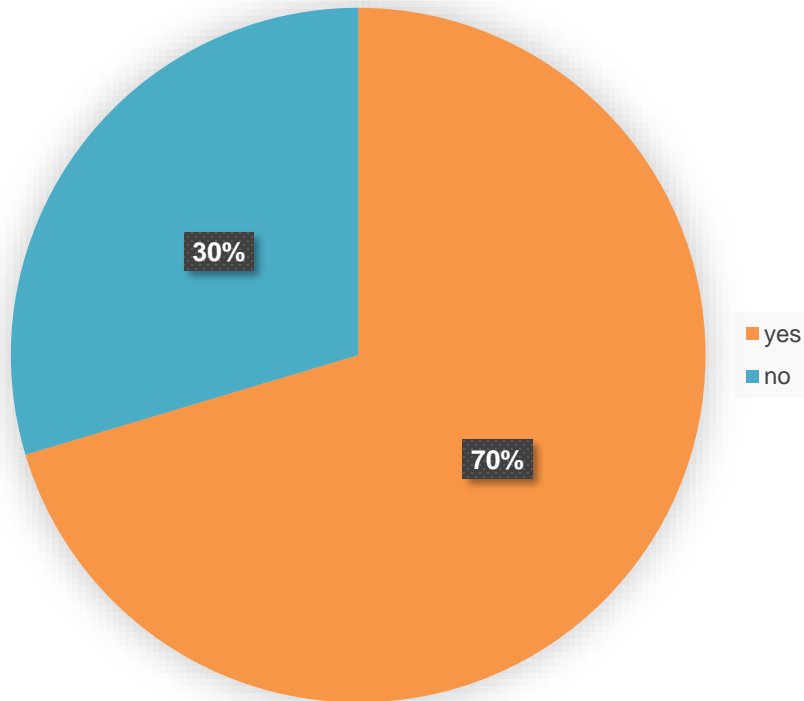


## How accepted is LGBTQ+ in society?



# Consultation findings

LGBTQ+ group/society



*'LGBTQ+ group is a massive support network and I can offload to them.'* (Male, 17-20, gay)

*'We have this friendship group at college and there's about 40 of us. We are all a part of the LGBT community and I can be open with them.'* (Gender fluid, 10-16, lesbian)

*'When I moved to college I joined the society there and that's the first time I've been in a society... meeting a lot of people who are on the same wave length as me, I can talk to them whenever I like and it's a lot better than keeping it inside.'* (Female, 10-16, biromantic)

# *Being a part of the LGBTQ+ community*

## **Positive**

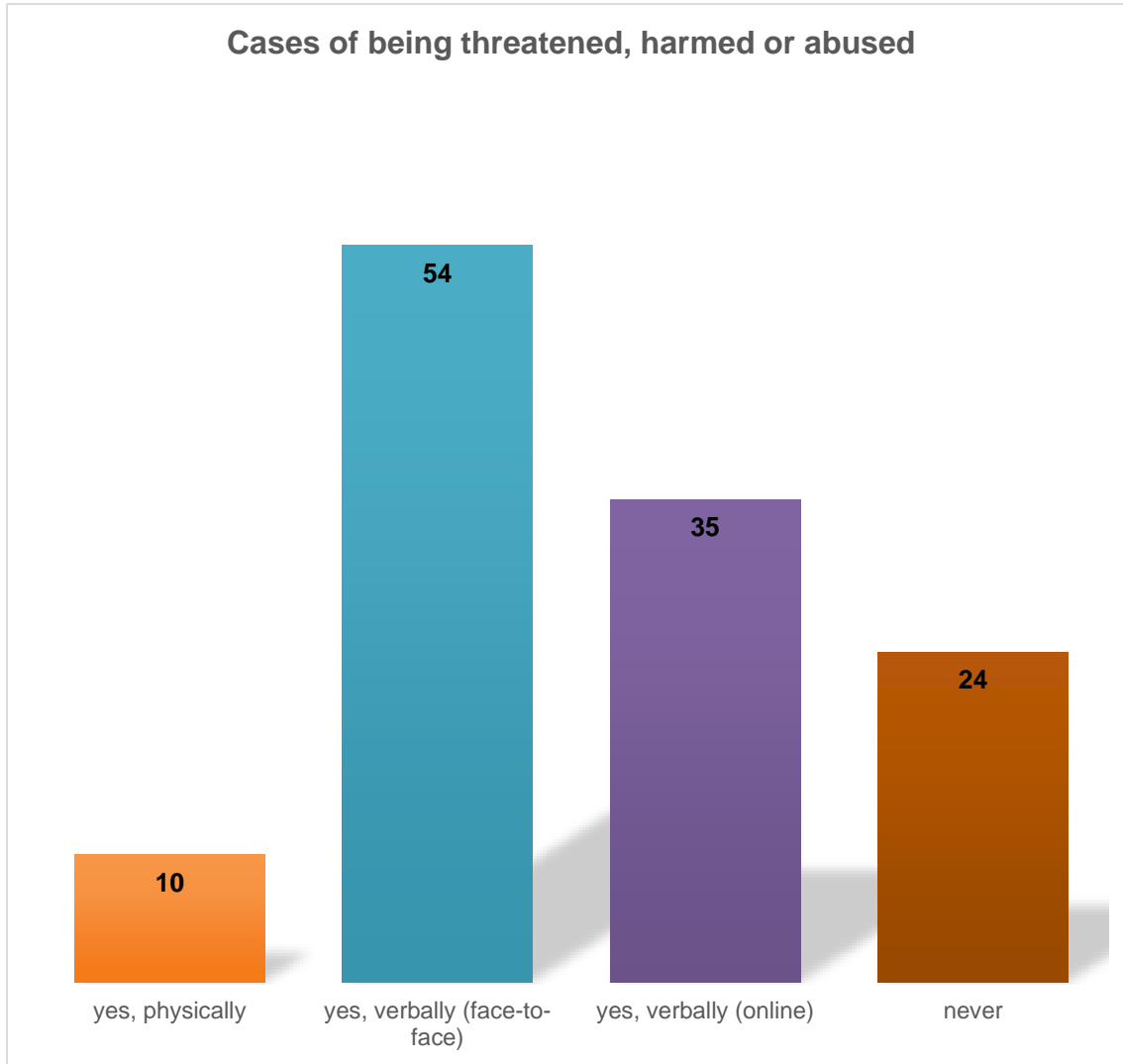
- A sense of community, inclusivity and belonging
- Support, acceptance and understanding
- Freedom
- Socialising and fun
- Activism and positivity

## **Challenges**

- Socialising and access to social spaces
- Stigma
- Ignorance/ misunderstanding/ misrepresentation
- Lack of acceptance
- Homophobia/discrimination/bullying
- Lack of education, resources and information
- Lack of support and services/ access to support and services
- Judgement within the LGBTQ+ community



# Physical and Verbal Abuse



# Support

## Accessing support

44% have accessed support to manage their thoughts and feelings in the last 12 months.

63% accessed LGBTQ+ support groups.

46% accessed support services.

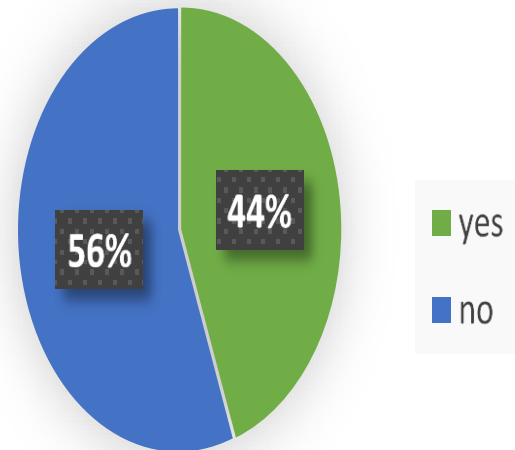
38% accessed websites and support from friends/family.

29% accessed support from school/work/college.

21% accessed support from youth/support workers.

4% accessed apps.

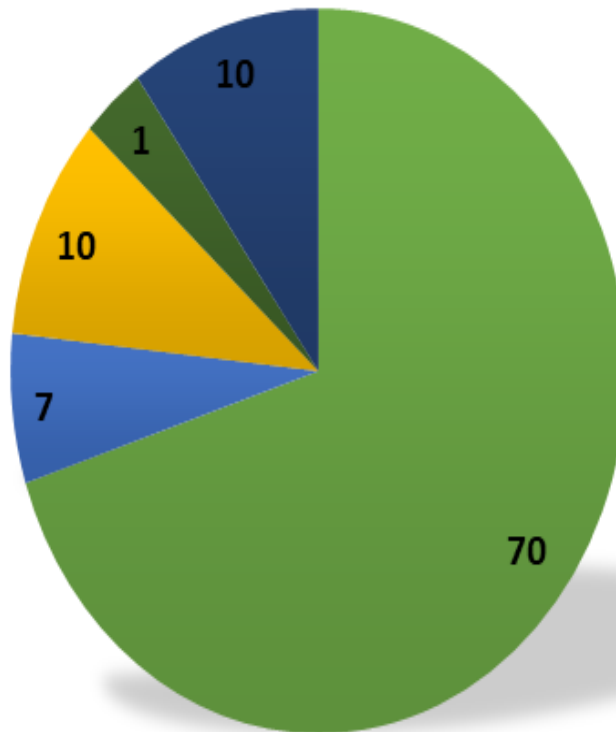
### Accessed services or support in last 12 months



# Support

## Reasons for not accessing services/ support

- I don't need support
- I need support but don't know where to find it
- I am embarrassed to get support
- there is no support that will help me
- other





## *Recommendations*

- Improve access to support, services, and resources for young LGBTQ+ people
- Increase promotion and advertisement of support and services including via social media
- Ensure LGBTQ+ acceptance and understanding within services and support
- Access to LGBTQ+ social spaces
- Educate, inform and start conversations around identity and sexuality
- Support, information and guidance for schools, families and allies
- Normalise, promote and publicise LGBTQ+

## *Recommendations*

- Attention must be given to support allies of LGBTQ+ young people (families, schools, friends, youth workers etc.) to ensure they have the knowledge and tools to best support LGBTQ+ young people in their family, school or work.
- Attention must be drawn to educate and inform the public on LGBTQ+:
  - Resources for the public to access, specifically adults and older generation.
  - Campaigns and community projects to highlight positive and negative LGBTQ+ topics.
  - Education on the topic of LGBTQ+ relationships and identities from a younger age

## Next Steps

- Positive 'coming out' campaign to provide support and top tips to young people who have not come out yet.
- Develop/ deliver workshop at Hull Young People's Parliament to highlight LGBTQ+ issues in the local community and celebrate the positivity associated with the LGBTQ+ community.
- Develop/evaluate current and new LGBTQ+ resources available in the community.
- Improve promotion of LGBTQ+ support including online
- Further consultation with underrepresented groups including improved engagement of young LGBTQ+ people from the BAME community and those who have not come out yet.

Any questions

[www.howareyoufeeling.org.uk](http://www.howareyoufeeling.org.uk)



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