



## **Sexuality and Gender Matters**

It is very common for young teenagers to have questions about their sexuality from time to time. It is important to know that there is no need to feel under pressure to tell your peers or anyone around you about these thoughts unless you want to.

Your sexuality is your private concern and no-one has a right to try to force you to explain anything at all.

In good time you will know where you fit and even then, your feelings may change.

At Bromley Y if you wish to discuss these thoughts or difficulties you are having, we are only too happy to help and you can rest assured that your feelings will be taken seriously and you will most definitely not be judged.

We are ardent supporters of the LGBTQ+ community. We understand the importance of equality, fairness, acceptance, and respect and strive to make this better. At Bromley Y we have a number of staff experienced working with and supporting lesbian, gay, bi and trans young people.

Some of the most important and difficult decisions for bi, gay, transgender, lesbian, questioning, queer, pansexual, two spirit, androgynous, asexual, non-binary or gender fluid young people relate to coming out. Coming out is different for everyone and there are many questions to consider. Bromley Y can offer a safe space to talk and think about these issues.

For many people there is a fear of isolation from families, friends or communities about opening up about their sexuality and gender. There is often a fear of possible abuse from others. Abuse to LGBTQ+ people occurs as it does to their heterosexual Cis peers. But LGBTQ+ people may also face barriers to accessing support based on prejudices against their gender expression or sexuality. Here at Bromley Y you will not face this prejudice and you would be welcomed and accepted.

We also have information about other services and can refer on to them, if it were felt that these could be a better source of support for you and your family. Links to several of these services are shown below.

**GIDS – Gender Identity Development Service** <https://gids.nhs.uk/>

**GI – Gendered Intelligence** <http://genderedintelligence.co.uk/>

**LBGT Foundation** <https://lgbt.foundation/>

**Mermaids** <https://mermaidsuk.org.uk/>

**Metro Charity** <https://metrocharity.org.uk/about-us>

**Sexuality & Gender Identity Zoom Group for Young People Age 13+ :**  
[lornahunt@croydondropin.org.uk](mailto:lornahunt@croydondropin.org.uk)