

SOME

PHOBIAS

SENSE

MAKE

DON'T



**CHALLENGING
HOMOPHOBIA
TOGETHER**

**LGBT
YOUTH
SCOTLAND**

CHALLENGE HOMOPHOBIA TOGETHER

Arachnophobia – an irrational fear of spiders. Like many phobias it is an understandable condition where the individual dislikes something scary.

Homophobia is different. Why would you make fun of or dislike someone just because they fancy different people than you?

This booklet was developed as part of the Challenging Homophobia Together Project. It was made for young people, and with young people in LGBT Youth Scotland services and the LGBT National Youth Council (NYC).

We want to make schools a safer place for everyone and we need your help to do it!

Some of the content in this resource comes from *Bullying... what can I do?* a resource produced by *respectme*, Scotland's Anti-Bullying Service: www.respectme.org.uk

SO, WHAT DO ALL THE WORDS MEAN?

LGBT

These letters stand for Lesbian, Gay, Bisexual and Transgender.

LESBIAN

A woman who fancies/loves other women.

GAY

A man who fancies/loves other men. It can sometimes be used to describe a woman who fancies/loves other women.

BISEXUAL

A person who fancies/loves men and women.

HETEROSEXUAL/'STRAIGHT'

A man who fancies/loves women or a woman who fancies/loves men.

WHAT IS HOMOPHOBIC BULLYING?

TRANSGENDER

When the way we feel about our gender (like being a girl or boy) is different from what people expect from us. This includes a wide range of people e.g. transsexuals. For more info go to: www.scottishtrans.org

OUTING

Someone else telling other people that you are, or they think you are, LGBT or T.

BIPHOBIA

The dislike, fear or hatred of bisexual people.

TRANSPHOBIA

The dislike, fear or hatred of transgender people.

HOMOPHOBIA

The dislike, fear or hatred of lesbian, gay or bisexual or transgender people.

* In this booklet we will use the term homophobia to cover biphobia and transphobia.

Bullying is any behaviour that might makes people feel frightened, left out, hurt or humiliated. Homophobic bullying is when people are bullied specifically because they are (or other people think they are) lesbian, gay, bisexual or transgender.

“HOMOPHOBIC BULLYING CAN HAPPEN OVER AND OVER AGAIN BUT SOMETHING ONLY NEEDS TO HAPPEN ONCE FOR YOU TO FEEL WORRIED OR SCARED”.

WHAT DOES HOMOPHOBIC BULLYING LOOK LIKE?

- Spreading rumours or 'outing' someone as gay, lesbian, bisexual or transgender.
- Being called names, being teased, hit or any form of physical attack.
- Having your stuff stolen or damaged.
- Cyber bullying through social networking sites, emails or texts.
- Being whispered about, ignored or left out of activities.

THAT'S SOO GAY!

Saying phrases like *that's soo gay* or using the word *gay* to describe something (or someone) as bad or rubbish sends a strong message to people that it's not okay to be gay. Using these types of words and phrases in this way can be seen as bullying and/or homophobic behaviour.

"HEARING THE WORD 'GAY' USED TO DESCRIBE SOMETHING AS RUBBISH MADE ME THINK THAT BEING GAY WAS THE WORST THING YOU COULD BE".

POEM

Q&A



HOMOPHOBIA

Hate, bullying, homophobic killing
this is a message for anyone willing.

To listen, to fight to stand up for others
whether it's a stranger, a friend, a sister or a brother.

Fear, hurt, pain sadness
homophobia is born from natural badness.

Why should someone be shown so much hate?
Why should they have higher suicide rates?

We must keep on fighting for the good of our young.
So they can live in a world that's full of fun.

Take out the phobia, take out the hate.
Help those that we love before it's too late.

by Craig Cochrane, LGBT National Youth Council

IS BULLYING A CRIME?

Bullying can be a crime. If you are being beaten up, having items stolen from you or being threatened there are laws to protect you.

IS HOMOPHOBIC BULLYING A CRIME?

Homophobic bullying can be a crime. If you feel a crime is committed against you, your friends or family because of homophobia, you can report it to the police as a 'Hate Crime'. This is taken very seriously.

A homophobic hate crime is a crime committed against someone because they are, or someone thinks they are, LGBT or T.

DO ALL LGBT YOUNG PEOPLE GET BULLIED?

No – many LGBT young people don't get bullied. Having supportive friends, families and schools can really help with this.

Continued over

Q&A CONTINUED

CAN STRAIGHT YOUNG PEOPLE EXPERIENCE HOMOPHOBIC BULLYING?

Yes – some young people get bullied because people *think* they are lesbian, gay, bisexual or transgender or because they don't fit with how some people *think* boys and girls should look or behave (e.g. 'boys should play football' or 'girls should have long hair').

"ANYONE CAN EXPERIENCE HOMOPHOBIC BULLYING NO MATTER WHO YOU ARE"

Young people may also experience bullying because they have LGBT family and friends or just because people think they are different.

CAN LGBT PEOPLE BE HOMOPHOBIC?

Yes – anyone can be homophobic; it doesn't matter who you are. Sometimes people bully others to hide the fact that they are LGB or T.

DO PEOPLE KNOW THEY ARE BULLYING SOMEONE?

Some people know they are bullying someone but others don't know how they are making people feel.

If you think you might be bullying someone and want to talk about it, speak to an adult you trust or contact one of the services at the end of this booklet.

"BULLYING IS NEVER ACCEPTABLE AND IT SHOULD NEVER BE SEEN AS A NORMAL PART OF GROWING UP!"

WHAT CAN YOU DO IF YOU ARE BEING BULLIED?

If you are experiencing homophobic bullying in school, here are a few suggestions:

- Don't react with violence, name calling or consider 'how to get your own back'. You don't want to get yourself into trouble or end up in a fight where you might get hurt.
- Tell an adult you trust, like a teacher or youth worker, if you can.
- Tell a friend you trust. They might not be able to stop it, but they may be able to talk to someone who can help.
- Contact LGBT Youth Scotland or one of the services at the end of this booklet who can provide support, advice and more info.

IF YOU ARE IN IMMEDIATE DANGER CALL 999.

YOUR RIGHTS AT SCHOOL

- Your school should encourage you to develop and meet your fullest potential.
- Your school should teach you to be a respectful and responsible person.
- You have the right to be protected against unfairness of any kind.
- You have the right to have your voice heard and listened to when decisions that affect you are made.
(United Nations Convention on the Rights of the Child 1989)

There are also laws in place to support and protect you:

- If you need extra support to get the most out of school for any reason at all, then your school must help you!
(Support for Learning Act 2004)
- Pupils are protected from discrimination and harassment in school. (Equality Act 2010)

HOW CAN YOU HELP CHALLENGE HOMOPHOBIA?

Anyone can help stop homophobia and just little things can make a real difference. Here are some things you can do:

DON'T SAY 'THAT'S SOO GAY!'

Don't use the word 'gay' to describe something or someone as rubbish. You might think it's just a word but it sends a message that it's not okay to be gay.

PROVIDE A LISTENING EAR FOR A FRIEND

If you are being bullied sometimes all you want is for someone to listen, not to do anything and not to judge.

REPORT IT

If you see, hear or experience homophobia or any form of bullying in your school, tell a teacher or adult you trust!

GET ACTIVE

Ask your teacher what the school will do to challenge homophobia. Some suggestions are: posters, classes, assemblies or an event for anti-bullying week.

GET YOUR VOICE HEARD

Join a local Youth Council or Pupil Council. Your teacher or youth worker should be able to give you more info on this.



USEFUL CONTACTS

CHILDLINE

If you need to talk for any reason.

Phone: 0800 1111 (calls are free and confidential)

Website: www.childline.org.uk

ENQUIRE

If you're having a hard time at school for any reason, Enquire can give you advice about your rights to get extra support.

Website: www.enquire.org.uk/yp

Email: info@enquire.org.uk

Phone: 0845 123 2303

SCOTLAND'S COMMISSIONER FOR CHILDREN AND YOUNG PEOPLE

For more information on your rights.

Website: www.sccyp.org.uk

PARENTS ENQUIRY SCOTLAND

Information and support for parents and families of LGBT children.

Website: www.parentsenquiryscotland.org

Email: parentsenquiry@hotmail.com

RESPECTME

Scotland's anti-bullying service for all adults working with young people.

Website: www.respectme.org.uk

Phone: 0844 800 8600

LGBT YOUTH SCOTLAND

Information, advice and support for lesbian, gay, bisexual and transgender young people, their friends and families.

Website: www.lgbtyouth.org.uk

Email: info@lgbtyouth.org.uk

Facebook: www.facebook.com/lgbtys

Text: 07786 202 370

LOCAL CONTACTS

Find information about your local youth group and get information on how to challenge homophobia in your school using the contact details below.

LGBT YOUTH SCOTLAND: DUMFRIES AND GALLOWAY

Website: www.lgbtcentredg.co.uk

Facebook: www.facebook.com/DumfriesLGBTCentre

Phone: 01387 255 058

LGBT YOUTH SCOTLAND: DUNDEE

Facebook: www.facebook.com/AllsortsLgbtys

Phone: 01382 206060

LGBT YOUTH SCOTLAND: SCOTTISH BORDERS

Facebook: www.facebook.com/involved.lgbtyouthborders

Phone: 01896 755110

LGBT YOUTH SCOTLAND: GLASGOW

Phone: 0141 552 7425

LGBT YOUTH SCOTLAND: EDINBURGH

Phone: 0131 555 3940

For more info about your local service contact LGBT Youth Scotland via e-mail, facebook or check out our website.



Scottish charity number: SC024047 LGBT Youth Scotland is a company limited by guarantee number: 244805. Registered office: 39/40 Commercial Street, Edinburgh EH6 6JD. © LGBT Youth Scotland

This resource was funded by the Big Lottery Fund.

SOME

PHOBIAS

SENSE

MAKE

DON'T



**CHALLENGING
HOMOPHOBIA
TOGETHER**

**LGBT
YOUTH
SCOTLAND**