



Living Confidently

a zine about wellbeing and personal safety



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love



Important Message

It is not always easy growing up as LGBTQ+. Some LGBTQ+ young people experience bullying and abuse because of who they are. This can be by friends and peers, family and community, strangers or even other LGBTQ+ people – and it can be in the home, at school, out and about, and online.

The message we want to give LGBTQ+ young people is simple:

It is OK to be you!

It is not OK to have to put up with bullying, abuse or feeling hurt and distressed just because of who you are.

You are not alone.



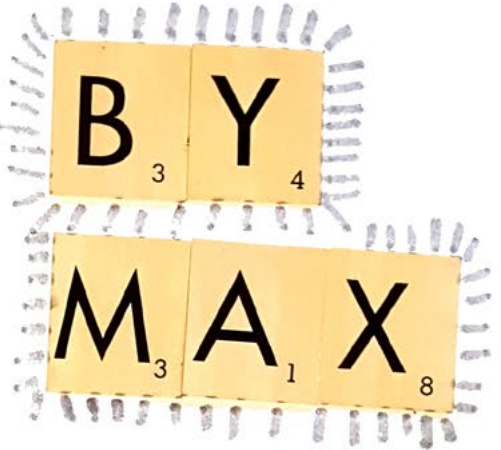
★ **A**₁ Always start with a smile

★ **B**₃ believe you can

★ **C**₃ care for yourself first.



SELF HELP!



1)

You are amazing, no matter what you think!



2)

You have friends. They may not always be with you but they always care.



3)

Take time for yourself! you need to do this to be healthy!



4)

You don't have to talk to people if you don't want to!



5)

Have the power to say No! you don't have to go out with mates or family. You make your own decisions



If you do this you will have the ability to be amazing!



Personal Safety Strategies for risky situations

- Can I avoid the risky situation?**
Avoiding a risk is better than reducing or managing it.
- Can I go with someone instead of going alone?**
Looking out for each other can help me stay safe.
- Be aware of the help around me;**
Look for the nearest alarms, security, police, and stick to busy and well-lit areas.
- Can I text or phone someone for support?**
Letting someone know where I am and check up on me means they can look out for me.
- Reminder if I'm in a risky situation:**
Try to stay calm and remember to breathe so I can think clearly. Get to safety as quickly as possible.
- If something bad has happened:**

Remember it's not my fault! I am never responsible for someone being abusive towards me. Reach out for help and support and practice self care.

Dear Myself,

★ If other people have a problem with who you are, that is their problem! You're not responsible for changing their opinions, that is on them.

You are **brave, honest, strong** and you know who you are and that is the most important thing.

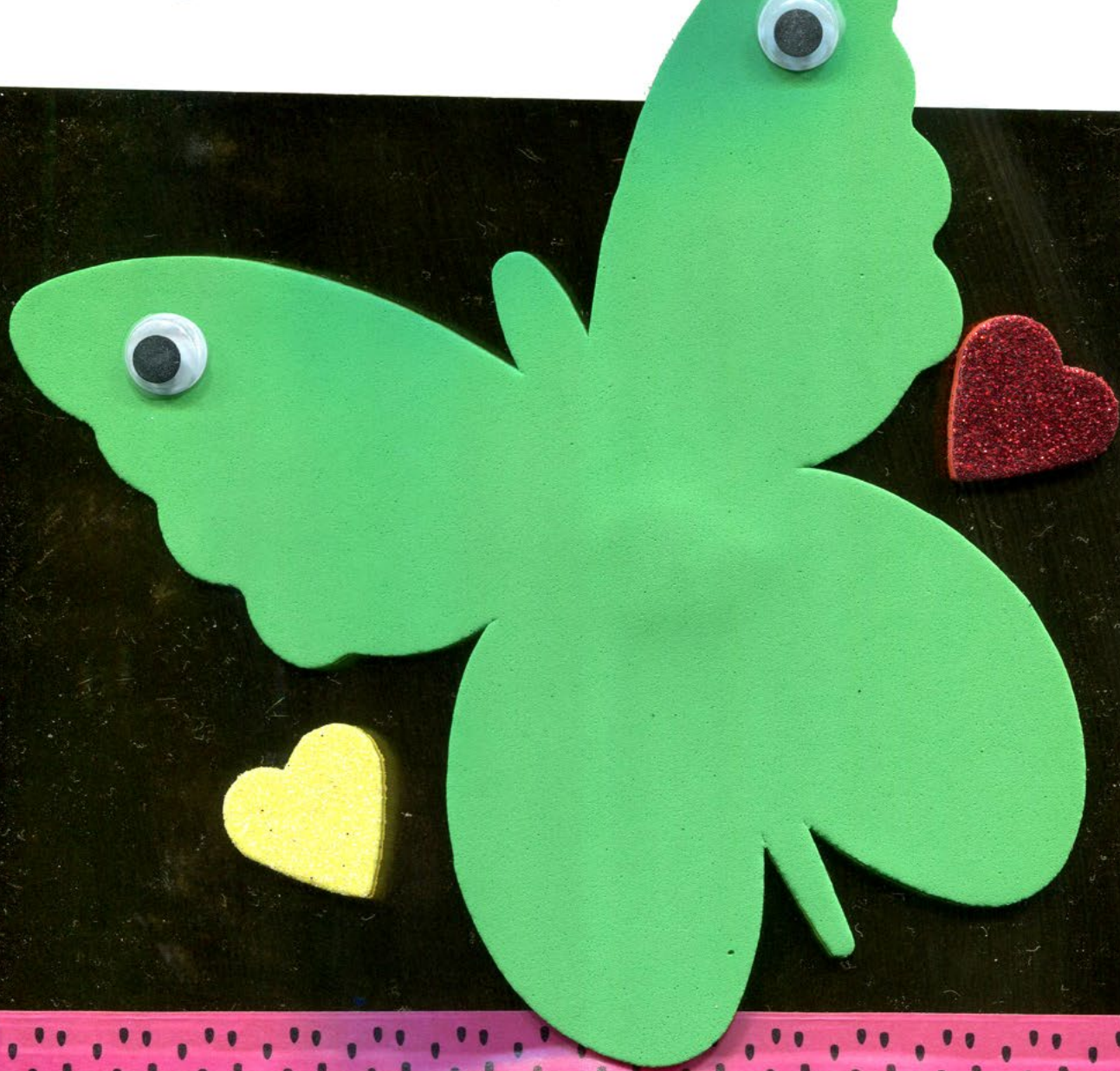
I am really proud of you and I will always love you no matter what!

You've got this! ♥

xxx

Me





VALIDITY

IS NOT

DEFINED

BY

P R I V I L E G E

If I am feeling distressed

checklist for hard times

- Notice my feelings**
it is OK to feel upset when I experience bad things.
- Take some breaths and remind myself:**
that it's OK to be me and I have the right to live my life in safety.
- If I can, message, ring or talk to a friend or trusted adult**
try to tell them what's going on for me.
- Get in touch with one of the organisations on the next page**
they are all free, independent, confidential and here to help me.
- If I think I might hurt myself right now I need to do something immediately:**
Ring 999 or go to speak to an adult.

LGBTQ+ young people are fabulous! But sometimes we all need a bit of help. If you're going through a difficult time, speak up to someone you can trust or contact one of the organisations on the next page.

List of organisations that will listen and give support



LGBT Switchboard helpline

Phone 0300 330 0630

Web chat, email support and details
at <https://switchboard.lgbt/>

Samaritans

Open every day, all the time. Support
over the phone for everyone.

Phone 116 123

jo@samaritans.org

<https://www.samaritans.org/>

Galop

Support if you are experiencing hate
crime, domestic abuse or sexual
violence and live in London

Online form at <http://www.galop.org.uk/>

Young Minds

<https://youngminds.org.uk/find-help/>

Text the Young Minds Crisis

Messenger, free, 24/7 - text YM to
85258

LGBT Jigsaw

<https://www.lgbtjigsaw.net/>

National LGBT Domestic Abuse Helpline

Phone 0800 999 5428

Email help@galop.org.uk

Gendered Intelligence

Monthly youth groups for trans and/or
non-binary people, 1-to-1 mentoring
and trans awareness training.

<http://genderedintelligence.co.uk/>

Phone: 0207 832 5848

Email: youthwork@genderedintelligence.co.uk

Mermaids

For gender variant children, young
people and their families

Phone: 0344 334 0550

(Monday - Friday; 9am - 9pm)

<https://www.mermaidsuk.org.uk/>

Mindline Trans

Phone: 0300 330 5468

Mondays and Fridays 8-12pm

Support over the phone for trans and/
or non-binary people.

Albert Kennedy Trust

Help if you're homeless or at risk
of homelessness. Online support &
digital mentors available

<https://www.akt.org.uk/how-we-help>

Stonewall Housing

Help and advice around housing

Tel: 020 7359 5767

<https://stonewallhousing.org>

Sometimes
things are hard
but it's not
your fault.



You deserve love!
You deserve care!
You deserve to
be happy!



About us

the people behind the zine

This zine was made as part of 'Reducing Fear, Living Confidently' a project to increase young LGBTQ+ people's personal safety and wellbeing.

It was made by Linnéa Haviland and young people at Gendered Intelligence.

The organisations that brought you this zine are:

Galop

Galop is the leading LGBTQ+ anti-violence organisation in the UK working with lesbians, gay men, bi, queer, trans, non-binary and intersex people who have experienced prejudice, violence or harassment. Galop runs free, confidential support services for LGBTQ+ people in London who experience hate crime, domestic abuse and sexual violence. Galop also runs the National LGBT Domestic Abuse Helpline, has a specialist trans advocacy project, and a Young People's Project for LGBTQ+ people in London aged 16-25 who are experiencing harassment, abuse and/or homelessness (part of the Jigsaw partnership).

Online form: <http://www.galop.org.uk/>

Email: referrals@galop.org.uk

National LGBT Domestic Abuse Helpline:
0800 999 5428

London Advice Line: 020 7704 2040

Suzy Lamplugh Trust

Our mission is to reduce the risk of violence and aggression through campaigning, education and support. Our vision is a society in which people are safer - and feel safer - from violence and aggression; we want people to be able to live life to the full.

<https://www.suzylamplugh.org/>

National Stalking Helpline: 0808 802 0300

Gendered Intelligence

Our mission is to increase understandings of gender diversity. Our vision is of a world where people are no longer constrained by narrow perceptions and expectations of gender, and where diverse gender expressions are visible and valued. We work with the trans community and those who impact on trans lives; we particularly specialise in supporting young trans people aged 8-25, offering monthly youth groups and 1-to-1 mentoring.

<http://genderedintelligence.co.uk/>

Phone: 0207 832 5848

Email:

youthwork@genderedintelligence.co.uk



