



# FREEDOM YOUTH

Social, support and action  
gender & sexuality project working with  
LGBTQ+ young people aged 13-25.

bristol  
YOUTH  
**LINK** & **OTR**

Freedom Youth, part of Off The Record, is a gender and sexuality project for young people who identify as LGBTQ+ which stands for lesbian, gay, bi, trans, questioning or queer and the '+' includes other diverse identities (such as asexual, demigender, non-binary, pansexual.. to name a few)... and those questioning their gender, sexuality or both. Freedom is supported by a team of friendly and knowledgeable LGBTQ+ youth support workers.

Freedom Youth works with young people aged 13-25 and offers one-to-one and group work.

### **1:1**

One-to-one work is a supportive space to chat about what matters to you. Staff can work with you to explore identity and a range of topics alongside offering information and signposting to other support such as our specialist LGBTQ+ counselling service.

### **FREEDOM YOUTH (AGES 13-19)**

Group sessions are social, informative and safe supportive spaces. Sessions are filled with workshops (on topics such as housing, relationships, mental health, gender and sexuality, keeping safe and much more). Members decide the programme which always includes games, socials, trips and creative activities.

### **FREEDOM (AGES 19-25)**

Freedom is a social and information space which provides support, advice and social opportunities for those aged between 19 and 25. Group members can gain experience in campaigning, activism, mentoring and event organising. Members lead the group and are supported by friendly and experienced youth workers.

### **GENDER JELLY (AGES 13-25)**

Gender Jelly sessions are for young people who might be questioning their gender identity, or who identify on the trans spectrum, to talk about gender and what that means. Sessions are workshop based and provide support, information and signposting.



Sign up for Freedom  
at [otrbristol.org.uk](http://otrbristol.org.uk)

**FACEBOOK: FREEDOMYOUTHLGBTQ**

**TWITTER: @FREEDOMLGBTQ**

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