

VOLUME 1 • APRIL 2020

FREEDOM SCHOOLS PROJECT

EMPOWERING LGBTQ+ EQUALITY IN EDUCATION



Hi everyone!

THINGS TO SEE:

FREEDOM
ONLINE

TRANS DAY OF
VISIBILITY

ACTIVITIES, GAMES
AND FUN STUFF

FREEDOM
TOP TIPS

So, we know that times are a bit strange and uncertain for everyone. Your daily life has probably changed loads over the last few weeks, and that might feel rubbish.

We hope that we can help you to feel connected to your Freedom+ group, even if you can't see your friends everyday.

All of our services at OTR are running online at the minute - to find out more about Freedom and OTR, visit our website: www.otrbristol.org.uk

Transgender Day of Visibility

March 31st

WHAT IS TRANS DAY OF VISIBILITY?

Trans Day of Visibility is a day to celebrate and support the trans, non binary and gender diverse community. It started in 2009, and takes place on March 31st every year.

WHAT DOES IT MEAN TO BE TRANS?

A transgender person doesn't identify with the gender that they were assigned at birth. Some trans people choose to transition, and to change their name and their appearance, for example, so that their appearance better reflects their identity. Not all trans people choose to transition.

WHAT IS A TRANS ALLY?

A trans ally is a person who doesn't identify as trans themselves, but supports, respects and celebrates the trans community.

**PLEASE ASK
ME ABOUT MY
PRONOUNS**

@FREEDOMLGBTQ



**I USE
SHE / HER / HERS
PRONOUNS**

@FREEDOMLGBTQ



**I USE
HE / HIM / HIS
PRONOUNS**

@FREEDOMLGBTQ



**I USE
THEY/THEM/THEIRS
PRONOUNS**

@FREEDOMLGBTQ



P.S: Want to use our profile badges? Find them on
www.facebook.com/FreedomLGBTQ





ANAGRAMS: WHO ARE THESE FAMOUS TRANS PEOPLE?

1) AVIRST ZALNAAAB

A performer from Bristol, who recently toured with a show called Burgerz

2) IPLAR SHAYLE

A trans woman from Liverpool, who was the first trans person to appear on the cover of Vogue magazine

3) LAIHMCE ILNOLD

A doctor who lived in Bristol, and is believed to be the first trans man to medically transition

4) OFX SFIEHR

Star of a Channel 4 documentary, founder of My Generation

5) MEAJI NREAS

A famous youtuber - think biscuits!

6) RNEALVE XOC

An actress who starred in 'Orange is the New Black'

7) SERSOFRPO ETSNPEH LWIHTTE

A law professor and trans activist

8) SHRMAA P JONSHNO

A trans woman of colour, who is thought to have started the Stonewall Riots

9) NAHNHA FGRA

One of the highest ranking trans soldiers in the British Army

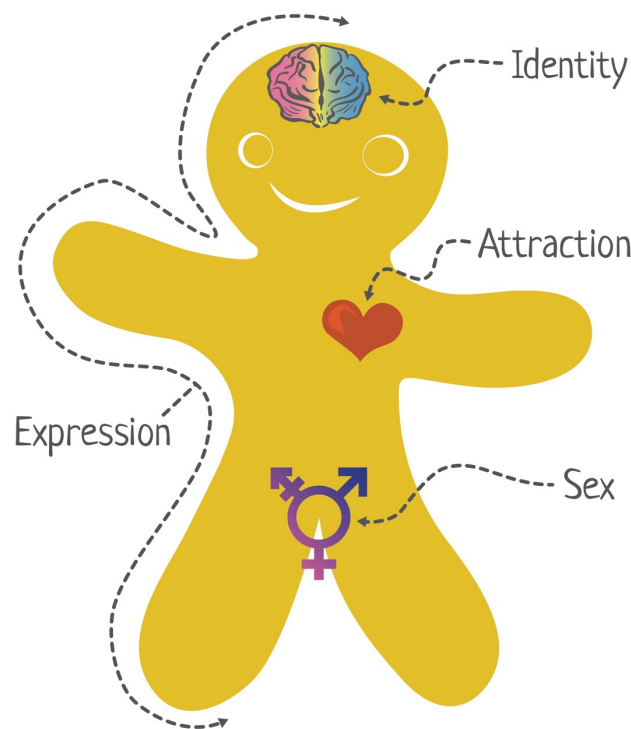
Answers on the last page!



THE GENDERBREAD PERSON

You might have seen the genderbread person before - it's a great way of helping you to think about gender identity and gender expression.

The Genderbread Person v4 by its pronounced METROsexual.com



⊘ means a lack of what's on the right side

Gender Identity

- Woman-ness
- Man-ness

Gender Expression

- Femininity
- Masculinity

Anatomical Sex

- Female-ness
- Male-ness

Identity ≠ Expression ≠ Sex
Gender ≠ Sexual Orientation

Sex Assigned At Birth
 Female Intersex Male

Sexually Attracted to... and/or (a/o)

- Women a/o Feminine a/o Female People
- Men a/o Masculine a/o Male People

Romantically Attracted to...

- Women a/o Feminine a/o Female People
- Men a/o Masculine a/o Male People



TOPS TIPS TO TAKE CARE OF YOURSELF

Things are really strange at the minute, and it might be having a big impact on our mental health. We've got some top tips here from Jack, one of our wellbeing practitioners, about some top tips that might help you to feel a bit better:

Treat yourself! Times are tough right now, so make sure to treat yourself even more than usual.
My treat = mini eggs!

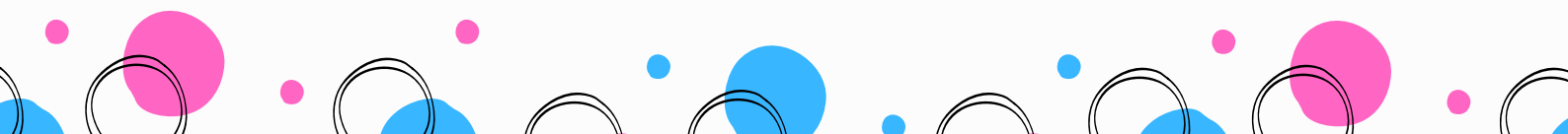
Change your clothes when you get up. It's tempting to stay in the world's comfiest duvet burrito all day, but we'll appreciate burrito life more if we mix it up a bit.

Remind yourself that it's ok to not be productive. There's so much social media focus at the moment on using this time well and learning new skills, but it's totally ok to not do that! It's not possible for everyone anyway, particularly people with chronic illnesses. Sometimes just making a cup of tea is enough.

Get your feelings out. Things can feel quite tangled at the moment - saying your feelings out loud, writing them down, or drawing them out can help make sense of things.

Set yourself a routine, even if it's just: morning - school/college work, afternoon - catch up with friends, evening - chill out

Plan one day at a time - it can be hard to make long term plans with so much uncertainty around, so it's ok to plan each day as it comes





FREEDOM ONLINE



Whilst we can't see everyone in person at the minute, we're all working hard to make sure that we can still bring you loads of Freedom content.

Follow us on social media - we're @FreedomLGBTQ on Facebook, Instagram and Twitter - for loads of interesting LGBTQ+ stuff.

If you'd like to join Freedom, email us at LGBTQ@otrbristol.org.uk - we're still running our group sessions online!

Remember to check out OTR too for loads of mental health and wellbeing thoughts and ideas - www.otrbristol.org.uk

OTHER PLACES FOR SUPPORT



A few useful places to go if you need some support:

LGBT Switchboard: 0300 330 0630
www.switchboard.lgbt

Mermaids: 0808 801 0400
www.mermaidsuk.org.uk

Mind Out:
www.mindout.org.uk

Kooth:
www.kooth.com

ANAGRAM ANSWERS

- 1) Travis Alabanza
- 2) April Ashley
- 3) Michael Dillon
- 4) Fox Fisher
- 5) Jamie Raines
- 6) Laverne Cox
- 7) Professor Stephen Whittle
- 8) Marsha P Johnson
- 9) Hannah Graf

