

REFLECTIONS ON MY PLACEMENT



QTR



WHAT I DID DURING MY PLACEMENT:

MEMBERSHIP TEAM

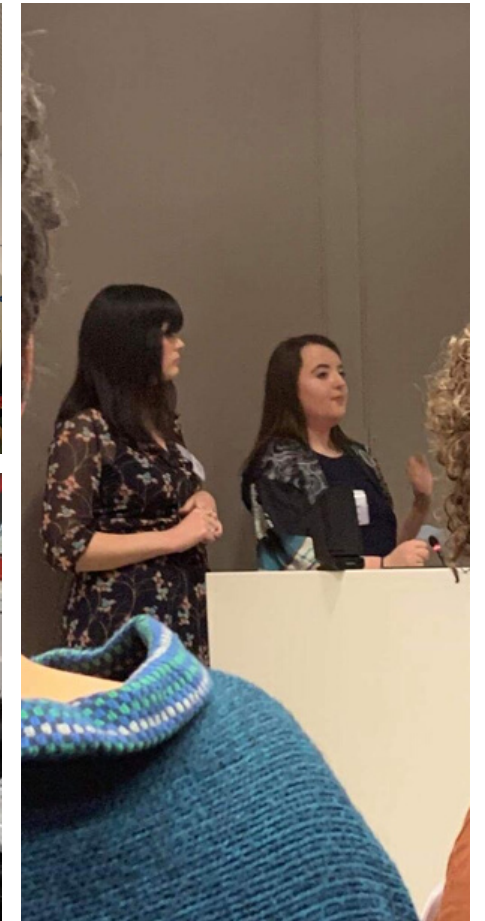
- Attended hubs
- Ran Mondays Creative drop in
- Had chats with young people with a focus on self care and signposting
- Responded to email and phones on the enquiry line
- Lead activities at pop ups
- Did Assemblies
- Made resources
- Attended Trainings



WHAT I DID DURING MY PLACEMENT:

FREEDOM TEAM

- Attended Tuesday sessions
- Attended events like trans pride south west and did pop ups/assemblies
- Made resources
- Attended Freedom+ groups at schools
- Participated on panels/did speeches



WHAT I DID DURING MY PLACEMENT:

LGBTQ+ YOUTH IN CARE

- I am really passionate about offering young people support, especially those who may not have family support or who are part of a group who are discriminated against.



WHAT I LEARNT

- I learnt about all the different organisations offering support to LGBTQ+ young people with experience of care.
- The type of support which young people with care experience and LGBTQ+ communities may need and what they want.
- The parts of the Freedom Service which could already be really helpful and ways we could slightly alter to fit the needs of this community.

WHAT I LEARNT IN MY PLACEMENT:



How to set and explain boundaries clearly to every young person



How to engage young people in pop ups and assemblies



The Solution Focussed approach and why this is a useful technique



Communication techniques such as active listening and how to use these to communicate with young people, professionals and parents.



How to build a rapport with a young person and giving them choices about what they want to talk about

HIGHLIGHTS AND ACHIEVEMENTS

- Public speaking - in front of professionals and young people.
- Leading creative activities at hubs
- Helping engage a young person in the hub and help build their confidence
- Working and Learning from the amazing teams within OTR



5 THINGS I'D LIKE EVERY PROFESSIONAL TO KNOW:

1. A Young Person shouldn't need to be labelled about any aspect of their identity including their sexual orientation, gender identity and/or their experience of care.
2. Understand they may have fears regarding topics such as coming out - give them confidentiality and explain boundaries - they may have previous bad experiences relating to this.
3. Young people should never be pressured to open up - can be helpful to make sure the space is as LGBTQ+ friendly as possible.
4. You should never make assumptions - whether this is in regard to what they know or their identities. Mirror their language.
5. Young people have powerful voices which need to be heard.

QUIZ TIME

1. In May 2019, Taiwan became the first country in Asia to recognise same sex marriages TRUE/FALSE
2. In 2019, Botswana has ruled in favour of decriminalising being gay. TRUE/FALSE
3. Gay and Bisexual men cannot freely donate blood in the UK TRUE/FALSE
4. It is illegal to discriminate when providing a service to LGBT+ people in the UK. TRUE/FALSE
5. As of 2020, same sex marriage is illegal in 70 countries TRUE/FALSE
6. In 2017, Canada became the tenth country to adopt gender neutral passports. TRUE/FALSE
7. LGBT+ Pride events are banned in Moscow, Russia for the next 100 years TRUE/FALSE
8. In the UK you can use the bathroom of the gender which you recognise yourself (and identify as) to be TRUE/FALSE
9. Conversion therapy has been banned in 21 countries TRUE/FALSE
10. Conversion therapy remains legal in the UK TRUE/FALSE