



Pause for thought

Your parents and carers want the best for you and want you to live happy and fulfilled lives – they do not want you to be bullied or discriminated against regardless of whether you are lesbian, gay, bisexual or heterosexual.

Not all young people will want their parents to know about their sexual orientation.

If a young person says that they are lesbian, gay or bisexual, adults are not obliged to discuss this with parents and to do so without the young person's permission would be a breach of confidentiality.

A special thanks to Stonewall for the information throughout this leaflet and allowing us to use it.

Written with help from Stonewall - Supporting lesbian, gay and bisexual young people.



Services available

Stonewall - www.stonewall.org.uk / 08000 50 20 20* (open Monday - Friday, 9.30am - 5.30pm)

Young Gay Men - www.ygm.org.uk

QYN (Queer Youth Network) - www.lgbtyouth.org

LGF (The Lesbian & Gay Foundation) - www.lgf.org.uk / 0845 3 30 30 30** (Monday - Friday, 9am - 5pm)

THT (Terrance Higgins Trust) - www.tht.org.uk

EACH - (Educational Action Challenging Homophobia) - www.eachaction.org.uk

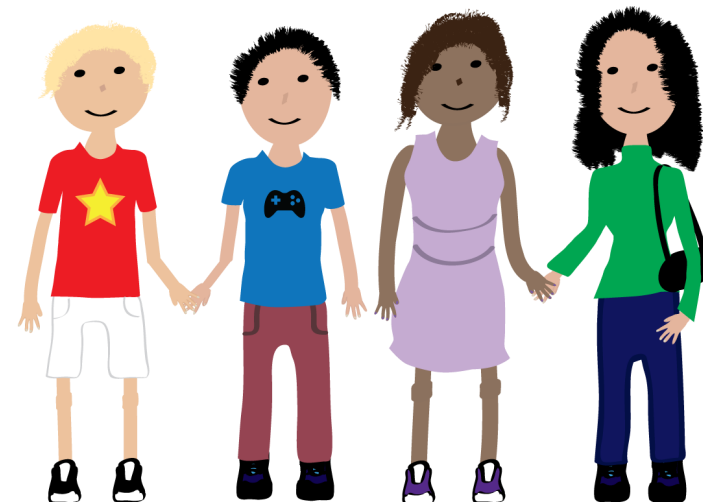
Stop Hate Crime - www.report-it.org.uk

Football v Homophobia - www.footballvhomophobia.com

Please note: Stamp Out Bullying is not responsible for the content on these websites.

*Calls to 0800 numbers are free from a BT landline, other networks and mobiles may charge. **Calls to 0845 numbers are not usually free and might incur a cost. Information correct at time of printing.

Stamp Out



Bullying

Homophobia

A handy guide on homophobia

stampoutbullying.co.uk

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Definition

Homophobia is made up of two Greek words *homo* (meaning the same) and *phobia* (meaning a fear).

Together they refer to a fear or a negative attitude towards lesbian, gay and bisexual people which can sometimes lead to homophobic bullying.

Homophobic bullying refers to hateful language and actions which are used to discriminate against lesbian, gay and bisexual people or even those thought to be lesbian, gay or bisexual.

Phrases such as “that’s so gay” or “your bag is so gay” are sometimes used to insult an object or a person without any reference to sexual orientation.

Other actions include physical abuse, such as hitting someone or emotional abuse, such as being made to feel it is wrong to be lesbian, gay or bisexual when it is not.

Written with help from Stonewall - Challenging homophobic language

Common misconceptions

Some people suffer from homophobia even though they are not lesbian, gay or bisexual.

For example, someone might experience it if they are:

- thought to be lesbian, gay or bisexual,
- a boy and behave or act ‘like a girl’,
 - a boy and do not play sports,
 - a boy and is academic,
- a girl and behave or act ‘like a boy’,
 - a girl and play sports
- someone with parents / carers who are gay
- someone with gay friends or family

Schools have a duty to safeguard the wellbeing of all young people in their care. In the same way that they challenge racist language, school staff should feel confident to respond to homophobic language whenever it happens.

Failure to respond to homophobic language can have an impact on pupils’ confidence and self-esteem, as well as their achievement and attendance at school.

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What to do

If you are being bullied due to your sexuality it may feel like you cannot talk to anyone if they do not know about your sexuality.

However, confidential services and help lines are available if this is the case; some of these are listed on the back of this leaflet.

In addition to these services, talking to someone at school that you feel comfortable with or a youth worker should help you.

Homophobia is also recognised as a hate crime and is defined as: “Any criminal offence which is perceived, by the victim or any other person, to be motivated by a hostility or prejudice based on a person’s sexual orientation or perceived sexual orientation”¹ and therefore can be reported to the police.

¹ report-it.org.uk/homophobic_and_transphobic_hate_crime