



# Information for parents & professionals

[info@outreachyouth.org.uk](mailto:info@outreachyouth.org.uk)

[www.outreachyouth.org.uk](http://www.outreachyouth.org.uk)



# Introduction

Outreach youth is a Suffolk based charity that has been supporting young Lesbian, Gay, Bisexual, Trans\*, Queer and Questioning (LGBT\*Q+) people under 25, since 2006.

## Our Vision

we want a world here all young LGBT\*Q+ people can reach their full potential

## Our Mission


we are committed to enabling young LGBT\*Q+ people to realise their unique potential and to take a positive role in society, through social and informal education opportunities.

## Why a LGBT\*Q+ Youth project?

Many young LGBT\*Q+ people experience negative feelings about their emerging sexuality and same sex attraction. Some young people can also feel that they are in the wrong body or that they do not identify with the gender identities that society advocates - they may be Trans\* or gender fluid.

Coming out as LGBT\*Q+ can therefore be a very stressful and difficult time in a young person's life.

They may receive negative responses including bullying, rejection from family and friends.




They may seek other people who identify as LGBT\*Q+, which may include contacting people through the internet and specific LGBT\*Q+ apps, at this point young LGBT\*Q+ people are vulnerable to all forms of exploitation.


As young LGBT\*Q+ people go through this process, some may experiment with drugs, alcohol, or express themselves through challenging behaviour.

Whilst most difficulties can be resolved with support from family and friends, those without support or those who feel unable to come out to family and friends, can become overwhelmed by their feelings and can easily slip into a crisis situation. This can manifest itself in changes to the young person's behaviour and emotional state at home, school and with their peers as they experience,

isolation and withdrawal  
parent / family rejection  
peer rejection  
school bullying  
truancy / school drop out  
low attainment  
risky sexual behaviour  
homelessness / sofa surfing

low self esteem  
depression, anxiety  
self-harm  
suicide thoughts/ attempts  
misuse of drugs & alcohol  
sexual exploitation  
self hatred  
hatred of other LGBT\*Q+ people





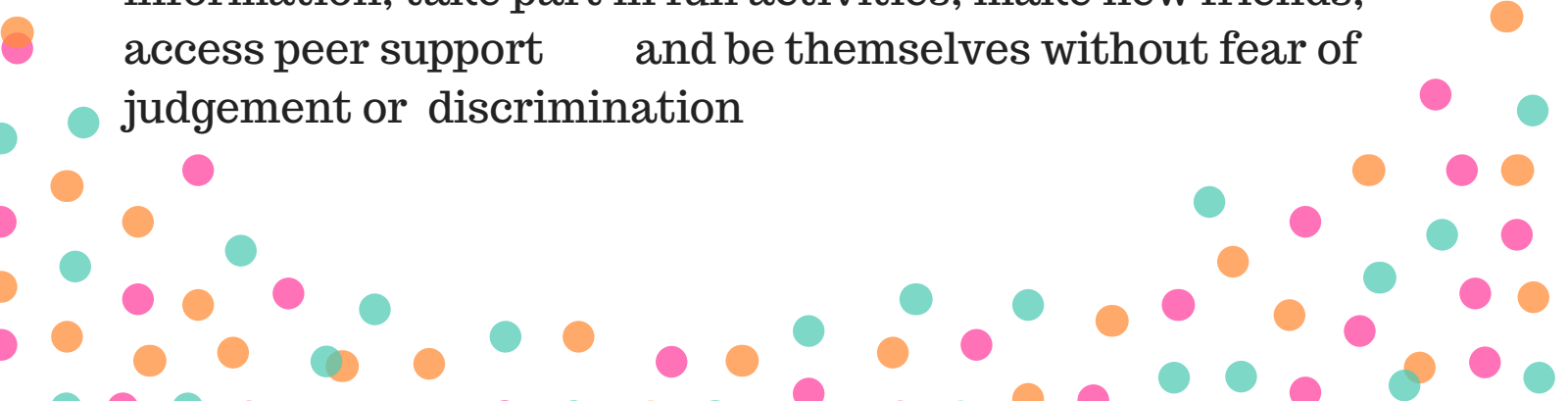
We want to help to make sure that all young LGBT\*Q+ people are able to live in accepting, supportive and caring homes, schools, colleges, workplaces and communities.


This includes

- developing a positive self-identity
- reduced social isolation
- healthier and safer peer relationships
- appropriate, healthier and safer intimate relationships
- improved access to information and specialist support
- improved informed decision making process and choices
- access to positive role models
- improved positive environments for young LGBT\*Q+ people, including in families, schools, local communities and local services
- wide understanding and inclusion of families and in the wider community

What services do we provide for young LGBT\*Q+ people?

LGBT\*Q+ Youth Groups - safe supportive, staffed young LGBT\*Q+ centred environments, where young LGBT\*Q+ people can socialise, access support and information, take part in fun activities, make new friends, access peer support and be themselves without fear of judgement or discrimination





One to One support - a safe young LGBT\*Q+ person centred environment to talk about the things that are important to them - these can include exploring their sexuality and / or gender identity, developing a positive self-identity, exploring the environment they are in, including support and challenges, developing positive and healthy relationships, identifying ways to keep themselves safe (\* we are not a counselling service or counsellors).

### What young LGBT\*Q+ people have said about us.

"from the first session I attended, my experience has been absolutely lovely. Everyone is so friendly and welcoming and laden with jaffa cakes that I can only wish I found out about it sooner."

"It's been brilliant for me to meet other young lgbt+ people, and it's given me a lot more confidence in my sexual orientation. It's also helped me work out how to come out to my parents and explain myself properly, which is something I'd delayed doing for quite a while because I didn't know how they'd react."

"It's been the best three years of my life. I couldn't envision my life without Outreach. I would have struggled so much without them."

"I can now feel normal and accepted by society. I feel as if I have a place I can go to other than home and feel as if I fit in. It's really amazing to see how I've changed; before I was a gibbering wreck and now I am itching to support LGBT pride in any way I can! It's completely transformed me. I just love outreach youth."

"I am much happier."

