



# LINKS



## Supporting LGBTQIA+ Young People & their Families Workshop Resource List

### Support organisations

#### **The Rainbow Health Project:**

The Rainbow Project is a health organisation that works to improve the physical, mental & emotional health and wellbeing of LGBTQIA+ people and their families in Northern Ireland. It has two centres in Belfast and Derry. Find out more here: <https://www.rainbow-project.org/>

#### **Cara Friend:**

Cara-Friend has been serving and empowering young people in the LGBTQIA+ community and their families in Northern Ireland since 1974. It provides a range of advocacy, advice and training work for young people, schools and workplaces. You will also find a range of free resources on their website. Find out more here: [Contact Us - Cara Friend \(cara-friend.org.uk\)](http://cara-friend.org.uk)

#### **HEReNI:**

HERe NI is a community organisation and registered charity based in Belfast. It supports lesbian and bisexual women and their families and improves the lives of lesbian and bisexual women across Northern Ireland, by providing information; peer support; facilitating training; lobbying government and agencies and offering a community space for meeting. Find out more here:

<https://here875008472.wordpress.com/>

#### **Gender Identity Clinic – CAMHS (Belfast):**

The Knowing Our Identity (KOI) team provides expert help to children, young people and their families in relation to gender related problems. They ensure children and young people are listened to and helped by those around them. They work with children and young people up to the age of 18. This is a referral system from GP, other CAMHS services, and learning and disability services.

#### **Belfast Butterfly Club (Transgender Support):**

The Belfast Butterfly Club holds a closed meeting on Wednesday evenings 18.00-23.00 for transgender people of all ages. Find out more here: [Belfast Butterfly Club | Facebook](#)

[Belfastbutterflyclub.co.uk](http://Belfastbutterflyclub.co.uk)

### **Out & About Project – Youth Action:**

Out & About is a project for young women aged 16-25, who identify other than heterosexual. It addresses the severe issues still faced in NI today, while also celebrating community and connection. It is based on having an informal, supportive relationship with a youth worker and the benefits that can arise from this. It also offers a mentoring programme matching young women with a youth worker. You can find out more here: [YouthAction Equality](#)

### **Youth Work Ireland (2023): Proud Spaces:**

Proud Spaces is a three year project funded by Erasmus+ and supported by lead agency Leargas. The project will identify and document effective practices in youth work settings that create safe spaces for young LGBT+ people. The project will establish an evidence-based model of best practice and develop tools and policy resources to support those working with young LGBT+ people. You can read more about the initiative here and access the first workshop report here: <https://www.youthworkireland.ie/proud-spaces/>

### **Mermaids:**

Mermaids UK works to empower trans and gender diverse children, young people and their families with secure online communities, local group meetings (including Belfast), helpline services, website resources, events and residential weekends. Mermaids UK provides training, legal and policy support and guidance as well as lots of exciting volunteering opportunities and ways to get involved and support our work in your area. You can find more information here:

[Homepage - Mermaids \(mermaidsuk.org.uk\)](http://mermaidsuk.org.uk)

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

### **Transgender NI:**

Transgender NI advocates for the human rights of trans people in Northern Ireland, as well as providing support and advocacy to individuals online and through the Belfast Trans Resource Centre. You can find more information here: <http://www.transgenderni.org.uk>

### **NSPCC:**

Although NSPCC is not an LGBTQ organisation, they have many resources and advice on safeguarding and supporting LGBTQ young people. You can find more information here:

<https://learning.nspcc.org.uk/safeguarding-child-protection/lgbtq-children-young-people>

## **Books and articles**

**ILGA (2023):** ILGA-Europe's annual review of the human rights situation of lesbian, gay, bisexual, trans and intersex people covering events that occurred in Europe and central Asia between January - December 2022. It can be accessed here: <https://www.ilga-europe.org/report/annual-review-2023/>

**ILGA (2022):** Press Release on anti-LGBTQI+ violence

<https://ilga-europe.org/press-release/deadliest-rise-anti-lgbti-violence-decade/?s=&view=grid&documenttype=all&orderresultsby=priority&topics=inclusion-and-equality>

**Promoting Inclusion of LGBT People in Northern Ireland (2022)** – Equality Commission NI

[Promoting Inclusion for LGBT People \(equalityni.org\)](https://equalityni.org)

**Staying safe online: practical strategies to best support all children and young people online, including those who identify as LGBT (2022)** - [Staying safe online: practical strategies to best support all children and young people online, including those who identify as LGBT \(PDF\)](#). Stonewall and Childnet International

**Advice for professionals working with LGBTQ+ young people aged 7-18 (2021)** - [LGBTQ+: advice for professionals working with LGBTQ+ young people aged 7-18](#). Internet Matters (2021)

**Gender Dysphoria (2021)** - [Gender dysphoria](#). NHS

**Guidance for schools, EOTAS centres and youth service on supporting transgender young people (2019)** - [Guidance for schools, EOTAS centres and youth service on supporting transgender young people](#). Education Authority (EA) (2019)

**Chosen name use is linked to reduced depressive symptoms, suicidal ideation, and suicidal behaviour among transgender youth (2018)** - [Chosen name use is linked to reduced depressive symptoms, suicidal ideation, and suicidal behaviour among transgender youth](#). Journal of Adolescent Health

**Supporting LGBTQ+ children and young people at risk of child sexual exploitation: guidance for professionals (2018)** - [Supporting LGBTQ+ children and young people at risk of child sexual exploitation: guidance for professionals \(PDF\)](#) Children's Society, Victim Support and National Police Chiefs Council (NPSCC)

**Still Shouting (2017)** – The needs and experiences of young people in Northern Ireland who identify as lesbian, gay, bisexual and/or transgender (LGBT)

[YouthAction Still shouting.pdf \(multiscreensite.com\)](#)

**OUTstanding in your Field (2016)** – Exploring the needs of LGB&T people in rural Northern Ireland

[OUTstanding in your field.pdf \(rainbow-project.org\)](#)

**Mental health of transgender children who are supported in their identities (2016)** - [Mental health of transgender children who are supported in their identities](#). American Academy of Paediatrics

### **Book recommendations for LGBTQIA+ Young People**

<https://socialjusticebooks.org/booklists/lgbtq/>

<https://www.stonewall.org.uk/lgbtq-inclusive-books-young-people-aged-12-14>

<https://www.stonewall.org.uk/lgbtq-inclusive-books-young-people-aged-15>

