

Where can I signpost people to for support?

Supporting Lesbian, Gay, Bisexual & Trans Young People in Ireland



www.belongto.org

Tel: (01) 670 6223



Transgender
Equality
Network
Ireland

www.teni.ie
Tel: (01) 873 3575
Trans peer support
groups:
www.teni.ie/support

Leaflet for young people: BeLong To - Coming Out as You
<http://www.belongto.org/coay/>

Leaflet for parents: BeLong To - Coming Out – A Guide For Parents
<http://www.belongto.org/coagfp/>

Peer support groups: BeLong To
<http://www.belongto.org/youngpeople/youth-groups>



Juno Dawson's This Book is Gay is a guide to sexuality and gender for young people, written by a young adult author.

Got a question about this project?

Contact Us At:

CHI at Crumlin - rainbowbadge@olchc.ie

CHI at Temple Street - rainbowbadge@cuh.ie

CHI at Connolly - rainbowbadge@nchg.ie

CHI at Tallaght - rainbowbadge@tuh.ie

Supported by:



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Seirbhís Sláinte
Níós Fearr
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Building a
Better Health
Service



Nursing & Midwifery
Planning & Development Unit
Dublin South, Kildare and Wicklow



Mental Health Nurse
Managers Ireland



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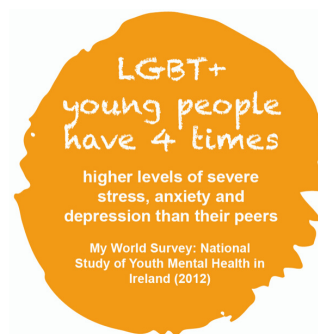
Rainbow Badges



The Rainbow Badge initiative gives staff a way to show that Children's Health Ireland offers open, non-judgmental and inclusive care for children, young people and their families who identify as LGBT+ (lesbian, gay, bisexual, transgender; the + simply means that we are inclusive of all identities, regardless of how people identify themselves). The initiative aims to make a positive difference by promoting a message of inclusion.

Sounds good - what do I need to do?

- 1 Read all of the information in this leaflet which gives an overview of these issues and why it's important for all healthcare staff to be aware of them.
- 2 Complete the HSEland 'LGBT+ Awareness and Inclusion: The Basics' module.
- 3 If you want to take part, sign up to receive an HSE Rainbow Badge to wear at work.



Why wear a badge?

LGBT+ young people are often exploring their own sense of self and identity. Despite improving social attitudes in general towards LGBT+ people in Ireland, negative attitudes (such as homophobia, biphobia, transphobia) are still widely prevalent.

Mental health issues such as depression and anxiety are more common in young people who identify as LGBT+. Many young people still feel afraid to disclose their sexual or gender identity and to 'come out' – being unable to do so often increases their risk of physical and mental health problems.



Research has shown that negative attitudes towards LGBT+ people are still common within a healthcare setting. This means that LGBT+ young people can be reluctant to disclose their sexual and/or gender identity to healthcare workers, which in turn can affect the quality of the care they receive.

For an overview of the challenges young people in Ireland can face in relation to sexuality and gender take a look at the following two publications:

Higgins et al. **The LGBTireland Report: National study of the mental health and wellbeing of lesbian, gay, bisexual, transgender and intersex people in Ireland.** 2016. GLEN and BeLonGTo

Maycock P et al. **Supporting LGBT Lives: A study of the mental health and well-being of lesbian, gay, bisexual and transgender people.** 2009. GLEN and BeLonGTo

Simple visible symbols, such as the Rainbow Badge can make a big difference for those unsure of both themselves and the reception they may receive if they disclose their sexuality and/or gender identity.

Many young LGBT+ people say they do not have an adult they can turn to or confide in. As advocates, people who work in healthcare can play a key role in making things better.

What else can I do?

It's not just about wearing a badge, there are simple things we can all do to promote inclusion.



- Use inclusive language in all discussions.
- Affirm the identity that a young person chooses to use
- Assure confidentiality

You may be the first person a young person has ever felt confident enough to open up to about how they feel. For them, it may be one of the most important moments of their life, and how you respond to this is something they will remember.

Have a look at the *Don't Forget The Bubbles* blog post on how to be an LGBT+ young person's ally:

<https://dontforgetthebubbles.com/lgbtqia-young-persons-ally/>

To find out more about ways you can promote inclusion have a look at the following articles:

Butler G et al. **Assessment and support of children and adolescents with gender dysphoria.** Arch Dis Child 2018; 103 (7): 631-636

O'Neill T, Wakefield J. **Fifteen-minute consultation in the normal child: Challenges relating to sexuality and gender identity in children and young people.** Arch Dis Child Educ Pract Ed 2017; 102: 298-303

Salkind J et al. **Safeguarding LGBT+ adolescents.** BMJ 2019; 364:l245

What to do if a young person discloses to you

The badges aren't designed as a symbol intended to prompt disclosures, but they may prompt a young person to disclose information about their own sexuality or gender identity, perhaps for the first time. Wearing a Rainbow Badge doesn't mean you'll have all the answers but most importantly you should be prepared to listen and provide a signpost to relevant information.

What to do if you feel you need to escalate a conversation

Occasionally you may feel that a person's disclosure means that they need more immediate support or they are at risk. There's always someone to ask for advice and we recommend contacting the young person's consultant, or consultant on-call for guidance.

BeLonG To Youth Services can also offer advice for staff on how to best support LGBT+ young people.

Ph: (01) 670 6223

Monday to Friday, 9am - 5pm

<http://www.belongto.org/youngpeople/help/>