



# Coming out in 2020



## LEARNING OUTCOMES

### Knowledge, Skills & Actions

To explore the concept of trust and what it means to 'come out'

To understand the thoughts, feeling and processes someone might be going through who is thinking of coming out

To evaluate what support networks are available to help support those in need

### New Vocabulary

Coming out, Gender Identity, Closet, Rejection, Acceptance

# TRUST



Diana Ross. *I'm coming Out*



3 Minutes



STARTER  
ACTIVITY

What makes you trust someone?  
Who don't you trust? Can you ever trust a stranger?  
What is trust? How do you earn trust? Can trust ever be lost?

# PSHE

## Show respect

- By listening
- Not interrupting
- Only 1 person talking at a time

You don't have to say things about yourself if you don't want to (**You have the right to pass**)

It's OK to get things wrong

Enjoy the lesson, Challenge your perceptions and **understand how to seek further advice and support**

Be open and honest but **no personal comments** – Discussions will be about 'general situations'

## *PSHE CLASSROOM RULES* DEALING WITH SENSITIVE TOPICS

## **SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART**

Use the agreed appropriate Language (**Avoid slang terms**)

Don't show the fact you are embarrassed through silliness

**Don't make assumptions** about people's values, attitudes, behaviours, life experiences or feelings

There are **no stupid questions**. A question box for anonymous Questions

Have a **non-judgemental approach**. No put downs and challenge the opinion not the person

Conversations stay in the room unless it is a **safeguarding issue**



# Coming out in 2020



ASSESSMENT FOR LEARNING

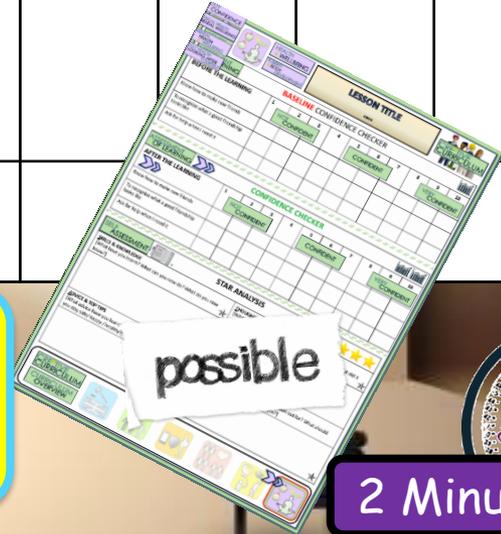
## BASELINE CONFIDENCE CHECKER



| BEFORE THE LEARNING   | 1             | 2 | 3 | 4 | 5         | 6 | 7 | 8 | 9              | 10 |
|---|---------------|---|---|---|-----------|---|---|---|----------------|----|
|   | NOT CONFIDENT |   |   |   | CONFIDENT |   |   |   | VERY CONFIDENT |    |
| I know how to support someone coming out                                      |               |   |   |   |           |   |   |   |                |    |
| I know where to go for extra information and support regarding LGBTQA+ issues |               |   |   |   |           |   |   |   |                |    |
| I understand the issues faced by someone coming out                           |               |   |   |   |           |   |   |   |                |    |



Complete a baseline assessment of where you think you are at for this lesson  
(Discussion or complete sheet)



2 Minutes

←

|  |                          |  |                             |  |           |  |                |  |                 |
|--|--------------------------|--|-----------------------------|--|-----------|--|----------------|--|-----------------|
|  | I'm not confident at all |  | I'm getting more confidence |  | Confident |  | Very confident |  | Super confident |
|--|--------------------------|--|-----------------------------|--|-----------|--|----------------|--|-----------------|

# SORTING ACTIVITY

Match the key word with its correct meaning

**In the closet**

The dismissing or refusing of a proposal, idea

**A**

**Coming out**

Often called disclosure. The process by which one shares one's sexuality, gender identity, or intersexed status with others (to "come out" to friends, etc.). This can be a continual, life-long process for some people

**B**

**Rejection**

Generally believed or recognized to be valid or correct.

**C**

**Accepted**

Used to refer to a state of secrecy or concealment, especially about one's homosexuality.

**D**



## TASK OR CHALLENGE

### TASK

Tell the person next to you why people sometimes fear rejection?

### CHALLENGE

Think about a time when you were worried about what somebody else might think of you. How did this make you feel?

How would you react if your best friend told you they were gay?



**TASK OR CHALLENGE**

Describe how each picture could relate to someone's reaction to finding out that their best friend or even a family member was gay

Which picture best represents a supportive reaction  
Which pictures represent a bad reaction?  
How would they want you to react?  
Is there a right way to react to this news?







# BEING PROUD OF YOUR IDENTITY

Coming out could be seen as telling someone something about yourself that isn't immediately obvious. With regards to sexual orientation and gender identity this means sharing with others that you are lesbian, gay, bi or trans. The process of coming out can be very different for everyone and it can take some time to get to a point where you feel comfortable and confident enough to have those conversations with people.

Rejection

???

Being bullied

What might you be afraid of?

???

???

???

???

???



# BEING PROUD OF YOUR IDENTITY

You shouldn't feel under any pressure to decide if you are gay or bi, or to attach a label to your feelings if it makes you feel uncomfortable. The important thing is to allow yourself time and space to explore how you feel

Rejection

???

Being bullied

Who could you  
come out to?

???

???

???

???

???

“It is better to live a lie and be happy than to be truthful and be an outcast”

Start with this card....

THOUGHTS & FEELINGS

Or these cards....

|                           |             |                                 |                           |  |                            |                      |                    |
|---------------------------|-------------|---------------------------------|---------------------------|--|----------------------------|----------------------|--------------------|
| There is evidence that... | Surely...   | I'm not convinced that...       | I understand that, but... | I'm not sure I understand, please could... | So, are you saying that... | In my opinion...     | I think...         |
| Therefore..               | Clearly...  | Yes, but on the other hand...   | Perhaps...                | So, you think that...                      | Does this mean...          | I disagree...        | I would contest... |
| Consequently...           | Obviously.. | Something else to consider is.. | I wonder if...            | So if...does this mean that...             | Why do you think that...   | I partially agree... | Unlike...          |

STRONGLY DISAGREE

DISAGREE

AGREE

STRONGLY AGREE



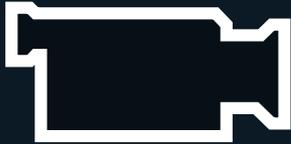
**Task 1:** Discuss / Debate with your partner your own personal views towards this statement /idea

**Extension:** Can you think of specific examples of recent events that would support this statement and other specific examples that would go against this statement.

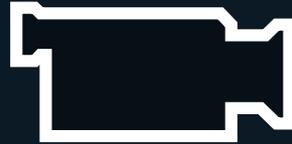


2-3 Minutes

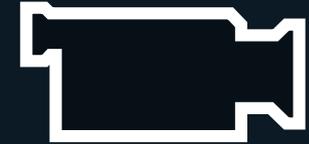
# LGBT+ FOCUS: BEING PROUD OF YOUR IDENTITY



I Will Survive - Gloria Gaynor (1978)

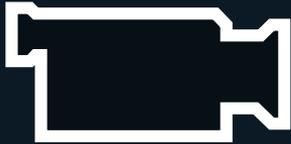


Judy Garland - Somewhere over the rainbow (1939) – Inspires pride and Reverence



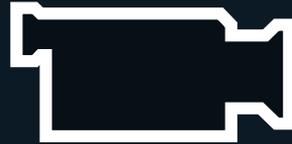
Vogue by Madonna

Inspired by New York Underground Gay ball Scene



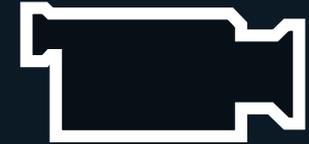
Village People – YMCA

Reigned supreme as anthem chart toppers



A little respect by Erasure

A great response in 1988 to the Section 28 Introduced by the UK Government



Smalltownboy by Bronski Beat (1984)

The openly gay British trio Bronski Beat was a pioneer in integrating explicit LGBT-activist messages into its music





# LEARNING OUTCOMES



# STOP!



Let us review our learning outcomes for this lesson  
**Knowledge, Skills & Actions**

PAIR &  
SHARE

ASSESSMENT FOR LEARNING

## Confidence Checker



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|--|---|---------------|---|---|---|-----------|---|---|---|----------------|--|
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| I know how to support someone coming out                                   |   |               |   |   |   |           |   |   |   |                |  |
| I know where to go for extra information and support regarding LGBT issues |   |               |   |   |   |           |   |   |   |                |  |
| I understand the issues faced by someone coming out                        |   |               |   |   |   |           |   |   |   |                |  |



Complete the confidence checker of where you think you are at for this lesson (Discussion or complete sheet)



3 Minutes



I'm not confident at all



I'm getting more confidence



Confident



Very confident



Super confident

IMPORTANT INFORMATION

# SEEKING SUPPORT

Enjoy the lesson, Challenge your perceptions and understand how to seek further advice and support

IMPORTANT INFORMATION



FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT WE WOULD ADVISE ONE OF THE BELOW:

SPEAK TO YOUR PARENTS/GUARDIANS OR HEAD OF YEAR, TRUSTED ADULT OR FRIEND IF YOU HAVE ANY CONCERNS ABOUT YOURSELF OR SOMEONE YOU KNOW - IT IS ALWAYS IMPORTANT TO TELL SOMEONE!

VISIT THE BROOKE WEBSITE <https://www.brook.org.uk/> FOR ADDITIONAL SUPPORT ON SEXUAL HEALTH AND WELLBEING FOR UNDER 25s

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

- ❑ VISIT [WWW.GENDERSPECTRUM.ORG](http://WWW.GENDERSPECTRUM.ORG) (HELPING EVERYONE UNDERSTAND GENDER IDENTITY)
- ❑ VISIT [WWW.MERMAIDS.ORG.UK](http://WWW.MERMAIDS.ORG.UK) (SUPPORTING GENDER-DIVERSE AND TRANSGENDER CHILDREN)
- ❑ CALL BEAUMONT SOCIETY 01582 412 220 (NATIONAL 24HR HELPLINE FOR TRANVESTITES, TRANSEXUALS AND THEIR FAMILIES)
- ❑ VISIT [lgbt.foundation](http://lgbt.foundation) (advice, support and information)
- ❑ CALL 0300 330 0630 (Switchboard.LGBT 10am - 10pm everyday)CALL 04879 568 256 (INFORM)
- ❑ <https://www.stonewall.org.uk>



CORE THEME 2

2 Minutes

SIGNPOSTING SUPPORT

HELP & SUPPORT SERVICES

FURTHER INFORMATION



# SUPPORT & INFORMATION

IMPORTANT INFORMATION

IMPORTANT INFORMATION



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# REFLECTION PLENARY

I know if I need further support or help I could speak to.... or contact...

Before I could/would say and do ... but now I feel I am able to say

Before I only knew ... now I also know ...

I supported others by...

One thing I didn't realise was... now I know that...

The key words for this lesson are...

I always knew ... but now I can see how it connects to...

The most important thing I have learnt today is...

I'm really proud of the way I have...

I used to feel ... but I now feel ..

I would like to learn...

A question I would like to ask is...

Before I thought that ... but now I realise..

One assumption of mine that was challenged was...

Today I have tried to...

Next lesson I would like to..

Before I would have done... Now I will ...

Before I would have said ... but now I will say...

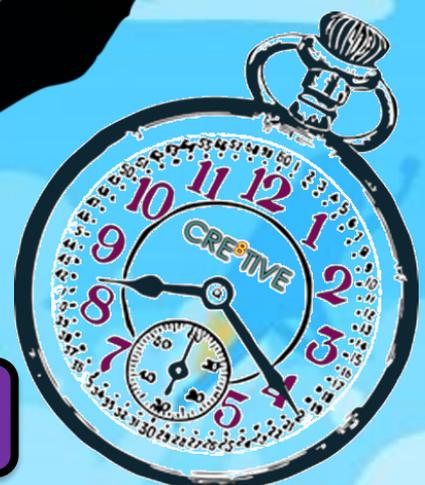
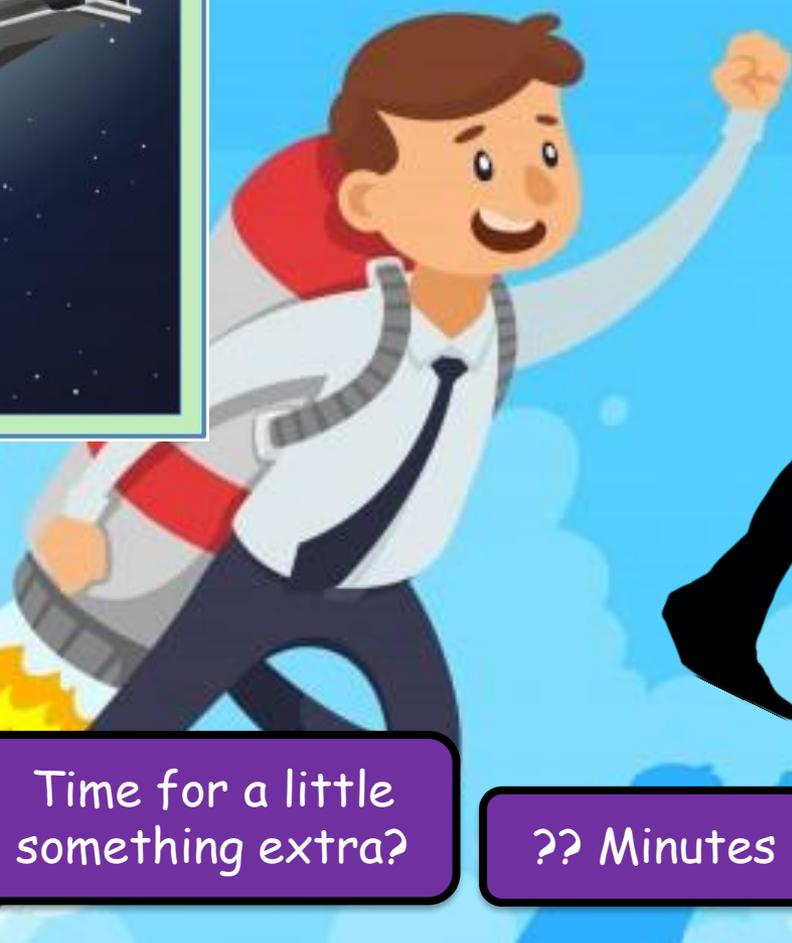
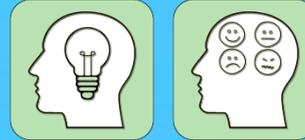
A problem I overcame today was...

2 Minutes



**REFER TO MINDFULNESS**

**➤➤➤ POWERPOINT**



Time for a little something extra?

?? Minutes

