

CONNECTED



YOUNG MEN'S GUIDE TO >>>>



HOPE

THIS GUIDE WILL



Give you hope and useful strategies if you're worried about being lonely

Help you feel more connected to yourself and others



STUFF THAT CAN BOTHER US



Experiences of
LGBTphobia at home,
school and work

Hiding identity because
of shame, stigma and fear

Alcohol abuse to deal
with the pressure to
be straight
(heterosexism)

Body negativity
due to pressure
to have an
'ideal body'

Higher risk of suicide
and self-harm

Isolation
and other
mental health
difficulties

WHAT CAN HELP?

- ✦ Going to safe and supportive environments like LGBT+ Youth Groups
- ✦ Connecting with other LGBT+ young people where you can explore your gender/sexuality
- ✦ Build up self-esteem through self-help activities
- ✦ Find out what's available locally for your interests, e.g. sport, art, socialising
- ✦ Suggest/request more visibility and awareness of LGBT+ people's lives to your school, college or library

ACTION PLAN

SMART objectives help you to make good plans. Here is how it works, they need to be



S specific, significant, stretching

M measurable, meaningful, motivational

A agreed upon, attainable, achievable, acceptable, action-oriented

R realistic, relevant, reasonable, rewarding, results-oriented

T time-based, time-bound, timely, tangible, trackable

Make your goals. A maximum of three will keep it achievable.

To inspire you, Rita Mae Brown said

“to be happy you need something to love, something to do, something to look forward to.”

SMART	Sample Goal to help you	Your Goal #1	Your Goal #2	Your Goal #3
S	I want to meet other LGBT+ young people			
M	I will connect with an LGBT+ youth group and chat to other young people/youth leaders			
A	I will use the online directory to connect tinyurl.com/TPTmap			
R	Easy to find and use the directory			
T	I will do this by Friday.			

Self-help Journey Sometimes we feel lost, lonely and unable to find a pathway out. Use this trail to begin your self-help journey. Try to do at least five of the suggestions on the trail before moving on to the action plan section.



Want to know more?

Find your local LGBT+ youth group and helpful resources including our coming out guide at ↓



CHARITY NUMBER : 1161102

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Remember



- ★ Talk to someone if you're feeling low
- ★ Take your prescribed medication
- ★ Go to a local community centre or cafe if you're feeling lonely and would like to talk to someone
- ★ There is hope and support out there

Further help

Childline → 0800 111 childline.org.uk

Samaritans → 116 123 samaritans.org

Mermaids trans youth (under 19s) →

0808 801 0400 Mon-Fri 9am-9pm info@mermaidsuk.org

LGBT Foundation (over 16s) → 0345 330 3030

Mindline trans → 0300 330 5468 Mon-Fri 8pm-midnight

Proudly supporting youth social action

#iwill



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