

# YOUNG MINDS

Provides free 24/7 support

Text: YM to 85258

Provides lots of information and advice

## DITCH THE LABEL

YOUR WORLD, PREJUDICE FREE!

Provides lots of information

Advice and support forums

## THE MIX

Provides free 24/7 support

Call for free

Live messenger

A series of self-help, learning and signposting avenues of support for students and families of The Fen Rivers Academy

### People

Safe relationships,  
Good people are you.

### Purpose

A purpose in life,  
A great education built for you.

### Place

A good place to live,  
A safe place to learn in.

Please get in touch if any of the following professionals could support with you with questions or concerns further: SENCo, Mental Health First Aider, Pastoral team, DSL

The Fen Rivers Academy  
Kilhams Way  
King's Lynn  
Norfolk  
PE30 2HU  
01553 887330



# The Fen Rivers Academy

Part of the Catch22  
Multi Academies Trust

'Every interaction a conscious intervention'



## Sexuality



## All about sexuality

Sexuality is about who you are attracted to, sexually, emotionally and physically.

Every person is different and it can be confusing to understand your sexuality.

Some people are attracted to the same gender, others are attracted to a different gender and some people are not attracted to anybody.

All are okay, there is not a correct or incorrect sexuality.

It is okay to not be sure of your sexuality and you may need time to work it out.

Some people do know their sexuality from a very young age.

If you don't know your sexuality remember there is no 'normal' sexuality and there is no 'normal' time that you should know by.

Some worries people may have

- Scared how family/friends will react
- try to 'fit in' with a sexuality
- worry about what it means for their religion.

How do I come out?

It can take time to decide when the right time for you is to tell someone your sexuality.

Only you know when you are ready to tell people and there is no rush it is when the time is right for you

Remember you do not have to tell anybody your sexuality and if you want you can just tell a select amount of people.

### Tips for coming out

- Plan how you are going to do it
- Tell someone who you trust first to see how you feel afterwards
- Think about what you will do after you have told the person(s)
- After you have done it celebrate what a brave thing you have done

### Negative experiences

If you have negative experiences, or are treated differently because of your sexuality such as name calling, this is NOT okay.

Talk to an adult who you trust, a school staff member, family member or a carer

What other support is there ?

Remember it takes courage to ask for help but you deserve that help and support

There is lots of support out there for you

mind  
OUT

LGBTQ mental health service

live chat facility  
Online support  
Peer groups

childline

ONLINE, ON THE PHONE, ANYTIME  
childline.org.uk | 0800 1111

Your Organisation

Childline are here to talk to you  
24/7

Chat online  
Call free