



SUPPORTING LGBTIQA+ PEERS



Being an LGBTIQA+ young person can come with challenges due to social attitudes and stigma.

How can you support your peers and be an ally?



Banyule Youth Services



**rainbow
space**
BANYULE



ENGAGE!



UNDERSTANDING THE ACRONYM

LGBTIQA+ is an umbrella term for people with diverse sexualities, genders, and sex characteristics. It recognises shared experiences while celebrating differences. Like language, it continues to evolve to reflect how people describe themselves.



Lesbian: A woman attracted to other women. Lesbians can be cisgender or transgender, and some non-binary people also identify as lesbians. Some people may also use the word “gay”.



Gay: Mostly used to describe people attracted to the same gender, though it can also specifically refer to men attracted to other men.



Bisexual: Attraction to people of the same gender and other genders. Bisexuality doesn't necessarily mean attraction to only two genders.



Transgender: Transgender and gender diverse describe people whose gender differs from what was presumed for them at birth (often called “assigned at birth”).



Intersex: People born with natural variations in sex characteristics that don't fit medical or social norms for female or male bodies. This can include variations in hormones, chromosomes, or anatomy.



Queer: An umbrella term for people who identify as LGBTIQA+. While it has been reclaimed by many, its history as a slur means not everyone is comfortable using it.



Asexual: People who experience little or no sexual attraction towards others.



Aromantic: People who experience little or no romantic attraction towards others.



+ (Plus): Represents anyone not listed in the acronym who still identifies as part of the community.



Non-binary: Someone whose gender isn't exclusively male or female.



Cisgender: A person whose gender matches the sex they were assigned at birth.

WHAT IS AN ALLY?

Being part of the LGBTIQA+ community can be challenging due to stigma and discrimination. The wellbeing of LGBTIQA+ young people is strongly influenced by the support they receive from those around them.

An ally actively supports LGBTIQA+ peers by listening, respecting their identities, and helping create safer, more inclusive spaces that strengthen friendships and school communities.



LISTEN, LEARN & SPEAK UP

Listen to LGBTIQ+ voices and take time to understand their experiences. Speak up against discrimination when it is safe to do so.

THIS CAN INCLUDE:

- Calling out bullying or harassment
- Reporting harmful behaviour to teachers or other trusted adults
- Checking in with LGBTIQ+ friends and offering support



Support looks different for everyone, so ask how you can help and let LGBTIQ+ peers lead.

SHARE YOUR PRONOUNS

Pronouns are words we use instead of someone's name, like he/him, she/her, they/them, and others. Using the pronouns someone shares helps affirm their identity, including cisgender people.

- Introduce yourself using name and pronouns
- Wear a pronoun badge, or wristband
- It's ok to make a mistake! Just correct yourself and move on



Sharing pronouns helps create safer, more inclusive spaces for trans and non-binary people.

ADVOCATE & GET INVOLVED

Having a community with shared experiences and values helps people feel supported and connected. Allies can play an important role in advocating for better support for LGBTIQ+ peers.

- If your school or community doesn't have an LGBTIQ+ support group, you can advocate for one.
- Attend LGBTIQ+ events that are open to friends, family, and community to show support.

IMPORTANT DAYS TO ACKNOWLEDGE:

**MAY
17TH**

IDAHOBIT

idahobit.org.au

International Day Against
Homophobia, Biphobia, Intersex
Discrimination and Transphobia

**LAST FRIDAY
IN AUGUST**

WEAR IT PURPLE DAY

wearitpurple.org

**NOVEMBER
20TH**

TRANS DAY OF REMEMBRANCE





STAYING EDUCATED

Supporting your LGBTIQ+ friends is an ongoing process, and it's okay to make mistakes. Your peers can't always carry the responsibility of teaching you, but it's ok to ask genuine questions.



You should also try to research and follow LGBTIQ+ media (such as books, podcasts and TV shows!) to learn more. There is no single LGBTIQ+ experience, and people may have different preferences around language and identity.

It's ok if you don't know or understand something, it's part of learning. Keep educating yourself and staying involved to create safer, more inclusive spaces.



RESOURCES FOR FURTHER INFORMATION:

MINUS18

minus18.org.au (also on YouTube)



LGBTIQA+ RESOURCES AND SUPPORT SERVICES



MINUS18

minus18.org.au

Australia's charity
improving the lives of
LGBTQIA+ young people.



SEX, ETC

sexetc.org

Sex education by teens,
for teens.



RAINBOW DOOR

rainbowdoor.org.au

A free specialist LGBTQIA+
helpline in Victoria for
LGBTQIA+ people, their
friends, and families.



Zoe Belle
Gender Collective

**ZOE BELLE GENDER
COLLECTIVE**

zbgc.org.au

A trans and gender diverse-
led advocacy organisation
based in Victoria.



SWITCHBOARD VICTORIA

switchboard.org.au

A community-based not-
for-profit organisation
providing peer support
services for LGBTQIA+
communities and allies.

If you'd like more information
on support services for
young LGBTQIA+ people,
scan the QR code below



or visit:

banyuleyouth.com/lgbtiq-services-2

LGBTIQA+ SOCIAL SUPPORT GROUPS

RAINBOW SPACE

Come and join in a variety of games, art activities, crafts, and snacks in a supportive environment. Build connections and meet other like-minded young people.

WHEN:

4:30-7:00PM

THURSDAYS DURING SCHOOL TERM

WHO:

**LGBTIQA+ YOUNG PEOPLE AND ALLIES
AGE 14-25**

WHERE:

BUNDOORA

COST: FREE

**EXPRESSION OF
INTEREST FORM**



Under 14 and looking for LGBTIQA+ social groups?
Send us an email and we'll help connect you!



banyuleyouth@banyule.vic.gov.au

