

THE INCLUSION OF LGBT YOUTH IN CARE

THREE CIRCLES
FOSTERING



SUPPORTING LGBT YOUNG PEOPLE IN
CARE
SOME ADVICE

FROM THE YOUNG PEOPLE OF THE KIC-OUT GROUP

A photograph showing the lower half of a person standing on a stone step. The person is wearing blue denim jeans with a small tear on the right knee and bright pink sneakers with white laces and white soles. The background is a large, rusted metal wall with a mottled orange and brown texture. A white rectangular box is overlaid on the image, containing the text.

WHAT DO YOU ALREADY DO TO SUPPORT LGBT
YOUNG PEOPLE IN CARE?

EXPERIENCES OF LGBT YOUNG PEOPLE IN CARE

TIMELINE OF WORK SO FAR

- 2013: nothing available in UK supporting LGBT youth in care
- 2014: conference delivered by Three Circles with care leavers
- 2014: leaflet for carers produced
- 2014: resource leaflet published on Proud2b Parents
- 2016: consulted with TELI to discuss experiences of trans youth in care
- 2016: consulted young trans people in care and care leavers and produced a trans youth in care toolkit
- 2016: produced a leaflet for young trans people in care
- 2016: www.lgbtyouthincare.com established
- 2016: UEA Speakout study
- 2017: first lgbt youth in care group established KIC-out
- 2018: practice note published with CoramBAAF
- 2018: interview and article published in the Fostering Network magazine
- 2018: video resources produced by young people
- 2018: AFA conference
- 2019: Fostering Network conference
- 2019: all-Party Parliamentary Group for Looked After Children and Care Leavers

A photograph showing the lower half of a person standing on a stone-paved floor. The person is wearing blue denim jeans with a small tear on the right knee and bright pink sneakers with white laces and white soles. The background is a wall of rusted, brown metal. A white rectangular box is overlaid on the center of the image, containing the text 'EXPERIENCES OF LGBT YOUNG PEOPLE QUIZ' in a bold, black, sans-serif font.

EXPERIENCES OF LGBT
YOUNG PEOPLE QUIZ

A photograph showing the lower half of a person standing on a stone-paved floor. The person is wearing blue denim jeans with a small tear on the right knee and bright pink sneakers with white laces and white soles. The background is a wall of rusted, brown metal. A white rectangular box is overlaid on the image, containing the text.

WHAT DO YOU DO THAT EXCLUDES OR
MAY EXCLUDE LGBT YOUNG PEOPLE?

WHAT WE KNOW

- Lack of specialist and targeted information
- Homophobia, biphobia and transphobia in school and in wider society Help-seeking through informal networks
- Higher levels of anxiety and depression, self-harm, suicide ideation and substance misuse
- Referral and consent
- Difference often attributed to ACE's
- Pronouns and name

A photograph showing the lower half of a person standing on a stone-paved ground. The person is wearing blue denim jeans with a small tear on the right knee and bright pink sneakers with white laces and white soles. The background is a wall of rusted, brown metal. A white rectangular box is overlaid on the image, containing the text.

WHAT CAN YOU DO TOMORROW TO
IMPROVE YOUR PRACTICE TO BE MORE
INCLUSIVE OF LGBT YOUNG PEOPLE?

WHAT CAN YOU DO TOMORROW..

- Don't assume every young person in care is heterosexual or straight
- Do challenge homophobia, biphobia and transphobic language
- Don't impose gender stereotypes on young people
- Do encourage young people to follow their interests
- Don't push young people to discuss lgbt issues if they don't want to and don't pressure them into coming out
- Do make info easily available to young people
- Don't feel like you are expected to have all the answers
- Do make use of websites and resources
- Create an LGBT inclusion policy
- Train your carers/ staff in the inclusion of lgbt young people
- Do be prepared to learn a new language when it comes to understanding and discussing issues of sexual orientation and gender identity
- Create an atmosphere of acceptance and celebration
- Use inclusive language
- Respect the pronouns of a young person
- Be strong allies

FIND OUT MORE

- GIRES has a useful website with access to resources www.gires.org.uk
- Stonewall has a useful website with access to resources www.stonewall.org.uk
- The Proud Trust www.theproudtrust.org
- LGBT Youth in Care www.lgbtyouthincare.com
- Mermaids www.mermaidsuk.org.uk
- LGBT Foundation <https://lgbt.foundation/>

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