



# LGBTQ+

# GUIDE



#LOVEWINS



# WELCOME!

Dear LGBTQ+ students,

Coming to University can seem like a daunting time, especially when the world is facing a global pandemic. This is particularly true for LGBTQ+ students where we also need to think about our safety and whether we are going to be accepted, respected and included. When I came to LSE, I faced the same concerns, and because I believe no LSE LGBTQ+ student should have their university experience undermined because of their identity, I decided to write this guide, hoping that it can alleviate some of the concerns by providing information about how to navigate LSE as an LGBTQ+ person.

This guide is divided into three main parts. The first one will discuss how LSE can support you. The second section presents how the LSE Students' Union (LSESU) can support and represent your voice. Finally, this guide will provide some information regarding Mental and Sexual Health.

As the institution which held the first UK meeting of the Gay Liberation Front (GLF), I am confident that LSE is one of the best institutions to be studying as a queer person. However, we still have many challenges to overcome and cannot take for granted all the rights and victories we achieved as a community.

I hope you find this guide useful and have a great time at LSE.

Best wishes,

Thiago

**LSESU LGBTQ+ Officer**

[su.lgbt@lse.ac.uk](mailto:su.lgbt@lse.ac.uk)



# CONTENT

## LGBTQ+ Glossary

### How LSE can support you

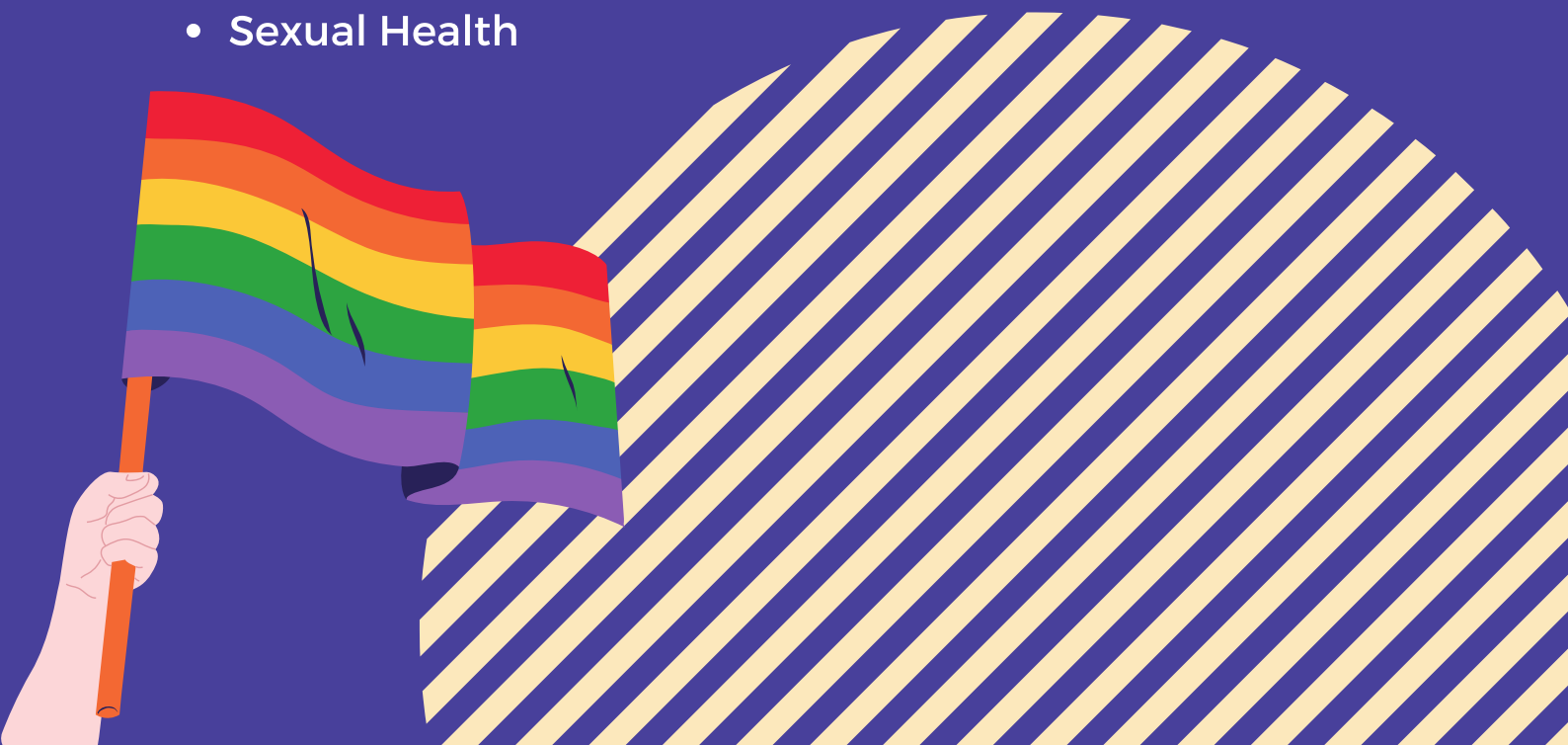
- LGBTQ+ Steering Group
- LGBTQ+ Role Models and Allies Directory
- Assessing LGBTQ+ Equality
- Trans Policy, Support and Facilities
- Other Support Services
- Studying Gender, Sexuality and LGBTQ+ Rights

### How LSESU can support you

- LSESU Pride Alliance
- LSESU LGBTQ+ Officer

### Taking care of your health

- Mental Health
- Sexual Health





# LGBTQ+ GLOSSARY

This glossary is a product of different pieces of research and meant as an introduction to the community. However, no glossary could encompass the range of identities and terms that are used within LGBTQ+ communities. This list is by no means exhaustive and, in case of doubt, ask how the individual would like to be addressed and their pronouns.

**Ally** – Someone who confronts heterosexism, homophobia, biphobia, transphobia, heterosexual and gender straight privilege in themselves and others; has a concern for the well-being of lesbian, gay, bisexual, trans, and intersex people; and a belief that heterosexism, homophobia, biphobia and transphobia are social justice issues.

**Androgynous:** Gender expression that falls somewhere in between masculinity and femininity, or on some other dimension altogether.

**Aromantic:** Someone who does not experience romantic attraction to others.

**Asexual:** Someone who does not experience sexual attraction towards other people, and who identifies as asexual. May still have romantic, emotional, affectional, or relational attractions to other people. Asexuality is distinct from celibacy, which is the deliberate abstention from sexual activity. Some asexuals do have sex. There are many diverse ways of being asexual. Sometimes shortened as “ace.”

**Agender:** Without gender. Often used as an identification for people who do not identify with or conform to any gender.

**Bigender:** Having two genders; exhibiting cultural characteristics of male and female roles.

**Biphobia:** Fear or hatred of people who are bisexual, pansexual, omnisexual, or non-monosexual.

**Bisexual:** A person emotionally, physically, and/or sexually attracted to two or more genders. This attraction does not have to be equally split between genders, and there may be a preference for one gender over others.

**Cisgender:** A term for individuals whose gender identity generally matches that assigned for their physical sex.



**Demisexual:** A person who may experience sexual attraction after a strong emotional attachment is formed. May be seen as falling on the asexual spectrum.

**FTM:** Female-to-male transgender person. Someone assigned female at birth who identifies on the male spectrum.

**Gay: 1.** A term used in some cultural settings to represent males who are attracted to people on the masculine spectrum in a romantic, erotic and/or emotional sense. Not all men who engage in “homosexual behaviour” identify as gay, and as such this label should be used with caution. **2.** A term used to refer to the LGBTQIA+ community as a whole, or as an individual identity label for anyone who does not identify as heterosexual.

**Genderfluid:** A person who shifts in gender identity and/or gender expression. May be a gender identity itself. Refers to the fluidity of identity.

**Gender Non-Conforming:** A person who does not subscribe to gender expressions or roles expected of them by society.

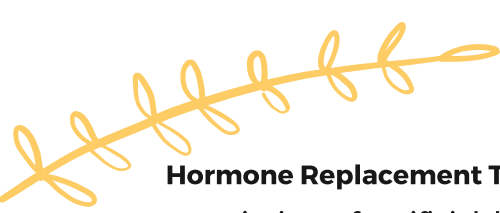
**Genderqueer:** A person whose gender identity and/or gender expression falls outside of the dominant societal norm for their assigned sex, is beyond genders, or is some combination of them.

**Heteronormativity:** Processes through which social institutions and policies reinforce the notion that there are only two possibilities for sex, gender, and sexual attraction: male/masculine/attracted to women and female/feminine/attracted to men.

**Heterosexism:** Norms and behaviours that result from the assumption that all people are or should be heterosexual. This system of oppression assumes that heterosexuality is inherently normal and superior and negates LGBTQ peoples’ lives and relationships.

**Homophobia:** Fear of, hatred of, or discomfort with people who love and sexually desire members of the same sex. Homophobic reactions often lead to intolerance, bigotry, and violence against anyone not acting within socio-cultural norms of heterosexuality. Because most LGBTQ people are raised in the same society as heterosexuals, they learn the same beliefs and stereotypes prevalent in the dominant culture, leading to a phenomenon known as internalised homophobia.

**Homosexual:** The clinical term, coined in the field of psychology, for people with a same-sex sexual attraction. The word is often associated with the idea that same-sex attractions are a mental disorder, and is therefore offensive to some people.



**Hormone Replacement Therapy (HRT):** The process by which trans individuals choose to take a prescription of artificial hormones. For trans women, that may include estrogen as well as testosterone-blockers. For trans men, testosterone or T.

**Intersex:** People who, without medical intervention, develop primary or secondary sex characteristics that do not fit “neatly” into society’s definitions of male or female. Many visibly Intersex people are mutilated in infancy and early childhood by doctors to make the individual’s sex characteristics conform to society’s idea of what standard bodies should look like. Intersex people are relatively common, although society’s denial of their existence has allowed very little room for intersex issues to be discussed publicly.

**Lesbian:** Term used to describe people on the feminine spectrum attracted romantically, erotically, and/or emotionally to other people on the feminine spectrum. The term lesbian is derived from the name of the Greek island of Lesbos and as such is sometimes considered a Eurocentric category that does not necessarily represent the identities of African-Americans and other non-European ethnic groups. This being said, individual female-identified people from diverse ethnic groups, including African-Americans, embrace the term ‘lesbian’ as an identity label. Bisexual women may or may not feel included by this term.

**LGBTQIA+:** A common abbreviation for Lesbian, Gay, Bisexual, Pansexual, Transgender, Genderqueer, Queer, Intersexed, Agender, Asexual, and Ally community.

**MTF:** Male-to-female transsexual or transgender person. Someone assigned male at birth who identifies on the female spectrum.


**Nonbinary:** A gender identity that embraces the full universe of expressions and ways of being that resonates with an individual. They may express resistance to binary gender expectations and/or intentional creation of new unbounded ideas of self within the world.

**Omnigender:** Possessing all genders. The term is specifically used to refute the concept of only two genders.

**Pangender:** Exhibiting characteristics of multiple genders; deliberately refuting the concept of only two genders.

**Pansexual:** A person who is emotionally, romantically, sexually, affectionately, or relationally attracted to people regardless of their gender identity or biological sex. Use of the term often signals a repudiation of the concept of binary sexes (a concept implied by “bisexual”).





**Queer:** **1.** An umbrella term which embraces a matrix of sexual preferences, orientations, and habits of the not-exclusively-heterosexual-and-monogamous majority. Queer includes lesbians, gay men, bisexuals, trans people, intersex persons, the radical sex communities, and many other sexually transgressive (underworld) explorers. **2.** This term is sometimes used as a sexual orientation label instead of 'bisexual' as a way of acknowledging that there are more than two genders to be attracted to, or as a way of stating a non-heterosexual orientation without having to state whom they are attracted to. **3.** A reclaimed word that was formerly used solely as a slur but that has been semantically overturned by members of the maligned group, who use it as a term of defiant pride. Other reclaimed words are usually offensive to the in-group when used by outsiders, so extreme caution must be taken concerning their use when one is not a member of the group.

**Questioning:** Refers to individuals who are in the process examining their sexual orientation and/or gender identity.

**Same-Gender Loving (SGL):** How some African Americans prefer to describe their sexual orientation, seeing "gay" and "lesbian" as primarily white terms. "Same-sex loving" is also in use.

**Sex:** A biological term dividing a species into male or female, usually on the basis of sex chromosomes (XX = female, XY = male); hormone levels, secondary sex characteristics, and internal and external genitalia may also be considered criteria. Although the term sex is often seen as binary (male/female), this is not entirely true. For instance, some men are born with two or three X chromosomes, just as some women are born with a Y chromosome, and some individuals are born with a mix between female and male genitalia (intersex).

**Sexuality:** The complex range of components which make us sexual beings; includes emotional, physical, and sexual aspects, as well as self-identification (including sexual orientation and gender), behavioural preferences and practices, fantasies, and feelings of affection and emotional affinity.

**Sexual Fluidity:** The concept that sexual orientation can vary across the lifespan and in different contexts. This does not mean that it can be changed through volition or therapy.

**Sexual Orientation:** An enduring emotional, romantic, sexual, and/or affectional attraction. Terms include gay, lesbian, heterosexual, bisexual, pansexual, and asexual. Sexual orientation is fluid, and people use a variety of labels to describe their own.

**Third Gender:** A term for those who belong to a gender category not recognised in the Western binary. For example, Native American two-spirit people, hijra in India, kathoey in Thailand, and travestis in Brazil. Acknowledges that people's identities are specific to their culture.



**Transgender:** An umbrella term for those individuals whose gender identity does not match with that assigned for their biological sex. Includes, among others, genderqueer people, and crossdressers. In its general sense, it refers to anyone whose behaviour or identity falls outside of stereotypical expectations for their gender. Transgender people may identify as straight, gay, bisexual, or some other sexual orientation. They are sometimes shortened as trans.

**Transition:** An individualised process by which transgender people move from living as one gender to living as another gender. There are three general aspects to transitioning: social (e.g. name, pronouns), medical (e.g. hormones, surgery), and legal (e.g. gender marker and name change). Each path through transition is unique to the individual.

**Transsexual:** Transsexual is a term that has fallen out of favour among most trans people. It used to mean transgender people who have, or want to, use medical intervention – hormones or surgery – to permanently transition from the gender assigned at birth to the one they identify as. Many trans people reject the word, some because having that word “sex” in the middle of it may suggest that being trans is all about sexuality, rather than gender identity. Some trans people are happy to be called “transsexual”. Some will reject the word “transgender”. But it’s best to stick to the latter unless they tell you otherwise.

**Transvestite:** This is an outdated and problematic term due to its historical use as a diagnosis for medical/mental health disorders. Cross Dresser has replaced transvestite, see above definition.

**\*LGBTQ+ and Queer** is used in this guide as an umbrella term which embraces a matrix of sexual preferences, orientations, and habits of the not-exclusively heterosexual majority.

---

## References

LGBT Resource Center. 2020. General Definitions. [online] Available at: <<https://lgbt.ucsf.edu/glossary-terms>> [Accessed 5 September 2020].LGBTQ Life. 2020.

LGBTQ Glossary LGBTQ Life. [online] Available at: <<https://studentaffairs.jhu.edu/lgbtq/education/glossary/>> [Accessed 5 September 2020].

Nissim, M., 2018. What Should You Call Trans People?. [online] PinkNews - Gay news, reviews and comment from the world's most read lesbian, gay, bisexual, and trans news service. Available at: <<https://www.pinknews.co.uk/2018/03/19/transsexual-transgender-transvestite-what-should-you-call-trans-people/>> [Accessed 5 September 2020].

University of Illinois Springfield Education. 2020. LGBTQIA+ Terminology - Gender And Sexuality Student Services - UIS. [online] Available at: <<https://www.uis.edu/gendersexualitystudentservices/about/lgbtqaterminology/>> [Accessed 5 September 2020].



# HOW CAN LSE SUPPORT LGBTQ+ STUDENTS?

Coming to LSE is an amazing opportunity to meet new people from all around the world, to explore your sexuality and gender in a largely inclusive environment, discover the queer history of our forebears, and enjoy life in one of the most LGBTQ-friendly cities in the world.

However, it can also be an intense experience; for LGBTQ+ people, many of whom come out whilst at university, or who must navigate persisting homophobia and transphobia found in society, this can be significantly magnified. The important thing to know is that there is a range of support systems available, including services bespoke to LGBTQ+ students, as well as services accessible by the whole LSE student body.

Pursuing its commitment to building a diverse, equitable and genuinely diverse university, LSE founded the Equity, Diversity and Inclusion (EDI) Office, serving as a vital resource in promoting and furthering LSE's commitment to equity, diversity and inclusion for all members of its community. The EDI Office provides delivery of services for academics, professional staff and also students, including those who identify as LGBTQ+. You can find below some ways in which EDI is supporting LSE's commitment towards its LGBTQ+ student population.

## **A) LGBTQ+ STEERING GROUP**

The LGBTQ+ Steering Group serves to ensure LGBTQ+ equality for staff and students and is convened at least once a term to have an overview of and inform activities related to LGBTQ+ equality across the school. Members of the LGBTQ+ steering group are composed of representatives from Spectrum (LGBTQ+ Staff Network), Senior Management Committee, Department of Gender studies, Equity, Diversity and Inclusion Office, Human Resources and Student Union's LGBTQ+ officer. This advisory groups reports to the Equity, Diversity and Inclusion Advisory Board, which is chaired by the Director of the School.



## B) LGBTQ+ ROLE MODELS AND ALLIES DIRECTORY

To increase visibility of and strengthen the LGBTQ+ community, LSE has a [directory](#) listing LGBTQ+ role models and allies. No matter if you are a staff or student, you can always get inspired by LGBTQ+ role model from all parts of LSE from various departments to professional services staff. LGBTQ+ allies are people who do not identify as LGBTQ+ but are willing to take a stand to promote LGBTQ+ equality. All LSE's LGBTQ+ Allies have attended [Stonewall's Allies Training](#).

## C) ASSESSING LGBTQ+ EQUALITY AT LSE

LSE assesses progress and achievements on LGBTQ+ equality through the [Stonewall LGBTQ+ Workplace Equality Index](#) around every two years. Any gaps discovered through the index will be addressed by strengthening existing LGBTQ+ policies and/or starting new initiatives. LSE was listed as Top 100 Employer in 2018.

At LSE, [Equality Impact Assessments](#) are used to evaluate LSE's policies, practices and services across departments and divisions to ensure no one is inadvertently disadvantaged. Gender identity and sexual orientation are considered alongside other protected characteristics in the policy review process.

## D) TRANS POLICY, SUPPORT AND FACILITIES

LSE is fully committed to trans equality and will not tolerate bullying, harassment and/or victimisation based on gender identity and sexual orientation. For prospective students, Admissions has a designated contact for trans applicants to assist them with particular issues. More support services from Admission can be found [here](#).

For current students, the School will provide options for gender neutral titles (i.e. Mx) in student records. Students can change their gender identity on the system as soon as they join LSE or during their degree on LSE For You. At this moment changing the official name in student records will require an official documentation such as drivers' license confirming the students' gender identity.



You can also change your profile picture and your preferred “known as” name, which will be displayed in the class registers but not official records such as transcripts, with the assistance of [Student Service Center](#). Staff at SSC will help you as sensitively and as quickly as they can.

LSE has 88 gender neutral toilets on campus and you can see the full list [here](#). Gender neutral toilets can also be found in LSE accommodations. Dress codes at LSE, whereby enforced, should not reinforce binary gender stereotypes. As part of my campaign, I will be advocating for more transparency regarding the location of non-binary toilets and also demand the construction of gender-neutral changing rooms.

For LSE accommodations, trans students will be accommodated according to their chosen gender expression. Residential Services such as LSE Wardens on site take concerns or issues raised by LGBTQ+ students sensitively and fairly.

## **E) OTHER SUPPORT SERVICES**

[Safe Contacts](#) who are trained staff volunteers providing confidential support to staff and students for any type of bullying and harassment. LSE has 39 Safe Contacts across departments and divisions. They have been trained to help LGBTQ+ students and staff who may have been bullied or harassed. Some staff are also specifically trained to help with concerns around sexual harassment or violence. Alternatively, students can also report any incidents or witnesses of bully and harassment through the online form [Report It and Stop It](#), on which you can choose to be anonymous or leave a brief contact.

LSE is a partner of [Consent Collective](#), who provides resources and support about consent, sex, gender, and sexual harassment. A section of their resources are designated for the LGBTQ+ population. Students and staff can log in with their LSE email addresses and access the resources freely. LSE is also working with [Galop](#), which provides support services to LGBTQ+ population regarding hate crime, domestic abuse and sexual violence. For those who identify as female, LSE partnered with [Rape Crisis](#) to provide free confidential and independent support regarding any kind of sexual violence.

## F) STUDYING GENDER, SEXUALITY AND LGBTQ+ RIGHTS

During your time at LSE, you also have the opportunity to explore issues related to gender, sexual orientation and identity through some modules offered by LSE both undergraduate and graduate level.

For **Undergraduate** Students:

- AN200: The Anthropology of Kinship, Sex and Gender.
- GY316: Gender, Space and Power
- GY312: Geographies of Gender in the Global South
- IR323: Gendered/ing and International Politics
- PH333: Philosophy of Gender and Race
- SO208: Gender and Society
- SP331: Sexuality, Everyday Lives and Social Policy in Developing Countries

For **Graduate** Students:

- AN405 The Anthropology of Kinship, Sex and Gender
- GI421 Sexuality, Gender and Culture
- GI422 Transnational Sexual Politics
- GI423 Globalisation and Sexuality
- SP417 Sexuality, Everyday Lives and Social Policy in Developing Countries
- DV454 Gender, labour markets and social change in the Global South: theory, evidence, public action
- GI402 Gender, Knowledge and Research Practice
- GI403 Gender and Media Representation
- GI407 Globalisation, Gender and Development
- GI409 Gender, Globalisation and Development: An Introduction
- GI411 Gender, Post/coloniality and Development: Critical Perspectives and New Directions
- GI413 Gender, 'Race' and Militarisation
- GI414 Theorising Gender and Social Policy
- GI421 Sexuality, Gender and Culture
- GI426 Gender and Human Rights
- GI427 Advanced Issues in Gender, Peace and Security
- IR475 Gender/ed/ing International Politics
- iR476 Gender and Political Violence
- PH433 Philosophy of Gender and Race
- SO458 Gender and Societies



# HOW CAN LSESU SUPPORT LGBTQ+ STUDENTS?

LSE Students' Union (LSESU) is a not-for-profit organisation led by LSE students, for LSE students. We aim to help LSE students make the most of all the life-changing experiences open to them during their time at university. The SU has been part of LSE since 1897, and all LSE students automatically become LSESU members when they enrol.

LSESU is led by elected Officers including four full-time paid Sabbatical Officers, one part-time paid Sabbatical Officer and 11 voluntary Part-Time Officers and its primary services include:

- Student Voice - supporting our students with representation, campaigning, policy change and elections.
- Student Communities - supporting over 250+ clubs and societies and managing the gym.
- Social - running our Union events, student bar (Three Tuns) and our cafe Student Advice providing free, independent and confidential advice to our student membership.

The LSE Student's Union (LSESU) provide support to LGBTQ+ students mainly through two areas: Societies and Representation. Student societies are a great way to meet new people, and at LSE, we have a student society specifically for LGBTQ+ students, the LSESU Pride Alliance. The Representation aspect comes in place through the position of LSESU LGBTQ+ Officer, is responsible among other things for listening to and voicing the concerns of LGBT+ students at LSE.



## **A) LSESU Pride Alliance**

The LSESU Pride Alliance is LSE's student society for students that identify as LGBTQ+ and allies. The Pride Alliance brings together the gender and sexually diverse community in a way that fosters a great community on campus and protects the rights of gender and sexually diverse people.

You can be a casual member, get involved in our campaigns or even run to be elected on to the committee. Our society is a community where our committee members are always here to support you with any issues you might have while at LSE. With regular socials, both alcoholic and non-alcoholic, engaging educational events and a community of wonderful people, you're sure to find a safe home here.

## **B) LSESU LGBTQ+ Officer**

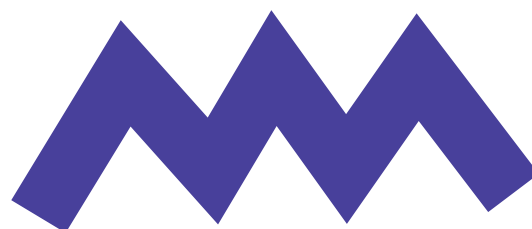
The LGBTQ+ Officer is responsible for listening to and voicing the concerns of LGBTQ+ students at LSE, working alongside the Sabbatical Officers to make positive change. My name is Thiago and this year I am honoured to be your LGBTQ+ officer for the 2020/21 academic year and represent our Queer community at LSE.

My election was based in an intersectional platform that advocated for institutional changes at LSE in three main ways: guarantying the safety of LGBTQ+ students, making our student's voices heard and promoting diversity within our community.

### **1. Safety of LGBTQ+ students at LSE**

Although the LSE community proud itself in being diverse and international, unfortunately, we still have students that make use of homophobic slurs and bullying to intimidate LGBTQ+ students.

One of my goals is to create a reporting channel specifically focused on LGBTQ+ students that experienced bullying, harassment and other repulsive behaviours due to their sexual orientation. I hope that a specific reporting system for will both encourage more students to report it any misbehaviour and hold those who committed offences against LGBTQ+ students accountable.



Another policy which I am advocating for is the creation of a Bursary and Accommodation Support for estranged students due to their sexual orientation or gender identity. Knowing that many LGBTQ+ students come out during their university time, it is fundamental that LSE guarantees financial support for students that might have lost their family support due to their disclosure of sexual orientation.

## **2. Making LGBTQ+ student's voices heard**

Aiming to amplify the needs of the LGBTQ+ student population at LSE and promote a range of policies, I will be creating the first-ever LSESU LGBTQ+ campaign.

The campaign will not only advocate for the implementation of policies supporting LGBTQ+ students but also will bring attention to our history as a community, discuss Queer representation at University and celebrate key LGBTQ+ dates.

## **3. Promoting diversity within LSE LGBTQ+ community**

As a gay black man, I advocate for a more representative community that goes beyond the cis gay white male model and the fact that I was elected supporting these values means that significant part of the LGBTQ+ community at LSE also agrees that is time for us to change how our community is seen.

I am hoping to address the lack of diversity within the LGBTQ+ community by creating events and panels which will bring voices from individuals historically marginalised in our society such as bisexual women and men, lesbians and transgender students. I am also advocating for LSE to create Scholarships for LGBTQ+ students, specifically for Black Transgender and non-binary students.



# TAKING CARE OF YOUR HEALTH

## 1) MENTAL HEALTH

Coming to university might be something you've looked forward to for years. For many people, it means new adventures, new responsibilities, and a chance to grow and experience things you never have before. But it also could happen that you feel differently about it or might be overwhelmed with all the sudden change. In any case, what you need to know is you are not alone. One in four students experience a mental health issue each year, and these can vary from relatively mild and short-lived to more severe and enduring.

For LGBTQ+ students, the move to university can be followed with extra concerns for those questioning their sexual orientation or gender identity, coming out and worrying about acceptance. Although it is completely normal not to feel okay all the time, talking to a professional about mental health issues can be positive and empowering, and can enable you to develop new coping strategies.

You can find mental health support at LSE in many different ways. This Guide will explore how students can access mental health support through the Disability and Wellbeing Service, the Student Counselling Service and the Peer Support Scheme.

### A) Disability and Wellbeing Service

Disclosing your mental health issues with the Disability and Wellbeing Service might help you feel less pressure, and deal with potential difficulties before they occur. You can talk to them at any point during your studies, but it is recommended that you get in touch as early as possible.

By registering with the Disability and Wellbeing Service, you will have the opportunity to discuss your circumstances in confidence with one of their mental health advisers. This will ensure that they can facilitate any necessary support and adjustments to help you get the most out of your time at LSE.





The Disability and Wellbeing Service support students coping with:

- Depression and other mood disorders
- Anxiety disorders including OCD, agoraphobia, and social anxiety
- Psychotic illnesses, bipolar affective disorder and schizophrenia
- Eating disorders
- Personality disorders
- Substance misuse issues
- Suicidal thoughts and self-harm



You should also speak with the Disability and Wellbeing Officer if you feel that your mental health condition is impacting, or may impact on your studies. Its Mental Health Advisers offer practical support around managing your studies while coping with a mental health condition, as well as helping with support if you are having a serious crisis or need urgent help. When you meet with an adviser, they will talk you through the various ways in which the School can provide support and adjustments to your studies, such as inclusion plans, mentoring, mental health advisers and individual exam adjustments.

## **B) Counselling Service**

If you want to look at ways you can get help to better understand and cope with personal, psychological and emotional issues, you can register with the Student Counselling Service. Counsellors offer students talking support, as well as and therapies in various forms as a way of treating these difficulties.

Counsellors don't provide advice or solutions but work with you to reflect on whatever you are finding difficult and to identify healthier strategies to manage. Counselling creates a safe and confidential space where you can talk openly without being judged. You could have one session (which many students find is enough), or more regular sessions which can be organised to suit your schedule. In total, the Counselling Service can offer up to 6 sessions.

Paul Glynn, the Counselling Service Manager at LSE, kindly described how LGBTQ+ students could benefit from Counselling:

“ A huge welcome to all who are either starting at LSE or returning. The Student Counselling Service is here to help you navigate your way through whatever emerges in the coming year. For many, starting at university is exciting and challenging but it can also be anxiety provoking and uncertain. Protecting your mental health and wellbeing is especially important, particularly during this unusual "Covid" time. Our services aim to enable all students to cope more effectively with any personal or study difficulties that affect them.

We have a team of experienced counsellors who are skilled at working with a range of issues, including, anxiety, relationship difficulties to name a couple. You may have concerns about substance use or questions about sex and sexuality, we're here to help so please come and speak to us. Don't wait for the situation to get worse, act early and it usually help improve things. LGBTQ+ students can be more susceptible to mental health problems due to a range of factors, including discrimination and inequalities. So, if you're struggling with coming out or experiencing difficulties in your relationship, the counselling service is a place to help.

We also have a team of Peer Supporters, made up of students like you. Our peers have been trained to offer support and help and can be accessed on their [webpage](#)”.

”

**Paul Glynn**, Counselling Service Manager (p.glynn@lse.ac.uk)

### **C) Peer Support Scheme**

The Peer Support Scheme is a programme which runs at many universities in the UK and the US. It provides students with a confidential space to talk and be listened to. It can sometimes be hard to talk to friends and family about certain issues. Therefore the Peer Support Scheme provides an essential service for students to talk to other students about anything they are worried about.

Peer Supporters are not counsellors, nor can they provide you with solutions to your problems. However, they have been specifically selected and trained in listening, questioning and responding skills so they can help other students to reach their solutions.

There are many topics in which Peer Supporters can offer help, and many of Supporters are from LGBT+ backgrounds.

## 2) SEXUAL HEALTH

LSE does not offer any direct health support, and students are advised to register with a doctor, also known as General Practitioner (GP), as soon as they arrived in the UK. Once you are registered with a GP, you can access the National Health Service (NHS), which provides health treatment for those living in the UK.

Due to prejudices and social taboos, unfortunately, there are few discussions around sexual health, and that is especially true for young people that identify as LGBTQ+. Although LSE does not offer any direct health support, I believe that it is important to have an open and honest conversation around Queer sex, consent and sexual health. In that sense, I selected some topics that explored sexual health of LGBTQ+ individuals and listed organisations that provide information and advice.

### A) Sexual Health Topics

- [Sexual relations during the COVID-19 Pandemic](#)
- [Why LGBT People are disproportionately impacted by COVID-19](#)
- [Lesbian and Bisexual women's Sexual Health](#)
- [Sexual Health of Lesbian and Bisexual women](#)
- [Lesbian and Bisexual women Health and Safety](#)
- [Sex as Trans Man](#)
- [Sex as Trans Woman](#)
- [Sexual Health for Gay and Bisexual man](#)
- [LGBT+ Sexual Health](#)



### B) LGBTQ+ Sexual Health Clinics (London)

- [56 Dean Street](#)
- [CliniQ](#) (For Trans individuals)

### C) LGBTQ+ organisations

- [East London Out Project \(ELOP\)](#): Provides a range of services for lesbian, gay, bisexual and trans people.

- Galop: If you've experienced hate crime, sexual violence or domestic abuse, GALOP is there for you. They also support lesbian, gay, bi, trans and queer people who have had problems with the police or have questions about the criminal justice system.
- Imaan: Is a social support group for lesbian gay, bisexual and transgender Muslims, which offers advice and support through their website.
- LGBT Switchboard: Switchboard is an LGBT+ helpline – a place for calm words when you need them most. They're here to help you with whatever you want to talk about. Nothing is off limits and conversations are 100% confidential. Call 0300 330 0630 (10am-10pm daily).
- London Friend: Charity offering counselling, drug & alcohol service, social support groups, sexual health advice, to the LGBT community.
- Mermaids UK: Family and individual support for gender diverse and transgender children and young people. Mermaids is passionate about supporting children, young people, and their families to achieve a happier life in the face of great adversity.
- MindLine Trans+: A confidential emotional, mental health support helpline for people who identify as transgender, agender, gender fluid and non-binary. Phone number 0300 330 5468.
- The Pink Practice: A lesbian and gay counselling and psychotherapy service based in central London.



