

Activity 17 - LGBT+ language

This activity is a chance for participants to discuss the impact that language can have. Before starting the activity remind participants of the group contract and the importance of keeping themselves safe.



Aims

- To support individuals to challenge stigmatising language people may use
- Young people are supported to recognise the power that their words have

Materials needed:

Flipchart

Pens

Glossary

Step 1: Introduction

Before beginning the activity remind participants of the importance of confidentiality and keeping themselves and others safe. When speaking about issues remember not to share personal information about other people that isn't yours to share.



Step 2: Thought shower

- Divide the participants into 2/4 groups
- This exercise is about opening up a discussion on LGBT+ language
- Give each group a piece of flip chart paper with one of the two terms written on top: Lesbian/Gay/Bisexual/Transgender (LGBT+) or Straight (Heterosexual)
- Give the groups 5 minutes to 'thought shower' all the words that come to mind when they see the term
- Remind participants that political correctness is not required – what they write down does not have to be their opinion; it could be things they hear through media etc.
- After five minutes, ask groups to tape their sheets up on a wall for all groups to see
- Ask one participant from each group to read out their list for the whole class
- Ask participants what they notice about the type of words used on each sheet
- Discuss the similarities and differences in participant responses to LGBT+ and straight (Heterosexual)
- Ask students to suggest some reasons for any differences



MODULE 2: MENTAL HEALTH STIGMA AND DISCRIMINATION

- Look at the differences in the words used, both positive and negative, and discuss the impact of them (Use the glossary to support this)
- Here are some examples for each of the headings;
- Lesbian – Women, dyke
- Gay – Men, homo
- Bisexual – Both, greedy
- Transgender – Sex change, hormones
- Heterosexual – Marriage, children

Step 3: Review

- Are you surprised by the differences with the two different terms?
- Why do you think this is?
- What could change this?
- After doing this activity does this surprise you?

