



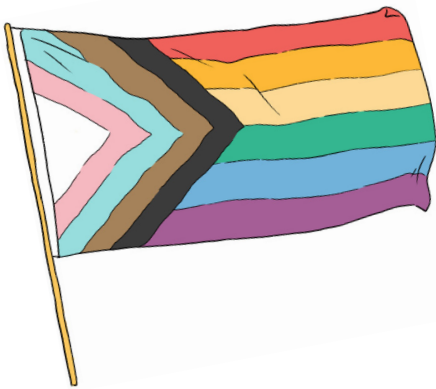
An LGBTQI+ inclusion project with people who are autistic and/or have a learning disability.

Identity booklet

Introduction



An LGBTQI+ inclusion project with people who are autistic and/or have a learning disability.



We are OutSpoken an **LGBTQI+** inclusion project with people who are autistic and or have a learning disability.

LGBTQI+ stands for **L**esbian, **G**ay, **B**isexual, **T**ransgender, **Q**ueer, and **I**ntersex.

The project involved autistic people and people with a learning disability who are also LGBTQI+, to improve access to services and inclusion in the community.

We found that autistic people and people with a learning disability were harder to reach. Sometimes people do not get given a chance to explore their **identity**.



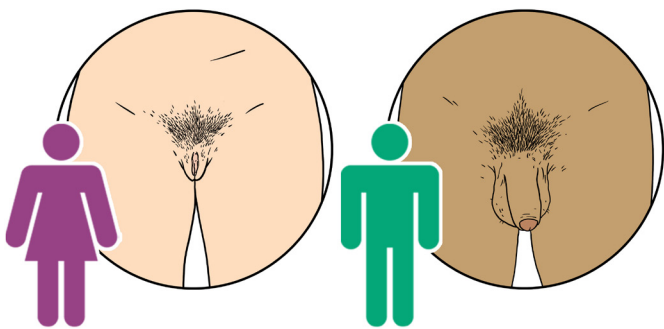
Identity means who you are and what is important to you.

This can be things like:

- **Your gender**

This means if you feel like a man or a woman or not. This can be different to your **sex**.

Your **sex** describes if you are male or female based on the physical body parts you were born with. This can be different to your gender.



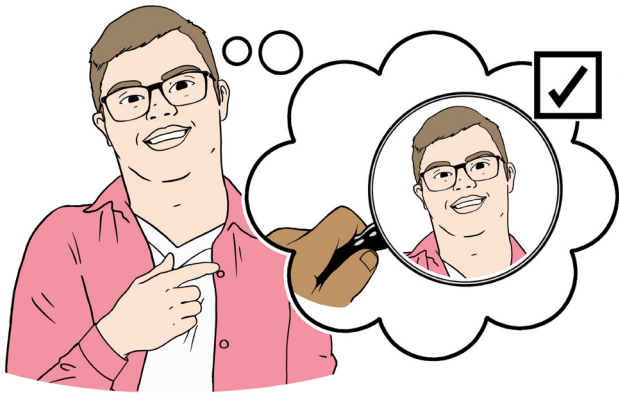
- **Your sexuality**

This means who you are attracted to, if you are attracted to anyone.



- **How you present**

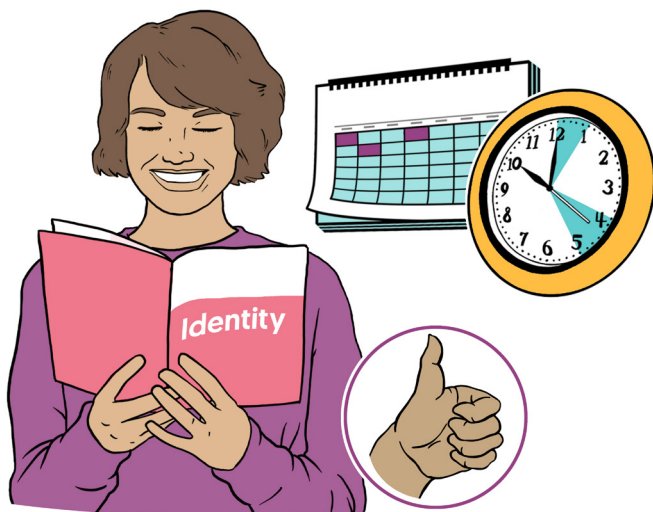
This means how you like to look. This can be how you dress, how you style your hair and more.



This booklet is for anyone who would like to find out more about who they are.



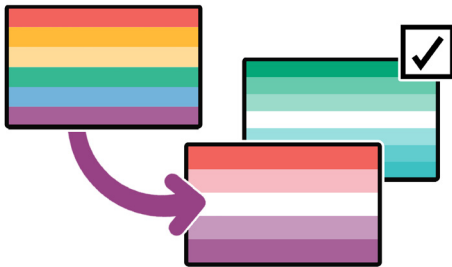
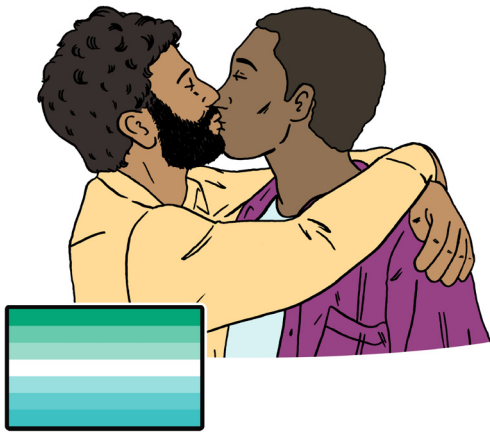
You can do this booklet by yourself or ask someone that supports you to help.



You do not have to read this booklet or do the activities all in one go. You can take breaks, or do different parts on different days, what ever works best for you.



You can also download more activity sheets from our website, so you can try activities again.



LGBTQI+ stands for:

- **Lesbian**

Lesbians or gay women are attracted to other women.

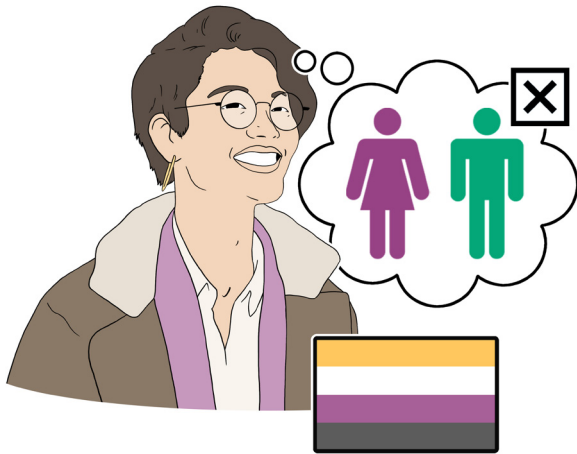
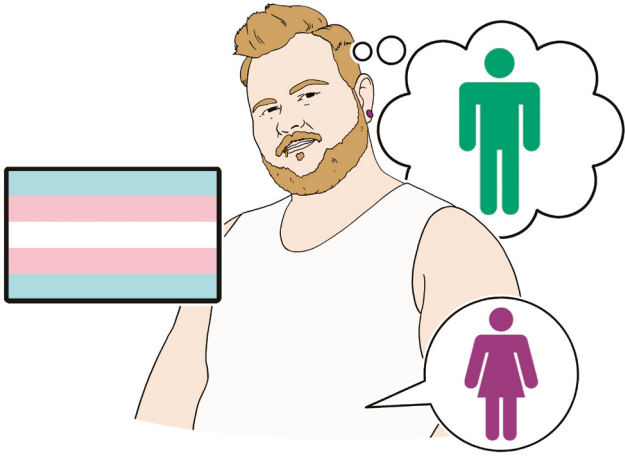
- **Gay**

Gay men are attracted to other men.

Sometimes the word gay is used instead of lesbian, or to talk about anyone from the LGBTQI+ community.

- **Bisexual**

Bisexual people are attracted to people no matter what their sex or gender is.



- **Transgender**

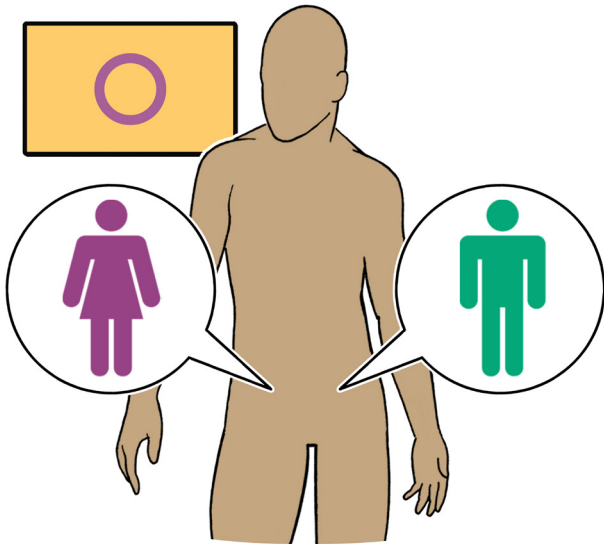
A transgender person is someone who feels that they are a different gender to their sex.

This includes **non binary** people. A non binary person is someone who does not feel like a man or a woman.

- **Queer**

This is a word for people who are not **straight** or have a different gender than their sex.

A **straight** person is a man that is attracted to a woman, or a woman that is attracted to a man.



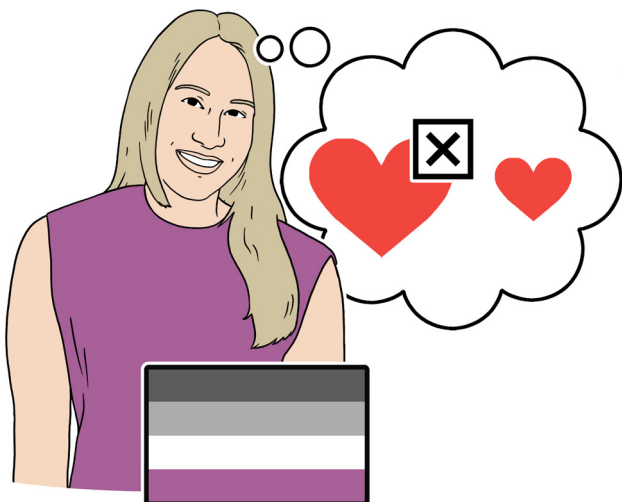
- **Intersex**

This is when a person is born with body parts that could be male or female or both. This may not be visible from the outside.



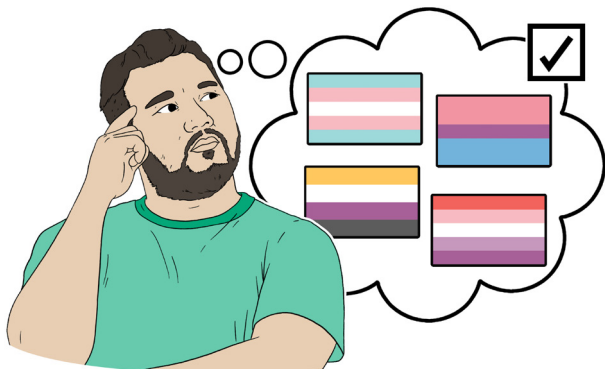
- **+**

The + is to be inclusive to everyone that feels part of the LGBTQI+ community but do not feel like they fit into the groups listed in LGBTQI.

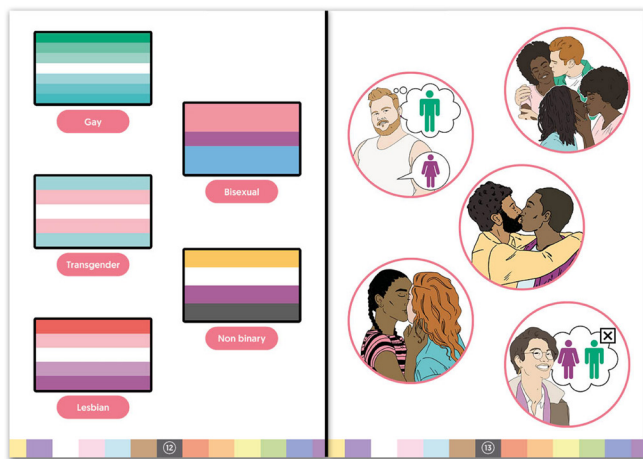


This includes **asexual** people. This means you do not feel attracted to anyone, or you feel very little attraction.

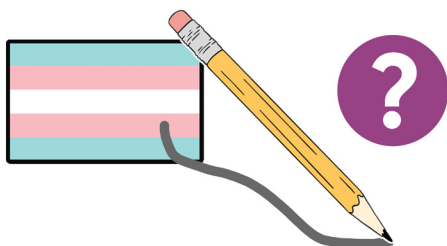
Mix and match



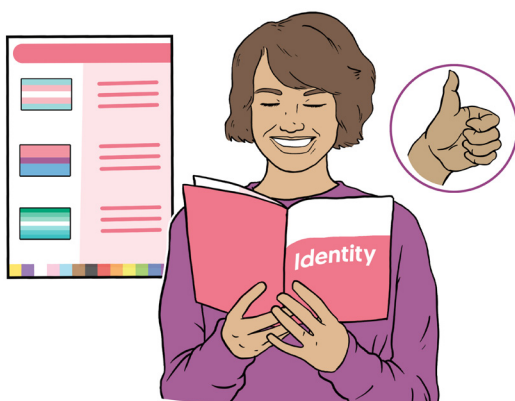
Now you have read the different words and what they mean, we have a game for you.



The next pages show different LGBTQI+ flags on the left page, and pictures that go with each of them on the right page.



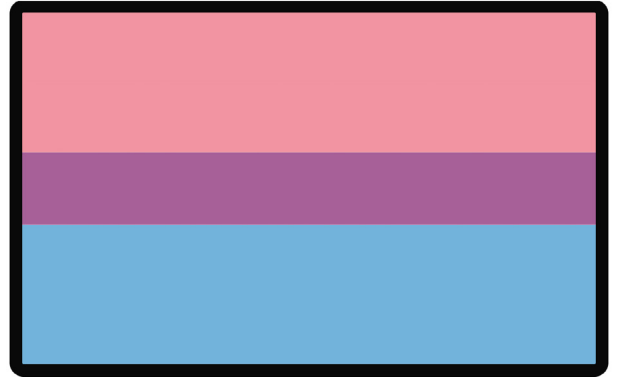
The flags and pictures are all mixed up, can you draw a line from each flag to it's matching picture?



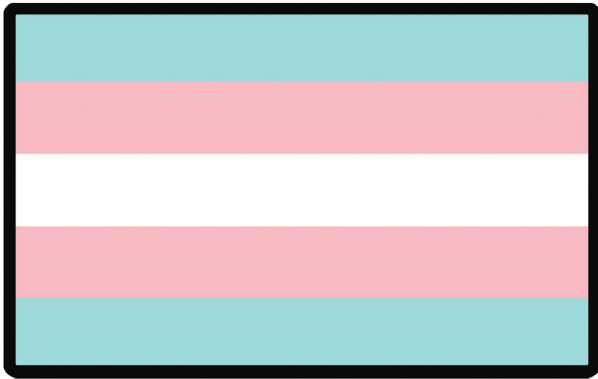
If you get stuck you can look back at the last section for help.



Gay



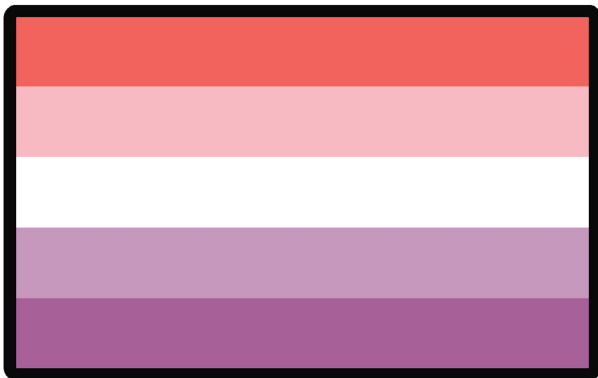
Bisexual



Transgender



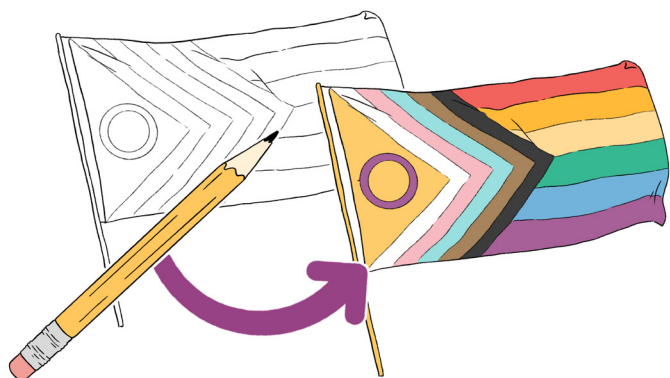
Non binary



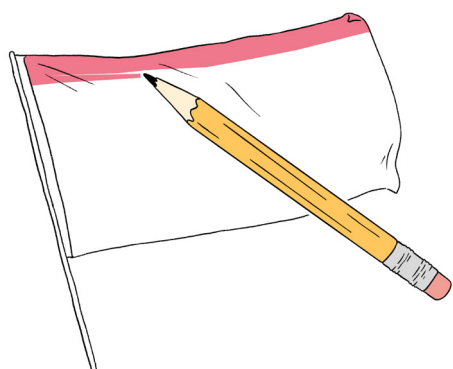
Lesbian



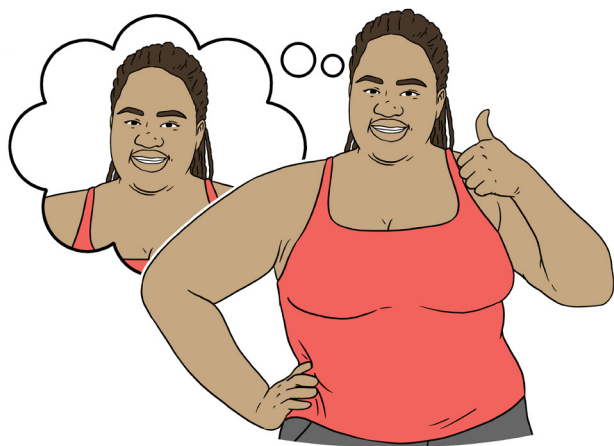
Flag activity



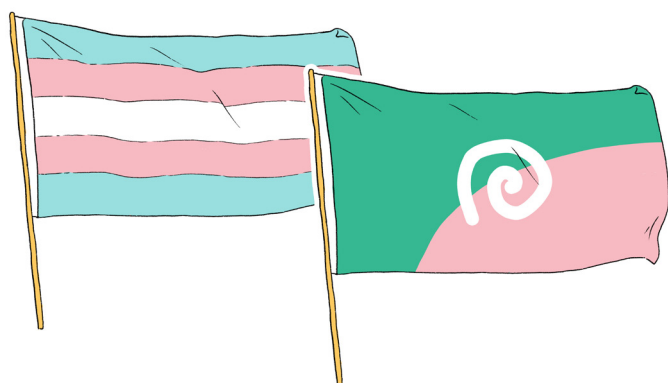
This is a colouring activity. First you can colour in the inclusive pride flag.



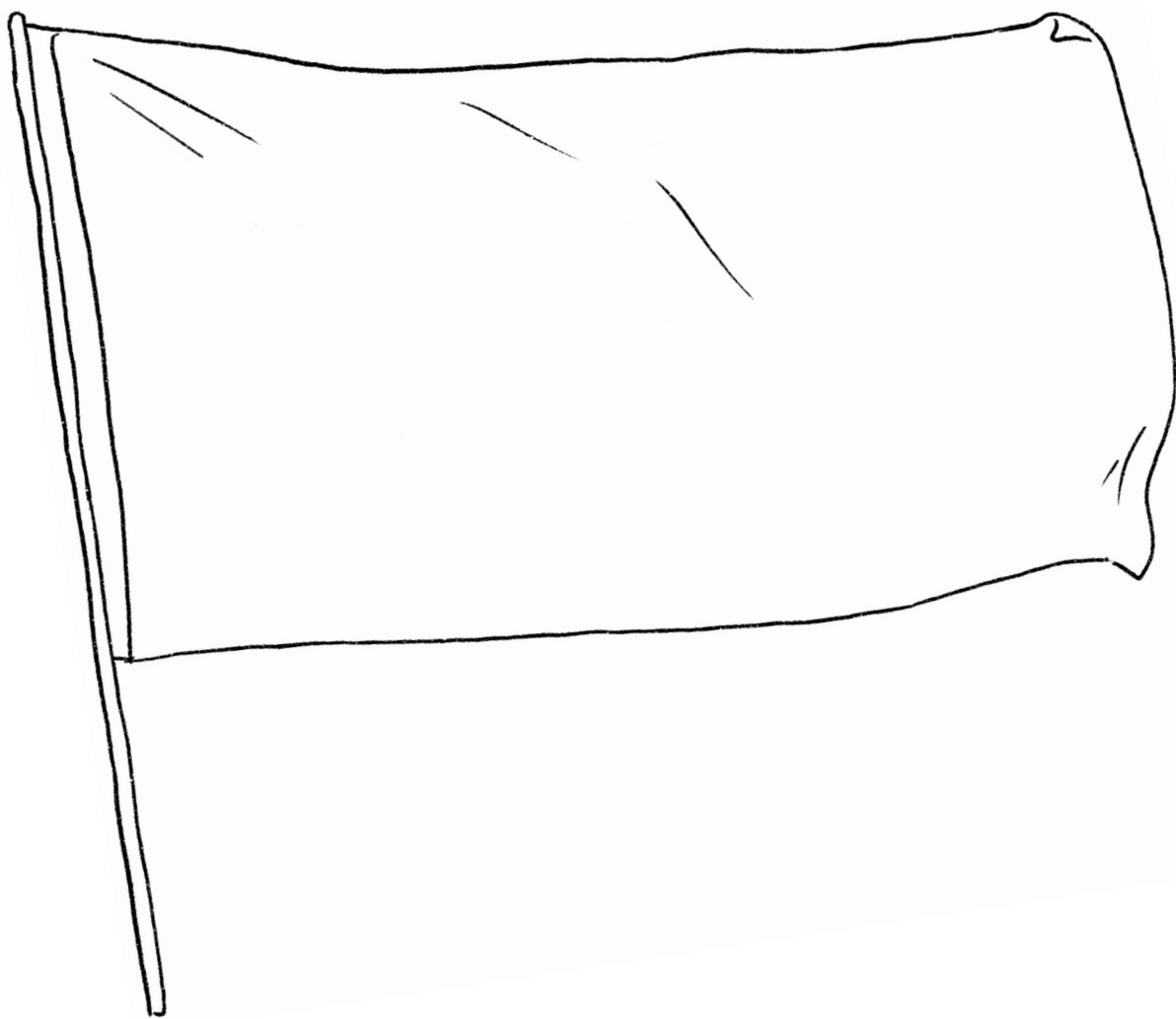
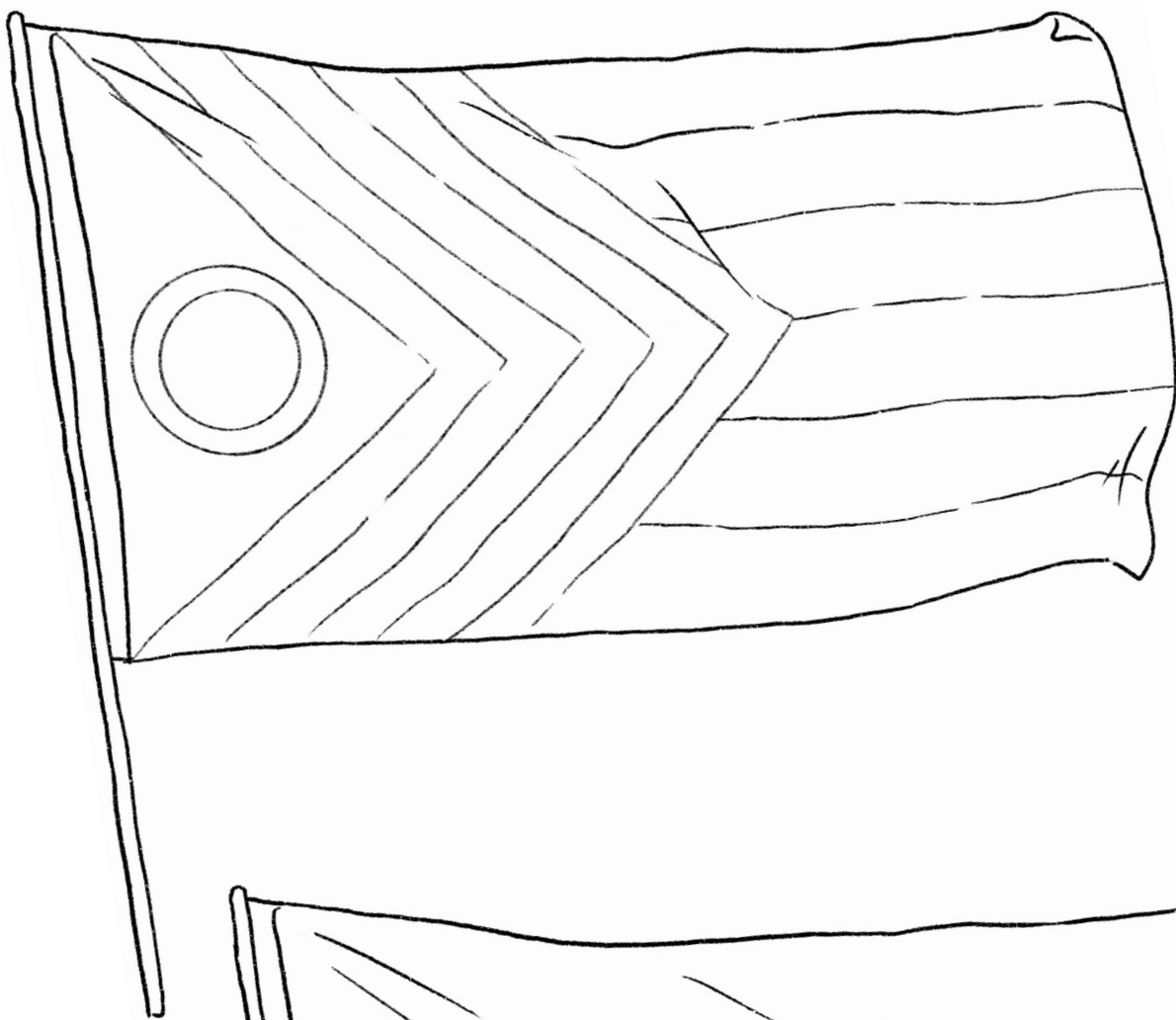
Then you can do your own flag. You can choose your favourite colours or draw on to the flag.



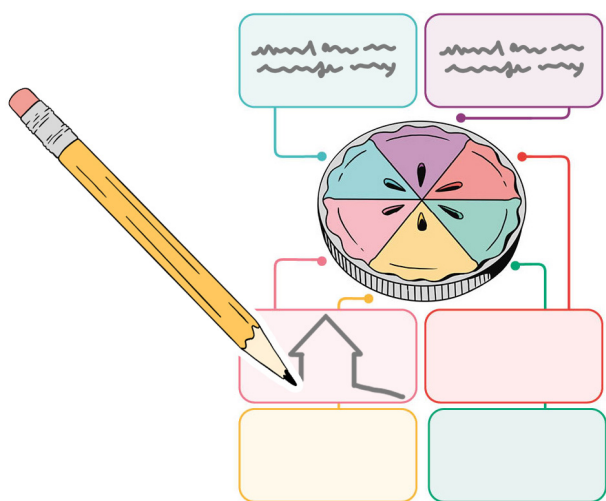
We would like you to think about what makes you proud to be you.



You can draw the flag of your sexuality or gender, or you can make up a flag with colours or pictures that you choose.



This is me activity



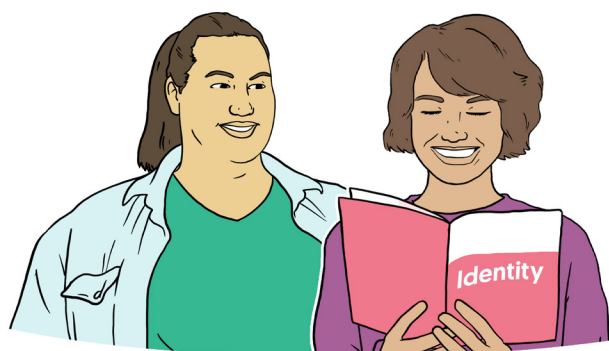
This activity is a pie for you to draw, colour or write what you would like people to know about your identity.



We want you to think about what makes you who you are.



There are 6 spaces on the pie for 6 different things you want people to know about you.



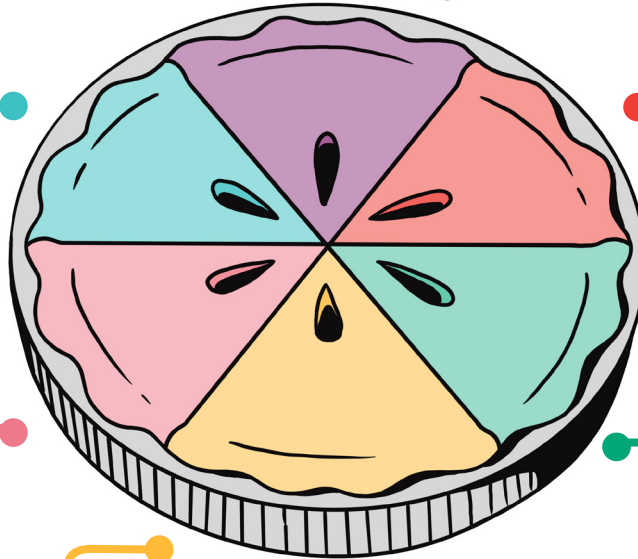
You can share this with friends, family, or the people that support you, to help them understand you and your identity.

Example

First we have an example of a pie that someone has already filled out. This may help you think of the kind of things you want to put in yours.

My name is Alex.

I like cooking and baking
chocolate cakes.



I am a great friend.

I like my nails painted
and wear eyeliner.

I enjoy board games.

I like pop punk music.

Fill me in!

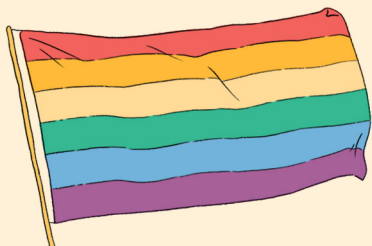


Communication cards

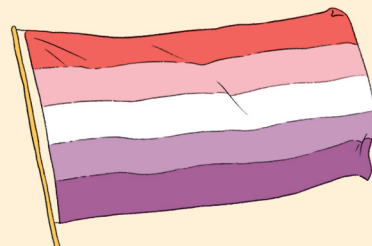


These cards can be cut out to show people your pronouns, your sexuality, or your gender.

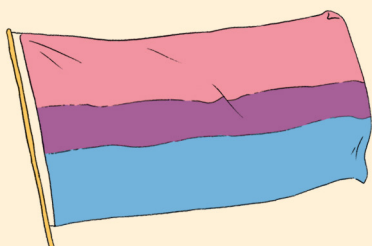
Hi, my name is _____
my pronouns are _____
I am gay



Hi, my name is _____
my pronouns are _____
I am a lesbian



Hi, my name is _____
my pronouns are _____
I am bisexual



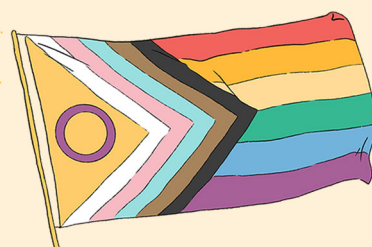
Hi, my name is _____
my pronouns are _____
I am asexual



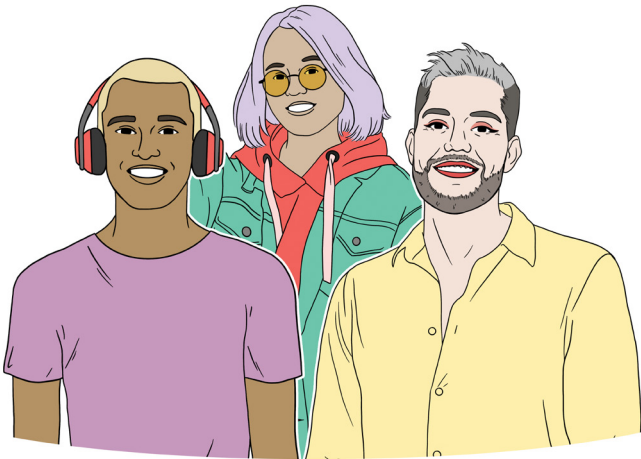
Hi, my name is _____
my pronouns are _____
I am non binary



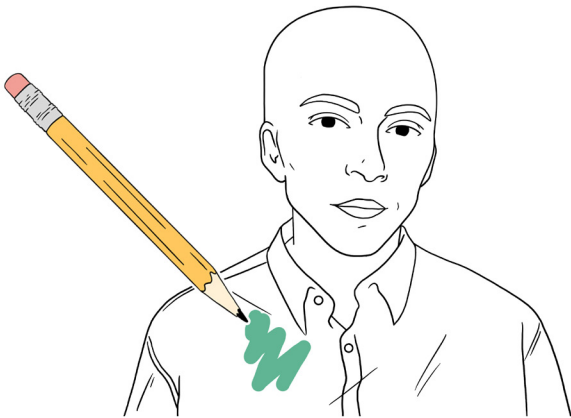
Hi, my name is _____
my pronouns are _____
I am _____



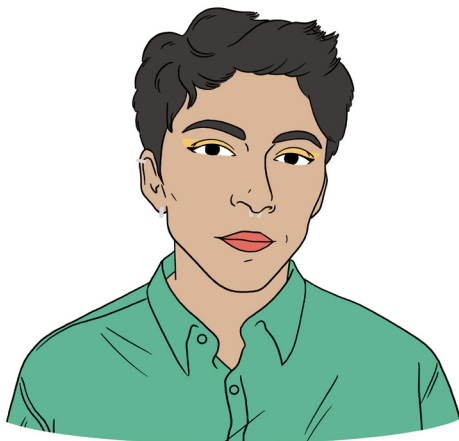
How I like to look



These activities are about how you can show who you are with things like clothes, hair and make up.



In this first activity there is a person's face without any hair for you to draw on. You can fill them in with how you would like to present.

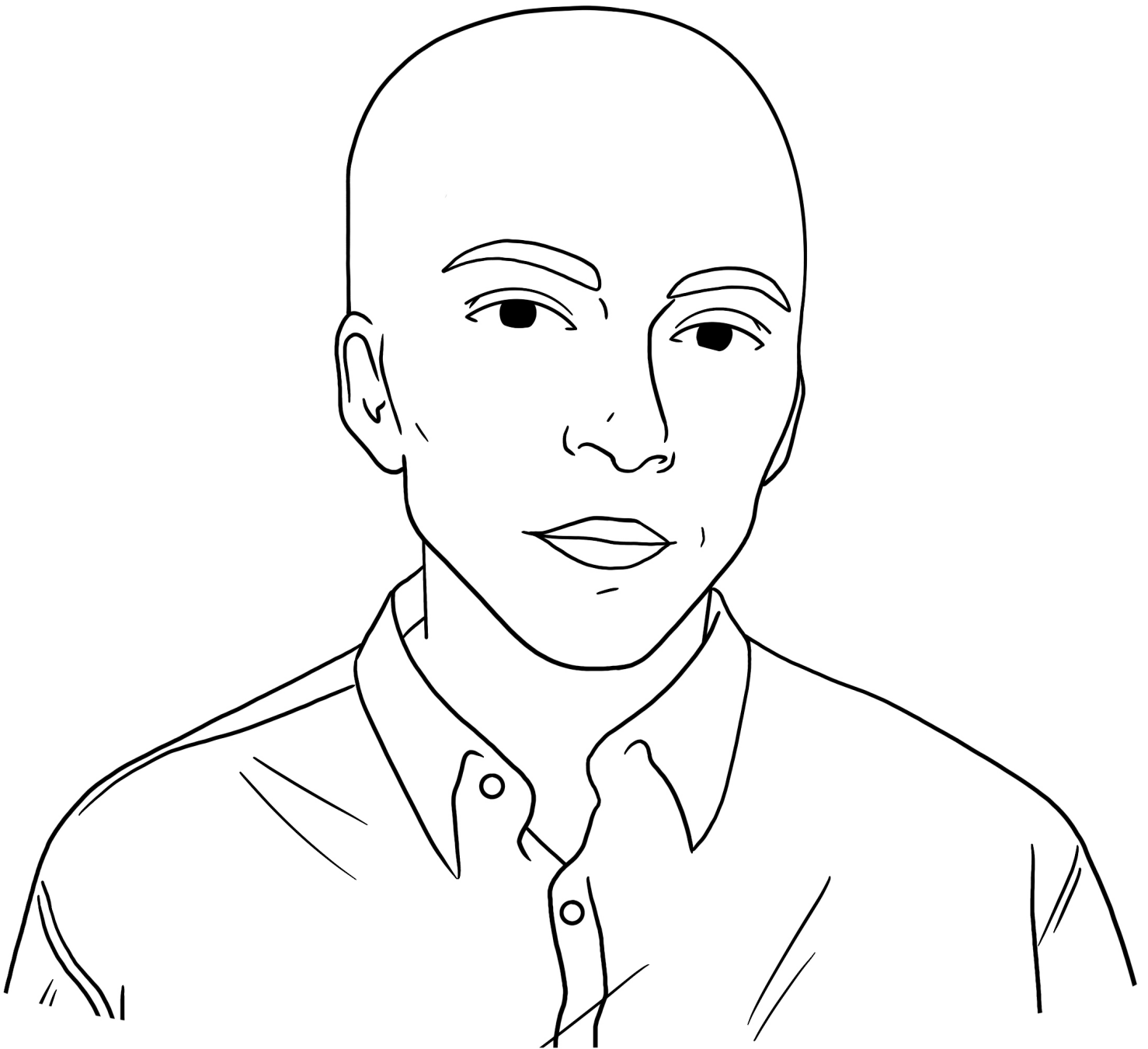


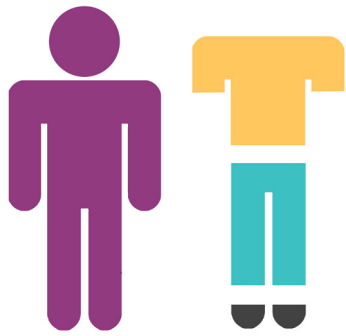
This could be hair, make up, beards and moustaches, glasses, or anything you would like.



It is important that you remember that you are the expert on you.

Draw on me!

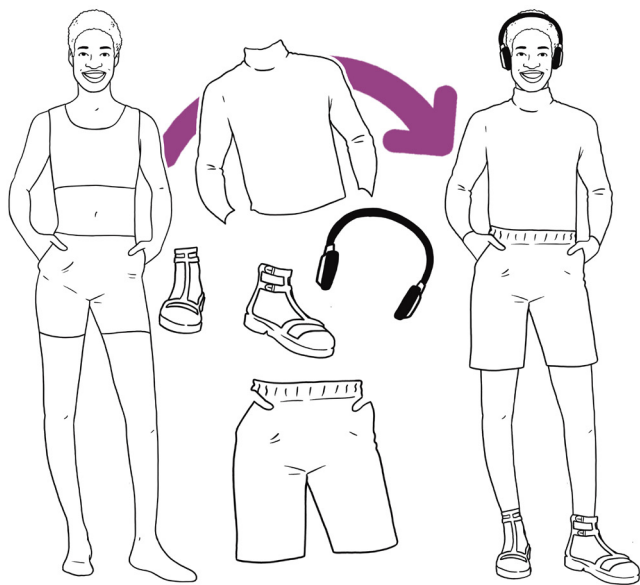




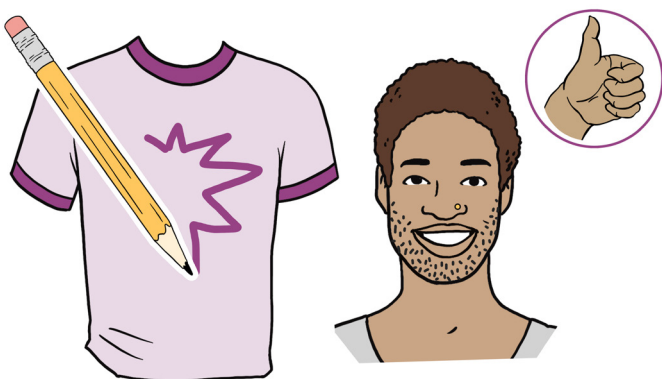
In this activity there is a picture of a person and then lots of pictures of different clothes that fit them.



We want you to think about how you like to dress when you are with other people, and how you like to dress when you are alone.

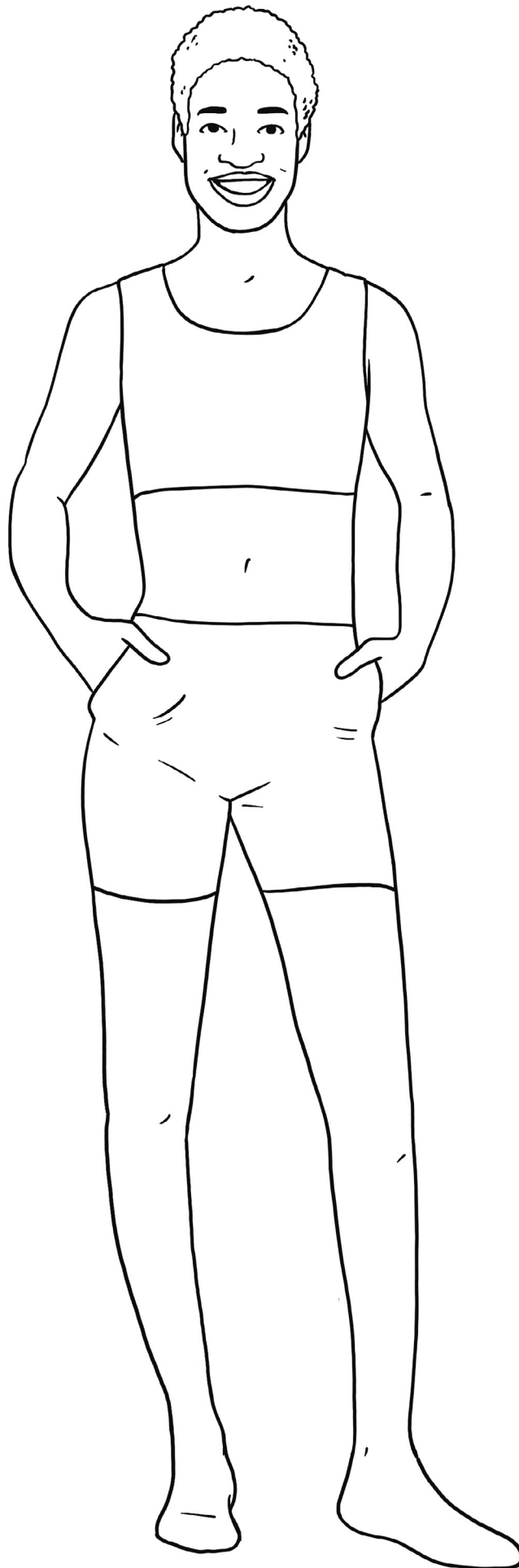


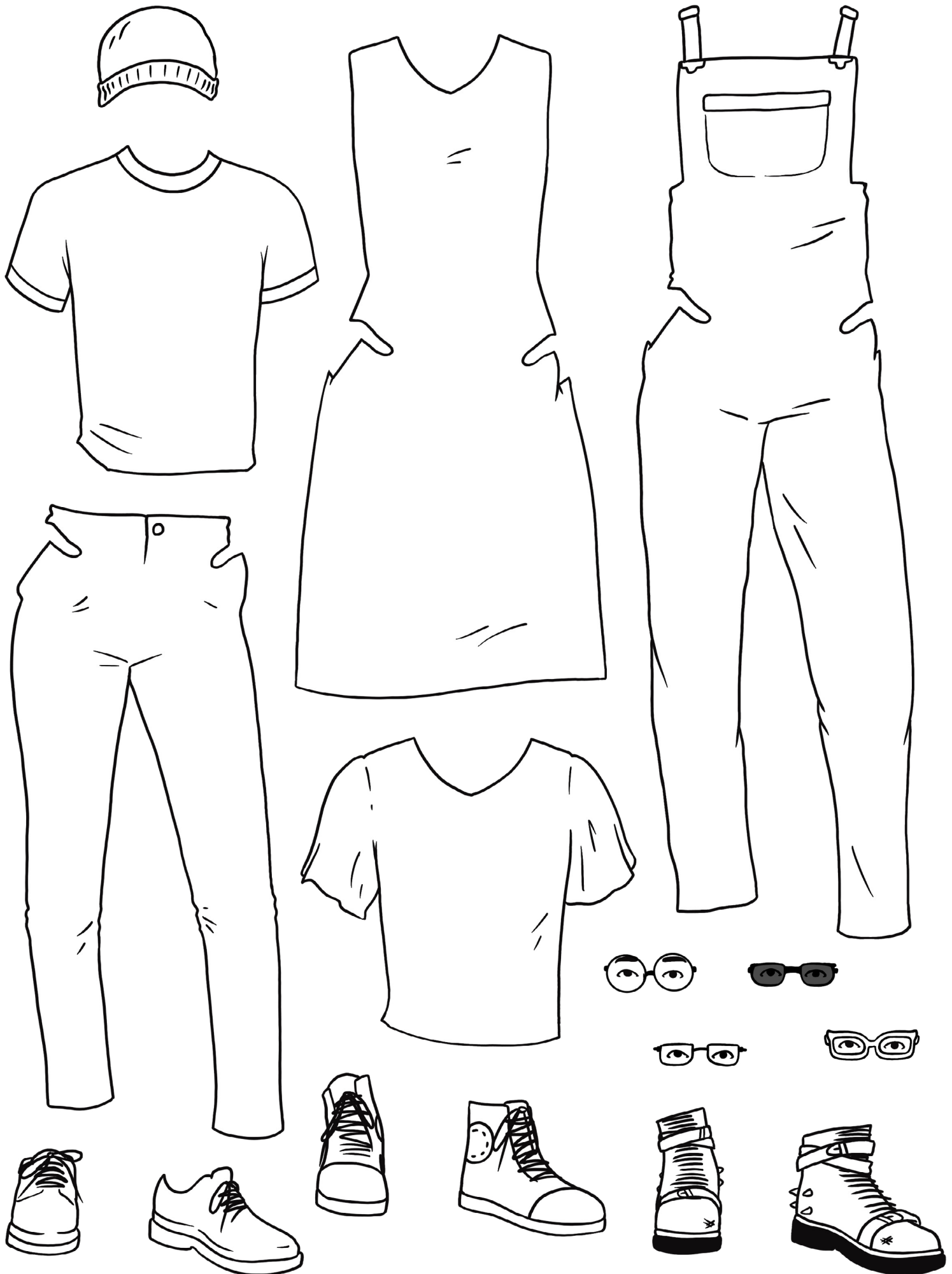
You can cut out the clothes you like and stick them on to the picture of a person.

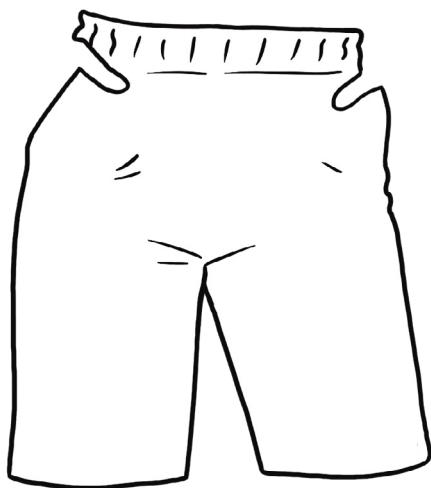
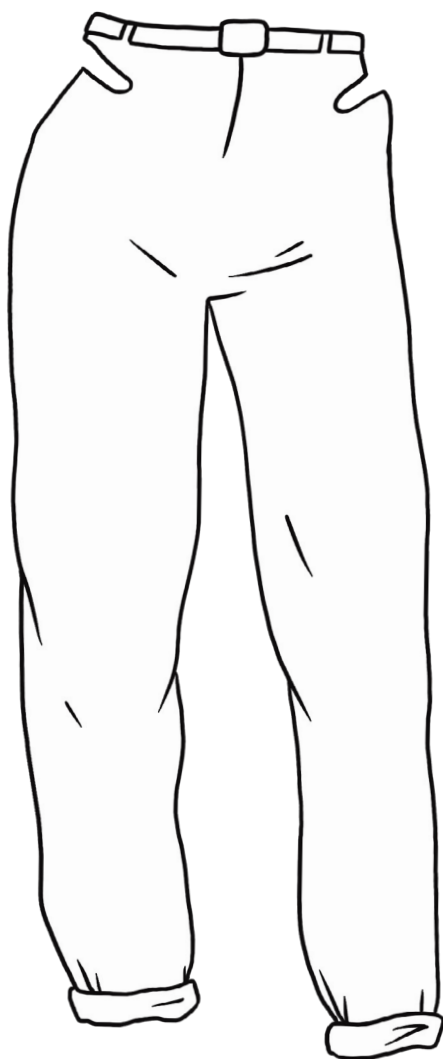
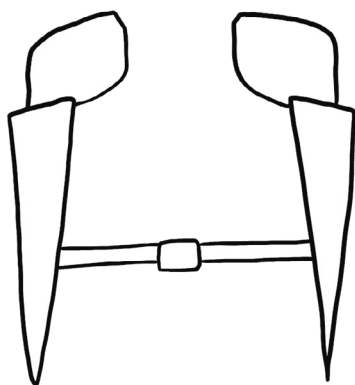
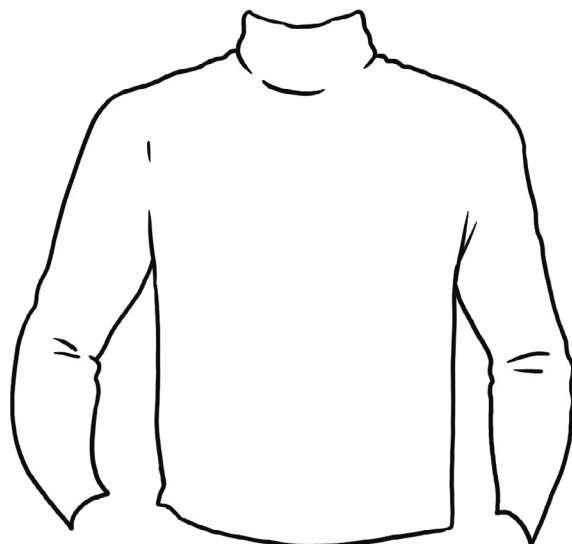
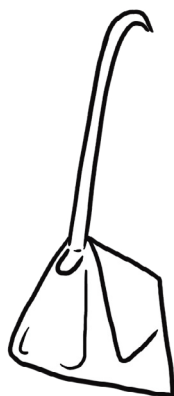
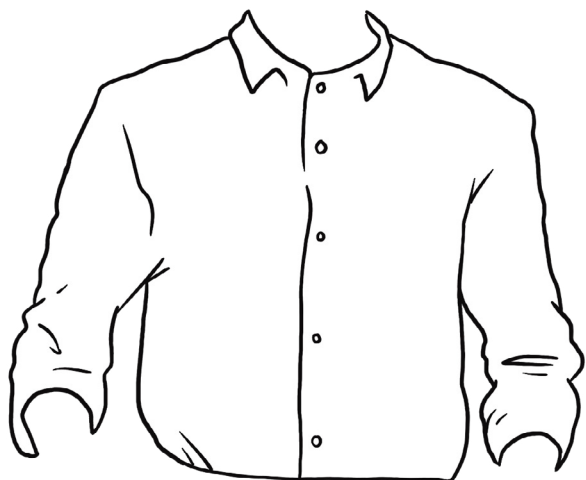


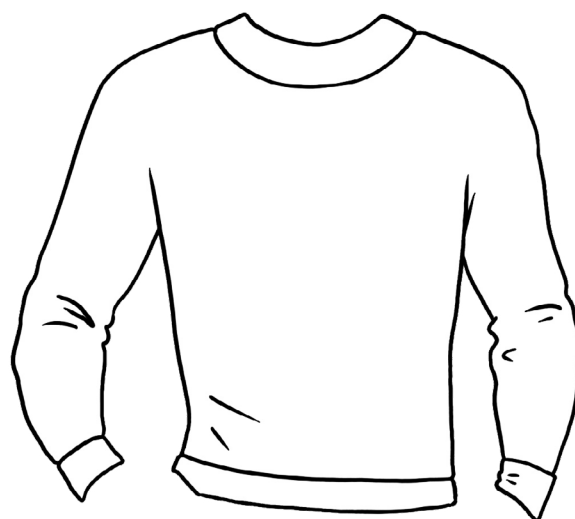
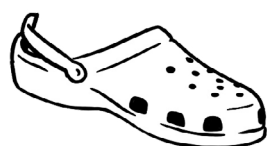
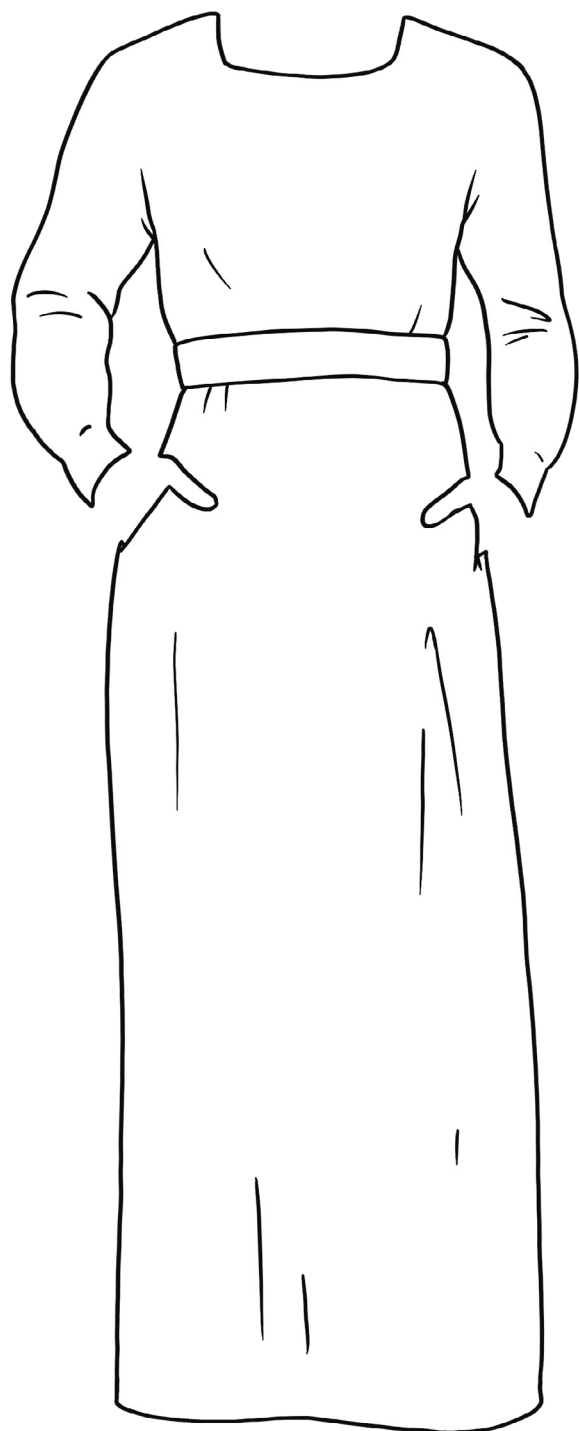
You can colour in or draw patterns on the clothes. You can also draw things on the person, like facial hair or piercings.

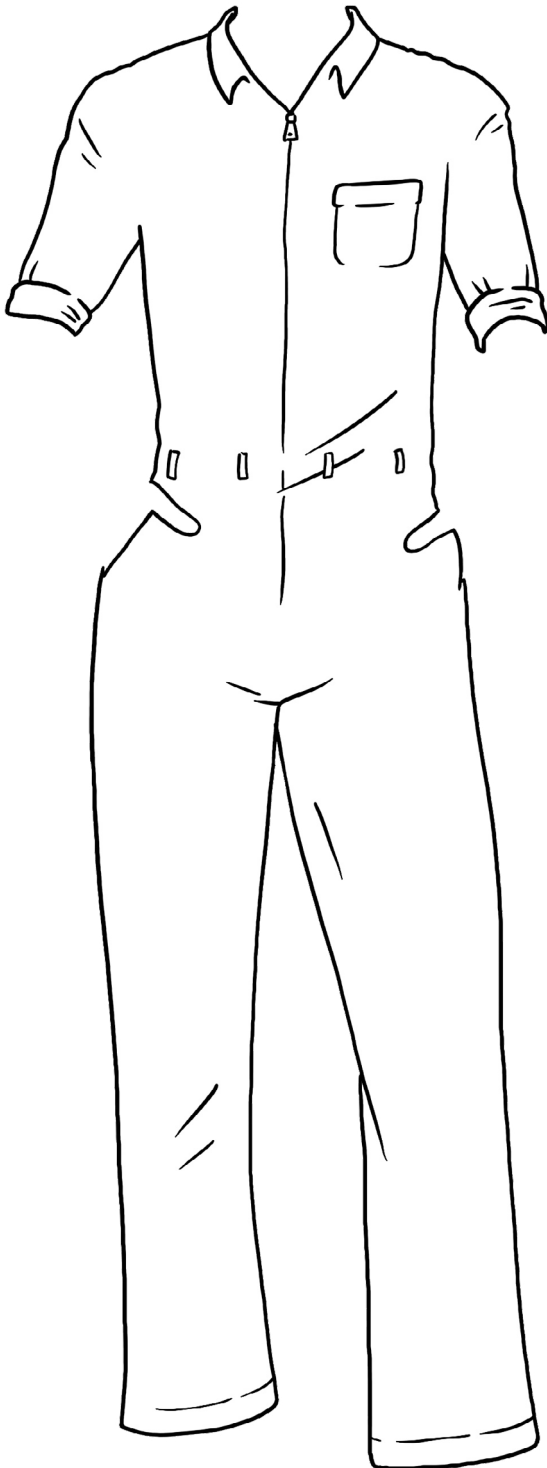
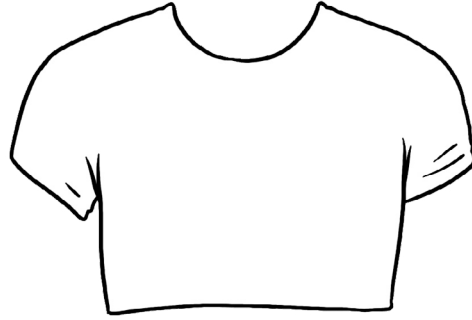
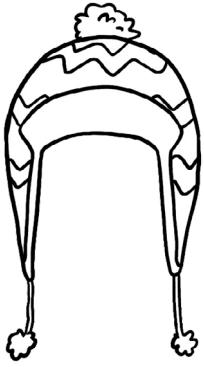
Dress me up!











The information and activities in these booklets were made by focus groups made up of autistic people and people with a learning disability who are also LGBTQI+.



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