



Integrated Specialist Public Health Nursing School Nursing Newsletter

July 2022

The core ambition of the Integrated Specialist Public Health Nursing Service (ISPHNS) School Nursing team is to promote healthier, happier children and young people, who are ready to take advantage of positive opportunities and able to reach their full potential.

Pride/LGBTQ+

If you feel confused about your gender identity, you're not alone.

Many teenagers question their gender, whether they feel female, male, non-binary or any of the other terms used on the gender spectrum.

Although most people do not question their gender, for some young people their gender identity is more complex.

You may feel:

- that you cannot identify with being just male or female
- that you identify with multiple genders
- that you have no gender (agender)
- that you are non-binary

Does it make me gay, lesbian or bisexual?

Gender identity and sexual orientation are separate things.

You may identify as straight, gay, lesbian, bisexual, polysexual, pansexual or

asexual.

Or, you may want to describe your sexuality and gender identity as being fluid – that is, they change over time.

You may face peer pressure, bullying and harassment for being different, which may affect your self-esteem, schooling and emotional health.

Who can help me?

You might want to talk to a parent or family member, or someone at your school/college, or your school nurse who have a duty to support you.



