

LGBTQ+ Youth Services

Uncharted Waters: Generations of LGBTQ+ Pride in the Royal Navy

The LGBTQ+ team were honoured to attend the launch of Uncharted Waters which was created in partnership with the Royal Navy LGBTQ+ Network and filmmaker David Graham, to hear how the experiences of



LGBTQ+ Sailors and Officers have differed before and post the lifting of the ban on homosexuality in the military in 2000.

Hosted by National Museum of the Royal Navy at Portsmouth Historic Dockyard the team were greatly moved by the experiences shared in the film; which is available on Youtube [here](#). We were pleased to share what support is available for Young People in Portsmouth and have greatly accepted the offers of several serving personnel to meet with our Young People at a future date.

Voter Authority Certificates

The Local and Police and Crime Commissioner Elections are taking place on the 2nd May 2024. Now the process of voting requires ID at the polling station this can cause some anxiety for transpeople; who may not have photo ID in their gender. An alternative to photo ID is a Voter Authority Certificate. These are free and issued by your local council. It does not include a gender marker. This is helpful if you do not have another form of accepted ID or your gender does not match what is on your ID. This needs to be applied for under the same name that you are registered to vote under (if you have changed your name recently, make sure to update this first) You can apply online at: <https://www.gov.uk/apply-for-photo-id-voter-authority-certificate> (by Thursday 24th April, 5pm)



The Cass Review

The Cass Review has been published as of the 10th April 2024.

We highlight Dr Cass' plea 'to remember the children and young people trying to live their lives and the families/ carers and clinicians doing their best to support them. All should be treated with compassion and respect.'

Portsmouth Pride 2024

Portsmouth Pride this year is Saturday July 6th 2024—moving from its usual slot in June due to the D-Day commemorations

Volunteers

The LGBTQ+ Youth Team is ably assisted in their Youth Group spaces by a number of volunteers. We want to extend a huge thank you to them all for their dedication and hard work.



Common Trans Myths — Debunked!

MYTH 1: Being trans is a social phenomenon sweeping through younger generations

Trans people aren't new. History shows trans people have existed in different cultures across the breadth of human existence. The widely discredited "trans social contagion theory" can be traced to a 2018 paper published by Lisa Littman, a former professor at Brown University who now serves as an adviser to gender-critical group Genspect. However, a study published in the journal *Paediatrics* in 2022 found that the "social contagion" isn't supported by real-world data. What *has* increased in recent decades is trans visibility.

This theory feeds into harmful claims that view stigmatised groups as being "capable of corrupting or grooming young people. It reeks of rhetoric used throughout history to attack many different marginalised groups.

MYTH 2: Trans people regret transitioning

Repeated studies indicate low levels of regret for transitioning. The World Professional Association for Transgender Health (WPATH) says there are "low rates of patient regret and high rates of patient satisfaction" with gender-affirming treatments and surgeries for trans people.

Separately, a 2019 survey of 3,398 attendees of a gender-identity clinic in the UK found that just 0.47 per cent – experienced transition-related regret. Of these, even fewer went on to detransition.

MYTH 3: Trans people, particularly trans women, participating in sports hurts cis women

Several sports governing bodies worldwide have instigated trans bans in recent years over concerns around "fairness".

The Canadian Centre for Ethics in Sport, commissioned an in-depth review of all scientific literature published between 2011 and 2021 in English regarding trans women and their participation in elite-level sports. The authors concluded that these studies show little evidence that factors relating to male puberty – such as lung size and bone density – produce an advantage for trans athletes, and that trans women who have begun testosterone suppression have no clear biological advantage. The report did find "strong evidence" that "elite sport policy is made within transmisogynist, misogynoir, racist, geopolitical cultural norms".

Trans sports bans do nothing to protect or support girls and women in sports detracting from real issues facing women's sports – including unequal pay, racism and rampant sexual assault and harassment.

Bans sadly push children and young people away from the life-changing power of sport. It deprives them of the invaluable lessons that taking part teaches, as well as the benefits that physical activity has on mental and physical health.



National News

The LGBTQ+ Euro Games to be held in the UK for the first time

International News

United Nations passes 'groundbreaking' resolution recognising intersex discrimination

Referrals

A reminder that we continue to accept referrals for both one-to-one work with Young People or for our groups. Our under 13s and Parent & Carer groups in particular have capacity.

Referrals can be made [here](#)