

LGBT+ ABCs

What does LGBT mean?

LGBT is the acronym for lesbian, gay, bi and trans.

Lesbian – Refers to a woman who has a romantic and/or sexual orientation towards women.

Gay – Refers to a man who has a romantic and/or sexual orientation towards men. Also a generic term for lesbian and gay sexuality - some women define themselves as gay rather than lesbian.

Bisexual – Bi is an umbrella term used to describe a romantic and/or sexual orientation towards more than one gender.

Trans – An umbrella term to describe people whose gender is not the same as, or does not sit comfortably with, the sex they were assigned at birth.

Heterosexual / straight – Refers to a man who has a romantic and/or sexual orientation towards women or to a woman who has a romantic and/or sexual orientation towards men.

Coming out – When a person first tells someone/others about their identity as lesbian, gay, bi or trans.

There are many more identities, which is why you can often see a '+' following the LGBT community name. For more information on identities you can visit Stonewall's [**Glossary of Terms.**](#)

Wear your colours with pride

How to support LGBT+ people in football

How can you help coming out in a football community?

- Don't judge people; create a safe space in football where people can be themselves.
- Talk about LGBT+ sports people in a positive way.
- Challenge LGBT-phobia (or homo/bi/transphobia) when you hear it.
- Keep learning, the more you know the better. Reading things like this is a great place to start.

If someone does choose to come out to you:

- Don't overreact; it's not a big deal!
- Thank them for trusting you and make sure you let them know that you won't tell anyone without their permission.
- You don't need to know the specifics; don't ask anything rude or too personal.
- If someone comes out as trans, you should ask what pronoun they would like to be referred to in (he, she, they?).
- Finally, remind them that you're there to talk and to support them.



HOW CAN I FIND LGBT+ SUPPORT?

Whether you are trying to support a newly-out person or are coming out yourself, there are many ways you can get LGBT+ specific support. It is important to feel confident and comfortable talking about any LGBT+ queries you may have. Use these contacts to speak to people openly.

Switchboard: Open 10:00-22:00 every day. Call 0300 330 0630 or visit www.switchboard.lgbt

Stonewall has hundreds of local support groups listed that can be filtered by location. Visit www.stonewall.org.uk/help-advice/whats-my-area to find yours, or use the contacts on this page.

Regional Contacts:

Area	Organisation	Website
North West	LGBT Foundation The Proud Trust	www.lgbt.foundation www.theproudsttrust.org
North East	LGBT Federation	www.lgbtfed.com
Yorkshire and the Humber	Yorkshire MESMAC	www.mesmac.co.uk
West Midlands	Birmingham LGBT	www.blgbt.org
East Midlands	LGBT+ Nottinghamshire	www.lgbtplusnotts.org.uk
East Anglia	Oast House East	www.outhouseeast.org.uk
London	Stonewall	www.stonewall.org.uk
South West	2 Be U Somerset	www.2bu-somerset.co.uk
South East	Metro Charity	www.metrocharity.org.uk