YOUNG MEN’S GUIDE TO CONNECTED

This guide will give you hope and useful strategies if you’re worried about being lonely. Help you feel more connected to yourself and others.
**STUFF THAT CAN BOTHER US**

- Higher risk of suicide and self-harm
- Alcohol abuse to deal with the pressure to be straight (heterosexism)
- Experiences of LGBTphobia at home, school and work
- Hiding identity because of shame, stigma and fear
- Body negativity due to pressure to have an "ideal body"
- Isolation and other mental health difficulties

**WHAT CAN HELP?**

- Going to safe and supportive environments like LGBT+ Youth Groups
- Connecting with other LGBT+ young people where you can explore your gender/sexuality
- Build up self-esteem through self-help activities
- Find out what’s available locally for your interests, e.g. sport, art, socialising
- Suggest/request more visibility and awareness of LGBT+ people’s lives to your school, college or library
SMART objectives help you to make good plans. Here is how it works, they need to be

**S** specific, significant, stretching

**M** measurable, meaningful, motivational

**A** agreed upon, attainable, achievable, acceptable, action-oriented

**R** realistic, relevant, reasonable, rewarding, results-oriented

**T** time-based, time-bound, timely, tangible, trackable

Make your goals. A maximum of three will keep it achievable.

To inspire you, Rita Mae Brown said, “to be happy you need something to love, something to do, something to look forward to.”

<table>
<thead>
<tr>
<th>SMART</th>
<th>Sample Goal to help you</th>
<th>Your Goal #1</th>
<th>Your Goal #2</th>
<th>Your Goal #3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>S</strong></td>
<td>I want to meet other LGBT+ young people</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td><strong>M</strong></td>
<td>I will connect with an LGBT+ youth group and chat to other young people/youth leaders</td>
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<tr>
<td><strong>A</strong></td>
<td>I will use the online directory to connect tinyurl.com/TPTmap</td>
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<tr>
<td><strong>R</strong></td>
<td>Easy to find and use the directory</td>
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<tr>
<td><strong>T</strong></td>
<td>I will do this by Friday.</td>
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Self-help Journey
Sometimes we feel lost, lonely and unable to find a pathway out. Use this trail to begin your self-help journey. Try to do at least five of the suggestions on the trail before moving on to the action plan section.

- Write down 3 good things that happened this week
- Go for a walk and take 5 creative photos
- Read a book
- Oceans existed before they were named and so did your gender
- Name your song of the moment
- Your sexuality, your rules, your body, your choices
- Check out this album
- Left At London, Purple Heart
- Hate prevails when people stay silent. So stay strong and try not to be silent when it is important to speak up
- A Night At The Opera, Queen
- Check out this album
- Dirty Computer, Janelle Monáe
- Make plans with a friend
- Honest communication can be really helpful in all relationships
- LGBT+ people are like the sun. They give you warmth, light and life!
- Have a cup of tea or a hot drink you like
- Do some exercise
- Play a pet/animal
- Check out this song
- Herbie Hancock, Watermelon Man
- Stretch
- Lady Leshurr, Black Madonna
- Draw something you can see
- Tracy Chapman, Talkin' Bout A Revolution
- What would you say to a friend who's just come out?
- Kwaye, Keep On Loving You
- Zzz Get some sleep, even if it's just a nap
- Take a deep breath
- People stood up for the rights we have today, so stand up for the rights you want to see tomorrow
- What's your favourite activity?
- You're doing great, it's true!
- Plan a trip
- Don't raise your voice, raise your words
Want to know more?

Find your local LGBT+ youth group and helpful resources including our coming out guide at

THEPROUDTRUST.ORG

Remember

⭐ Talk to someone if you’re feeling low
⭐ Take your prescribed medication
⭐ Go to a local community centre or cafe if you’re feeling lonely and would like to talk to someone
⭐ There is hope and support out there

Further help

Childline ➔ 0800 111 1111  childline.org.uk
Samaritans ➔ 116 123  samaritans.org
Mermaids trans youth (under 19s) ➔ 0808 801 0400 Mon-Fri 9am-9pm info@mermaidsuk.org
LGBT Foundation (over 16s) ➔ 0345 330 3030
Mindline trans ➔ 0300 330 5468 Mon-Fri 8pm-midnight

CHARITY NUMBER: 1161102

Proudly supporting youth social action #iwill

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