

wakefieldcollege

ACTIVITIES



THE LOCKDOWN

NEWSLETTER

LGBT+ HISTORY MONTH ISSUE

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ISSUE 7



THE LOCKDOWN

NEWSLETTER



Welcome to Issue 7 of the Lockdown Newsletter, your weekly source of activities and ideas to help keep you connected, supported and active during the latest lockdown.

In this issue we have lots of information related to LGBT+ History Month. This includes information on our College club before we get to know what being bisexual and gynosexual means. Find out where to go for local support and local LGBTQ+ sports clubs, before we hear from some current Wakefield College students.

How do i join activities?

Our activities are back this week and you can still join in on any activity. Check out the activity timetable on the last page, to see when everything is running. All sessions are on TEAMS and the links and more info can be found on Moodle.

Struggling to find the links/join clubs? Email us (activities@wakefield.ac.uk) and we can email you the links directly and don't forget, attending activities counts towards your PEEP hours!





STAY CONNECTED

STAY CONNECTED WITH OUR WEEKLY ONLINE CLUBS & ACTIVITIES

Wakefield College - LGBTQ+ Student Group Every Wednesday on TEAMS @12pm

Our weekly LGBTQ+ student group is open to any Wakefield College student. This student led group is a safe space where students can come and meet other students, have fun, as well as sharing and offering support.



What is Bisexuality & Gynesexuality?



What is bisexuality?

Bisexuality is romantic attraction, sexual attraction, or sexual behaviour toward both males and females, or to more than one sex or gender. The bisexual's flag consists of the colours pink, purple and blue. The blue represents sexual attraction to the opposite sex only (straight) and the resultant overlap colour purple represents sexual attraction to both sexes.

Biphobia...

Despite making up 50% of the LGBTQ, there is a lot of biphobia going round spreading hate and distrust. Examples of this can be in denial that bisexuality is a sexual orientation or that bisexual people are negative stereotypes. Some people believe that bisexual sexual are just greedy and that they cannot pick a side. However, that is not the case because of the factor that bisexual people can have fruitful relationships with each other, regardless of what people may think or believe. On the other hand, some people think bisexual is that they are only half gay and half straight. However, that is not the case because bisexuality is itself in a whole.

Personally, I think choosing men and women is like choosing between cake and ice cream. You'd be daft not to try both when there are so many different flavours." - Bjork, Singer

Common myths

Bisexuality goes away once you are in a relationship. So many people get invalidated each day because they are married or in a relationship, and people believe that their bisexuality just disappears and it is no longer valid. Being bisexual is selfish. This caused by a sense of possessiveness who think bisexual people lack something that will keep them committed.

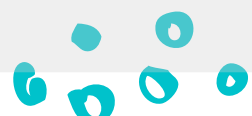
People who consider themselves bisexuals are lesbian/gay, but have not fully accepted themselves and finished coming out of the closet. Bisexuality is a legitimate sexual identity. Many bisexuals are out of the closet, but not according to the terms of the lesbian/gay culture.

What is Gynesexuality?

Gynesexual/gynosexual people are those who experience sexual attraction towards women, females, and femininity, regardless of whenever they were assigned female at birth. This means that, non-binary, heterosexual men and lesbian women can be considered Gynesexual. Despite the fact of being attracted to femininity which is mostly presented by cisgender woman, people who are Gynesexual can express attract to people regardless of their actual gender while they express femininity.

Please remember that if you are bisexual or gynesexual, that you are valid no matter what happens. We love you for who you are.

by Scarlett Hirst (Child Care)





STAY SUPPORTED



STAY SUPPORTED WITH OUR WEEKLY SESSIONS AND ACTIVITIES
LED BY OUR YOUTH WORKERS AND ACTIVITY LEADERS.

Where can i go for help and support in Wakefield?

Stripes Youth Group

Stripes is a youth group open to all Lesbian, Gay, Bisexual, Trans and Questioning young people. We have organised sessions where we socialise and plan scheduled events. We provide information and support on areas such as sexual health, relationships, keeping safe and anything we feel could benefit the group in their day to day life.

One to one support is available at all sessions and Stripes provide advice, guidance and learning around forming positive relationships, building self-esteem, online safety, sexual health and much more.

Phone number: 01924 302 665 and ask for a Stripes Worker.

For more information please visit our website: <http://wfyouth.co.uk/>



MESMAC offer services to various communities including men who have sex with men, BME people, people misusing drugs, sex workers and LGB&T young people and adults.

This includes:

- Free, rapid and confidential HIV testing
- Condoms and lubricant
- Consultancy
- Counselling
- Information and resources
- Meeting rooms and training space
- Outreach to the commercial gay scene, cruising areas and public toilets
- Support for individuals and community groups
- Training

Address: 12 Cheapside, Wakefield WF1 2TP
Phone number: 01924 211116

Email: wakefield@mesmac.co.uk

Website - <https://www.mesmac.co.uk/our-areas/wakefield>



STAY ACTIVE



STAY ACTIVE WITH OUR WEEKLY PHYSICAL ACTIVITY SESSIONS AND ONLINE CHALLENGES.



Pride Sports was founded in 2006 and was the first, and still one of only three organisations in the UK working solely to challenge homophobia, biphobia and transphobia in sport and improve access to sport for LGBT+ people.

Our basic aims are to challenge homophobia in sport and improve access to sport for LGBT+ people.

In working towards these goals we:

- *Campaign for change*
- *Educate*
- *Promote good practice*
- *Actively grow LGBT+ participation and satisfaction in sport*

Growing participation and satisfaction

Whether it's working with National Governing Bodies, County Sports Partnerships, Local Authorities or grass roots clubs, we are working to make sure LGBT+ people are able to get into organised sport and have an enjoyable and rewarding experience within sport.

LGBT+ club development

Pride Sports is committed to the development of a vibrant LGBT+ sports sector. We have helped new clubs across a number of sports to get started and even more to become sustainable and to provide a good quality experience for their members.

Football

In football Pride Sports runs the international Football v Homophobia campaign providing year-round opportunities for football clubs, players, fans and administrators to stand up to discrimination in the beautiful game and help make football more welcoming for everyone.

International

Pride Sports has strong international links through the European Gay & Lesbian Sport Federation (EGLSF), Federation of Gay of Gay Games (FGG) and the FARE Network. Pride Sports is also part of the Pride House International Coalition.

Head to - <https://pridesports.org.uk/lgbt-club-finder/> to find a club near you!

Student's Corner

WRITTEN BY THE STUDENTS FOR THE STUDENTS



My Story



Hear from a current Wakefield College student about their LGBTQ+ experiences.

I didn't start to question my sexuality and gender until I was in year 9 as I did not really know much about the LGBTQ+ community. I just knew I felt different. It wasn't until my friend came out as gender fluid (then Trans ftm and now a demi boy) that I started to do research on what my gender and sexuality could be. Asexuality was the first title I knew I belonged to. Asexuality (or as it is sometimes called Ace) means the lack of sexual attraction to others, or low or absent interest in or desire for sexual activity. I had always been uncomfortable by even the mention of that sort of stuff but until I started doing research, I thought it was because I had not matured enough. At first, I didn't believe I was an ace because I still wanted to fall in love but around Christmas time I worked out that asexuality doesn't mean you can't fall in love. Around the same time, I was explaining to my friends that I don't understand why people fall in love over looks because they could look super-hot but then be an idiot on the inside. I also said that personality is more important than gender or looks when falling in love. This is when they explained Pansexuality or in my case Panromantic to me.

Pansexual/Panromantic is an attraction to people regardless of gender and looks, you fall in love over personality. That is when I realized I was Panromantic. My gender was the next thing I worked out as I was starting to feel more and more uncomfortable by being called a girl. At first, I went by the term gender neutral (a mix of two or more genders) and used all pronouns as I didn't quite understand all the terms yet and at that time that term felt right. It was like that for a while. It was not until the lockdown that I started to question my gender again. I started to use they/them as my main pronouns. I felt comfort in them and slight peace, but I didn't feel full with just those pronouns. It was around this time that I decided to use the umbrella term Non-binary instead of going into all the other labels under Non-binary as I didn't want to stress myself out more than I had to.

My legal name never felt right either. So, I started to try out new names. I won't reveal the two names I tried out the most but after a while I got the perfect name. It wasn't until summer that I tested out the he/they pronouns. Using those pronouns felt amazing. I felt at peace and at one with everything. At first, I only told friends about all this as I was scared about coming out to my family. I'll admit, the way I came out as non-binary was a bad way to come out as the way I came out was saying "I'm not your daughter. I am not a girl. I'm non-binary". So, I understand why it took them ages to accept and understand everything. Here's a tip for you, when you come out have a folder full of links to websites that can help them understand and other things. Homophobia and transphobia come from the fear of the unknown, so given them information about what you are and about the LGBTQ+ community. It will give them less reasons to hate you and not accept you. Also give them time to get used to all this. LGBTQ+ is a new thing for most parents so you must give them a bit of time to wrap their heads around things. But remember, only come out if you are in a safe environment and are fully ready to come out to everyone. Remember everyone, you are valid no matter what.

Student Work

CHECK OUT SOME OF THE WORK DONE
BY OUR CURRENT STUDENTS FOR LGBT+
HISTORY MONTH!

KARL HEINRICH ULRICHS

Karl Heinrich Ulrichs - born in 1825, died in 1895. He was a German Lawyer, Jurist, Journalist and writer.

He was a gay rights activist - thought to be the first gay person to publicly speak out about the lack of rights. Publishing 12 books on sexuality, this showed how consistent and committed he was on the subject. He worked as a civil servant in Germany up until 1854, when he was forced out of his job because of his homosexuality. A prominent action is in 1867 he urged the German government to change their anti-homosexuality laws, when this happened the rumours of his same-sex love affairs lead to a threat of arrest and prosecution. He had to flee his homeland - but his actions left a lasting mark on history.

He was inflexible - sticking to his beliefs, even sacrificing the place he had lived his whole life. Even though at the time the things he chose to speak up about were seen as a sin, he stood up against it all. In a newspaper published in 1864 he wrote "My writings are the voice of a socially oppressed minority that now claims its rights to be heard." His actions brought about more and more social change in the following 100 years - present day.

In 2013, part of Einem street in Berlin, Germany was named in his honour. Without him having had spoken out back when he did, others may not have gotten the courage to do the same! Major events in LGBTQ+ history may have happened a lot later than they did or not at all. E.g. The Stonewall riot, same-sex marriage legalisation and hate crime laws. In psychology much progression has also taken place as homosexuality was once described as a mental illness, that could be treated with things like conversion therapy (something that still takes place today). But now it is more known that your sexuality is not something that can be changed.

I think that Karl Heinrich Ulrichs is someone who was so influential as he helped so much in making people aware that love is love, no matter who it is between.



Rebecca P

MINORITY INFLUENCE AND THE LGBTQ+ COMMUNITY

Josephine Dye

Before 1922, it was considered a crime to be gay, and before the 1900's, people were sent to death. During this time, homosexual people hid themselves in order to avoid such harsh consequences.

Since then, the LGBTQ+ community has slowly been able to express themselves freely within a group. The community truly supports their views since they are fighting for their own rights, and won't back down against the majority who don't agree with their views.

Consistency from the sexual revolution act since the 1960's, the LGBT community has constantly been fighting against discrimination, just to get the same rights as heterosexual people. Even after being harassed, and even killed, the community has evolved by accompanying the social changes around it. By being open about their sexuality, and their views, they have gained more supporters, which has allowed them to express themselves publicly. New laws have been made all over the world, regarding same sex marriage, and festivals, such as gay pride, to celebrate their sexuality.

The first gay pride was celebrated in 1970.

However, it has been quite inconsistent, and only 20/50 states in America has banned conversion therapy. This was introduced to try and revert homosexuals back to being heterosexual. The things they face are extremely harsh, and they are basically tortured, all for loving who they want.



The American president, Joe Biden, has labelled LGBTQ+ discrimination as a form of sex discrimination, and aims to protect transgender people, which is a huge step towards equality in America.

The LGBT community has sacrificed a lot, sometimes including their own life. People are being killed just because they don't want to be afraid to love who they want. Each death regarding the community is a huge step back for them. It means that things aren't really getting better, and minorities are still getting targeted.

The suicide rate in teenagers that are a part of the community have sky rocketed. This is due to the fact they feel like they have to hide themselves, and they are teenagers, so if they weren't to be accepted, they can't support themselves financially. They also struggle with internalised homophobia, taking in the views and opinions from people around them, and keeping them in and degrading themselves.

Personally, I've always been open about my sexuality, and I've been lucky enough to have such a supporting family that I've never had to hide my pansexuality, however I still have faced a lot of discrimination from people online, and even lost some friends for being open about who I love. It does hurt to know that people avidly hate who you are as a person, and hate you for the fact you love different to them, however I know, and other people in this community, will always know that they are valid, and it's not their fault they aren't accepted, it's the 'traditional' conservative views of those around them.

In conclusion, the community has come such a big thing, and has improved a lot since the early 1900's, that most people aren't afraid to hide who they are anymore. While the world still has a lot of improving to do, the community can celebrate how far they have come.

New Year, New goals?

BOOK A 1-1 SESSION WITH ONE OF OUR ACTIVITY LEADERS FOR PERSONALISED ADVICE AND GUIDANCE ON HOW TO GET FIT, IMPROVE YOUR HEALTH AND WELLBEING AND HELP ACHIEVE ANY PERSONAL GOALS THIS YEAR.

- HOW TO GET ACTIVE
- ADVICE ON NUTRITION
- ADVICE ON OVERALL HEALTH & WELLBEING

EMAIL - ACTIVITIES@WAKEFIELD.AC.UK TO BOOK YOUR SLOT



wakefieldcollege ACTIVITY TIMETABLE

MONDAY

11am- 12pm
Debating Club

12pm- 1pm
BORIS Club

12.30pm-1pm
Unsolved Crimes Club

1pm- 2pm
David Attenborough Club

3pm - 3.30pm
Move Monday
Workout

TUESDAY

11am -12pm
Photography Club

12pm - 1pm
Driving Theory

1pm - 2pm
Beginners Yoga

3pm - 3.30pm
Mindfulness Club

4pm- 5pm
Human Race, E&D
Group

WEDNESDAY

12pm - 1pm
LGBTQ

1pm - 1.30pm
What's on Your Plate?

1.30pm - 2.30pm
Wellbeing
Wednesdays

2pm - 3pm
Students' Union &
Class Reps
Meeting

THURSDAY

12pm - 1pm
Thursday Thoughts

12pm-1pm
Bingewatchers

1pm-2pm
Beginners French

2pm-3pm
Duke of Edinburgh

3pm - 3.30pm
Bodyweight
Fitness

FRIDAY

12pm- 1pm
Scribbler
Student
Newsletter

1pm- 2pm
Get Fit Fridays

