



LGBT+

Intergenerational



A short collection of Questions and Answers shared
between 50+ and 11-25 year old LGBT+ people.

allsorts youth
project

**mind
OUT**

LGBTQ mental health service

What is the 'LGBT+ Intergenerational Q&A'?

This resource is a short collection of questions and answers between 50+ people and 11-25 year olds as part of Allsorts Youth Project and MindOut's Intergenerational Project.

From MindOut, three 50+ service users asked the young people of Allsorts 3 questions about being an LGBT+ young person today.

Two groups of Allsorts young people got together to discuss their experiences, reflect on the questions, and came up with a few of their own to ask in return.

We have collated some of the responses, and hope you find the result as interesting as we have. Thank you to everyone involved for your insightful contributions!



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From

mind
OUT

LGBTQ mental health service

to

allsorts youth
project

**How does it feel to
be a young LGBT+
person in lockdown?**

**“It has given me the opportunity to
explore my identity during lockdown by
attending Allsorts online groups.”**

**“Being unable to socialise
with other LGBT+ people
may be a point of difficulty
for a lot of people.”**



**“It’s scary, living at home and my
parents don’t know about my identity.”**



**“I’ve got a little more
privacy, it gave me
confidence to transition.”**

How do you see a 60+ LGBT+ person who is living with their 60+ partner?

“They were brave, especially at a time when being LGBT+ was not so accepted.”



“Hearing so many people tell you it’s a phase makes you doubt yourself, it’s nice to be reassured that that isn’t always true.”

“Older LGBT+ couples have inspired young LGBT+ people to live their authentic lives.”

“The introduction of the marriage equality act and seeing LGBT+ people getting married makes me feel normal.”



“I’d want to learn all their top tips for surviving and living life.”



Do you think there is such a thing as the LGBT+ community?

“Yes there is an LGBT+ community – It's a place where we are seen and accepted.”

"Hearing other people's stories made me feel like I wasn't alone when I started getting to grips with my identity.”



“Most definitely, Allsorts is proof of it.”



“We all have our own path, experiencing different things in life but we all have this thing that binds us together.”

“I am in the community, It exists, but is it inclusive to everyone?”



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How hard was it to work out your sexual orientation and/or gender identity?

“Not hard at all once I got honest with myself. It had always been there.”



“My mum had always brought me up to be different. She never wanted me to get married and have children. My four sisters had done this, but she wanted a better life for me. I think in many ways she wanted me to have the life she would have wanted for herself. At the time I found it confusing as I had no idea of my future. But, as my mum used to sing “Que sera sera” (sadly she became very ill and died just before I came out)”

When did you feel safe to come out?



“When I was 18 and left home. In my home town everyone around me was staunchly homophobic.”

“Safe-ish. At age 35.”



Does being LGBT+ start to feel normal?

“Normal? I want to say ‘Perish the thought!’ Who wants to be normal?”

“For most young, extrovert people this happens quite quickly, but there is still much isolation and loneliness among gay people and we need more initiatives to help them feel that they belong.”

How did your family or friends react to you coming out?



“My family cut me off without a penny and without my two children.”

“I met my current partner when he was 30 and I was 20. My mum had just died and I refused to tolerate any form of homophobia from the rest of my family. However, I had to conceal my sexuality when teaching, as I did for 20 years.”



Do you trust us to carry the torch?

“Yes, as long as we can join in.”

“I trust you to get to a situation where being LGBT+ is not an issue, any more than being left-handed or having false teeth.”

How do you think the
LGBT+ community has
changed over the years?



“The LGBT+ community has become louder, more confident.”

“We are no longer stigmatised for being gay, but we should never forget how things were. Remember that we live in Brighton, which is unique in it’s acceptance of the LGBT+ lifestyle.



My family thinks I would be subjected to homophobia in my home town. I was a teacher in schools just outside Brighton and there still was a considerable amount of homophobia there. I know now that LGBT+ awareness programmes have worked wonders on raising awareness in schools and it’s great that LGBT+ young people in general have a much-better understanding and acceptance of the range of identities.”

I came out 4 years ago and I still think about being LGBT+ every day, it doesn't yet feel like part of me every day, it feels like a separate piece of clay that hasn't been baked into me properly yet – I wonder if it ever sinks into the background?

“I think your way of thinking is similar to that of many people who have recently come out.

I think socializing and joining groups may give you a few ideas. Now I sound like a gay Agony Aunt! This may help to integrate your sexuality so it is integrated and becomes part of your personality and part of the whole you.”



Do you find yourself suffering from an expectation that LGBT+ people are "the young people"?

“Not at all. I meet many other LGBT+ people of my age (81).”



“I had a close friend who did a lot of work in AIDS and HIV awareness. I joined him in this and was always aware that being gay spanned all generations. More recently we were aware that many young gay men were not aware, or not following HIV safer sex advice. We are in the process of doing some research on this and looking at ways of addressing this issue. I was also a Counsellor with LGBTQ Switchboard working with clients from all age groups.”



What do you
think of younger
LGBT+ people?



“I am proud of how most of them are able to value their sexuality and that of others. I know many LGBT+ people suffer isolation and loneliness, often due to problems around their coming-out. Brighton might seem quite daunting at first. I would like to think that Allsorts becomes one of many projects to help young people to integrate into LGBT+ life .”

“I think they are very privileged due to the work my generation has put in.”



Allsorts Youth Project listens to, supports and connects children and young people (5-25) who are lesbian, gay, bi, trans or exploring their gender identity (LGBT+)

We offer a range of specialist youth services, family support, and training & education for the wider community.

www.allsortsyouth.org.uk

Registered Charity Number: 1123014



MindOut is a mental health service run by and for lesbians, gay, bisexual, trans, and queer people (LGBTQ).

We work to improve the mental health and wellbeing of LGBTQ communities and to make mental health a community concern.

www.mindout.org.uk

Registered Charity Number: 1140098

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