

## Being LGBTQIA+



Easy read guide



LGBTQIA+ is about people loving who they want and being themselves.



It's the way a person might feel about:

- Who they love



- Who they are



Everyone is different.

# What does LGBTQIA+ mean?

L	_____	✓
G	_____	✓
B	_____	✓
T	_____	✓
Q	_____	✓
I	_____	✓
A	_____	✓
+	_____	✓

Each of the letters in LGBTQIA+ stands for a different word.



**L is for lesbian.**

A woman who is attracted to women.



**G is for gay.**

Usually a man who is attracted to men.



Some lesbian people use the word "gay" too.



## **B is for bisexual.**

A person who can be attracted to more than one gender.



## **T is for transgender.**

A transgender person is someone who was told they were a boy or a girl when they were born, but later realised this was not right for them.



## **Q is for queer.**

This is a word some people use for themselves when they are part of the LGBTQIA+ community.



## **I is for intersex**

A person born with a body that is not clearly male or female.



## **A is for a-sexual**

A person who does not have sexual feelings for other people, or feels very little.



## **+ is for plus**

This means there are more ways people can be.



All people should get respect and kindness.



You do not have to choose a word to describe yourself.



You also do not need to tell anyone that you are LGBTQIA+.



You can just be yourself.

# Meeting other LGBTQIA+ people



Speaking to other LGBTQIA+ people can be a good way to learn more about who you are.



You could join an LGBTQIA+ group or club.



These groups help people meet others and make friends.



There are bars and clubs just for people who are LGBTQIA+.



Try searching for these on Facebook or Google.



You could go to Pride events.



Pride is a celebration.



It shows that LGBTQIA+ people are proud of who they are.



Pride can be loud with lots of people.



Tell a person you trust where you are going.



Read our [guide on keeping safe](#) if you meet people on the internet.

## If you need help or advice



If you are not sure if you are LGBTQIA+ you can speak to people.



You can speak to a person you trust, like a friend or family member.

 SWITCHBOARD

You can contact a free support service, like the Switchboard LGBTQIA+ Support Line.



You can find out how to contact them on their website [switchboard.lgbt](https://www.switchboard.lgbt).



You might be able to speak to a counsellor.



A counsellor is someone who listens and helps you talk about your feelings.



This might cost money.



If you are being bullied for being LGBTQIA speak to someone you trust right away.



You may need to speak to the police.



Read our guide on [what to do if you are being bullied](#) on the internet on social media.



Remember you are not alone.



There are thousands of LGBTQIA+ people in the UK.



[www.seeability.org](http://www.seeability.org)



[facebook.com/RSB.seeability](https://facebook.com/RSB.seeability)



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