



LGBT College resource support guide

We want to celebrate diversity at West Lothian College and understand some of the hardships that different people have experienced in the battle for equality. Part of that is through celebration, education and raising awareness.

The Student Association created this booklet with a number of short videos, resources, support organisations and information to help support, educate and raise awareness of our students. Together we can learn from each other, support each other and drive forward change to ensure equity, love, empathy and compassion.

Please feel free to get in touch if you need any support, want to ask questions, add to this resource booklet or get involved with the Student Association. Just pop into the Student Association Hub No1 on the square, email StudentAssociation@west-lothian.ac.uk, call 01506427701 or drop us a Teams message!

Informative short videos:

- What is an Ally <https://youtu.be/3XSpFbZcuUM>
- LGBT- The meaning 101 (Explanation of the acronyms) An introduction to the Queer community: <https://youtu.be/DE7bKmOXY3w>
- LGBTQ+ Terminology: The Importance of Educating Yourself: <https://youtu.be/XEKqnVyroBk>
- How you see me Video: <https://youtu.be/XEKqnVyroBk>
- Trans Education Personal Safety: <https://youtu.be/uPblabsqebg>
- How it can feel to be Misgendered: <https://youtu.be/uYGyRNOin6c>
- Pronouns: <https://pronouns.org/>
- The Truth about Trans [The truth about trans \(stonewall.org.uk\)](http://The%20truth%20about%20trans%20(stonewall.org.uk))
- Trans Hub created by Stonewall - [Trans Hub | Stonewall](#)

Trans Experiences

[MyGeneration – Series of Short Films](#)

[To Be Black, Trans & Brilliant – Lourdes Ashley Hunter](#)

[Lynn Conway's Story as a Microelectronics Pioneer](#)

[BBC Scotland - The Social - 'I write poetry about my trans experiences because it's important we are seen' by Gray Crosbie](#)

Recommended LGBTQ Films - A good watch!

The Adventures of Priscilla Queen of the Desert (1994), Weekend (2011) Moonlight (2016), Paris is Burning (1990), But I'm a Cheerleader (1999) Pose (2018), Love Simon (2018)



Blogs, Radio Stations and YouTube channels

Scene Radio – Scotland's LGBT radio station is available online 24 hours a day! Join Mr Fabulous James Smith, Paul's Breakfast Show and many other LGBT DJ's on the air representing LGBT Scots to the world.

Being Ethan – Ethan is a men's lifestyle blogger from Glasgow who regularly shares creative content including fashion and style, travel, mental health awareness and transgender issues, including Ethan's own experiences of transition. He has been blogging since 2008 and Ethan is also the curator of the Scot Trans Channel on YouTube.

Scot Trans Channel – This is a YouTube channel with informative and fun videos from trans contributors from around Scotland discussing the issues that matter to them, often from personal experience.

Log Books- <https://www.thelogbooks.org/> Untold stories from LGBTQ+ History

Gray Crosbie - [BBC Scotland - The Social, Haircuts Between The Binary | A Poem By Gray Crosbie](#) (please note swearing is used within this poem) and [BBC Scotland - The Social - 'I write poetry about my trans experiences because it's important we are seen'](#)

LGBTQ Services – support, sexual health resources and information

LGBT Youth Scotland- <https://www.lgbtyouth.org.uk/groups-and-support/>
Scotland's national charity for LGBTI young people, working with 13–25 year olds
The website includes resources, support and information on local groups.

LGBTQ+ LGBT Health and Wellbeing- <https://www.lgbthealth.org.uk/>
Promoting the health, wellbeing and equality of lesbian, gay, bisexual, transgender (LGBT+) adults (16+) in Scotland. LGBT Helpline Scotland: 0300 123 2523
Tuesdays & Wednesdays (12-9pm) Thursdays & Sundays (1-6pm)
LGBT Helpline Scotland Email: helpline@lgbthealth.org.uk

The Glitter Cannons Club

West Lothian Council run group age 12-25 year olds. To find out more go to:
www.lgbtyouth.org.uk/groups-and-support/find-local-youth-groups/glittercannons/



West Lothian College LGBTQI+ Club Phoenix

(for West Lothian College Students only during term time) Please contact a member of the Student Association Team for more information.

Email: StudentAssociation@west-lothian.ac.uk, phone 01506 427 701, Pop into the SA HUB, No1 on the square or private message on Facebook or MS Teams

SX Scotland: information on sexual, physical and mental health for gay and bisexual men. SX Scotland also hosts a drop-in service in West Lothian College every month. Please contact Murray 07719043749 directly for more information
Website: <https://s-x.scot/>

Terence Higgins Trust: information on STIs and HIV as well as sections for trans men and trans women
Website: <https://www.tht.org.uk/hiv-and-sexual-health/sexual-health>

Waverley Care: focus on HIV and Hep C
Website: <https://www.waverleycare.org/content/about/hivhepatitisc/112/>

NHS Choices: information for lesbian and bisexual women
If you would like time to speak with someone about issues affecting your sexual health and relationships please call our LGBT Helpline Scotland on 0300 123 2523 Tuesdays and Wednesdays between 12noon and 9pm.
Website: <https://www.nhs.uk/live-well/sexual-health/sexual-health-for-lesbian-and-bisexual-women/>

Trans, Non-binary and Questioning Coming Out Guide for Young People
[TNQ Coming Out accessible \(lgbtyouth.org.uk\)](https://www.tnq.org.uk/)

A coming out guide for lesbian, gay and bisexual young people [Guide](#)



SUPPORT FOR LGBT YOUNG PEOPLE

Many other organisations have useful information and helplines for LGBT+ young people:

- Time for Inclusive Education: <https://www.tie.scot/>
- Stonewall Scotland: <https://www.stonewallscotland.org.uk/>
- Scottish Trans : <https://www.scottishtrans.org/community/>
- LGBT Health and Wellbeing: <http://lgbt-helpline-scotland.org.uk/>. The LGBT Helpline is open **every Tuesday and Wednesday between 12-9pm** on **0300 123 2523**.
- Mermaids: <https://mermaidsuk.org.uk/helpline-support-services/>. The Mermaids helpline is for transgender and non-binary youth, up to and including the age of 25. **Helpline Open Monday to Friday, 9am to 9pm on 0808 801 0400**





Support at College

West Lothian College Student Association is there to represent the needs of all West Lothian College Students. Please contact us at any time to tell us about your views, suggestions and experiences. Our aim is to support you and your needs, represent you and your experiences, ensure there is a strong student voice and influence change to make things even better. West Lothian College and West Lothian College Student Association want to ensure that our college is a safe space for all.

We would love to hear your thoughts on key issues that affect LGBTQ+ Students and allies. Please feel free to contact us anytime by emailing StudentAssociation@west-lothian.ac.uk, popping in to the SA Hub, No 1 on the square (Main Building) or send us a Teams message.

Student Support

Our Student Support Team are available to help with all aspects of college life and give you both practical and emotional support. They are fully committed to providing support or making referrals to agencies who can help you if you have any difficulties during your studies. We believe that inclusiveness is a fundamental principle and we are committed to widening access and participation for all students.

Counselling Service

We have a dedicated student counselling service at the college. If you are a student, this service is available to you for free and you can access up to six counselling sessions with a qualified counsellor who is a BACP (British Association for Counselling and Psychotherapy) member. You can self-refer to this service by emailing counselling@west-lothian.ac.uk. A counsellor will then contact you to arrange an appointment.

Student Association

Your Student Association Presidents are there to provide you with support, representation and ensure there is a strong student voice. If you need any support, have any ideas or concerns, or would like to volunteer with us please pop into the Student Association Hub, No1 on the square (Main building) or email StudentAssociation@west-lothian.ac.uk

Use of pronouns

If you know someone who wishes to change the pronoun by which they are referred (for example from she to he), it is very important that you respect this, even if you initially find it difficult to consider them that gender. In employment and when providing goods, facilities and services, it can be unlawful gender reassignment harassment to refuse to respect a trans person's pronouns. [For more information on the use of pronouns please click here](#)



Uniform/Dress Code

West Lothian College want to ensure that uniforms have sufficient flexibility where a uniform or dress code may apply. We aim to adopt a style of dress code/uniform that is fit for purpose and avoids practical difficulties for trans people, whilst ensuring that the health and safety of students is paramount. Please speak to your lecturer should you wish to discuss your particular requirements further to ensure that options are considered and resolved in a proportionate way.

Toilets and changing rooms

We have male, female and accessible toilets throughout the college. Trans students are encouraged to use toilets they feel most comfortable using. Accessible toilets have an individual cubical.

The College aims to provide private cubicles within existing changing facilities where possible due to space limitations.

Change of name

If a person wishes to be known by a different name they are entitled to change their name at any time. They can change their title, forename and/or surname, add names or rearrange their existing names.

Name changes happen for a variety of reasons including family changes, gender transitioning, escaping domestic violence and more and as a college we are sensitive to these issues, whilst maintaining accurate records for student achievement and recording results to awarding bodies.

Here is the process for name changes. Please note there are varying guidelines for different students, which include students still attending school, exceptional entrants and students, not at school, over 16 and attending college.

We have listened to your feedback and created guidance on how to change your name at college. This guidance is available on the college website [here](#) under LGBT services. Please read through this document and feel free to speak to a member of the support team who can assist you. You will be required to complete a form. An example of the form you will complete is below:



Request Change of Name and/or Gender on Information System Records

Student Reference if Known (or Date of Birth, if Student Reference unknown)	
Current Name on College Systems	
I request to be known as the following preferred name and/or gender on the college systems (see below)	
Change Requested From (date):	
Preferred Name:	
Current Gender on College Systems: Male (including Trans male) Female (including trans female) Other Prefer not to say	Preferred Gender please select from the following four options: Male (including Trans male) Female (including trans female) Other Prefer not to say
Preferred Pronouns (circle): He/Him She/Her They/Their	
Please Note: this declaration does not provide the required documentation for a legal change of name and is only used for the purposes of my college account. For updating records at awarding bodies, such as SQA. I am aware of the implications of this name change being applied. I confirm I do not intend to deceive or defraud anyone by changing my name on record.	
Signed:	
Date:	
Supporting Paperwork - tick which paperwork has been supplied and attach a photocopy/printout:	
<ul style="list-style-type: none"> • Your marriage certificate, • Civil partnership certificate • Decree absolute • Dissolution of civil partnership certificate • Legal name changes through National Records of Scotland • Statutory declaration signed by a Solicitor/Notary Public/Justice of the Peace • Other – please describe: 	

This form should then be returned to Information Systems, West Lothian College, Street Building, Almondvale Crescent, Livingston EH54 7EP or a scanned or photographed copy can be emailed to mis@west-lothian.ac.uk and the changes will be processed as quickly as possible.

There are implications of name changes on the records held by the college and awarding bodies. We recommend you speak to a member of student support staff to understand these.

You can also find information on name change from the Scottish trans website [here](#)



Hate Crime

What is hate crime?

This is defined as: "Any crime which is perceived by the victim or any other person as being motivated (wholly or partly) by malice or ill will towards a social group."

There are five groups or protected characteristics covered by the hate crime legislation.

- Disability
- Race
- Religion or belief
- Sexual Orientation
- Transgender Identity.

What does this mean?

If someone targets you, or someone else, because of a dislike or prejudice of your disability, race, religion, sexual orientation or transgender identity then you should report this to the police as a hate crime.

The person experiencing the hate crime does not always need to be in one of these groups.

Why are hate crimes different?

Hate crimes can have a huge impact on people. They have been targeted because of who they are, or who the offender thinks they are. The attack is very personal.

What can you do about hate crimes or incidents?

If you've experienced a hate crime or incident you can report it to the Police or through a Third-Party Reporting Centre.

You can also report hate crimes or incidents even if it wasn't directed at you. For example, you could be a friend, neighbour, family member, support worker or a passer-by.

Reporting hate crime

If you or someone you know is the victim of hate, there are different ways you can report this. Please visit: www.scotland.police.uk/contact-us/reporting-hate-crime/

Third party reporting

Sometimes victims or witnesses of hate crime do not feel comfortable reporting the incident to the police. They might be more comfortable reporting it to someone they know. West Lothian College is a Third-Party Reporting Centre