

FOR YOUNG LGBTQ+ PEOPLE AND THE ADULTS WHO SUPPORT THEM

# WHAT BLACK LGBTQ+'S EXPERIENCES OF SOCIAL SUPPORT TEACH US ABOUT DESIGNING INCLUSIVE SPACES FOR YOUNG LGBTQ+ PEOPLE

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## Belonging across all spaces

Acceptance shouldn't just live in LGBTQ+ services. Families, schools, communities, and faith spaces all have a role in creating safe, inclusive environments.



## Support families to support their children

Families play a big role in wellbeing. Helping them understand and accept LGBTQ+ identities reduces stigma and builds resilience.



## Make space for all identities

Recognise that young people may hold many identities at once (e.g. Black, LGBTQ+, religious). Safe spaces need to affirm the whole person.

## Challenge bias and microaggressions

Reflect on your assumptions before stepping into the room. Small comments or jokes can hurt and undermine trust.



## Chosen families and social networks matter

Friends, mentors, and community groups can be as important as biological families. Strong networks protect against loneliness and foster belonging.

MILLS, L., HOOD, A.M., LEA, J., DUNLOP, B.J., [IN PRESS] A SYSTEMATIC REVIEW AND NARRATIVE SYNTHESIS TO UNDERSTAND THE RELATIONSHIP BETWEEN SOCIAL SUPPORT AND MENTAL HEALTH AMONG BLACK LGBT+ PEOPLE: A QUALITATIVE STUDY OF THE LIVED EXPERIENCE OF SOCIAL SUPPORT

MILLS, L., HOOD, A.M., LEA, J., SAMBA, P., DUNLOP, B.J., [IN PRESS] PSYCHOLOGICAL WELLBEING IN BLACK GAY MEN IN THE UK: AN INTERSECTIONAL PERSPECTIVE

## Representation and role models

Seeing Black LGBTQ+ people in schools, services, and the media helps young people feel visible, proud, and hopeful.