



# Diversity Role Models

## Secondary Role Model Stories

### Video Resources Overview

KS3/KS4



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## Who Is Diversity Role Models?

Diversity Role Models is a dynamic charity whose vision is a **world where everyone embraces diversity and can thrive**. Our mission is to promote understanding and acceptance of individual differences and to end LGBTQ+ bullying in schools. We do this by harnessing the power of storytelling and delivering pioneering educational workshops for young people and adults.

## Our Role Model Video Resources

Our **Role Model** stories provide teachers with access to lived experiences from a range of diverse and intersectional identities. Through our **free media clips and downloadable teacher resources**, we bring a taste of our face-to-face workshops to classrooms across the world.

The unique and powerful messages that our Role Models share in these exclusive resources allow teachers anywhere to educate about identity, family, stereotypes, the impact of bullying, diversity, LGBTQ+ identities, and how to embrace difference and include everyone.

## User Guide

- Please ensure you **check all resources for their suitability before using them in your setting** to ensure they are age appropriate for your students.
- Each Diversity Role Models video resource comes with an **overview, a suggested age, theme outline and content notes for teachers**, as well as suggested questions and activities.
- For any 'third party' resources (those not owned by Diversity Role Models), please forward any queries directly to the author.



# Year 7+ Video Resources

## The Impact of Bullying

### Kieran's Story



“ —  
**I tried to fit in and hide who I really was.** |  
— ”  
-Kieran's Story

Kieran shares his story of how he struggled to come to terms with the fact that he was gay due to the way people were treating him growing up. He talks about trying to change everything about himself so that he wouldn't be bullied.

**Themes: Bullying, LGBTQ+ identities, homophobia, wellbeing, coming out, gender stereotyping, mental health, low self-esteem**

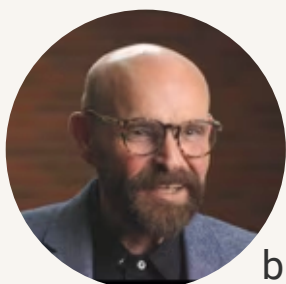


To watch the video



To access the resource

### Martin's Story



“ —  
**The impacts of bullying can last a lifetime.** |  
— ”  
-Martin's Story

Martin shares his experience of bullying throughout primary and secondary school. He talks about how this bullying started with name calling and being left out, which escalated as he got older. He shares how he didn't feel able to tell a trusted adult and the reasons for this and how this impacted his schooling.

**Themes: Bullying, LGBTQ+ identities, wellbeing, gender stereotyping**



To watch the video



To access the resource

# Year 7+ Video Resources

## Gender Equality & Stereotypes

### Jen's Story



“ I did what I loved, even when people doubted me. ”

-Jen's Story

Jen shares the story of her relationship with sport and how gender stereotypes impacted her career choices. Jen talks about experiences in primary school where her PE teachers treated her differently because she was a girl. Jen goes on to discuss how these same attitudes have affected her in her job as a sports physiotherapist.

**Themes: Gender stereotyping**



To watch the video



To access the resource

### Laura's Story



“ Its important to see people like you in the places you want to be. ”

-Laura's Story

Laura shares her story of experiencing gender stereotyping within her school setting related to the subjects she studied. She talks about feeling inspired to give representation and be a role model for others to follow their passion.

**Themes: Gender stereotyping**



To watch the video



For Gender Equality resource



For Gender Equality additional resource

# Year 7+ Video Resources

## Gender Equality & Stereotypes

### Simon's Story



“ —  
**I kept my sexuality a secret.** — ”  
-Simon's Story

Simon shares his personal story about how he struggled to come out as gay because he didn't feel he related to any of the stereotypes of gay men he saw in society. He discusses the impact this had on his life and how he found the courage to come out after meeting his now husband.

**Themes: Stereotyping, LGBTQ+ identities, coming out**

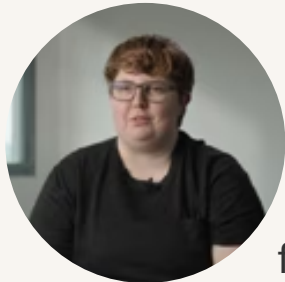


To watch the video



To access the resource

### Charlotte's Story



“ —  
**I finally found who I was.** — ”  
-Charlotte's Story

Charlotte grew up not conforming to gender stereotypes from an early age, their favourite activity was football. As a teenager, they came out as gay, They left home at 19 and felt able to explore their identity. They discovered they are deaf and have celiac disease. Soon after they realised that they identify as non-binary.

**Themes: Gender stereotypes, LGBTQ+ Identities, disability, intersectionality**



To watch the video



For Gender Equality resource



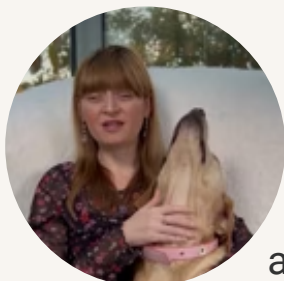
For Gender Equality additional resource

# Year 7+ Video Resources

## Disability



### Fern's Story



“ —  
**Be kind to yourself.** |  
— Fern's Story — ”

Fern shares her story of how growing up blind where she was constantly comparing herself to others. She talks about the importance of practicing self-kindness and recognising our strengths and weaknesses are what make us who we are.

**Themes: Disability, wellbeing, body image**



To watch the video



To access the resource

### Stuart's Story



“ —  
**They flushed my hearing aid down a toilet.** |  
— Stuart's Story — ”

Stuart discusses his experience of growing up without hearing and what school was like for him at a hearing school. Stuart also talks about how he realised he was gay as he grew older. This was something his parents didn't realise as they thought he was different due to his hearing loss and weren't initially aware of his intersectional identity.

**Themes: Disability, bullying, LGBTQ+ identities, intersectionality**



To watch the video



To access the resource

# Year 7+ Video Resources

## Intersectionality

### Priscilla's Story



**" I'm proud of everything I am. "**

-Priscilla's Story

Priscilla talks about the difficulties she experienced growing up being both a Christian and bisexual. Finding an inclusive church helped her to reconcile these two aspects of her identity. Priscilla talks about other parts of her identity and how they intersect with each other. She talks about having a sense of pride in all of the parts that make her who she is and how she wants to instill this in her daughter.

**Themes: Faith (Christianity), LGBTQ+ identities, race, intersectionality**

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To watch the video

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To access the resource

### Keith's Story



**" I didn't want to draw additional attention to myself. "**

-Keith's Story

Keith is Black and gay. He went to a school where the other students were all white. Keith felt he needed to hide his sexuality because he had been told it was wrong to be gay, and because he did not want to draw any additional attention to his family. When he was older, he found an accepting community and was able to embrace his own identity.

**Themes: Racism, homophobia, coming out, LGBTQ+ identities**

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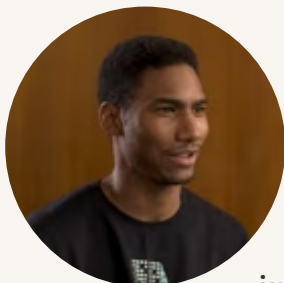
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# Year 7+ Video Resources

## Intersectionality



### Simeon's Story



“ **Growing up I was told that being gay was a sin.** ”  
-Simeon's Story

Simeon shares his story of growing up as a gay Christian from a Jamaican background. He explores the challenges of balancing different aspect of his identity, intersectionality and his journey coming out to his family.

**Themes: Intersectionality, coming out, LGBTQ+ identities**



To watch the video

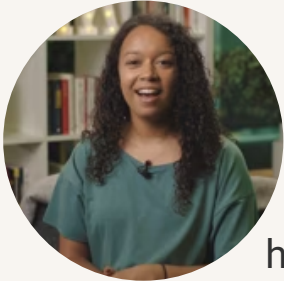


To access the resource

# Year 7+ Video Resources

## Coming Out

### Melissa's Story



“ **I was unhappy hiding this part of myself.** ”  
-Melissa's Story

Melissa discusses how a lack of representation of people of colour growing up impacted her self esteem, and how she came to embrace her dual heritage. Having come to a point of self acceptance she later realised that she had suppressed another part of her identity; her sexuality. She discusses how she came to realise this later in life and how coming out felt for her.

**Themes: Race, wellbeing, LGBTQ+ identities, intersectionality**

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To watch the video

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To access the resource

### Jenny's Story



“ **I only heard the word 'gay' used negatively.** ”  
-Jenny's Story

Jenny talks about being a part of the LGBTQ+ community and her journey of discovering her sexuality. Jenny discusses how coming out to her parents was a really positive experience for her and how they have become excellent allies.

**Themes: Pride, LGBTQ+ identities, coming out**

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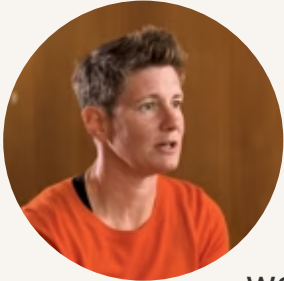
To access the resource



# Year 7+ Video Resources

## Coming Out

### Leanne's Story



“ **Look for the similarities between us.** ”

-Leanne's Story

Leanne describes knowing that she was attracted to other girls from an early age but didn't know anyone who felt the same and decided to hide this part of herself because she was afraid of how people might react. She talks about never seeing any visible LGBTQ+ role models while she was growing up and realises that visibility might have made it easier for her to come out. Leanne talks about coming out to her friends and family and how they were accepting and supportive.

**Themes: Coming out, LGBTQ+ identities**

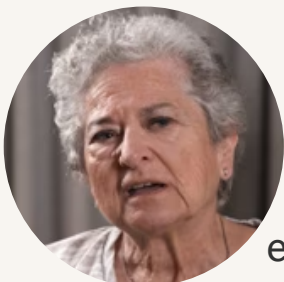


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### Louise's Story



“ **I never met anybody who was openly gay.** ”

-Louise's Story

Louise shares her story of being the mother of three daughters. She highlights how even though she had certain expectations for her children she supported them to live their own lives. One of her daughters is gay and Louise describes her coming out story and how hearing homophobic language upsets not only LGBTQ+ people but also their families and friends.

**Themes: Coming out, LGBTQ+ identities, homophobic language**



To watch the video



To access the resource



# Year 7+ Video Resources

## LGBTQ+ Identities

### Gender Transition - Kate's Story



“ **I had to tell people who I really am.** ”  
-Kate's Story

Kate knew she was different from other boys from a young age, but struggled to tell people after experiencing negative reactions.

**Themes: LGBTQ+ identities, coming out**



To watch the video



To access the resource

### Being Bisexual - Rachel's Story



“ **After my brother died, my whole life changed.** ”  
-Rachel's Story

Rachel grew up with parents who were supportive of her and her brother's ambitions and goals. Rachel wanted to be a dancer and her brother, a musician. She expected to leave school, follow her career, get married and have children as she thought this was the path she was expected to follow. Her brother passed away and it affected her deeply, her grief making her want to break free of expectations. She channelled her energies into dance and left home to study it at university. At university she met a woman who she fell in love with, when up until then she had thought she was straight. She started to identify as bisexual and came out to her parents.

**Themes: LGBTQ+ identities, coming out**



To watch the video

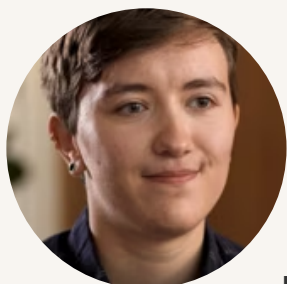


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# Year 7+ Video Resources

## LGBTQ+ Identities

### Being Non-Binary - Alix's Story



“ —  
**It put me in a box that I didn't want to be in.** |  
— ”  
-Alix's Story

Alix's story starts at 15 years old when they had an interest in cosplay and enjoyed portraying different characters. They realised that when they were portraying characters of a different gender they felt more comfortable in who they were.

They speak about attending Trans Pride and meeting people who they felt an affinity with. This helped them come to a realisation that they identified as non binary and wanted to start using they/them pronouns.

**Themes: LGBTQ+ identities, coming out**



To watch the video



To access the resource

### Same-Sex Families - Didi's Story



“ —  
**We are just a family, like any other family.** |  
— ”  
-Didi's Story

Didi talks about feeling like she did not see anyone like her when she was growing up. She talks about her family and why she and her partner decided to adopt. She describes the adoption process and how her family may be different in many ways, but they are just another family who love and care for each other.

**Themes: LGBTQ+ identities, same-sex families, adoption, intersectionality**



To watch the video



To access the resource

# Year 7+ Video Resources

## LGBTQ+ Identities



### Gender Transition - Petra's Story



“ **Do not let people tell you how to be you.** ”  
-Petra's Story

Petra shares her story of realising late in life, at the age of 68, she is transgender. She shares her life's journey up to her point of transition, and talks about the importance of accepting your true self.

**Themes: LGBTQ+ identities, gender transition**



To watch the video



For Gender Transition resource



For Gender Transition additional resource

# Year 7+ Video Resources

## Homophobia



### Richie's Story



“ **Even my teachers made fun of me for being girly.** ”

-Richie's Story

Richy shares his story of experiencing homophobic bullying whilst at school because he didn't conform to male gender stereotypes. He later reveals that he is straight and highlights that Homophobic, Biphobic and Transphobic (HBT) bullying can affect anyone. He points out that some of the bullying was from teachers as well as other pupils, showing that tackling HBT bullying needs a whole school focus.

**Themes: Bullying, homophobia, gender stereotypes, prejudice language**



To watch the video



To access the resource

### Keith's Story



“ **Liking myself properly for the first time in my life.** ”

-Keith's Story

Keith described his experience growing up as the only black pupil at his primary school and how he discovered he was different in another way while at secondary school when he realised he was gay. The homophobic language he heard around him in school led him to feel ashamed and scared to tell anyone about his sexuality. Eventually he came out to a friend, whose support and care helped him open up to others and be proud of who he is.

**Themes: Coming out, LGBTQ+ identities, homophobic language**



To watch the video



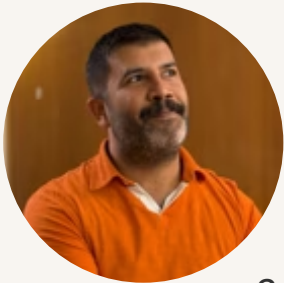
To access the resource

## Homophobia



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### Chico's Story



“ **I decided to cover up who I was at school.** ”  
-Chico's Story

Chico shares his story of feeling different at school and not feeling as though he could be his true self because of homophobic bullying and language. He talks about finding a space where he could be himself when he joined a youth orchestra where he was accepted for who he is.

**Themes: Bullying, LGBTQ+ identities, homophobia, prejudice language**



To watch the video



To access the resource

### Colum's Story - Prejudice Language



“ **If being gay was a mortal sin, I would go to hell.** ”  
-Colum's Story

Colum shares his story about growing up in Ireland when being gay was illegal, and eventually accepting his identity.

**Themes: The law and protected characteristics, prejudice language, faith (Christianity)**



To watch the video



For Prejudice Language resource



For The Law And Protected Characteristics resource

# Year 7+ Video Resources

## Importance of Role Models



### LGBTQ+ History



#### The stories of Diamond Lil and Linda Wilkinson

A mini bio covering two LGBTQ+ role models, Diamond Lil and Linda Watkinson. Linda, an author from London wrote about Diamond Lil in one of her books, and has spent her life campaigning for Human Rights. Diamond Lil, a trans role model, lived her life never being afraid to be herself.



**Themes: LGBTQ+ identities, role models, human rights**



To watch the video



To access the resource

### The Importance of Role Models



A collection of short snippet responses from our volunteer Role Models. They are asked the following questions:

- Who was your role model growing up?
- Did you feel represented at school?
- Why do you volunteer for Diversity Role Models?



To watch the video - Who was your role model growing up?



To watch the video - Did you feel represented at school?



To watch the video - Why do you volunteer as a role model?



# Year 8+ Video Resources

## Disability & Mental Health

### Robert's Story



“ **For years I blamed myself for being different.** ”  
-Robert's Story

Robert discusses how he was different to his peers from an early age as knew he was trans in primary school. He also discusses being Autistic and having OCD.

**Themes: Disability, neurodiversity, LGBTQ+ identities, mental health**

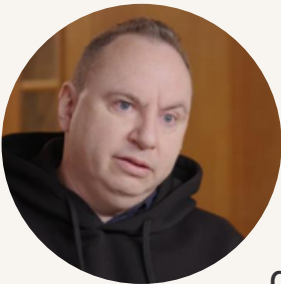


To watch the video



To access the resource

### Edward's Story



“ **Sometimes you can't see what's going on inside.** ”  
-Edward's Story

Edward (Ed) shares his story about hiding his sexuality from his peers and family. He also discusses being diagnosed with bipolar disorder.

**Themes: Mental Health, LGBTQ+ identities, prejudice language**



To watch the video



For Prejudice Language resource



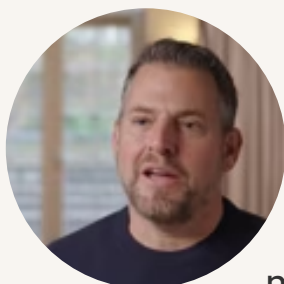
For Non-Visible Disability/Mental Health resource

# Year 8+ Video Resources

## Creating An Inclusive School



### David's Story



“ **Love and acceptance have a place in religious belief.** ”

-David's Story

David discusses embracing his identity as a gay, Jewish man. He talks about his family's reaction to his coming out as gay and the impact this had on his relationship with his brother. David talks about his fears of being excommunicated from the Jewish community and his journey towards feeling accepted by all the communities he is a part of.

**Themes: LGBTQ+ identities, faith (Judaism), community**



To watch the video



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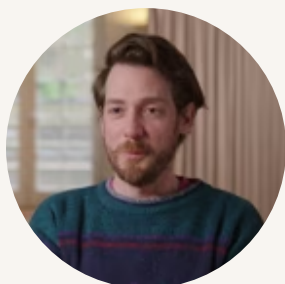


# Year 8+ Video Resources

## Being Your True Self



### Adam's Story



“ —  
**Just be true to yourself.** |  
— Adam's Story — ”

Adam talks about accepting himself and about coming out as gay, despite worrying about how people would react.

**Themes: LGBTQ+ identities, coming out**

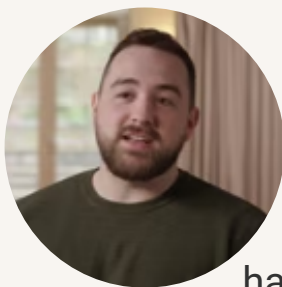


To watch the video



To access the resource

### Neil's Story



“ —  
**A mix of the stereotypes are put upon us.** |  
— Neil's Story — ”

Neil shares his experience of accepting his sexuality, how stereotypes have affected him, and the importance of having supportive friends and family.

**Themes: LGBTQ+ identities, prejudice language, stereotypes, coming out**



To watch the video



To access the resource

# Year 8+ Video Resources

## Seeking Support/Social Pressure



### Des' Story



**“ It was an atmosphere he didn't feel safe to be himself in. ”**

-Des' Story

Des talks about his experiences as a parent of two gay sons. He talks about his two sons' differing experiences at school and highlights the importance of schools creating a safe environment for LGBTQ+ young people.

**Themes: LGBTQ+ Identities, homophobic language, bullying, coming out, seeking support**

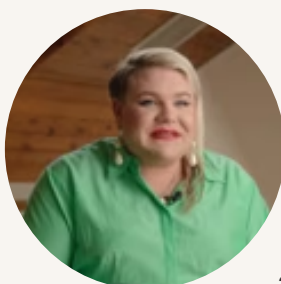


To watch the video



To access the resource

### Ben's Story



**“ I had no one to look up to, or make me feel like I could be myself. ”**

-Ben's Story

Ben reflects on their experiences at school, of never feeling like they belonged, of the pressure they felt to fit in, and the bullying they faced as a result of being different.

They talk about finding their true self and the happiness and joy this brought them. Ben uses they/them pronouns and is non-binary.

**Themes: Peer pressure, bullying, coming out, LGBTQ+ identities**



To watch the video



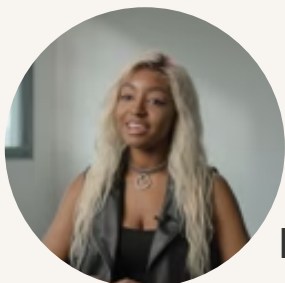
To access the resource

# Year 8+ Video Resources

## LGBTQ+ Identities



### Being Asexual - Yasmin's Story



“ —  
**People didn't believe me.** |  
— ”  
-Yasmin's Story

Yasmin talks about her experience discovering her asexuality and explains the difficulties she had in finding the language to express it. She highlights the lack of representation within schools and the media as a reason why her peers and teachers did not understand this part of her identity and that this led to bullying. Yasmin also notes the barriers she faced as a black woman and the racist stereotypes attached to this.

**Themes: LGBTQ+ identities, acephobia, racism, coming out**

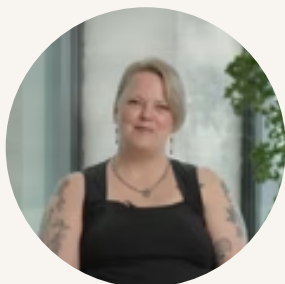


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### Being Bisexual - Kirsty's Story



“ —  
**It is important to have representation.** |  
— ”  
-Kirsty's Story

Kirsty is bisexual and discusses growing up being very assured of her sexuality. She mentions hearing negative language both inside and outside of school about same-sex relationships. She also mentions how representation can help someone's 'coming out' story.

**Themes: LGBTQ+ identities, prejudice language, coming out**



To watch the video



To access the resource

# Year 8+ Video Resources

## LGBTQ+ History/Activism

### LGBTQ+ History/Activism - Emma's Story



“ —  
**I was hiding half of myself.** |  
— Emma's Story — ”

Emma experienced homophobic bullying in school. Because of Section 28, her teachers were not able to support her. After joining the Royal Navy, Emma was 'outed' and discharged from her work. She initiated court proceedings against the UK government in the European Court of Human Rights, and won.

**Themes: LGBTQ+ identities, institutional homophobia, Section 28, coming out**

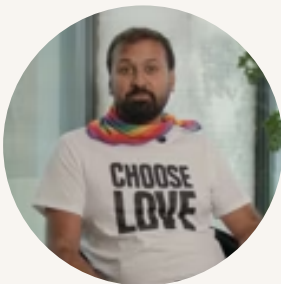


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To access the resource

### LGBTQ+ History/Activism - Ferhan's Story



“ —  
**Choose love, choose acceptance.** |  
— Ferhan's Story — ”

Ferhan shares their story of being a gender non-binary, gay Muslim. They talk about their difficulties in finding acceptance and the importance of seeking support and finding a community that provides an environment that allows you to be your true self.

**Themes: LGBTQ+ identities, Section 28, coming out, faith (Islam), seeking support, the importance of finding an inclusive community.**



To watch the video



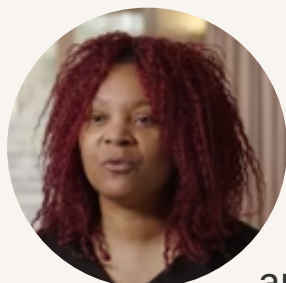
To access the resource

# Year 9+ Video Resources

## Intersectionality



### Carole's Story



“ —  
**Childhood bullying lasts a lifetime.** |  
—Carole's Story — ”

Carole shares her story of how she was severely bullied throughout primary school for her race, family background and appearance. Carole discusses how she wishes she had an ally in school.

**Themes: Bullying, intersectionality, racism, mental health, allyship**

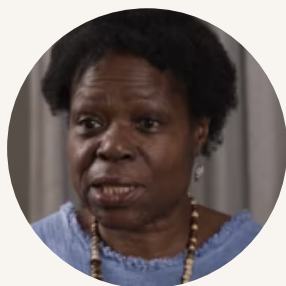


To watch the video



To access the resource

### Oliviette's Story



“ —  
**Be who you're meant to be.** |  
—Oliviette's Story — ”

Oliviette talks about growing up as a Black Lesbian at a time when the LGBTQ+ community had fewer rights. She discusses being inspired by the events of the Stonewall Uprising in June of 1969 and Black feminist movements. She talks about her experiences of intersectionality as a Black LGBTQ+ woman facing homophobia, sexism and racism at different points in particular ways. She also discusses her Christian faith. Oliviette covers “coming out” or telling people around her that she is LGBTQ+.

**Themes: Intersectionality, LGBTQ+ identities, homophobia, sexism, racism, coming out, faith (Christianity)**



To watch the video

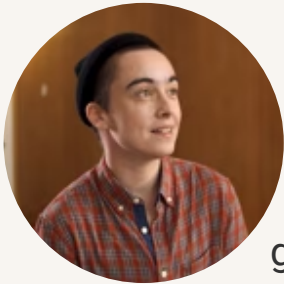


To access the resource

# Year 9+ Video Resources

## LGBTQ+ Identities

### Being Non-Binary - Mon's Story



“ —  
**You can't tell someone's identity by looking at them.** — ”

-Mon's Story

Mon shares their experiences of how they did not fit gendered expectations growing up. They describe how important it is to have the language and terms to describe yourself and that how we label ourselves can change. They discuss how societal attitudes towards people who do not fit expected stereotypes can be negative and hurtful.

**Themes: LGBTQ+ identities, coming out, bullying, stereotypes**

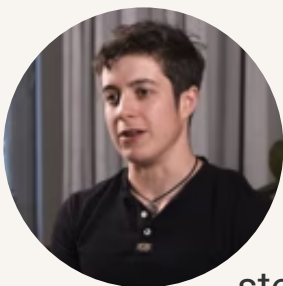


To watch the video



To access the resource

### Being Non-Binary - Kim's Story



“ —  
**If you have a choice on how to treat someone, be kind.** — ”

-Kim's Story

Kim grew up knowing from an early age they did not fit into a category of 'boy' or 'girl'. They did not conform to the gender stereotypes expected of them by those around them. They experienced people constantly questioning their gender and faced bullying at school. They eventually came out as non binary and use they/them pronouns.

**Themes: LGBTQ+ identities, coming out, bullying, stereotypes**



To watch the video



To access the resource



# Year 9+ Video Resources

## LGBTQ+ Identities



### Being Transgender - Holly's Story



“ I couldn't tell her, so I wrote her a letter. ”  
-Holly's Story

Holly shares her story about coming out as a transgender woman and how she didn't get the support she needed to live as her true self until later in life. She describes coming out to her parents at 14 but then not talking about it again until much later. She eventually came out to her then girlfriend who supported her to come out to others in her life. She now lives in London and is married to her wife and is living the life she dreamed she'd be able to live.

**Themes: LGBTQ+ identities, coming out, allyship**



To watch the video



To access the resource

### Allyship - Jamie's Story



“ I wish someone could have helped when I was bullied. ”  
-Jamie's Story

Jamie discusses his time at school and the changes he encountered as he figured out his own identity. He talks about the bullying he faced from one particular student and the impact this had. He also talks about how his peers were bystanders and failed to intervene.

**Themes: LGBTQ+ identities, bullying, coming out, bystanders, allyship**



To watch the video



To access the resource

# Year 9+ Video Resources

## LGBTQ+ Identities



### LGBTQ+ History - Barry's Story



“ All through my education it was illegal  
to be gay. ”

-Barry's Story

Barry shares his story of growing up when anti-LGBTQ+ laws created a challenging environment for him to be open about his identity as a gay man. He discusses the impact of the HIV/AIDS crisis on people who were important to him and highlights the positive impact of being in a workplace with a strong culture of LGBTQ+ inclusion and the creation of Turing's Law.

**Themes: LGBTQ+ identities, LGBTQ+ history and law**



To watch the video



To access the resource



# Year 9+ Video Resources

## LGBTQ+ and Faith

### Pritpal's Story



“ **Faith is not in conflict with sexual orientation.** ”  
-Pritpal's Story

Pritpal shares his story about how the lack of representation of LGBTQ+ people, especially from ethnic minority or religious backgrounds, led him to assume that he must be heterosexual. He talks about how he was married to a woman for over a decade and had two children with her and how he came out after their marriage ended. He shares the supportive reactions of his children and discusses how he went on a journey to reconcile two important parts of his identity - his faith and his sexuality.

**Themes: LGBTQ+ identities, coming out, intersectionality, faith (Sikhism)**

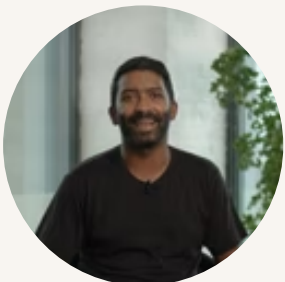


To watch the video



To access the resource

### Nayem's Story



“ **I never had any role models or saw other people like me.** ”  
-Nayem's Story

Nayem shares his story of being South Asian, Muslim and gay. He talks about the challenges he has faced and how he has overcome these challenges on his journey to accepting his identity.

**Themes: coming out, LGBTQ+ identities, faith (Islam), seeking support, importance of accepting your true self**



To watch the video

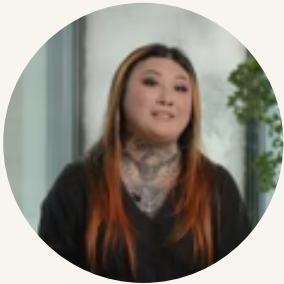


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# Year 9+ Video Resources

## Seeking Support/Social Pressure

### Eva's Story



“ I wasn't able to be me, I didn't have anybody to speak to. ”

-Eva's Story

Eva discussed the pressures she felt from home and at school to follow a certain path. She reflects upon the bullying she experienced and the effect this had on her mental health. She discusses the things that helped her on her journey to discovering her true self and finally feeling liberated and happy.

**Themes: Family pressures, bullying, coming out, LGBTQ+ identities, mental health**

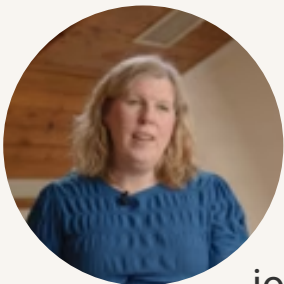


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### Helen's Story



“ The most important thing is to listen and be a safe person. ”

-Helen's Story

Helen talks about her experiences as the parent of a transgender son. She talks openly and honestly about her journey from when her son first came out to the present day. She talks about the guidance and support that her family received and offers advice to families who may be on a similar journey.

**Themes: LGBTQ+ identities, coming out, seeking support**



To watch the video



To access the resource

# Year 9+ Video Resources

## Homophobia & Transphobia

### Homophobia - Gubs' Story



“ —  
**Living two lives: dutiful Sikh boy and young out guy.** |  
— ”  
-Gubs' Story

Gubs discusses the homophobic bullying people faced at school for not conforming to gender stereotypes and the assumptions his family had that he would marry a woman and follow a certain course in life. He discusses the challenges he faced in coming out to his family and how he and his husband have now been accepted by his family.

**Themes: LGBTQ+ identities, coming out, homophobic bullying, stereotypes, faith (Sikhism)**

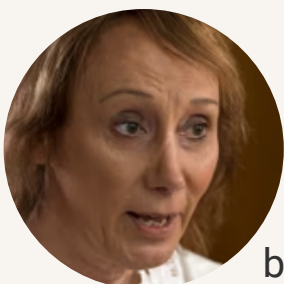


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To access the resource

### Transphobia - Vicky-Jane's Story



“ —  
**I realised that I wasn't living my true life.** |  
— ”  
-Vicky-Jane's Story

Vicky Jane explains how she felt different from an early age and did not fit the expectations others had of her. She was bullied because of this, both in school and the workplace. Her mental health suffered as a consequence of the bullying and also due to having to hide her identity. Vicky Jane ends by talking about coming out and how sharing that with anyone shows a great deal of trust in the person it is shared with.

**Themes: LGBTQ+ identities, coming out, bullying, mental health, allyship**



To watch the video

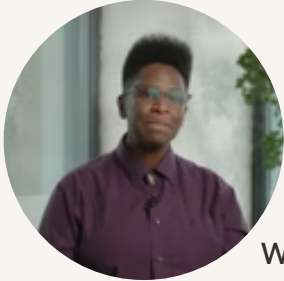


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# Year 9+ Video Resources

## Standing up/Activism

### Lenna's Story



“ —  
**If you have the opportunity, please stand up, it makes such a difference.**  
— ”  
-Lenna's Story

Lenna describes how she loved playing football when she was growing up. At university she experienced a situation where she felt forced to come out as a lesbian. By standing up she helped another student gain comfort and confidence. Lenna then realised the power that standing up can have to support others as well as ourselves.

**Themes: coming out, LGBTQ+ identities, homophobia, outing, standing up for others.**

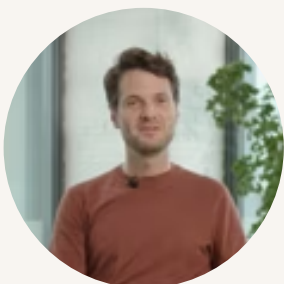


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To access the resource

### Thomas' Story



“ —  
**There was no one to tell me any different or to fight in my corner**  
— ”  
-Thomas' Story

Thomas talks about growing up in a small town as a boy who didn't fit the rigid gender stereotypes expected of him and describes being bullied as a result. He left his hometown and went to another school where people acknowledged and accepted difference. He experienced no bullying there because of the positive culture and environment.

**Themes: Gender stereotypes, LGBTQ+ identities, bullying (including a description of physical assault), homophobia, coming out**



To watch the video



To access the resource

# Year 9+ Video Resources

## Toxic Masculinity

### Simon's Story



“ —  
**What should I do as a gay person?**  
— Simon's Story — ”

Simon shares his experiences of bullying in secondary school for being 'different' to other boys. He talks about the things he enjoys and the importance of getting to know your true self.

**Themes: Toxic masculinity, prejudice language, LGBTQ+ identities, stereotypes**



To watch the video



For Identity resource

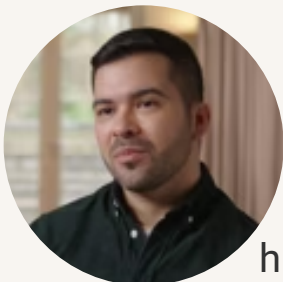


For Toxic Masculinity resource



For Prejudice Language resource

### Jesus' Story



“ —  
**In the end, everything will turn out positive  
for you.**  
— Jesus' Story — ”

Jesus shares his experiences of growing up gay in Venezuela and the pressures of a 'macho culture'. He shares his difficulties of being in an unhealthy, same-sex relationship and the impact this had on him. He also shares his experiences of 'coming out' to his family.

**Themes: Toxic masculinity, LGBTQ+ identities, stereotypes**



To watch the video



To access the resource

# Year 10+ Video Resources

## Gender Equality/LGBTQ+ History

### Ann's Story



“ **Being part of the change is important.** |  
-Ann's Story | ”

Ann shares her experience growing up and joining the Royal Navy. She talks about how different genders were treated. Ann also discusses the impact of the ban on lesbian, gay and bisexual people serving in the armed forces and how she felt when this ban was lifted.

**Themes: Gender stereotyping, same-sex families, gender inequality**



To watch the video

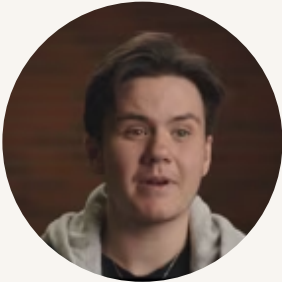


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# Year 10+ Video Resources

## Gender Transition

### Riley's Story



“ I heard negative things about LGBTQ+ identities. ”  
-Riley's Story

Riley grew up in a Christian family and repressed his identity after hearing a lot of negative things about LGBTQ+ identities.

Themes: LGBTQ+ identities, coming out, wellbeing, mental health



To watch the video



To access the resource

### Miguel's Story



“ It's important to stand up for people struggling. ”  
-Miguel's Story

Miguel didn't have the courage to come out as trans until his partner validated him. Transitioning improved his life.

Themes covered: LGBTQ+ identities, coming out



To watch the video



To access the resource



# Year 10+ Video Resources

## Social Pressure

### Anne's Story



“ **There is only so long you can live a lie.** ”  
-Anne's Story

Anne reflects on the pressure she felt from family and friends growing up and the impact this had. She discusses her journey to embracing her identity and living the life she was suppose to live.

**Themes: Family pressures, peer pressure, divorce, coming out, LGBTQ+ identities**



To watch the video



To access the resource




# Diversity Role Models - Further Support

We are a dynamic charity whose vision is a world where everyone embraces diversity and can thrive. Our mission is to promote understanding and acceptance of individual differences and end bullying in schools.

We have a range of services to support schools on their equality, diversity and inclusion journey.

Click on the links below to find out more.

 [\*\*Secondary/Further Education Student Workshops\*\*](#)

 [\*\*Staff Training\*\*](#)


 [\*\*Parent and Carer Training\*\*](#)


 [\*\*Governor Training\*\*](#)

 [\*\*Volunteer With Us\*\*](#)

# Contact Details


## Get in touch

 [Contact us via our website](#)


 Contact us via email at: [education@diversityrolemodels.org](mailto:education@diversityrolemodels.org)

## Find us online


 [www.instagram.com/diversityrm](http://www.instagram.com/diversityrm)


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## Find out more

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

