



The PRIDE Project Newsletter (March '23)

The PRIDE Project's newsletters aim to keep our partners up to date with the project's progress and emerging results.

This is our fifth newsletter - March 2023.

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This edition brings you an overview of what we have been up to since December 2022:

- **Progress to date**
- **Free content - a pronouns animation**
- **Toolkit's look and feel**
- **Let us know what you think!**

[Progress to date](#)

The PRIDE Project continues to move ahead! As of March 2023, we have:

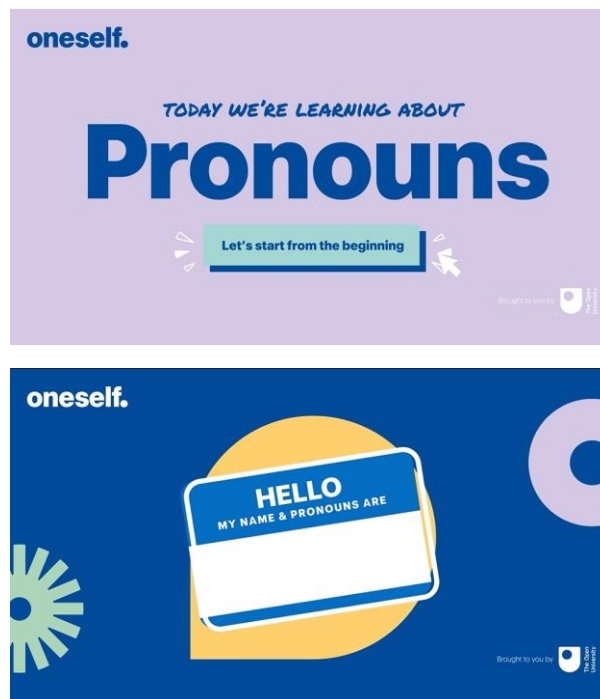
- Continued the creative development of Oneself alongside Bluestep Solutions. The wireframes and their associated look and feel are now finalised. We have filmed our three

community members talking about their own experiences as LGBTQ+ youths at school, with their parents and families and when coming out. We have also recorded a range of relaxation exercises with them, which will be included as part of Oneself.

- We have finalised drafting the content for the toolkit, including the free content, the strategies around dealing with school, parents and families and coming out, a 'chilling out' section on tips to help young people relax, and a range of downloadable guides and external resources.
- Started work on two research papers. The first focuses on the qualitative analysis of our adult expert interviews to understand how LGBTQ+ youths can effectively manage their wellbeing and how to implement the toolkit in the real world. The second is a co-design paper narrating the key steps taken in the development of the toolkit and the selection of resilience and other strategies it offers.

Oneself, free content - a pronouns animation

For the past few months, we have collaborated with Rainbow Power at Free2Be, an LGBTQ+ youth organisation, to develop an animation on pronouns, what they are and how to use them appropriately. This short clip will be featured in Oneself's homepage and be accessible to all. Below are some screenshots from the animation.

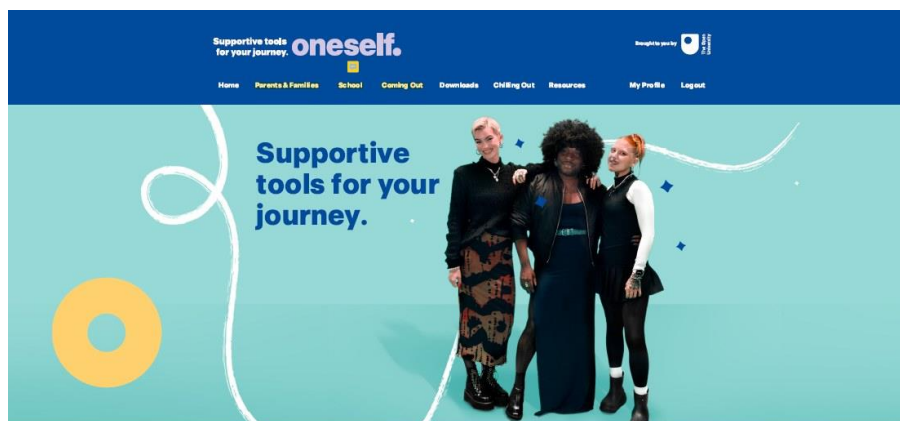




Oneself: look and feel

With the wireframes approved, the digital building of Oneself is now underway! We are hoping to have a functional prototype later this spring.

Slide through the stack of images below to explore how Oneself will look and feel, as well as to see some of the initial content that we have put together for the toolkit. We say initial because this content is still very much under development and refinements are being made. We are excited to see Oneself start to come to life, have you got any feedback for us? We'd really like to hear from you - please contact Ali Alicia.Nunez-Garcia@open.ac.uk.



Try out Oneself, an **online resource to support the wellbeing of both LGBTQ+ young people and youth** questioning their sexuality or gender. Adults interested in helping LGBTQ+ youth can use it too. **The techniques and strategies in Oneself are based on real-world research** and have been created with LGBTQ+ young people, as well as health and wellbeing experts.

"Stay within spaces that work for you. Take a step back and don't force yourself to grow up too fast."

- GEORGIE

Log In
Sign up


Please register here to use Oneself

Remember Me
 Forgot Password?

Let's Go!

[Privacy policy](#)
[Terms and conditions](#)

Meet the people who share their experiences



HI I'M GEORGIE

"Look after yourself and your safety."

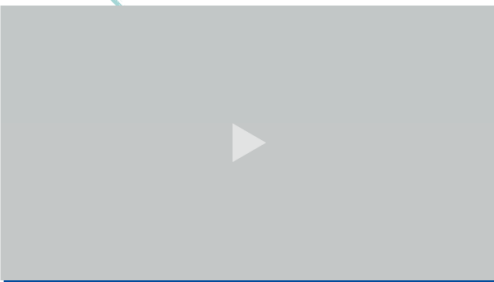
Georgie, also known as Triple Minor, uses they/the pronouns and is trans non-binary. Georgie wanted to contribute to Oneself because they were keen to be the much-needed representation which is often lacking within our LGBTQ+ communities.

Listen to their experience

"Try to use the spaces that are built for you; instead of finding yourself in adult spaces, connect with the right people, age groups and life stage." *- GEORGIE*

"Know that it's a lack of understanding rather than a lack of love"

- LGBTQ+ YOUTH CONSULTANT FOR ONESELF



Parents & Families: Some Identified Strategies

Some LGBTQ+ young people have supportive parents and families but **others can really struggle to cope with challenging situations at home.** Hear about how three community members have managed issues to do with their parents and families.

Have you come out to others about your sexuality and/or gender yet?

Yes – very much so, I'm out to everyone

Yes – to one or more people

Unsure – I think people know but I haven't said

No – but I plan to

No – I don't plan to

Remember, coming out is a **personal decision**. Many young people can be unsure or questioning during their teenage years and beyond, and that's okay. **Spend as much time as you need making sense of yourself and how you identify.**



“You don't have to come out if you don't want to. If you're being pressured to come out by your peers, you don't have to listen. Coming out is a personal journey.”
 – LGBTQ+ YOUTH CONSULTANT FOR ONESELF

Downloadable Resources

Coming out tips
 Read this factsheet to help you with your coming out journey.
[Download](#)

Finding hope
 Read this factsheet to help you envision you living your best life.
[Download](#)

Chilling Out

Progressive muscle relaxation with Georgie [20 minutes]
 Tense and relax the muscles in your body to reduce stress and anxiety.
[Learn more](#)

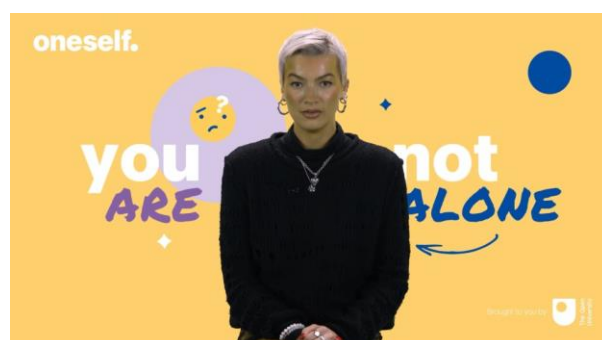
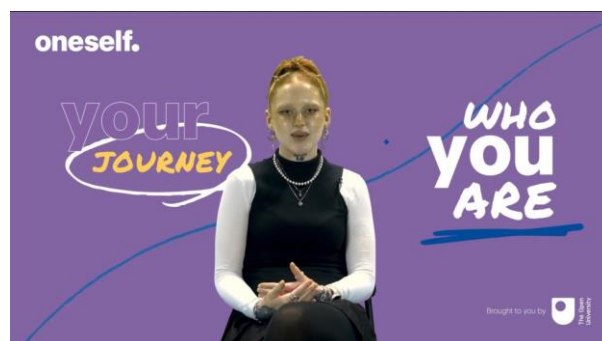
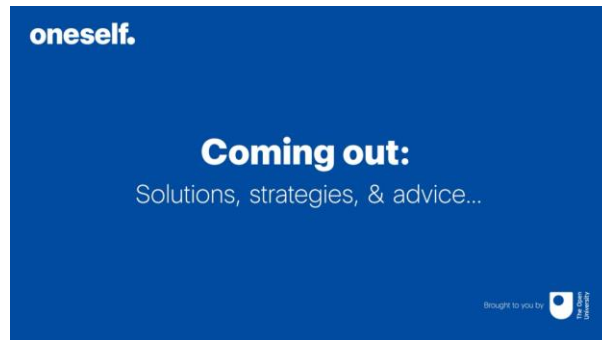
Visualisation exercise - the forest with Chloe [20 minutes]
 Take your mind to another place and walk along a forest to reduce stress and anxiety.
[Learn more](#)

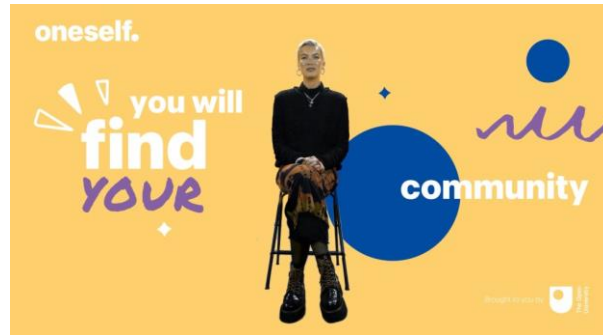
Controlled breathing with Lilly [10 minutes]
 Slow down and manage your breathing to reduce stress and anxiety.
[Learn more](#)

Dealing with our families can be intense, a way to de-stress is to use relaxation exercises or calming techniques. Help yourself feel better in the moment.

Our video content is also now under development! After a full filming day with our community members, Georgie, Lilly and Chloe, at the end of November 2022, Bluestep has been collating the recorded material into six short video clips with integrated animated features that will address the topics of dealing with parents and family, dealing with school and coming out. In these video, our contributors share their personal experiences and advice regarding these topics.

We have put together some images below showing how these videos will appear on Oneself.





Let us know what you think!

If you'd like to learn more about the project, do not hesitate to contact us. We are also really keen to get feedback about your ideas for future newsletters and what you think of our progress to date.

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Or visit us on the web at [The PRIDE Project | Faculty of Wellbeing, Education and Language Studies \(open.ac.uk\)](https://www.open.ac.uk/pride).