



The PRIDE Project Newsletter (Sept '22)

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

This is our third newsletter - September 2022.

[In this issue](#)

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

- **Progress to date**
- **Co-design workshops with LGBTQI+ youths**
- **Creating the toolkit**
- **Contact us**

[Progress to date](#)

As of September 2022, we have:

- Carried out two co-design workshops with LGBTQI+ young people (12-19 years old) on how to best create our digital toolkit to enhance wellbeing, during May and June 2022.

- Started the creative development of the toolkit alongside Bluestep Solutions, including creative concepts and webpage prototyping. We have also been looking for contributors to feature in the toolkit's videos.
- Continued our qualitative data analyses on our interviews across six youth focus groups. We are currently writing up the first draft of a paper that summarises these analyses with a focus on how LGBTQI+ youths can best manage their wellbeing.

Big news! The project's scoping review is now published in the International Journal of Environmental Research and Public Health. The review analyses 68 academic papers to establish the recommended coping strategies and interventions for building resilience and enhancing the mental wellbeing of LGBTQI+ young people.

You might remember that we included some of the coping strategies that we found within the reviewed papers in our last issue (May 2022). Now you can read them all up close by clicking on the link below, the paper is open access.

Lucassen, M.; Núñez-García, A.; Rimes, K.; Wallace, L.; Brown, K. and Samra, R. (2022). Coping Strategies to Enhance the Mental Wellbeing of Sexual and Gender Minority Youths: A Scoping Review. *Int. J. Environ. Res. Public Health* 2022, *19*(14), 8738; <https://doi.org/10.3390/ijerph19148738>.

Co-design workshops with LGBTQI+ youth

In May and June 2022, we facilitated two co-design workshops with LGBTQI+ young people (12-19 years old) focused on how to best create our digital toolkit to enhance wellbeing and they had much to say.

The three most important issues identified drawing on prior research and what young people have already told us that need to be covered in the toolkit are:

- How to deal with unsupportive parents or other family members.
- How to deal with bullying at school (e.g., name calling).
- How to deal with the challenges associated with coming out.

The three most important strategies or solutions to these issues identified drawing on prior research and what young people have already told us that need to be covered in the toolkit are:

- Toolkit educates teachers and others about how to better support LGBTQI+ youth – so school environments can be improved for LGBTQI+ youth.
- Toolkit educates parents (and other people in the community) about how to better support LGBTQI+ youth – so communities can be improved for LGBTQI+ youth.
- Toolkit to provide the contact phone numbers and details for supports available to LGBTQI+ youth – so they know where to go for extra help.

We also collected feedback on the digital toolkit's layout, illustration style, colour scheme, platform and other details that Bluestep has been using to develop the first stages of the toolkit.

Creating the toolkit

The digital toolkit will focus on:

- Providing LGBTQI+ youths with coping strategies to help manage everyday issues, for example, in relation to parents and/or their school environment.

To do so, features will include:

- Contributor diversity in terms of sexuality, gender, race and disability.
- Downloadable pdfs with key information, for instance, about coping strategies.
- Audio-visual materials about everyday life situations for LGBTQI+ youths and the strategies to face, manage and/or cope with them.

We envision artwork and videoclips will:

- Portray everyday challenges in a LGBTQI+ young person's life.
- Be supported by LGBTQI+ individuals describing their own experiences when younger.
- Use a combination of 'live action' and animation to bring the content to life.

1. Creative development

In a first phase of creative development, Bluestep has been working on designing a series of creative concepts for the toolkit, which seeks to be inclusive, positive, authentic, relatable, informative and supportive.

The wider team has co-developed the following:

- A working title
- Colour schemes
- Toolkit artwork
- Video styling

You can have a closer look at the toolkit's early concepts by clicking on the images to the right!

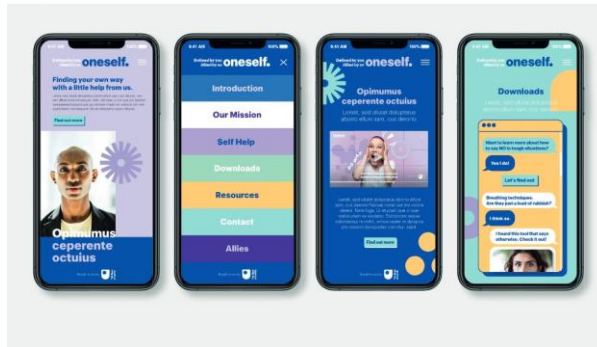
If you are keen to provide feedback on the rough initial drafts please contact alicia.nunez-garcia@open.ac.uk by the end of September.



CONCEPT ONE
TOOLKIT ONLINE PLATFORM
(MOBILE VIEW)

When combined the elements of the toolkit identity create a soft, welcoming platform for users to navigate. With bold captions, and clear call to actions.

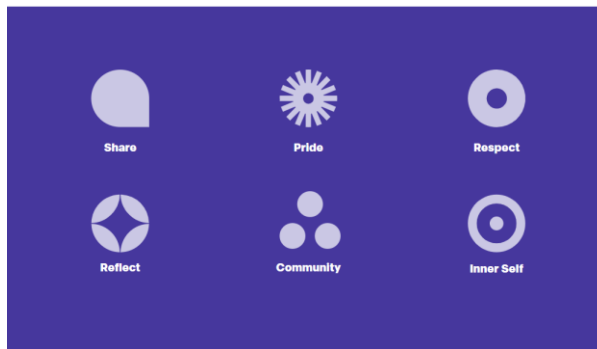
bluestep



CONCEPT ONE
TOOLKIT IDENTITY ICONS

A selection of contemporary icons have been created to express different emotions and key words. This helps to break down and simplify otherwise complex emotions into a more geometric visual format.

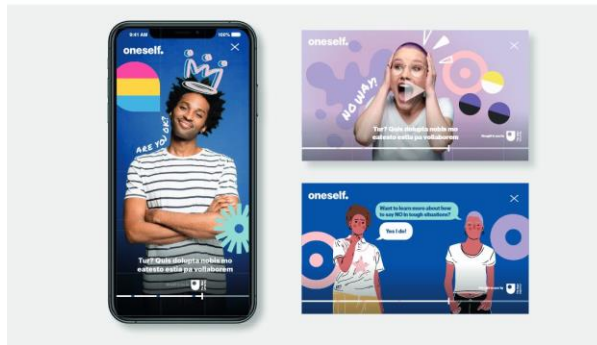
bluestep



CONCEPT ONE
TOOLKIT VIDEO STYLING

The contributor videos use bright, clean, backgrounds utilising our colour pallet with a mix of hand drawn doodles, organic shapes, and geometric icons. These help express emotions and events being spoken about. The videos will be broken up using time stamps for ease of navigation.

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Contact Us

If you'd like to learn more about the project, do not hesitate to contact us.

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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/the-pride-project).