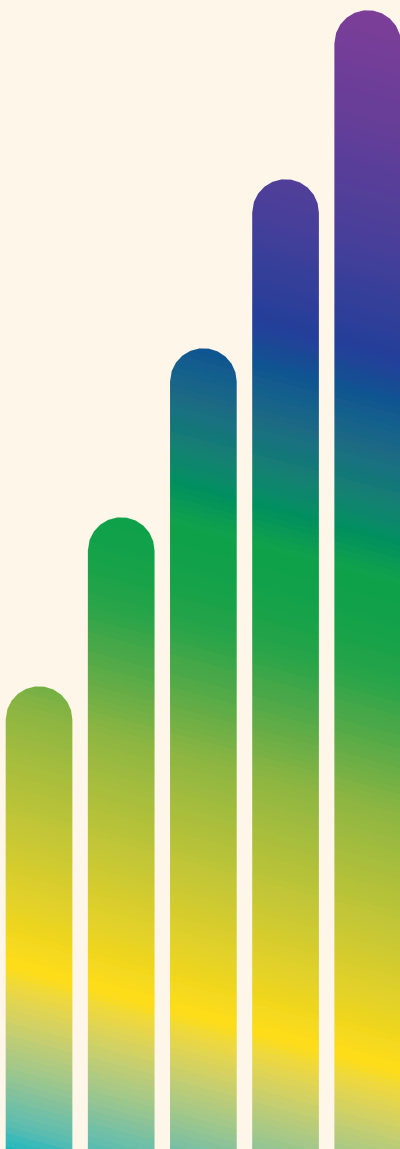


LGBT+

GCU Students' Handbook



www.GCUstudents.co.uk/LGBTplus

Welcome to GCU Students' Association. We exist to represent you, the students of GCU, no matter your race, religion, background or sexual identity!

We pride ourselves on being a truly diverse and supportive community. This handbook will provide you with everything you need to know about being an LGBT+ student at GCU, from information about our Group and Officer, to nightlife and sexual health. Of course, if you have any questions or worries, our Student Advisers are on hand to listen and help (see our Support section, page 7).

www.GCUstudents.co.uk/LGBTplus

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LGBT+ GROUP / LGBT+ OFFICER

LGBT+ GROUP

Our LGBT+ Group aims to provide a safe and friendly environment for all LGBT+ students. The aim of the group is to provide LGBT+ students, staff, alumni and their allies a safe space to have fun, meet new people and campaign on the issues that matter most. This happens through a variety of social events, fundraisers and campaign activities. In the past, this has included marching at Pride, raising funds for World AIDS Day and celebrating LGBT+ History Month. You can join the group by going to www.GCUstudents.co.uk/LGBTplus

LGBT+ OFFICER

Our Liberation Officers are elected by you, the student population, on an annual basis. Officers are full members of our main decision making committee Student Voice and represent the different sections of our student community through our Equality and Diversity Committee.

The LGBT+ Officer is responsible for ensuring that Lesbian, Gay, Bisexual and Trans students are effectively and legitimately represented. If you encounter any problems relating to your LGBT+ status while studying at GCU, the LGBT+ Officer is here to help you.

You can contact the LGBT+ Officer by e-mail: LGBT@GCUstudents.co.uk



NIGHTLIFE

Glasgow has a rich and varied gay scene, including a number of pubs and clubs and even its very own queer festival. The heart of the scene lies in the Merchant City area – commonly known as the “Pink Triangle”. This is just a selection of nightlife offered in Glasgow’s LGBT+ scene.



Glasgow's Merchant City area

The Polo Lounge

Long considered a staple of Glasgow’s gay club scene, The Polo Lounge offers camp pop fun at decent prices. Every Tuesday is Motherfucker – Glasgow’s answer to RuPaul and a must-see show and Lollipop Wednesdays is one of Glasgow’s busiest LGBT nights.

AXM

Formerly known as Bennets, AXM holds a wide variety of themed nights and drink promos and also now hosts the hugely popular Menergy club night featuring drag acts from RuPaul’s Drag Race.

Katie’s Bar

An underground bar with a chill vibe, Katie’s bar is a great place to start the night off, or for a casual meet up with friends. Katie’s infamous Karaoke nights always go down a treat and their queens always know how to put on a show and make you feel welcome.

The Riding Room

Home to exotic drinks and a variety of cabaret acts, this is a unique addition to Glasgow’s gay venues.

Speakeasy

A laid-back drinking den with eclectic tunes and a wide selection of cocktails and bourbons. Home to The Trophy Room club night which offers the best camp pop from the 70s to 90s.

FHQ

Scotland’s only female-only bar with a wide range of events running throughout the week.

Delmonicas

Affectionately known as Del’s to its patrons, this bar has been a staple since its opening in 1991 and is just round the corner from the Polo Lounge.

Underground

This pub prides itself on its down-to-earth atmosphere, which includes a free digital jukebox and pool table.

Glasgay!

Scotland’s annual celebration of queer culture. Presented annually from mid-October to mid-November, the festival has been running since 1993 and its events span the worlds of film, music, comedy, contemporary dance, visual art and more. www.glasgay.co.uk



STAYING SAFE

ALCOHOL

A few simple precautions can ensure you have an amazing night out. Make sure to eat something before you start drinking and you'll have more energy to last the night. Good things to consider include pasta, potatoes, pizza and drinking milk can help. Another useful tip is to have a soft drink or water in between alcoholic drinks which will keep you hydrated. Remember that tap water is free from any bar in the city – you just have to ask for it. Never leave your drink unattended just in case it gets spiked!

DON'T DRINK? DOESN'T MATTER!

You don't have to drink alcohol to participate in a good night out. As well as planning nights out, the LGBT+ Group will have a number of other activities on offer throughout the year like campaigning and fundraising. Outside of the group, GCU Students' Association offers a wealth of activities which have included Movie Mondays, bowling trips and much more. Keep an eye on www.GCUstudents.co.uk/LGBT for all the latest events!

If you're looking for LGBT+—friendly sports activities in the city, Glasgow FrontRunners is an award-winning inclusive community based road-running group with strong links to Glasgow's Lesbian, Gay, Bisexual and Transgender (LGBT+) community and friends. www.glasgowfrontrunners.org

The LEAP sports network which offers much more than just running. It helps LGBT+ people find inclusive sports clubs around Scotland. www.leapsports.org

PERSONAL SAFETY

To minimise the risk of you being a victim of crime you should think about your personal safety especially when on a night out. Make sure you get home safely and that your friends do too. Don't leave anyone behind even if they have drunk too much and are being a pain! Remember, it could be you one day! Always use a licensed taxi and if any verbal or physical altercations occur, call the Police straight away. Don't have money left for a taxi? Give your Glasgow Taxi driver your student card, and pay for your ride the next day at uni using the Safe Taxi scheme.

APP SAFETY

Whether it's Tinder, Grindr, HER or POF, more and more people are using mobile apps to date, socialise or hook-up. These apps offer exciting new ways to connect with other people but it's important to put your own safety and wellbeing first, particularly when it comes to meeting people for the first time. If possible, meet in a public, busy place and make sure a friend is aware of where you are. Remember, you don't have to do anything you don't want to.



COMING OUT / RELIGION

COMING OUT

University is often seen as a fresh start and many LGBT+ people take this opportunity to come out and be themselves.

The process of coming out is a unique experience – everybody’s story is different. Your sexual or gender identity is a deeply personal thing and nobody should feel pressured to come out unless they are comfortable in doing so.

If you would like advice on dealing with coming out to friends or family, please don’t hesitate to contact one of our Student Advisers or get in touch with members of the LGBT+ Group, or one of the counsellors from the GCU Student Wellbeing Service counselling team. counselling@gcu.ac.uk

RELIGION

GCU has its own Faith and Belief Centre, located on level 0 of the William Harley Building. The centre has a full weekly calendar of events and is also available for bookings throughout the academic year. Find out more information at: www.gcu.ac.uk/student/faith

Religion can often be a difficult subject for LGBT+ people. Some feel that their sexual or gender identity precludes them from practicing their faith. The LGBT+ group will always be a place where you can find support and talk to others who may well be going through a similar situation – you’re never alone.

Organisations which embrace members of the LGBT+ community.

Lesbian and Gay Christians	www.lgcm.org.uk
Affirmation! Church of Scotland	www.affirmationscotland.org.uk
Quest Gay Catholics	www.questgaycatholic.org.uk
British Jewish LGBT+ Community	www.keshetuk.org
LGBT+QI Muslim Support Group	www.imaan.org.uk
LGBT+ Sikhs	www.sarbat.net
LGBT+I Vaishnavas and Hindus	www.galva108.org



SUPPORT

EQUALITY & DIVERSITY

Glasgow Caledonian University is committed to ensuring that it provides a positive learning environment for all students. All students have the right to be treated with dignity and respect, learning in an environment free from discrimination, bullying and harassment. The University is committed to putting in practice its duty of care to students and everyone has the responsibility to behave in an appropriate manner, and in ways that are not offensive to others. The University Harassment Policy can be accessed at www.gcu.ac.uk/equality

PUTTING THE YOU IN GCU

Here at GCU Students' Association we regularly seek feedback from our members – including groups such as LGBT+ students – in order for us to continuously improve ourselves and make sure we are truly representative of you, the GCU student. Either contact the LGBT+ Officer or submit an idea at www.GCUstudents.co.uk/ideas

ADVICE CENTRE

The Advice Centre Student Advisers can listen, advise and support you with issues that you may be experiencing inside or outside of University. Whether you just want to talk things through, find out about options or where you can get further specialist help contact the Advice Centre situated on Level 1 in the Students' Association building.

www.GCUstudents.co.uk/advice



GCU STUDENT WELLBEING SERVICE

The Student Wellbeing Service is committed to providing professional counselling support for GCU's diverse student community. Their aim is to provide a safe space for you to explore any issue you choose to bring to your sessions; this may include issues around sexuality or gender identity.

To book an appointment with a member of the team, visit www.gcu.ac.uk/studentwellbeing

NIGHTLINE

Nightline is a confidential telephone and online listening and information service run by trained students for the students of Glasgow Caledonian, Strathclyde Universities and City of Glasgow College. Nightline offers support by phone, online or by text, throughout the night from 7pm to 7am, Monday to Friday during term time.

Call 0141 5522 555 / Text 07982 107 920

www.scnightline.com



SEXUAL HEALTH

Being a student is all about having fun and discovering new things, but it's also important that you keep yourself protected and safe! Our Advice Centre offers a free condom service and the Student Advisers can let you know what types of condoms are available - you can get 12 free condoms at each visit.

The sexual health centre for Glasgow is the Sandyford Initiative. Sandyford offer counselling, information regarding sexual health, gender and sexual identity. It also provides a service for emergencies such as post exposure prophylaxis (PEP) and emergency contraception. The nurses are always very friendly and know exactly how to make light of a situation which can be very embarrassing for some while maintaining a professional attitude. There's nothing to be ashamed of for going to the clinic – if anything it's healthy.

Additionally, Sandyford offers several LGBT+ specific services including the Steve Retson Project (SRP) for all gay and bisexual men, and men who have sex with men, and Sappho for lesbian and bisexual women's health and wellbeing.

Terrence Higgins Trust offers advice, emotional support and testing for HIV and other STIs. The Glasgow centre, located at 134 Douglas Street in the city centre, runs regular walk-in sessions.

www.tht.org.uk

SEXUAL HEALTH INFORMATION

If you would like more information on the services available speak to a Student Adviser in the Advice Centre. Alternatively you can check out the sexual health information and leaflets available from our resource area.



TRANS*

Transgender is a term for a variety of different people within the gender spectrum. This includes those who wish to transition from one gender to the other, but also those who prescribe to a third gender or consider themselves intersex.

Being transgender can feel confusing and isolating because it can be a difficult concept for some people to grasp. However, here at GCU Students' Association we are continually striving to build an inclusive society where anybody – of any gender identity – can truly be themselves.

If you have concerns about your gender identity, Sandyford runs a Gender Clinic. Additionally, Trans Men Scotland is a support group for all female-to-male transgender people. It holds regular meetings in both Glasgow and Edinburgh.

www.transmenscotland.wordpress.com

Here at GCU, it is important that all students feel comfortable in all facets of student life - including those who identify as trans*, intersex, genderqueer or any other non-binary identifier. We are proud to have started that work by introducing an accessible toilet, available to students regardless of gender orientation, located on the 1st floor of the Students' Association building and a Gender and Equality Safe Space located on Level 2. GCU have a Trans Support Policy in place if you are transitioning or have transitioned before commencing your studies. To discuss this and get individualised support dependent on your needs get in touch with Student Wellbeing Services.

www.gcu.ac.uk/studentwellbeing/lgbt+

LGBT+ Youth Scotland also runs a Trans Youth Glasgow group, more info:

www.LGBTyouth.org.uk/glasgow



Useful Links

GCU Students' Association Advice Centre

www.GCUstudents.co.uk/advice
Email: advice@GCUstudents.co.uk
0141 273 1650

GCU Students' Association LGBT+ Group

www.gcustudents.co.uk/lgbt
www.facebook.com/GCULGBT
Email: lgbt@gcustudents.co.uk

Gay Men's Health

www.gmh.org.uk
0131 558 9444

Strathclyde Gay and Lesbian Switchboard

www.sgls.co.uk
0141 847 0447

LGBT+ Youth Scotland

www.LGBTyouth.org.uk
Glasgow: 0141 548 8121

Equality Network

www.equality-network.org
0131 467 6039

Scottish Women's Aid: For women experiencing domestic abuse

www.scottishwomensaid.org.uk
0131 226 6606

Stonewall Scotland

www.stonewall.org.uk/scotland
0131 474 8019

Rape Crisis Scotland

www.rapecrisisscotland.org.uk
08088 01 03 02

Sandyford Initiative

www.sandyford.org
0141 211 8130

Terrence Higgins Trust

www.tht.org.uk
0808 802 1221

GCU Student Wellbeing Service

www.gcu.ac.uk/studentwellbeing
Email: counselling@gcu.ac.uk
0141 273 1393



Glossary

ANDROGYNE A person with a gender which could be said to be both male and female, although not necessarily in equal amounts. They may also identify as non-binary, genderqueer or transgender.

ASEXUALITY Loosely defined as without a sexual attraction or a desire for sex. Some asexual people still find love, but without a want for sex.

BIGENDERED Having two genders; exhibiting cultural characteristics of male and female roles.

BISEXUAL A person who is attracted to both males and females. Bisexual people may also say they are attracted to people regardless of their gender (i.e. genderqueer) and therefore may also identify as pansexual.

CIS / CISGENDER / CISSEXUAL Someone who is of the same gender as they were assigned at birth.

COMING OUT The process a person takes of voluntarily making their sexual or gender identity public.

FTM (F2M) Female-to-male transsexual or transgender person. Someone assigned female at birth who identifies on the male spectrum.

GAY A person who is attracted to people of the same gender. Also, a commonly used work for male homosexuals.

GENDER IDENTITY A person's internal sense or self-conceptualisation of their own gender. Cisgender, transgender, man, woman, genderqueer, etc. are all gender identities.

GENDER QUEER A person whose gender identity and/or gender expression falls outside of the dominant societal norm for their assigned gender.

GENDER VARIANT A person whose gender identity and/or gender expression varies from the culturally-expected characteristics of their assigned gender.

HOMOSEXUALITY A sexual orientation in which a person feels physically and emotionally attracted to people of the same gender. This term originated

within the psychiatric community to label people with a mental illness, and still appears within the current discourse, but is generally thought to be outdated.

INTERSEX People who naturally develop primary and/or secondary gender characteristics that do not fit neatly into society's definitions of male or female.

LESBIAN A woman who is attracted to other women.

LGBT+ Abbreviation for Lesbian, Gay, Bisexual, and Transgender +. An umbrella term that is used to refer to the community as a whole.

MTF (M2F) Male-to-female transsexual or transgender person. Someone assigned male at birth who identifies on the female spectrum.

PANSEXUAL / OMNISEXUAL Terms used to describe people who have romantic, sexual, or affectional desire for people of all genders and sexes.

POLYGENDERED / PANGENDERED Exhibiting characteristics of multiple genders, seeing gender as a spectrum as opposed to the concept of there being only two genders.

QUEER This self-identifying term can include, but is not limited to, gays, lesbians, bisexuals, transgendered people, intersex people, asexual people, allies, etc. This term has different meanings to different people.

STRAIGHT ALLY A heterosexual person who supports equal civil rights, gender equality, LGBT+ social movements, and challenges homophobia and transphobia.

TRANSGENDER Used most often as an umbrella term, and frequently abbreviated to trans*. Describes a wide range of identities and experiences of people whose gender identity and/or expression differs from conventional expectations based on their assigned biological birth sex.

TRANSITION The process by which transsexual and transgender people "switch" from one gender presentation to another.

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