



# MENTAL HEALTH

IS JUST AS IMPORTANT AS

# PHYSICAL HEALTH

# PSHCE Bulletin

## Family, Community, Identity, Equality

Welcome to your PSHCE Bulletin, Monday 29th June, 2020.

June marked the beginning of Pride Month in many places across the world. This year also marks the 50th anniversary of the first official 'Gay Pride' march mounted by the Gay Liberation Front (GLF) and Radicalesbians in the USA, as well as the UK's GLF first public queer rights demonstration on Highbury Fields in London. Usually, Pride is celebrated with parades and festivals, with large numbers of people coming together to celebrate difference, show solidarity and raise awareness of LGBT issues. While our current circumstances mean that this will not take place in the usual way, over the coming week there will be a number of online events for London called **Pride Inside**, being organised by Amnesty International, UK Black Pride, Stonewall and ParaPride.

You might have noticed something about the groups organising this event. Amnesty International is a charity dedicated to fighting human rights abuses worldwide and they act to uphold the United Nations Declaration of Human Rights and international law. Stonewall is an organisation that many of you will have already heard about from the work we do in school with them, especially on our Tallis Choices Community Day every November. They focus on campaigning specifically for LGBT (Lesbian, Gay, Bisexual and Transgender) rights. You may be less familiar with the other two groups - UK Black Pride and ParaPride. These two groups also work for the LGBT Community but specifically the intersection between race and sexuality and disability and sexuality respectively. This reminds us that we all have multiple aspects to our identities and we all may belong to different groups that provide friendship, respect and support. This group of charities also reminds us that we need to work together to ensure that the human rights of all are protected, as well strive towards equality in all spheres.

We are all unique and have our own beliefs and thoughts and experiences. But we also have many things that we share. While we may be different genders, races, sexualities, religions, ages or so many other things, we can still support and respect each other by being inclusive and kind. We don't have to be the same as each other to be equal. We can be friends and allies. Being a part of the Thomas Tallis Community means trying to understand each other, learning about each other and showing our Tallis Character in the ways that we live and interact with each other.

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### Useful Links and Contacts

Amnesty International, UK Black Pride, Stonewall and ParaPride are bringing Pride celebrations inside this year with Pride Inside – an online series of gigs, comedy shows, panel discussions, and arts-based events - <https://prideinlondon.org/event/pride-inside-3vaLnI78ZArYV6vGbhcPfn/>

Pride Firsts, METRO LGBT+ call for submissions - <https://metrocharity.org.uk/news/2020/jun/27/pride-firsts>

METRO ShineYouth group for LGBTQ people **aged between 16 and 25** in Greenwich - <https://metrocharity.org.uk/youth/metro-shine>

METRO ZestYouth group for LGBTQ people **aged under 16** in Greenwich, Lewisham - <https://metrocharity.org.uk/youth/metro-zest>

Childline - [www.childline.org.uk](http://www.childline.org.uk) Phone: 0800 1111

Kooth - free, safe and anonymous online support for young people <https://www.kooth.com/>

There is also a huge range of resources on the school website, from activities to careers and maintaining good mental and physical health - <https://www.thomastallisschool.com/schoolclosureresources.html>

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