



Diversity Health Newsletter World Pride Week Special Edition 17 February - 5 March



WORLD PRIDE WEEK

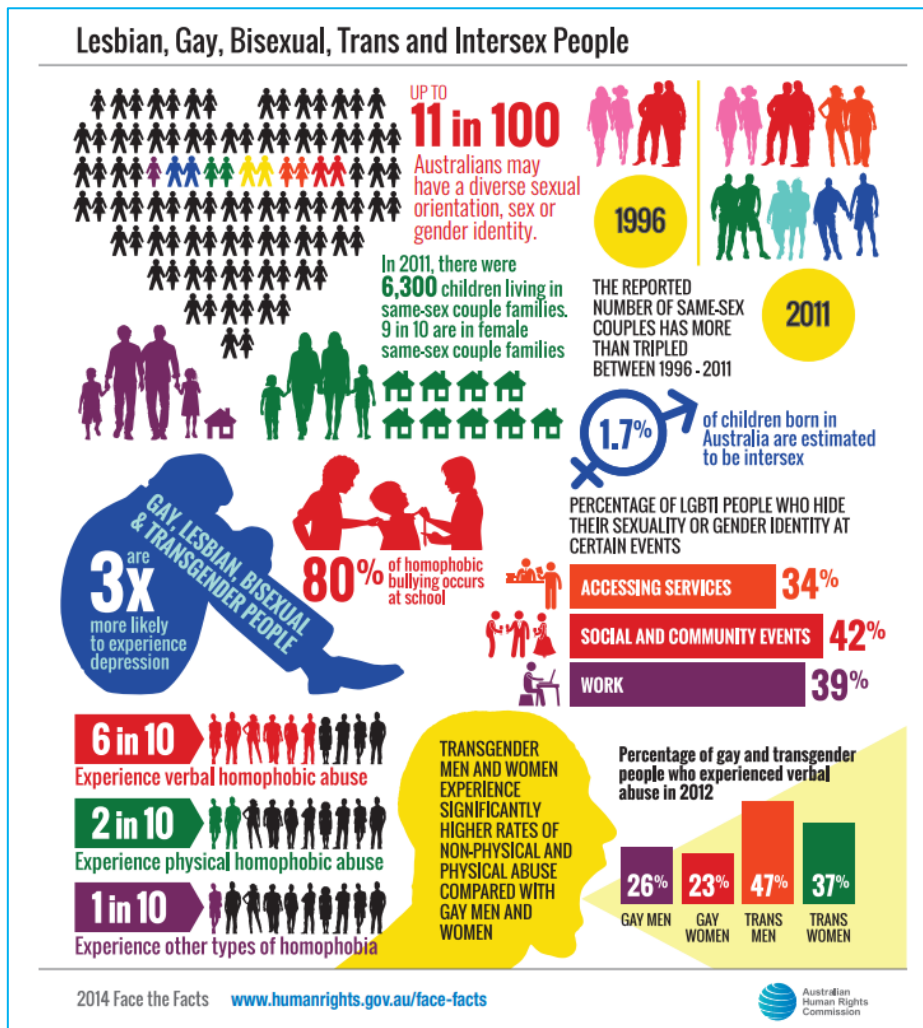


**SYDNEY
WORLDPRIDE
2023**

WorldPride is an international event that promotes lesbian, gay, bisexual, transgender, and queer (LGBTIQ+ pride) issues on an international level through parades, festivals and other cultural activities. Click on the above WorldPride 2023 logo for more information.



DID YOU KNOW...?





AN INVITATION TO PUT YOUR PRONOUN IN YOUR SIGNATURE BLOCK IN YOUR EMAIL

One way to show your support for the LGBTIQ+ community is to insert your pronoun in the signature block in your email. Using your pronoun in an email indicates your acknowledgement of gender diversity. An example is shown below:

Yael Rottanburg
Diversity Health Coordinator
Phone: 9382 7409
Days of work: Tuesdays, Thursdays and every alternate Monday
Identifies as she/her 



EDUCATIONAL RESOURCES

My Health Learning modules

A resource sheet has been compiled of all the available My Health Learning online modules to help support care for gender diverse patients. Click [here](#) to access the online modules.

Qguides

QGuides are for health professionals working with LGBTIQ++ people. They describe and discuss a range of common, often complex topics, to help health professionals feel they can work with all kinds of people on LGBTIQ++ matters. This website also has videos of stories from LGBTIQ++ people with the lived experience. [QLives videos](#).

Click on the image below to access the resources.

QGuides

Support Services for LGBTIQ++ patients

QLife provides a free Australia-wide anonymous LGBTIQ++ peer support and referral service for people wanting to talk about a range of issues including sexuality, identity, gender, bodies, feelings, or relationships. QLife is available for people who identify as LGBTIQ++, their friends and families, and health professionals in Australia. Their services are free and available either via telephone or via webchat. Click on the image below for a list of LGBTIQ++ services to refer patients to.

LGBTIQ+ Services

Caring for Gender Diverse patients in hospital - Sydney Sexual Health Centre

Sidney Atkinson, a Registered Nurse from the Sydney Sexual Health Centre, provided an online training session on caring for gender diverse patients in a hospital setting. Click on the orange oval to watch the video.

[Caring for gender diverse patients](#)

The importance of using the correct pronoun

Click on the green box below to learn more about the importance of pronouns when caring for all patients.

[What are pronouns? she/her/her/he/him/his/they/them/theirs](#)

Two simple ways to provide gender-appropriate care

1. Introduce yourself using your own pronouns (this will show it is safe for the person to tell you theirs!)
2. Do not assume you know someone's pronoun – ask them in private

Practice using pronouns on this [pronoun practice app](#).

Resources from the Gender Centre

For more resources and information, click on The Gender Centre image below.



WorldPride Human Rights Conference: 1-3 March 2023

International Convention and Exhibition Centre and online. The largest LGBTIQ+ human rights conference in the Southern Hemisphere. Day one explores the right to health, disparities in health outcomes, barriers to inclusive care, mental health. Purchase tickets [here](#) or [register](#) to access virtually for free.

ACON LGBTIQ++ Introduction

In your own time, take this 1-hour e-learning session. It will introduce terms, explain sexual orientation, gender identity, and gender expression, explain the health and wellbeing issues and how to be an ally. Costs involved. To register go to:

<https://www.pridetraining.org.au/collections/elearning/products/lgbtq-introduction-elearning>

ACON Trans Vitality Trans-Affirming Practice eLearning

Learn from personal stories to increase your knowledge, skills and confidence when working with trans people. Costs involved. To register go to: <https://www.pridetraining.org.au/products/trans-vitality-transaffirming-practice-elearning>

Twenty10 GLCS NSW Inc. Silver Rainbow Training Online

Learn about providing inclusive aged care to LGBTIQ+ clients.

19 April 2023 10.00 am to 12.00pm Register here for training at no cost: [Silver Rainbow ONLINE | Wed 19th Apr 2023 | Humanitix](#)

20 Jun 2023, 1:00 pm - 3:00 pm Register here: [Silver Rainbow ONLINE | Tue 20th Jun 2023 | Humanitix](#)

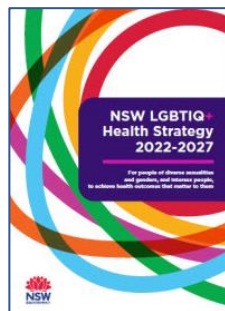
Providing Patient-Centred Care

Trans Hub has developed several resources to assist clinicians in caring for LGBTIQ+ patients. Click on the images below to for more information on '10 tips for clinicians working with trans and gender diverse people', 'Trans affirming clinical language' and 'Inclusive communication with LGBTIQ+ clients'.



FURTHER READING

To learn more about the NSW LGBTIQ++ Health Strategy 2022-2027 and to read *A Blueprint for improving the health and wellbeing of the trans and gender diverse community in NSW* click on the images below.



WHAT DO THE DIFFERENT FLAGS REPRESENT?

Rainbow Pride Flag



The original rainbow pride flag was designed by Gilbert Baker in 1978. The colours of the rainbow represent a symbol of hope.

Transgender Flag



Blue: represents boys; Pink represents girls; White: represents those who are transitioning, have no gender, or are gender neutral.

Philadelphia's People of Colour Inclusive Flag



Created in 2017, this version adds black and brown to the rainbow flag to represent the unique challenges faced by Black and brown people in the LGBTIQ+ community.

'Progress' Pride Flag



Designed by Daniel Quasar, this flag adds the colours and stripes from Philadelphia's pride flag (black and brown) and the ones of the transgender pride flag (pink, blue, and white) to the original pride flag. To read more about the flags, please click [here](#) to visit the website.



UNDERSTANDING THE PRIDE FLAG



For more information on the symbolism and colours of this flag, click on the sunflower image.



ORGANISING AN INSERVICE

If you would like to organise an in-service for your ward or department, please contact the Diversity Health Coordinator, Yael Rottanburg, on extension 27409 or via email yael.rottanburg@health.nsw.au.