

# Pride Challenge



**In the words of Lin-Manuel Miranda, “Love is love is love is love is love is love is love is love... Now fill the world with music, love and pride.”**

Designed by young people, for young people. Covering LGBT+, Equality and Diversity, this pack and badge have been designed by the young people of the National Citizen Service (NCS) North West Regional Youth Board. Proceeds from this badge go towards helping Scouts and Guides from across the UK take part in lots of adventures via The Pawprint Trust. Thank you for your support!

**Suggested challenges for different age groups:**

- 5-7 Years : Complete 1 challenge from each of the 4 sections.
- 7-11 Years : Complete 1 challenge from each of the 4 sections + 1 more of your choice.
- 11-14 Years : Complete 1 challenge from each of the 4 sections + 2 more of your choice.
- 14-18 Years : Complete 1 challenge from each of the 4 sections + 3 more of your choice.
- 18+ Years : Award yourself a badge for assisting young people in achieving their challenges.












**For even more programme ideas check out our ‘Pride’ board over on [www.Pinterest.com/PawprintBadges](http://www.Pinterest.com/PawprintBadges)**

**Once completed head to the website to get your paws on your badges!**

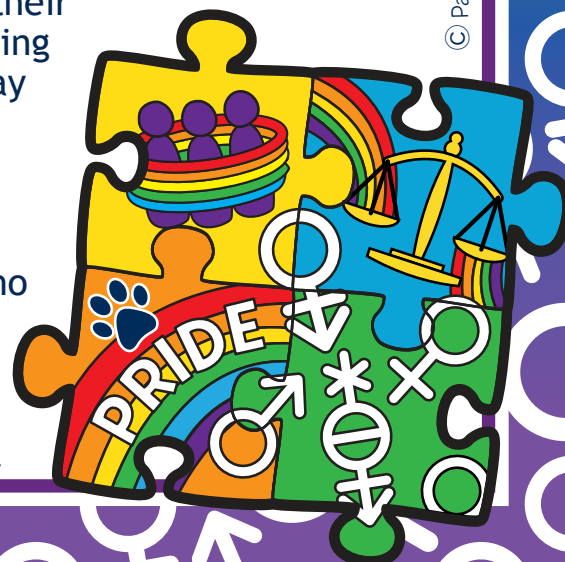
**[www.PawprintBadges.co.uk](http://www.PawprintBadges.co.uk)**

# Terms

As this challenge pack explores LGBT+, Equality and Diversity we felt it might be useful to include some definitions of terms for you.

-  **Ally** - A (typically) straight and/or cisgender (see below) person who supports members of the LGBT community.
-  **Bi/Bisexual** - term used to describe an emotional, romantic and/or sexual orientation towards more than one gender.
-  **Cisgender** - Someone whose gender identity is the same as the sex they were assigned at birth.
-  **Coming Out** - When a person first tells someone/others about their identity as lesbian, gay, bi or trans.
-  **Diversity** - the fact of many different types of things or people being included in something; a range of different things or people
-  **Equality** - the state of being equal, especially in status, rights, or opportunities.
-  **Gay** - Refers to a man who has an emotional, romantic and/or sexual orientation towards men. Also a generic term for lesbian and gay sexuality - some women define themselves as gay rather than lesbian.
-  **Gender/Sex** - Often expressed in terms of masculinity and femininity, gender is largely culturally determined and is assumed from the sex assigned at birth.
-  **Gender Dysphoria** - when a person experiences discomfort or distress because there is a mismatch between their sex assigned at birth and their gender identity.
-  **Gender Identity** - A person's innate sense of their own gender, whether male, female or something else (see non-binary below), which may or may not correspond to the sex assigned at birth.
-  **Heterosexual/Straight** - Refers to a man who has an emotional, romantic and/or sexual orientation towards women or to a woman who has an emotional, romantic and/or sexual orientation towards men.

*Continued overleaf.*



# Terms

-  **Homosexual** - someone who has an emotional romantic and/or sexual orientation towards someone of the same gender.
-  **Intersex** - term used to describe a person who may have the biological attributes of both sexes.
-  **LGBT+** - The acronym for lesbian, gay, bi and trans. The '+' refers to the wider community including those who identify as Pan or are questioning their gender identity, etc.
-  **Lesbian** - Refers to a woman who has an emotional, romantic and/or sexual orientation towards women.
-  **Non-binary** - umbrella term for people whose gender identity doesn't sit comfortably with 'man' or 'woman'. Non-binary identities are varied and can include people who identify with some aspects of binary identities, while others reject them entirely.
-  **Pan/Pangender** - Refers to a person whose emotional, romantic and/or sexual attraction towards others is not limited by sex or gender.
-  **Pride** - confidence, self-respect, and solidarity as expressed by gay people, associated with openness about one's own sexual identity, and the celebration of gay culture and history. Also, a public event, typically involving a parade, held to celebrate gay and other LGBT identities, culture, and experience.
-  **Questioning** - The process of exploring your own sexual orientation and/or gender identity.
-  **Sexual Orientation** - A person's emotional, romantic and/or sexual attraction to another person.
-  **Transgender** - An umbrella term to describe people whose gender is not the same as/does not sit comfortably with, the sex they were assigned at birth.  
Trans people may describe themselves using one or more of a wide variety of terms, including (but not limited to) transgender, transsexual, gender-queer (GQ), gender-fluid, non-binary, gender variant, crossdresser, genderless, agender, nongender, third gender.

Source: [www.stonewall.org.uk/help-advice/glossary-terms](http://www.stonewall.org.uk/help-advice/glossary-terms)

[www.PawprintBadges.co.uk](http://www.PawprintBadges.co.uk)



# Craft

 Create a rainbow out of hand prints and write positivity messages on each hand print in support of people who may be struggling with their sexuality or how to express themselves and let others in.

 Collage a word cloud to describe you.

## What?


A word cloud is a picture made from lots of words of different sizes. You could find words in magazines and newspapers that describe you or print them out and glue them together or even try drawing your word cloud.

 Knot a friendship bracelet using the colours of a Pride flag of choice.

 Make a bead bracelet with the colours of the Pride Rainbow flag.

## Did You Know?

The original Rainbow flag was devised by San Francisco artist Gilbert Baker. The flag consisted of 8 stripes: Hot Pink- representing sexuality, Red for life, Orange for healing, Yellow for sunlight, Green for nature, Turquoise for magic and art, Indigo for serenity and Violet for spirit.

 Cut a paper chain of people and decorate them to show the diversity of cultures and people around the world or in your community.


 In a group create your own diversity tree with hand prints for the leaves. What is the trunk that holds you all together?

 Create an identity canvas or collage. Paint, draw or collage a picture that describes your identity.

## Here's an idea...

Create a collage on a larger piece of paper, then cut the collage in to a silhouette of yourself or something you have pride in.

 Try your hand at tie-dye and make a t-shirt suitable for a Pride parade.




 Design a Pride flag, what symbols, images and colours will you include and why?

 Make a banner suitable for a Pride event.





# Food

-  Have fun with science and watch all the colour melt off Skittles. Even though they all taste different do they look the same when they've lost their colour?
-  Gather different varieties of the same food (eg. apples), rate them by how tasty they look. Which looks best? Blindfolded, taste them all. Which one tasted the best? Was it the same as the one that looked the best? What is the moral of the activity?
-  How many dishes can you make starting with the same ingredients?





## For Leaders...

Eggs are a great food to use for this. If you have a large group, split down in to smaller groups and each cook an egg based meal. How different were the results? Link: we all start off life the same but the decisions we make determine how we end up.

-  Make and decorate 'gender' (heteronormative) cupcakes.


## How...


Younger ones could just decorate while older ones can help with the making of the cakes. Cakes should be made with a mix of pink, blue and plain mix, marbled together. Begin by decorating a cake using ONLY pink or blue decorations (dependent on perceived gender), boys using blue and girls using pink. Was this fair? Discuss, then decorate another cake with any decoration of choice. Was this fair? Should we all be allowed to be who we want to be and express our gender in a way that we are comfortable with?

-  Find foods that look different but taste the same. Why? We may all look different but we're all people and "love is love".
-  Taste test cookies. Leaders: some should have salt in instead of sugar, some should have soy sauce in the icing, while others should be baked 'to perfection'. All should look the same but taste different.
-  Make a Pride flag layer cake using different coloured cake batter. You can choose which flag you would like to make.
-  Shop for a foody rainbow on a budget. Can you find foods in all the colours of the rainbow? Are the colours natural?



# Games


 Play a game of pairs, can you match the LGBT+ terms to the definitions? Leaders: this resource is available from our website.


 We're all different, get to know the people in your group with a game of 'people BINGO'. Leaders: this resource is on our website.


 In groups demonstrate what diversity and equality mean to you.

## For Leaders...

This could be achieved in a number of ways, from freeze frames to mini plays, news reports, animations or vlogs. Let your young people decide.


 Play a game of 'British Bulldog' /tag. Start with "You can only cross the room if you're wearing a certain colour/have 'X' colour hair", can you then think of characteristics that identify us all?


 Guess the colour from the smells, ie. red (strawberry), orange (tangerine). Blindfolded smell a variety of scents, can you give them a colour? Are there 'male/female' smells? What makes you think that?


 Icebreaker: Get to know the people around you by the colours of sweets they pick.

## How?

Offer everyone a bowl of sweets and ask them to take a certain number. For each sweet picked, a fact should be revealed about yourself based on the colour. Red- favourite place, Orange- fact about your family, Yellow- something that makes you happy, Green- favourite colour, Blue- favourite music, Purple- something you'd like to do in the future, Pink, something you love, Brown- favourite food.






 Play with numbers. We're all people but we look different to each other. We can make the same number in lots of ways, ie.  $5+2=7$  but  $3+4=7$  too! Start with a whole number, how many different ways are there to get the same result?

 "One day I went to a Pride parade and I took with me..." play the market memory game.

 Guess that tune. Can you guess the tune being hummed from the Pride playlist? Find a playlist online.





# Other

-  Participate in a Pride parade.
-  Watch a movie or read a book with an LGBT+ character.
-  Research: How is Pride and LGBT+ culture represented in other countries around the world? Present your findings in an interesting way.
-  Find out which countries allow same-sex marriage? Why do you think it's not allowed everywhere? Do you think it should be? What can we do to raise awareness of this issue?
-  Plan and deliver a Pride party!

## For Leaders...





This is a great opportunity to welcome members of the community to visit you or to expand your group with a 'bring a friend' night. Maybe your party could be for family and friends to celebrate Pride month in June and show them what you've been up to earning your Pride badge.

-  Find out about support services available to those in the LGBT+ community. What support is specifically aimed at young people? Promote the support available in your community.
-  Raise awareness of bullying and/or self harm. eg. take part in anti-bullying week. What can we do to help prevent these things occurring?

## Did You Know?

45% of LGBT pupils are bullied for being LGBT in Britain's schools and 84% of LGBT pupils in Britain's schools have self harmed.

Source: Stonewall The School Report (2017)

-  Take part in an inclusive Sex and Relationships session covering sexuality, health, body image and consent.
-  Hold a fashion show with outfits made from the Pride flag.
-  Find out how LGBT+ rights have changed and have a go at a Pride Month quiz.
-  Find out more about some famous LGBT+ people and allies.

