



LET'S CELEBRATE

History of Pride

On 1 July 1972 the UK's first Pride march was held in London. This date was chosen as the nearest Saturday to the anniversary of the riots, or uprising, at the Stonewall Inn in 1969, where LGBT+ patrons had been targeted by the New York Police Department. Liberation organisations were inspired to action, and Pride marches have since become annual events throughout the UK and around the world.

(LORDSLIBRARY.PARLIAMENT.UK/PRIDE-IN-THE-UK-50-YEARS/)

History of Pride

Since 2010, large cities across the UK have regularly held Pride events, which have become an established part of the calendar.

Leicester Pride is Leicester's annual Lesbian, Gay, Bisexual and Transgender (LGBT) festival, held at the beginning of September each year. The event is free to attend and celebrates equality and diversity in our community. Leicester Pride is a family event with entertainment and attractions suitable for all ages.

The event is attended by more 10,000 people each year with more than 2,000 taking part in the parade through the city. This will be Leicester's **15th Pride** and will be held in Abbey Park after a parade from the Curve Theatre at noon on September 2nd.

Why is it important to acknowledge Pride?

- Pride Month honours those who were part of the most important gay rights protests and is a reminder that Pride can still fight for our rights.
- Celebrating Pride in the workplace is a great way to promote awareness and equality within the company as well as increasing understanding of the issues faced by those in the LGBTQ+ community.
- Pride is being proud of who you are. It's about not worrying what others will think of you or being discriminated against based on your race, nationality, religion, or sexual orientation. Pride means acceptance and authenticity of self.

What can you do?

There are a few things you can do to show that you are an LGBTQ+ ally. It is important to do these so that people know you accept them for who they are.

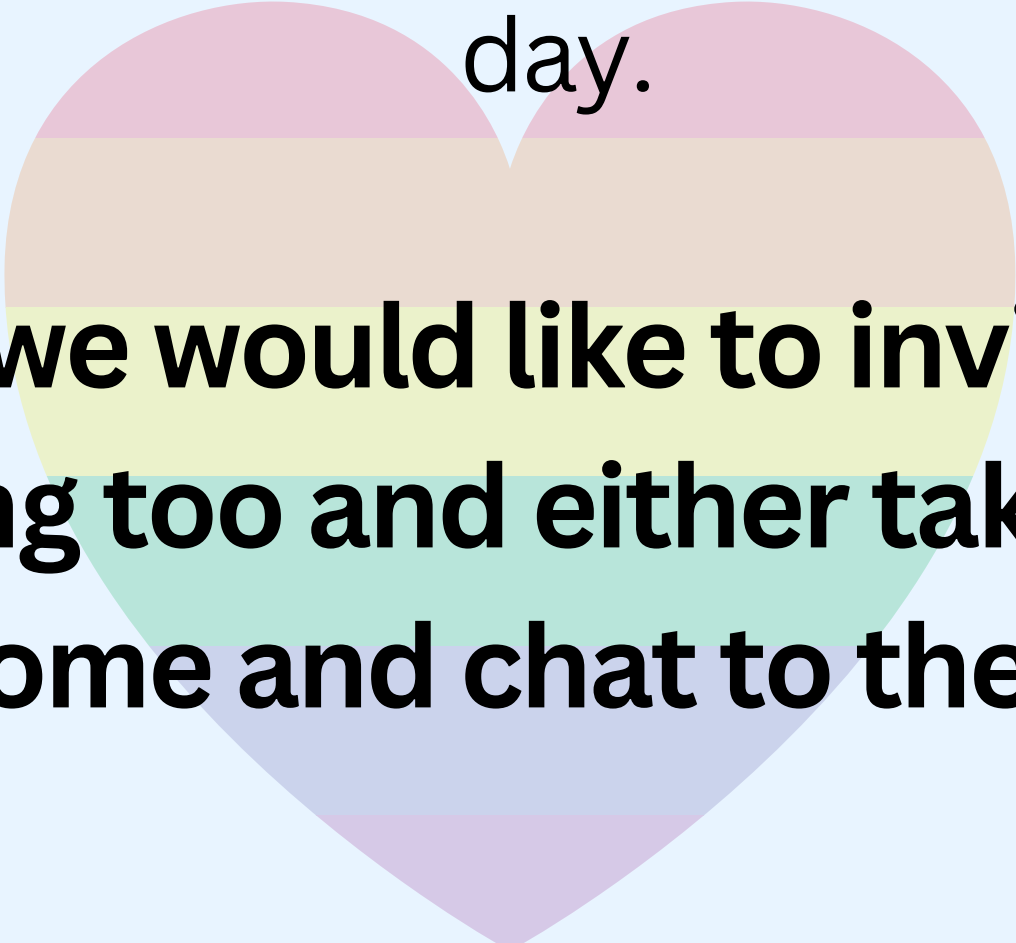
- **Understand the origins of Pride** (see previous information)
- **Get between your queer friends and the hostility they face-** use what you have learnt to educate others who may not be as aware.
- **Resist the need for validation-** if you have shared your learning or called out any prejudice, don't highlight it to your queer friends- it could make them feel bad that prejudice is still there and could make them feel they are obliged to praise you. Do the calling out for the right reasons, not for thanks.
- **Expand your reading and watch lists-** this takes very little effort but again should help educate you on people's lived experiences.
- **Parents, diversify your kids' bookshelves-** picture books exist specifically to help LGBTQ+ parents talk to their own children about difference and acceptance. But the majority of inclusive kids books are not intended just for us. If rainbow families are the only ones reading them, when we leave our homes, those vital, universal messages remain confined to our living rooms. In the outside world, we either stay invisible or become personally responsible for our own visibility and acceptance.

What can you do?

- **Be conscious of your language-** Language is a huge, ever-evolving network and I don't just mean LGBTQ+ terminology. Allyship is not knowing it all and never making mistakes. That's impossible. It's putting in the effort and not expecting trophies. Complexity and evolution is the nature of the whole beast. As I once heard a dictionary editor say on a podcast: "the dictionary is a record not a rule book". Effort is important because it does take time, whether it's a new name, a new pronoun or using gender-neutral language in general, e.g. about someone's partner, to avoid making assumptions
- **Accept that you will still make mistakes-** After all this, allyship still rests on the principle that your experience and understanding is secondary to the LGBTQ+ people you support. If you make a mistake, someone will hopefully call you in (it's the gentler form of being "called out"). This should never involve being belittled or harmed but it might feel terrible. The more active you are, the likelier it might happen. So, it's actually a good sign in the long run.

What can you do?

Leicester Pride is happening on Saturday 2nd September this year at the new Abbey Park location. The march will start at the Curve Theatre. To show our allyship LOROS take part in the march each year and also have a market stall where we chat to people who attend the event through the day.



This year we would like to invite you all to come along too and either take part in the march or come and chat to the event-goers.

If you can attend and would like more information please email jackymcblain@loros.co.uk

This is open to all staff and all volunteers and we would love to have as many of you as possible. It is a great day out and is a great opportunity for us to share what we do with this community.