

# Some top tips to support lgbt+ youth in care during lockdown



1

Support the young person to explore their identity - led by them



Support young people to access digital resources and youth groups online safely

2

Remind young people that they have a support network of people they can speak to if they wish, including the right to an advocate

3

Celebrate lgbt+ culture in your day to day routines. E.g. music and media

4

5

Signpost young people to The Proud Trust

[theproudtrust.org](http://theproudtrust.org)

