



Diversity and Relationships (LGBT+ Relationships)



Scaffolded Starter:

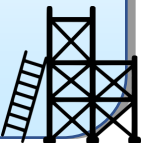
Amjad, 18, is from a very conservative family and has not told them he's gay yet. He's not even been on a date before; but he wants to. A friend suggested a well-known LGBT+ dating app, but Amjad felt overwhelmed by the over-sexualised content on there. 'All I want to do for now is go watch a movie with someone.' He pondered to himself.

Discuss: Why is dating still harder even today for LGBT+ people who want a long-term relationship?



Most of us want the same in the long-term when it comes to finding a life partner. What might these qualities be?

I think everyone looks for....





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Learning outcomes:

Explain how human beings usually want the same qualities in a long-term partner, irrelevant of sexuality. Describe the issues some LGBT+ face in finding committed relationships.

New key terms:

LGBT+ This is a common acronym we use for the lesbian, gay, bisexual, trans and other sexual minorities such as asexual. We'll remind ourselves of the definition of each of these more precisely in task one today.



Starter Review:

Unfortunately for Amjad, it is true that many dating apps today are over-sexualised and lean towards people who want to make quick, sexual connections rather than finding a long-term successful relationship. Nowhere is this more of an issue than on LGBT+ dating apps, especially those aimed at gay men. This isn't what Amjad is after, but without being 'out' it's also hard to make connections in the off-line world too.



Optional, but interesting clip:

<https://www.youtube.com/watch?v=UOn9HVQdOGc>

According to a 2024 survey, most people look for these top three things in a long-term relationship:
(no matter your sexuality)

1. Emotional connection (feeling genuine love and care for each other).
2. Shared values and goals (so you can build a life together)
3. Commitment and stability (so you can relax, trust your partner and feel secure).

Task One:

In pairs, let's just remind ourselves of what we mean when we're talking about the LGBT+ acronym. We'll go through the answers together shortly.

New key term	Draw a line to match up:	Definition/meaning
Lesbian / Gay		A bisexual is attracted to males or females and may be either of these themselves.
Bisexual		The + stands for additional, minority sexualities, such as asexual people, who tend not to usually feel sexual attraction to others.
Transgender		Transgender is a term for people who feel their sex does not correspond to their gender identity.
+		A lesbian is a woman who is attracted to other women (although may also be called 'gay'). A man attracted to men will usually also use the term 'gay.'

ANSWERS:

Don't forget to correct any you didn't get right the first time 😊

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Bisexual		The + stands for additional, minority sexualities, such as asexual people, who tend not to usually feel sexual attraction to others.
Transgender		Transgender is a term for people who feel their sex does not correspond to their gender identity.
+		A lesbian is a woman who is attracted to other women (although may also be called 'gay'). A man attracted to men will usually also use the term 'gay.'

Class discuss: Why is it important we are all familiar with that this acronym stands for?



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Task One:

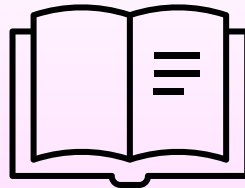
Let's delve further into the issues that Amjad and many LGBT+ people seeking a committed, long-term relationship are facing today.

POPCORN READING!

We will take it in turns to read.

When you have finished reading a section, say the name of the next person in the class you would like to read.

Listen carefully, in case your name is next.



...finding a life partner still harder for LGBT+ people, even today?

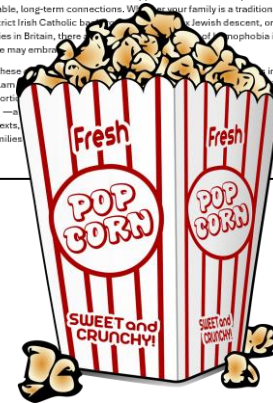
In today's world, it is undeniable that progress has been made toward greater acceptance of LGBTQ+ relationships. Same-sex marriage is legal in many countries, and LGBTQ+ representation in media has improved, and societal attitudes have shifted significantly over the past few decades. However, despite these advancements, it remains disproportionately difficult for LGBTQ+ people to find long-term, committed relationships compared to their heterosexual counterparts. This disparity is influenced by several societal, cultural, and systemic factors that continue to pose challenges.

One of the most prominent challenges lies in the modern dating landscape, particularly with the rise of dating apps. While these platforms have revolutionised how people meet (and should, in theory, make meeting the right partner easier), they often perpetuate an oversexualised culture, especially within the LGBTQ+ community. Apps aimed at gay men, for instance, frequently prioritise casual encounters over meaningful connections. Profiles and interactions are often focused on physical appearance or short-term gratification, making it harder for those seeking stability and long-term commitment to find compatible partners. This overemphasis on casual relationships can create a frustrating cycle for individuals who yearn for deeper emotional bonds but struggle to navigate the culture fostered by these apps.

Another obstacle is the limited pool of potential partners in everyday environments. For heterosexual individuals, workplaces, universities, and social gatherings often provide opportunities to meet people with similar interests and values. However, for LGBTQ+ people, the likelihood of encountering a colleague, classmate, or acquaintance who is not only LGBTQ+ but also shares mutual attraction and compatibility is much smaller. This smaller pool can make forming connections more difficult and contribute to feelings of isolation. Many LGBTQ+ individuals must put in extra effort to seek out spaces and events tailored to their community, which are not always readily accessible or widespread.

Cultural and familial attitudes also continue to pose significant barriers. While the UK is generally progressive, many people still come from conservative families, particularly those with religious backgrounds. Such environments can instill a sense of shame or fear about openly seeking relationships, let alone bringing a partner home. This creates additional pressure for LGBTQ+ individuals, who may feel torn between their desire for love and their need for familial acceptance. In some cases, this pressure can lead individuals to hide or suppress their relationships, complicating their ability to build stable, long-term connections. Within a family that is a traditional Christian Caribbean one, of a strict Irish Catholic background, or of Jewish descent, or one many other communities in Britain, there may be significant homophobia in groups that in every other sense may embrace diversity.

Adding to these challenges, LGBTQ+ people in the UK who identify as Muslim, Islamic, or of a particular faith may face additional pressures. In all populations, the same proportion of the population is LGBTQ+, but in the general population, as practiced in many contexts, Islamic families may face additional challenges, as practiced in some modern Islamic families.



Task Two:

Now answer the questions on page three of your info pack. Complete this in your books and if you wish, use the literacy through PSHE scaffolding guide to help you.



1. What progress has been made in society toward LGBTQ+ acceptance in recent decades?
2. Why is the pool of potential partners smaller for LGBTQ+ individuals compared to heterosexual individuals in everyday environments?
3. How do conservative and religious family backgrounds affect LGBTQ+ individuals' ability to form stable relationships?
4. What stereotype about gay men is discussed in the text, and how does it impact their relationships?
5. How does the oversexualized culture on dating apps perpetuate difficulties for LGBTQ+ individuals looking for meaningful connections?
6. What unique challenges do LGBTQ+ individuals from religious backgrounds face when seeking long-term relationships in the UK?
7. How is the struggle of some LGBTQ+ individuals in the modern day compared to the experiences of gay people in the 1950s and 60s in the UK?
8. What do you think could be done to help solve the issues discussed so far today?

Use the scaffolding in PSHE sheet if you wish.

For individuals from such backgrounds (remember Argal from our starter!) the clash between the culture of their home, workplace, or school and their personal identity can make meeting potential partners even more difficult. The prospect of an arranged marriage, which remains common in many conservative, religious families, adds another layer of complexity. In many ways, the struggle mirrors the experiences of LGBTQ+ individuals in the 1950s and 60s in the UK, when societal pressures often forced gay men and lesbians into heterosexual marriages. While societal attitudes have improved significantly since then, parallels remain in the challenges faced by those navigating familial expectations and personal authenticity.

Compounding these challenges is the pervasive stereotype that gay men, as opposed to lesbians, are inherently more promiscuous than their heterosexual counterparts. What if you (or were (usually younger) individuals prefer casual relationships—a preference found across all sexual orientations—this stereotype unfairly paints a diverse group with a broad brush. Gay men actively seek stability, love, and commitment, just like anyone else. Unfortunately, this misconception can discourage meaningful connections, as potential partners may approach relationships with preconceived notions or hesitations. Furthermore, societal expectations can sometimes pressure individuals to conform to these stereotypes, even if they don't align with their true desires.

At its core, the struggle for LGBTQ+ individuals to find long-term relationships underscores a universal truth: all humans, regardless of sexual orientation, crave love, stability, and connection. These needs transcend labels and identities, rooted instead in the shared human experience. However, religious barriers, cultural stigmas, and societal expectations create a uniquely challenging path for LGBTQ+ individuals to fulfil these desires—even today.

What progress has been made in society toward LGBTQ+ acceptance in recent decades?
Why is the pool of potential partners smaller for LGBTQ+ individuals compared to heterosexual individuals in everyday environments?
How do conservative and religious family backgrounds affect LGBTQ+ individuals' ability to form stable relationships?
What stereotype about gay men is discussed in the text, and how does it impact their relationships?
How does the oversexualized culture on dating apps perpetuate difficulties for LGBTQ+ individuals looking for meaningful connections?
What unique challenges do LGBTQ+ individuals from religious backgrounds face when seeking long-term relationships in the UK?
How is the struggle of some LGBTQ+ individuals in the modern day compared to the experiences of gay people in the 1950s and 60s in the UK?
What do you think could be done to help solve the issues discussed so far today?





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So far today we have learned about two significant factors which play a part in why it's hard for some people, such as Amjad, to find a companion.

- 1) Dating apps can be intimidating and overwhelmingly sexual in content.
- 2) All humans essentially want the same thing in a long-term companion; emotional connection, shared goals and values, stability and commitment. This is hard to find online, let alone in real life.

So, in the next task we're going to be taking on an ambitious and creative challenge...



Task Three:

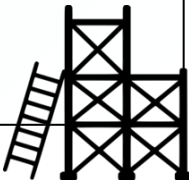


Creative Task – Dating App creation

Create a profile template design for a new dating app that focuses on the three universal qualities all humans want in a long-term partner. You can then swap it with a friend in the class to fill it out (as Amjad or as themselves in the future) and give you feedback on your creation. Remember, it's for any person and is **only focused on long-term, committed relationships**.

Your app must include spaces for people to write about: what they would ideally seek for in a long-term partner, regarding: emotional connections, shared goals and values, stability and commitment.

(optional) You can use the laptops for extra design elements if they are available.



Ask your teacher for a template if you wish, or you can design your own 😊

Future Amjad:



It took me a long time to find my husband, Joe. It took even longer for any of my relatives to accept him. We're at the point now, twenty years later (!) where most of my family acknowledge Joe as my lawful spouse, but my mother will still introduce him to new people as my 'friend.'

My advice to young people looking for a partner would be; take your time – don't settle, and never do anything you're uncomfortable with just to please others. You will find happiness eventually.

Discuss:

- 1) Why do you think Amjad's mother still introduces Joe as his 'friend'?
- 2) Would you say this was a 'win' overall, when you consider Amjad's earlier worries?
- 1) What do you think of Amjad's advice for young people?





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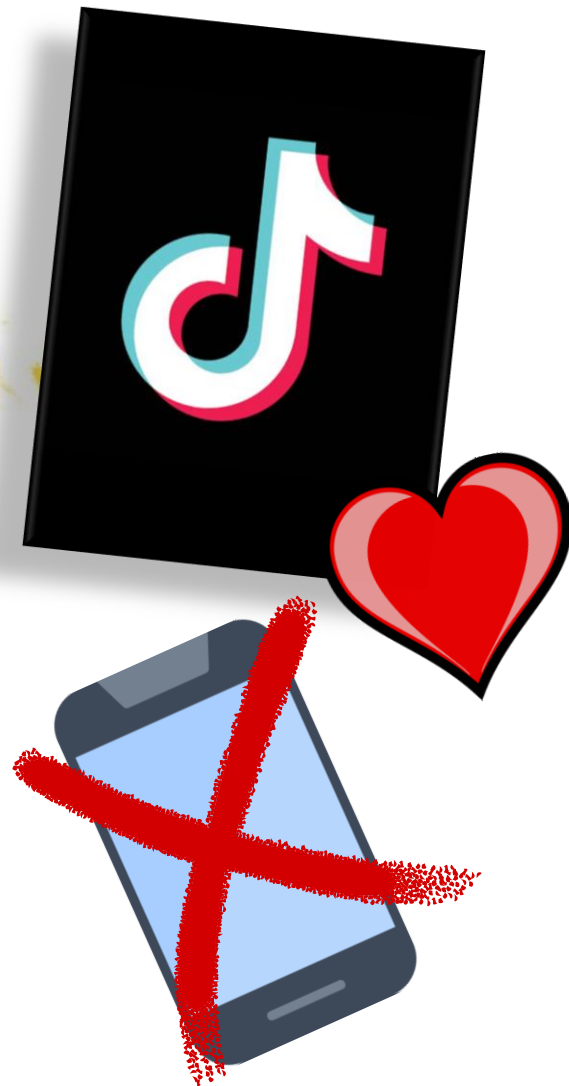
Creative Plenary:

Dissing the dodgy dating apps...

You now have five minutes to create a 30 second TikTok with a partner (in real life not on your phone), explaining the three universal qualities we all look for in a long-term partner and why we may not find these on dating apps.

You can be as creative as you like with this – a rap, a dance (if there's room), changing the words to a song you like or just a 30-second info-blast of the main points is all great.

We'll see some of them in five minutes 😊



Starting sentences about importance:

It's essential that we...
It's always important to realise...
Essentially, we must all take note of...
Critically....

Starting sentences for two-sided arguments:

We must consider both sides when...
On the one hand...
One point of view might be..
There are two opposing viewpoints on this subject..

Starting sentences about opinion:

My personal opinion on this matter is...
It may be controversial, but I believe...
My opinion is based on two factors....

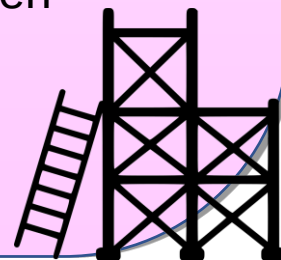
Useful conjunctives:

Additionally
Furthermore
Subsequently
Similarly
In contrast
Nonetheless
However

Complete second part of argument, or second paragraph of PSHE extended writing piece.

Concluding extended writing:

In conclusion...
When all has been considered..
Therefore as expressed...
In consideration of all the above..
Finally, when all has been considered...
Overall I would state...





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Useful helplines and charities:

[Young Minds](#). Child and adolescent mental health charity for teens struggling with any subject. Call: 0808 802 5544

[Teen Line | Teens Support hotline - Connect, talk, get help!](#) Teen Line's highly trained teen listeners provide support, resources and hope to any teen who is struggling.

[NEW Young Persons Advice Guide - Let's Talk about It \(letstalkaboutit.nhs.uk\)](#) New young persons RSE advice guide from the NHS

[Worried about your gender identity? Advice for teenagers - NHS \(www.nhs.uk\)](#) New young persons advice guide from the NHS specifically for gender issues



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