

FURTHER INFORMATION & SUPPORT

Just Like Us is a charity dedicated to supporting LGBT+ young people in schools across the UK. As part of this, they have their own Ambassadors, who write & talk about growing up LGBTQ+. To read their stories or sign up, head to their website.

Search for: [Just Like Us ambassadors](#)

The Proud Trust has information on topics such as coming out, staying safe, and exploring identity in their young people's portal.

Search for: [Proud Trust for LGBT+ young people](#)

BookTrust has put together a list of stories that feature trans and non-binary characters or people, which covers everything from non-fiction, to action, to school stories.

Search for: [BookTrust trans and non-binary characters](#)

MindOut is a dedicated LGBTQ+ mental health service. They offer peer support groups, online support, counselling & telephone befriending.

Search for: [MindOut](#)

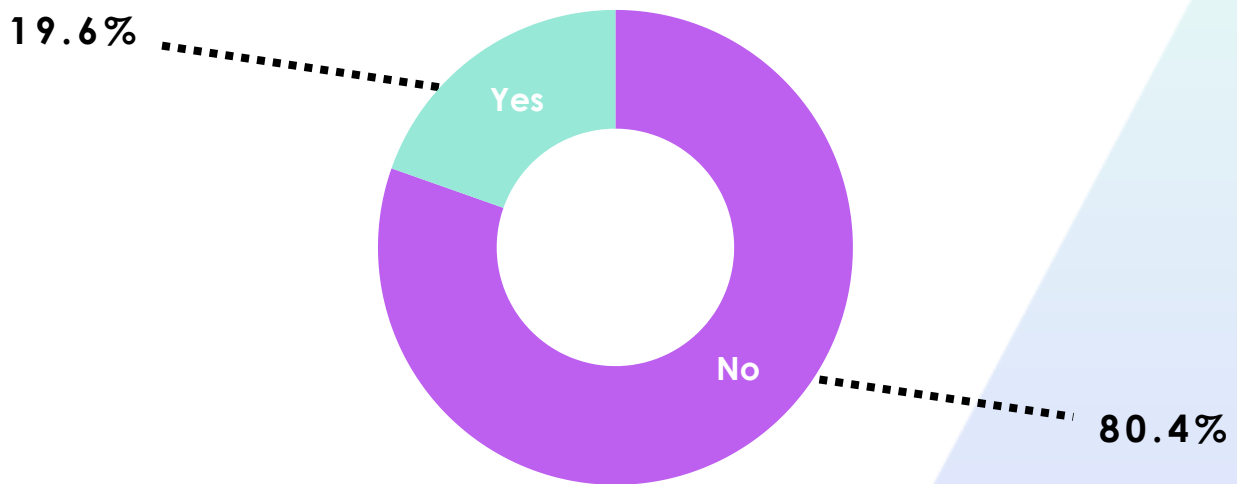
Galop advocates for LGBT+ people who have experienced abuse & violence. Their website includes information on types of abuse & where to get help (including for children & young people).

Search for: [Galop](#)

Please Note: If you have any concerns, please speak to a trusted adult, such as a teacher or caregiver.

YOUR LATEST RESULTS

Should the gender of your role models matter?



This VoteTopic received 43,270 total votes.

THIS WEEK'S BIG QUESTIONS

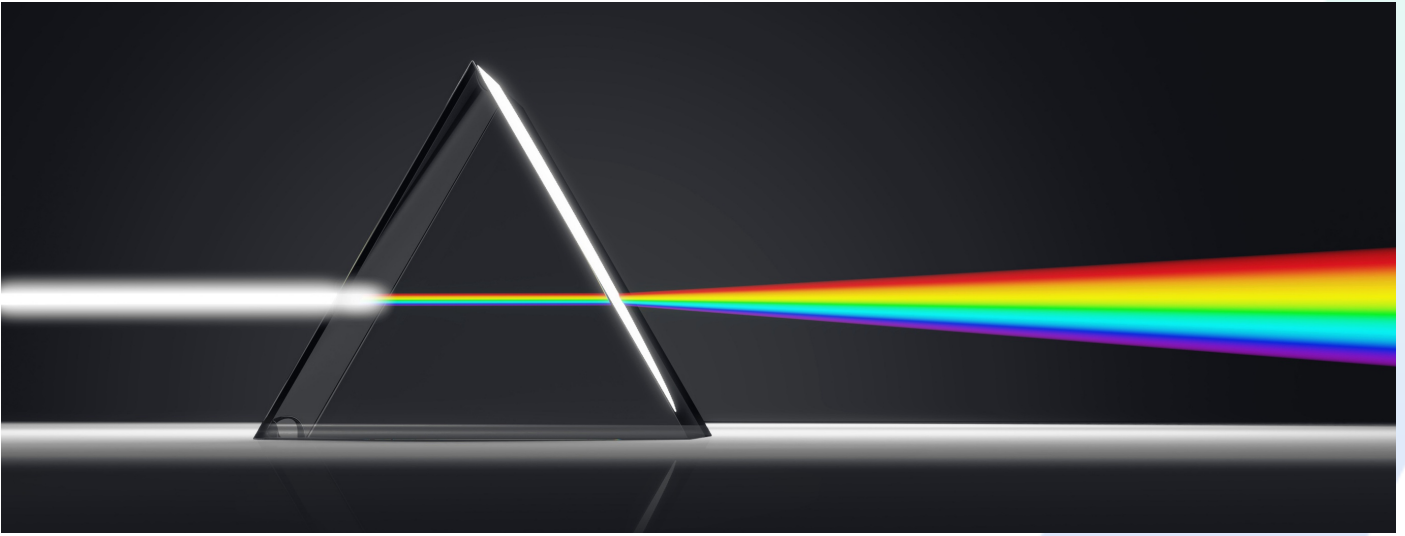
Would you know how to support a friend who came out as trans or non-binary?

- Is it easy to know how to support your friends?
- How much do you know about being an ally to others?
- What support might people need when they come out?

WHAT OTHERS ARE SAYING

- *“Being an ally can’t just be about nodding when someone says something we agree with – important as that is. It must also be about action. It’s our job to stand up for those who are not at the table.” - Kamala Harris, US Vice President.*
- *“The last few years have shown an increase in tensions and hostility towards trans people – particularly trans young people. Research shows that, for the most part, the majority of young people are supportive of their trans peers.” - Dominic Arnall, former Just Like Us CEO.*

A CLOSER LOOK: THE VISIBLE SPECTRUM



Daylight from the Sun may look like it is white, but it is actually a spectrum made up of many colours. In the picture above, someone has shone light through a prism (a piece of glass in a particular shape, for example a triangular prism). This causes the light to change direction and split, forming the seven colours of the rainbow.

The first person to understand and name the seven key colours in the spectrum that we can see (known as the visible spectrum) was the famous scientist Sir Isaac Newton. He realised that if he shone light through different prisms, he saw the same colours in the same order every time: red, orange, yellow, green, blue, violet and indigo. The famous mnemonic Richard Of York Gave Battle In Vain is used to help people remember these seven colours.

YOUR COMPREHENSION QUESTIONS

- Is sunlight white? Explain your answer.
- What is a prism?
- Who identified the seven colours of the spectrum first?
- What does “visible” mean?
- How does the mnemonic help people to remember the colours of the visible spectrum?

THIS WEEK'S OTHER NEWS STORIES

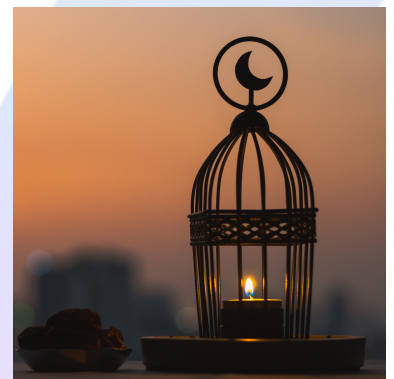
MP Diane Abbott describes “frightening” experience

MP Diane Abbott has said it is “frightening” to hear of the comments made by Conservative Party donor Frank Hester. Downing Street has said the comments were “racist and wrong”.



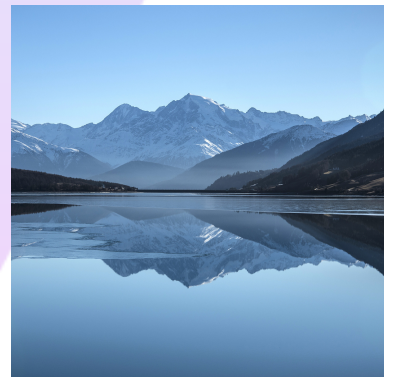
The holy month of Ramadan begins

This month, Muslims are observing the month of Ramadan. It is the ninth month of the Islamic calendar, and it begins with the first sighting of a new crescent moon. During this period, Muslims read their holy book and fast.



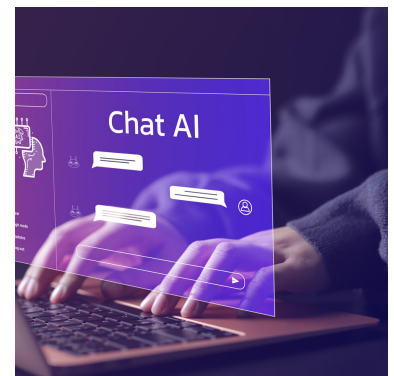
Starmer proposes assisted dying

Labour leader Sir Keir Starmer has said that he wants assisted dying to be legalised for those who are terminally ill. This is currently illegal in the UK. An ITV poll suggests 75% of people are in favour of a change in the law.



Google AI chatbot adding limits

Google is trialling a new limit on its AI chatbot in India, before the elections in April. If users ask questions about the election, the chatbot - Gemini - says that it is still learning how to answer these questions and redirects the user.



For more news stories, check out CBBC Newsround, First News, The Week Junior and Simple Politics.