



Student Services at Medway are celebrating IDAHOT Day on Tuesday 17th May 2016

The theme for IDAHOT 2016 is Mental Health and Well Being so it seems apt that we, as a department, should take time out of our day to support and celebrate sexual and gender diversity.

Here are a few inspirational quotes to get you thinking:

“Love is a human experience, not a political statement.” – Anne Hathaway

“Like being a woman, like being a racial religious tribal or ethnic minority, being LGBT does not make you less human. And that is why gay rights are Human Rights and Human Rights are gay rights.” – Hillary Clinton

“I would not worship a God who is homophobic... I would refuse to go to a homophobic heaven.” – Archbishop Desmond Tutu

“When we speak we are afraid our words will not be heard or welcomed. But when we are silent, we are still afraid. So it is better to speak.” – Audre Lorde

Asking who’s ‘the man’ and who’s ‘the woman’ in a same sex relationship is like asking which chopstick is the fork.” – Ellen Degeneres

To show your support, please come into work on Tuesday wearing as many colours as possible. If anyone would like to bring in any colourful refreshments – cakes, sweets, drinks etc, that would be great.

The rainbow flag will be flying outside the Rochester building in support of IDAHOT day.

METRO is a leading equality and diversity charity working with anyone experiencing issues around sexuality, gender, equality, diversity or identity across our five areas of work: Sexual & Reproductive Health, Community, Mental Health & Wellbeing, Youth and HIV. They have a free counselling service for LGBT+ young people across London, Kent & Medway. There will be a donation box in G0-05 if you would like to make a contribution.