

1 Corinthians

Be who you were meant to be



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1 Corinthians



sidebar

[sahyd-bahr]

Noun

1. a typographically distinct section of a page, as in a book or magazine, that amplifies or highlights the main text.
2. a conference between the judge and lawyers out of the presence of the jury.
3. a subordinate or incidental issue, remark, activity, etc.

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Breaking down the barriers faced by Wales' mentally ill

THE first national campaign to tackle stigma about mental ill health in Wales will be launched today.

Time to Change Wales aims to reduce reported stigma and discrimination about mental illness by 5% over the next three years.

Its launch comes almost five years after a similar campaign was launched in England and a decade after the pioneering See Me initiative started in Scotland, both of which have helped to change attitudes towards mental ill health.

Time to Change Wales comes amid ongoing concern about the way the nation views mental ill health – surveys have shown 46% of people in Wales think those who have experienced depression are not suitable to be primary school teachers.

Health Minister Lesley Griffiths, who will launch the campaign today, said: "Developing a mentally healthy Wales requires people to be able to seek help and support when mental health problems arise.

"Time to Change Wales is the first national campaign in Wales designed to challenge the stigma and discrimination experienced by people with mental health problems and their families.

"I am pleased the Welsh Government is able to co-fund the campaign, whose central aim is to change negative attitudes and behaviour towards mental ill-



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NEW NATIONAL CAMPAIGN TO TACKLE 'STIGMA' IN SOCIETY

ness by inspiring people to work together to challenge stigma and discrimination."

It is estimated one in four people will experience a mental illness in their lifetime and that mental ill health costs Wales a staggering £7.2bn.

But despite the individual and wider impact of mental ill health it is still not regarded in the same way as physical ill health.

Writer, broadcaster and teacher Beverley Lennon said: "As a professional rebuilding my life and career after a period of mental illness, I know how much stigma there still is. I've found being able to speak openly so helpful – and many others have told me the same thing."

And Kira Withers-Jones, a designer who is campaigning with Time to Change Wales, said: "We need to break down stigma. If people weren't afraid to ask for help in the first place they could recover quicker. There would be fewer people leaving their jobs because they can't cope, fewer people on disability living allowance for depression, and fewer people on long-term medication."

Ian Cutler, Time To Change Wales programme manager, added: "With one in four people in the population experiencing a mental health problem at some point in their life, we should all be concerned about mental illness; not only because of the obvious personal distress to the individual, but also the economic cost estimated at £7.2bn a year in Wales alone."

Funded by the Big Lottery Fund, Comic Relief and the Welsh Government, Time to Change Wales aims to tackle stigma and discrimination through a high-profile marketing campaign and through community-based work, led by local activists and trainers with experience of mental health problems.

Barbara Wilding, Big Lottery Fund Wales committee member and chair of the Mental Health Matters committee, said: "People with mental health problems are some of the most disadvantaged people in society and often experience multiple deprivation so it is important to recognise and raise awareness about the issue.

"Many are isolated and have

DEPRESSION SHOULDN'T BE SECRET

Kira Withers-Jones has been receiving treatment for depression and anxiety since her teenage years.

Now 34, the designer, who lives in Church Village, near Pontypridd, has experienced good and bad medical care and an equally mixed reaction from friends and colleagues to her health problems.

"It's not like people say it's really scary but they don't understand it – some don't want to talk about it and change the subject and others will tell me their friend had depression and all she needed to do was walk a mile a day and she was better, not understanding there are different types of depression.

"You get a very wide range of reactions from people and I think there's still a stigma out there about it.

"There's still a lot of work to be done to make sure

everyone has a caring attitude and to know that if you have a psychiatric illness it doesn't mean that you have to stay at home in your pyjamas and never have a job."

Kira added: "I have had this since I was a teenager and I've chosen to speak out because I know that can help others.

"A few years ago I met someone from another workplace in the kitchenette we share and she asked how I was. I said I'd just gone on antidepressants and she started crying.

"She had just been diagnosed with depression and she said she felt like she was the only person going through it. To hear someone else was also going through it made her feel better.

"I don't feel ashamed and I try to talk about it because having depression shouldn't be a secret."

low self-esteem and low aspirations. Their condition is made worse by the stigma, lack of understanding and discrimination they face daily.

"By taking a multi-organisa-

tion approach to tackling stigma, Time to Change Wales will promote discussion and have a significant impact on the lives of people who suffer with mental health problems."



Gender

noun

1. either the male or female division of a species, especially as differentiated by social and cultural roles and behavior. the feminine gender.
2. a similar category of human beings that is outside the male/female binary classification and is based on the individual's personal awareness or identity.

A silhouette illustration at the bottom of the slide shows a diverse group of people of various ages and ethnicities holding hands in a line, symbolizing unity and community.

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Sex

noun

1. either the male or female division of a species, especially as differentiated with reference to the reproductive functions.
2. the sum of the structural and functional differences by which the male and female are distinguished, or the phenomena or behavior dependent on these differences.
3. the instinct or attraction drawing one sex toward another, or its manifestation in life and conduct.



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Sex

Male

1. Of or denoting the sex that produces small, typically motile gametes, especially spermatozoa, with which a female may be fertilized or inseminated to produce offspring.

Female

1. Of or denoting the sex that can bear offspring or produce eggs, distinguished biologically by the production of gametes (ova) which can be fertilized by male gametes.



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Sexual Orientation

An inherent or immutable enduring emotional, romantic or sexual attraction to other people.



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Gender Identity

One's innermost concept of self as male, female, a blend of both, or neither – how individuals perceive themselves and what they call themselves. One's gender identity can be the same or different from their sex assigned at birth.



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Gender Expression

External appearance of one's gender identity, usually expressed through behavior, clothing, haircut or voice, and which may or may not conform to socially defined behaviors and characteristics typically associated with being either masculine or feminine.



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Transgender

An umbrella term for people whose gender identity and/or expression is different from cultural expectations based on the sex they were assigned at birth. Being transgender does not imply any sexual orientation. Therefore, transgender people may identify as straight, gay, lesbian, bisexual, etc.

A silhouette of a diverse group of people of various ages and ethnicities holding hands in a line, symbolizing unity and community.

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Gender Transition

The process by which some people strive to more closely align their internal knowledge of gender with its outward appearance. Some people socially transition, whereby they might begin dressing, using names and pronouns and/or be socially recognized as another gender. Others undergo physical transitions in which they modify their bodies through medical interventions.



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Gender Dysphoria

Clinically significant distress caused when a person's assigned birth gender is not the same as the one with which they identify. According to the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders (DSM), the term – which replaces “Gender Identity Disorder” – is intended to better characterize the experiences of affected children, adolescents, and adults.



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Gender “Confusion”

- the act of confusing.
- the state of being confused.
- disorder; upheaval; tumult; chaos: *The army retreated in confusion.*
- lack of clearness or distinctness: *a confusion in his mind between right and wrong.*
- perplexity; bewilderment: *The more difficult questions left us in complete confusion.*



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Gender “Confusion”

- LGBTQ2IA
 - Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Intersex, Asexual
- Quiltbag
 - Queer/Questioning, Undecided, Intersex, Lesbian, Transgender/Transsexual, Bisexual, Allied/Asexual, Gay/Genderqueer



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In God's Image

“Then God said, ‘Let Us make man in Our image, according to Our likeness; and let them rule over the fish of the sea and over the birds of the sky and over the cattle and over all the earth, and over every creeping thing that creeps on the earth.’ And God created man in His own image, in the image of God He created him; male and female He created them.”

Genesis 1:26-27



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In God's Image

"And God blessed them; and God said to them, "Be fruitful and multiply, and fill the earth, and subdue it; and rule over the fish of the sea and over the birds of the sky, and over every living thing that moves on the earth."

Genesis 1:28



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In God's Image

Then the LORD God said, "It is not good for the man to be alone; I will make him a helper suitable for him.".. And the LORD God fashioned into a woman the rib which He had taken from the man, and brought her to the man. And the man said, "This is now bone of my bones, And flesh of my flesh; She shall be called Woman, Because she was taken out of Man." For this cause a man shall leave his father and his mother, and shall cleave to his wife; and they shall become one flesh.

Genesis 2:18-24

A horizontal line of black silhouettes representing a diverse group of people of various ages and ethnicities, all holding hands in a continuous line across the bottom of the slide.

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In God's Image



“There is neither Jew nor Greek, there is neither slave nor free man, there is neither male nor female; for you are all one in Christ Jesus.”

Galatians 3:28



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In God's Image



Wives, be subject to your own husbands, as to the Lord. For the husband is the head of the wife, as Christ also is the head of the church, He Himself being the Savior of the body. But as the church is subject to Christ, so also the wives ought to be to their husbands in everything.

Ephesians 5:22-24



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In God's Image

Husbands, love your wives, just as Christ also loved the church and gave Himself up for her; that He might sanctify her, having cleansed her by the washing of water with the word, that He might present to Himself the church in all her glory, having no spot or wrinkle or any such thing; but that she should be holy and blameless. So husbands ought also to love their own wives as their own bodies. He who loves his own wife loves himself; for no one ever hated his own flesh, but nourishes and cherishes it, just as Christ also *does* the church, because we are members of His body. For this cause a man shall leave his father and mother, and shall cleave to his wife; and the two shall become one flesh. This mystery is great; but I am speaking with reference to Christ and the church.

Ephesians 5:25-32

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Biblical Principles

“You are of *your* father the devil, and you want to do the desires of your father. He was a murderer from the beginning, and does not stand in the truth, because there is no truth in him. Whenever he speaks a lie, he speaks from his own *nature*; for he is a liar, and the father of lies.

John 8:44



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Biblical Principles

Now the serpent ...said to the woman, "Indeed, has God said, 'You shall not eat from any tree of the garden '?" And the woman said to the serpent, "From the fruit of the trees of the garden we may eat; but from the fruit of the tree which is in the middle of the garden, God has said, 'You shall not eat from it or touch it, lest you die.'" And the serpent said to the woman, "You surely shall not die! "For God knows that in the day you eat from it your eyes will be opened, and you will be like God, knowing good and evil."

Genesis 3:1-5

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Biblical Principles

"And if a kingdom is divided against itself, that kingdom cannot stand. And if a house is divided against itself, that house will not be able to stand."

Mark 3:24-25

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Fear / Shame

"And I say to you, My friends, do not be afraid of those who kill the body, and after that have no more that they can do. "But I will warn you whom to fear: fear the One who after He has killed has authority to cast into hell; yes, I tell you, fear Him!

Luke 12:4-5

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Fear / Shame

"For what does it profit a man to gain the whole world, and forfeit his soul? For what shall a man give in exchange for his soul? For whoever is ashamed of Me and My words in this adulterous and sinful generation, the Son of Man will also be ashamed of him when He comes in the glory of His Father with the holy angels."

Mark 8:36-38



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Fear / Shame

“For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes, to the Jew first and also to the Greek. For in it *the* righteousness of God is revealed from faith to faith; as it is written, ‘But the righteous *man* shall live by faith.’”

Romans 1:16-17



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Fear / Shame

"Blessed are those who have been persecuted for the sake of righteousness, for theirs is the kingdom of heaven. Blessed are you when *men* cast insults at you, and persecute you, and say all kinds of evil against you falsely, on account of Me. Rejoice, and be glad, for your reward in heaven is great, for so they persecuted the prophets who were before you.

Matthew 5:10-12



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Who are you going to believe?



“For My thoughts are not your thoughts, Neither are your ways My ways,’ declares the LORD. ‘For *as* the heavens are higher than the earth, So are My ways higher than your ways, And My thoughts than your thoughts.’”

Isaiah 55:8-9

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Who are you going to believe?



“On the contrary, who are you, O man, who answers back to God? The thing molded will not say to the molder, ‘Why did you make me like this,’ will it? Or does not the potter have a right over the clay, to make from the same lump one vessel for honorable use, and another for common use?”

Romans 9:20-21

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Who are you going to believe?



“Be who you were meant to be!”

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