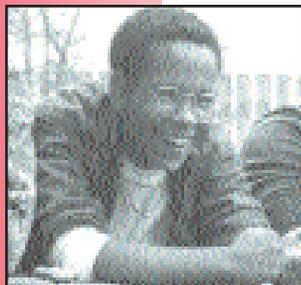




Be Yourself



**Questions &
Answers for
Gay, Lesbian,
Bisexual &
Transgender
Youth**





Parents, Families and Friends of Lesbians and Gays (PFLAG), Inc. is a support, education and advocacy organization. Founded in 1981 by 25 parents, PFLAG now represents more than 80,000 members, donors and supporters. PFLAG affiliates are located in more than 480 communities in the United States and abroad. PFLAG is a tax-exempt, nonprofit organization that is not affiliated with any political or religious institution.

Our Vision

We, the parents, families and friends of lesbian, gay, bisexual and transgender persons, celebrate diversity and envision a society that embraces everyone, including those of diverse sexual orientations and gender identities. Only with respect, dignity and equality for all will we reach our full potential as human beings, individually and collectively. Parents, Families and Friends of Lesbians and Gays (PFLAG) welcomes the participation and support of all who share in, and hope to realize, this vision.

Our Mission

PFLAG promotes the health and well-being of gay, lesbian, bisexual and transgender persons, their families, and friends through: support, to cope with an adverse society; education, to enlighten an ill-informed public; and advocacy, to end discrimination and to secure equal civil rights. PFLAG provides an opportunity for dialogue about sexual orientation and gender identity, and acts to create a society that is healthy and respectful of human diversity.

PFLAG 1726 M St., N.W., Suite 400 Washington, D.C. 20036

Be Yourself: Questions and Answers for Gay, Lesbian, Bisexual & Transgender Youth. Copyright © 1999, 2002. Parents, Families and Friends of Lesbians and Gays, Inc.

Introduction

Sexual orientation and gender identity are complex issues. Figuring out your identity can be difficult and confusing for anyone. Coming out as a gay, lesbian, bisexual or transgender (GLBT) youth can be especially complicated and fraught with questions.

As a questioning or GLBT youth, you are at a time in your life when you are becoming an adult, yet you might not have adult rights. Your relationship with your parents, guardians or family is changing.

You're becoming more independent, and they're having to accept that you're not their little girl or boy any more. That's not easy for either of you.

And all of a sudden, something you didn't think about a few years ago like the most important thing in the world.

If you're a gay, lesbian, bisexual or transgender teenager or if you think you might be or wonder if you are it's even more confusing, because probably no one ever prepared you for that.

Growing up, your friends and family may have teased you about liking girls if you're a boy, or boys if you're a girl. Maybe they talked about dating, falling in love and getting married. But they probably

never talked about when you grow up and fall in love with another guy, or about marrying a woman just like you. Or what it would be like to feel that your physical sex doesn't match up with how you feel inside. In fact, in your family or at school you probably have heard "gay," "fag" or "dyke" used as an insult or witnessed (or experienced) harassment based on sexual orientation or gender identity.

Popular culture is still dominated by heterosexual images. TV,

Being gay, lesbian, bisexual or transgender is okay. It's one part of who you are.

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movies and magazines mostly show men and women together. Most music you hear is about falling in love with the opposite sex. If you're a guy, your friends are probably talking about girls, and if you're a girl, they're talking about

gays. And, while most people your age seem to fit neatly into expected gender roles, you may feel you don't or don't want to.

All of that makes things hard if you're GLBT or think you might be because you don't have much that relates to you.

This booklet was written to try help you, to answer some of your questions, to suggest books you can read and people to whom you can talk, and to help you understand three things:

If you are gay, lesbian, bisexual or transgender, you're in good company: Robert a Ach-Great (Emperor), Pedro Almodovar (director), Sasha Alyson (publisher), W.H. Auden

tenberg (President Clinton appointee), Edward Albee (playwright), Alexander the (writer), Sir Francis Bacon (writer), Joan Baez (musician), Josephine Baker (singer),

One: It is ok to be gay, lesbian, bisexual or transgender. Being GLBT is as much a human variation as being left-handed — your sexual orientation and gender identity are just another piece of who you are.

Two: It takes time to know who you are. It's OK to be confused, it's okay to be unsure if you're gay, lesbian, bisexual or transgender, and it's okay to take your time finding out. There's no need to rush.

Three: You're not alone. Right now, there are tens of thousands of other youth, all thinking they're

GLBT or wondering if they are, all wondering if they're the only one, all trying to find someone to talk to about it. Hundreds of thousands more, however, have already traveled that road.

One of them or another helpful person will be on the other end of the line if you call any of the numbers at the back of this book. They're people with whom you can talk openly, compare notes, and ask advice.

The questions other youth have had about being GLBT shape this

booklet. We hope it will help you find your own answers.

I think I might be gay, lesbian, bisexual or transgender, but what if I don't know for sure?

THE SHORT ANSWER: You'll know when you know. It could take a while, and there's no need to rush.

Some GLBT people say that, from the time they were very young — even just five or six — they "felt different." They didn't share the grade-school crushes about which friends talked, they had crushes on friends of their own sex, or they questioned their gender identity and no one seemed to be talking about that.

Often, they say, it took a while to put a name to their feelings — to begin to think of themselves as gay, lesbian, bisexual or transgender. But when they started thinking in those words, it made sense — **it** with the feelings they'd had growing up.

Many other people, though, don't begin to figure out their sexual orientation or gender identity until they're teenagers or even adults and it can be confusing.

At some point, almost everybody gets a "crush" on someone of the same sex. And we often explore or identify with different gender roles

and expectations. But none of that means you're GLBT.

One or two sexual experiences with someone of the same sex may not mean you're gay, **either** — just as one or two sexual experiences with someone of the opposite sex may not mean you're straight. Many GLBT people have some sexual experiences with the opposite gender, and many straight people have some same-sex sexual experiences. People who have same sex and opposite sex experiences often identify as bisexual.

It's important to know, too, that you can be a virgin or not be sexually active and still know that you're gay, lesbian, bisexual or transgender. Your feelings and your emotional and physical attractions will help tell you who you are.

Our sexuality develops over time. Don't worry if you aren't sure. Your school years are a time of figuring out what works for you, and crushes and experimentation are often part of that. Over time, you'll find that you're drawn mostly to men or women — or both — and then you'll know. You don't have to label yourself.

As with sexuality, some people know at an early age that their gender identity and how they want to express their gender publicly doesn't match what their parents and others expect of them. For others their gender identity develops and

USEFUL DEFINITIONS

Sexual Orientation is defined by a person's enduring emotional, romantic, sexual or affectional attraction to other people.

Gender Identity is a person's internal sense of being male or female.

Heterosexual, or straight, refers to people whose sexual and romantic feelings are mostly for the opposite sex: Men who are attracted to women, and women who are attracted to men.

Homosexual, or gay, refers to people whose sexual and romantic feelings are mostly for the same gender: Men who are attracted to men, and women who are attracted to women.

Lesbian refers to women who are homosexual.

Bisexual or bi refers to people whose sexual and romantic feelings are for both genders.

Transgender refers to someone whose gender identity or expression differs from conventional expectations for their physical sex (see page 7).

Intersexed people are individuals born with anatomy or physiology, which differs from cultural and/or medical ideals of male and female. (see ISNA, page 23).

James Baldwin (writer), Tammy Baldwin (WI state legislator), Deborah Batts (federal judge), Michael Bennett (choreographer), Sandra Bernhard (entertainer), David Bowie

(judge), Amanda Bearse (actress), Andy Bell (musician), Ruth Benedict (anthropologist), Rev. Malcolm Boyd (Episcopal priest), Keith Boykin (President Clinton

changes over time. If you feel your gender identity does not match the "boy or girl" label that others have assumed about you, that is something to explore and learn more about.

If you think you're gay, lesbian, bisexual or transgender, don't be afraid of it, and don't hide your feelings from yourself. All that does is keep you from figuring out your sexual or gender identity from figuring yourself out.

I don't see anything that says other people are GLBT. Am I the only one?

THE SHORT ANSWER: No.

In terms of sexual orientation, Dr. Alfred Kinsey, the world's best-known sex researcher, concluded from his research that almost nobody is purely straight or gay. He found that most people have some attraction to the same sex during their lives, and that many people have some sexual experiences with the same sex, or with both sexes.

Think of it as a range, or "sexual continuum." At one end of the range are many people who are attracted only to the same sex. At another end of the range are many people who are attracted only to the

opposite sex. And in between are people who are attracted to both sexes.

Like our sexuality, our gender identity can be looked at as a continuum as well. There is a whole range of identities to be found on the transgender or "gender different" spectrum. Through our lives, we can experience and express our gender in a variety of ways.

So wherever you are on that continuum, you've got plenty of company. Most estimates say that 4.5 to 10% of the population are gay, lesbian or bisexual.

I was afraid until I found the phone number for a gay helpline. I was happy to find other people in town who were gay.

There are GLBT people all around you just can't tell who they are. They're white, black, Asian, Hispanic, and Native American. They're Jewish, Catholic, Muslim, Protestant, and Buddhist. They're old and young, rich and poor. They're doctors and nurses, construction workers, teachers and students, secretaries, ministers and rabbis, store clerks, mechanics, business people, police officers, politicians, and athletes.

And when they were teenagers, most of them probably felt the same way you do. If you get to feeling you're all by yourself, just remember: singer Ani DiFranco probably felt that way too. And musician Elton John. And tennis star Martina

Navratilova. And actor Wilson Cruz. And author Leslie Feinberg. And thousands of other people.

Is it okay to be gay, lesbian, bisexual or transgender?

THE SHORT ANSWER: Yes. Being gay, lesbian, bisexual or transgender is as okay and as natural as being straight.

No one knows exactly how human gender identity or sexual orientation gay or straight are determined. Most experts think it's a matter of genetics, biology and environment that a person's sexual orientation or gender identity could be set before birth or as early as two or three years old.

Dr. Richard Pillard, a psychiatrist at Boston University School of Medicine, points out that homosexuality exists "in virtually every animal species that has been exhaustively studied." Homosexuality is as much a part of nature as heterosexuality.

Not only is it as natural, it's as healthy to be gay, lesbian or bisexual as to be straight no matter what some people might tell you. The American Psychiatric Association declared in 1973 that homosexuality is not a mental disorder or disease, and the American Psychological Association says that it would be unethical to try to change a person's sexual orientation. Being transgender or gender variant is not a disorder either,

although Gender Identity Dysphoria (GID) is still listed in the Diagnostic and Statistical Manual of the American Psychiatric Association.

Being GLBT is as much a human variation as being left-handed a person's sexual orientation and gender identity are just another piece of who they are. There is nothing wrong with being GLBT in fact, there's a lot to celebrate.

What is gender identity? What does transgender mean?

THE SHORT ANSWER: Most people identify as male or female, but for some of us, how we identify and how we feel doesn't match the gender assigned to us at birth.

A person's gender identity is their internal sense of being male or female. Gender expression is how someone presents their gender to the world. We all have a gender identity, and we all have ways of expressing it.

A transgendered person is someone whose gender identity or expression differs from conventional expectations for their physical sex. The term transgender is used to describe several distinct but related groups of people who use a variety of other terms to self-identify, including transsexuals (not all transsexual people need or want sex reassignment surgery), masculine women, feminine men, drag queens/kings,

aide), Benjamin Britten (composer), Glenn Burke (pro-baseball player), Frank Buttrino Cammermeyer (National Guard Colonel), Willa Cather (writer), Jean Cocteau (artist),

(former FBI agent), Lord Byron (poet), Julius Caesar (Emperor), Margarethe Colette (writer), Aaron Copland (composer), Chief Crazy Horse, George Cukor (film

cross-dressers, gender queers, two-spirit, butches, transmen, trans-women, etc. Like other people, transgender people can be straight, gay, lesbian or bisexual. It's okay to be transgender the most important thing is to be yourself.

I thought GLBT people act certain ways. If I don't fit a stereotype, am I still GLBT?

THE SHORT ANSWER: Ignore the stereotypes. Some people fit them, some don't. Be yourself.

GLBT people, like straight people, act all kinds of ways.

Stereotypes arise out of ignorance and prejudice. Sometimes a stereotype about a group doesn't fit anyone in that group. Sometimes it fits a few people, sometimes more. But a stereotype never fits everyone in any group.

For example, you might hear that gay men aren't athletic. Well, what about Dave Kopay, who played NFL football for 10 years, or Olympic gold medalist diver Greg Louganis? Both men are gay along with many other famous athletes. And what about Bob Jackson-Paris, former Mr. Universe?

Some gay men are "butch," and some are not. Either way, it's okay. The same thing goes for lesbian and bisexual women. There are many stereotypes about lesbians. Some women fit them, some don't. Don't worry about the stereo-

types you can't let them define who you are, whether they fit you or not. There are as many different ways to express your GLBT identity as there are people in this world.

Some people react to stereotypes by trying to act just the opposite. Some guys who aren't sure of their sexuality may act super macho, as do some gay men who are afraid of being identified as gay, or "outed." Some lesbian women act very feminine for the same reason.

Remember you don't need to prove anything to anybody. Just be yourself.

I don't always see myself reflected in the GLBT community. Are there resources for youth of color?

THE SHORT ANSWER: Yes there are more and more resources for GLBT youth of color and for others who have multiple differences/identities (disabled youth, homeless youth and others.)

As a GLBT youth of color you might face a lot of issues that effect how you experience, act on and come out about your sexual orientation and gender identity including cultural and family traditions, access to resources, and immigration status. In deciding to come out, it might be hard to risk relationships with your family and friends in your racial/ethnic community and you

might not feel accepted as a person of color in white GLBT groups.

There are the multiple impacts of being GLBT and a person of color in our society, being GLBT in your community of color and then also dealing with the racism and ignorance that you find in some segments of the GLBT community.

But there are GLBT people in all communities and in all cultures, and there are an increasing number of resources available for you and your family.

Do I need to worry about HIV and AIDS?

THE SHORT ANSWER: Everybody has to be informed about HIV and AIDS.

Being young doesn't protect you from getting AIDS. A lot of people in their 20s and 30s living with AIDS today became infected when they were teenagers. It's not who you are GLBT, straight, male, female but what you do that puts you at risk for HIV infection.

AIDS, caused by the HIV virus, is a disease that destroys the body's immune system. There is no known cure, and there is no vaccine that prevents AIDS.

The most risk occurs when a person is exposed to the bodily fluids of an HIV positive person, partic-

ularly fluids that have a high rate of transmission of the virus, including blood, semen or breast milk. There are three main ways you can become infected with HIV: (1) by having unprotected sex with an infected person; (2) by sharing drug needles or syringes with an infected person; or (3) an infected woman

can pass the virus to her baby during pregnancy or birth.

Also, you can't judge by appearances whether someone has the HIV virus or not. The virus can be inactive as long as ten years.

Someone who appears healthy could still be

infected.

You can protect yourself, though. Do not share needles or syringes. If you are shooting or using street drugs, or sharing needles for hormone injections, seek professional help from a local clinic. The one sure way to avoid HIV infection through sex is not to have sex. And GLBT or straight, if you are sexually active, learn about safer sex to protect yourself. Some safer sex practices include using latex condoms, dental dams and latex gloves as a barrier to stop the HIV virus.

It is not within the scope of this booklet, however, to give a complete overview of HIV/AIDS and safer sex. For more information, contact one of the organizations or

My school is liberal, and it was still tough coming out. Come out where you feel safe.

director), James Dale (Boy Scout), James Dean (actor), Lea DeLaria (comedian), Ani board of education), Harvey Fierstein (playwright), Will Fitzpatrick (RI state senator),

DiFranco (singer/songwriter), Melissa Etheridge (musician), Angie Fa (San Francisco Errol Flynn (actor), E.M.Forster (writer), Congressman Barney Frank, Frederick the

AIDS hotlines in the resources list.

Will people accept me?

THE SHORT ANSWER: Some people will accept you and some won't.

Prejudice and discrimination are everywhere in America, and around the world. There's prejudice against African Americans, against Latino/as, against Arabs, against Asians, against women, against poor people, against older people and youth, disabled people and others. It takes time to overcome prejudice and change attitudes.

If you are gay, lesbian, bisexual or transgender you're going to run into prejudice. Our society has a "heterosexual assumption." We're taught by our families, our schools, our religions and the media to assume that everyone is straight, and we're often influenced to discriminate against those who aren't or who don't appear to be. That "assumption" has begun to change only recently. Likewise, our society has assumptions about what it means to be a boy or girl, man or woman, and may judge others by how they conform to those preconceptions.

The prejudice you run into could be fairly mild, like people assuming you're straight when you're not, and embarrassing you (and themselves!) with their mistake. But it could be much worse. GLBT people are at risk to be beaten up, kicked out of their homes,

and fired from their jobs just for being gay, lesbian, bisexual or transgender. And, the discrimination that GLBT people face can be compounded if they belong to other oppressed communities as well. People often fear what they don't understand, and hate what they fear. That's the basis of prejudice and, when it's aimed at GLBT people on the basis of their sexual orientation, it's called "homophobia."

Homophobia, biphobia and transphobia are being challenged, however, as more and more people are learning the truth about GLBT people. Attitudes are starting to change partly because GLBT people are being open and honest about who they are. Attitudes are changing also because other people are standing up with GLBT people to say, "They are my friends, or my children, or my brothers and I'm proud of them."

I feel so alone. Who can I talk to?

THE SHORT ANSWER: You don't need to be alone. There are people out there who can help.

Unless their parents have been very open with them about sex, most teenagers can feel guilty and ashamed of any sexual feelings and experiences, straight or gay.

On top of that, it's not easy to discover that you are gay, lesbian, bisexual or transgender. The prejudice that exists in our society can make you want to hide the way you

feel, even from yourself. And that can make you feel isolated and all alone.

The best thing you can do is find someone to talk to that you can trust. Maybe that's someone you already know—a friend, parent, brother or sister... or a friend's parent or older brother or sister. Maybe it's an adult to whom you confided in the past, whom you know you can trust again.

But, right now, until you're comfortable and happy with yourself, avoid talking with anyone who you think might judge you or anyone who might be anti-gay. You could possibly check out people's reactions by bringing up the subject of

homosexuality or bisexuality in general. Ask questions like: "I saw a TV show about being gay. Do you know any gay people?" or "Some kids in school were making fun of a kid who is bisexual. Don't you think that's wrong?" or "I heard about a kid who is a lesbian and whose parents threw her out of the house. Why would they do that?"

When you ask questions like this, however, you have to realize that people's responses aren't personal comments about you. They don't know the real intent of your questions. They might have negative comments about GLBT people in this situation, but respond very

differently about you being gay, lesbian, bisexual or transgender.

If you don't know anyone with whom you're comfortable talking, who will be supportive and understanding, start by calling one of the helpline numbers or organizations listed in the back of this brochure. You can talk to a teenager or an adult. You don't have to give your name, and they won't try to talk you into or out of anything.

I don't miss a single meeting of our support group. I met my best friends there.

If you don't feel ready to talk with someone on the phone, you can learn more by reading resources and information from other youth on some of the websites listed at the end of this booklet. And if you do

want to talk with someone face-to-face, people with the national hotlines or online resources can help you find a local group or person to call. Remember to use good judgement when making any contacts

Whatever you choose, talking really helps. Talking to others and being open and honest can be an affirming way for you to connect with others in your life and in vibrant and diverse GLBT communities. And you'll learn you're really not alone.

Should I come out?

THE SHORT ANSWER: Only if you

Great (Emperor), Sir John Gielgud (actor), Tim Gill (founder of Quark, Inc.), Allen (musician), Indigo Girls (musicians), Bob Jackson-Paris (bodybuilder), Henry James

Ginsberg (poet), Bruce Hayes (Olympic swimmer), Langston Hughes (poet), Janis Ian (writer), King James I, Elton John (musician), Frieda Kahlo (artist), David Kopay (pro

want to, and only when you're ready and feel safe doing so. Don't come out just because someone else thinks you should.

Hiding the fact that you're GLBT is called "being in the closet" or "being on the down-low." Being open about it is called "coming out." You can come out to one person, to friends and family only, or to everyone you know. It's up to you.

There's no reason you have to come out if you aren't ready. Sometimes there are very good reasons not to come out. There are real risks in coming out. There are people who won't accept you if you're GLBT, people who will do and say terrible things. They could be your parents or your friends or your classmates or your teachers, people you love or depend on for financial help, companionship, encouragement, or other support.

There are also very good reasons, however, to let some people know that you're not straight. Hiding your sexual orientation or gender identity keeps the important people in your life from knowing about a big part of you. By coming out you can live with integrity, begin building community and forming healthy relationships. At some point, many GLBT people find that the loneliness and isolation of keeping a secret is worse than any fear of coming out.

Whatever your reasons for thinking you should or shouldn't come out, it's your decision and no

one else's. It's also one you should take at your own speed.

Before you come out to others, you have to come out to yourself. That means not only knowing you're gay, lesbian, bisexual or transgender, but being comfortable with being GLBT, and being sure of who you are as a person.

Keep in mind that knowing you're GLBT is just being aware of one more piece of who you are. You're the same person you were before; you just know more about yourself. A lot of GLBT youth have learned to say to themselves, "I'm not straight GLBT and that's OK."

Before you come out, you might want to be educated about homosexuality, bisexuality and gender identity for your own information and because many people will have wrong ideas. You'll feel proud to know the facts if someone asks you a question or if you want to correct someone's misinformation about people. Read one or more of the books listed in the back of this booklet and explore the other resources listed. By learning about other's experiences and talking about yourself, you'll know more about who you are and what to expect when you come out. Let your friends and allies know that you're getting ready to come out so they can support you.

That kind of support system is really important when you're coming out. You'll want people around who

care about you and will be there for you, whether it's just to talk or to give you a hug when you need one or to give you a place to stay, if you need that. If you don't feel that you already have people like that, call the nearest PFLAG chapter or one of the other groups listed at the back of this booklet.

Who should I tell?

THE SHORT

ANSWER: To start, only those people who you want to know and who you have reason to trust.

Coming out isn't something that you do once and then it's over. You might come out now to your family and later to friends, or the other way around. You could come out only to one parent, or to a brother or sister, and later to the rest of the family. Many people come out more than once as they grow into their identities, or as their identities change. And disclosure can be more complicated when you need to disclose a trans identity, HIV status or other issues.

If you are transgender, some people, including your parents, teachers, principal and classmates might be uncomfortable with how you publicly express your internal sense of gender, especially if it

challenges people's sense of how women and men are supposed to dress and act. How you express to others your internal sense of gender is something to think about, discuss with people you trust and evaluate in terms of your safety and what kind of community you have to support you.

The people you tell first about your sexual orientation or gender identity should be the ones you trust

the most. You need to be able to trust them not to hurt you, to accept you for who you are, and to respect your privacy and not tell anyone you don't want told.

Think about what you could lose by telling a particular person. If it's a parent, might they kick you out of the house? Cut you off from your friends? If it's a friend, are they likely to withdraw from you? Would they tell other kids at school? What would happen if they did?

Think also about what you could lose by not telling a particular person. Is your relationship with your parents or your friend strained because you're keeping a secret from them? Would you be closer with them, and be able to get more support from them, if they understood why you were acting withdrawn?

Think about what kinds of things you've been able to share

My grandmother is my biggest supporter, and at one time I thought I'd never tell my family.

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Think about what kinds of things you've been able to share

with them in the past and how they reacted. If there's someone to whom you want to come out, and you aren't sure how they'll react, try to feel them out first. You could get them talking about a book, movie or a television show about gay, lesbian, bisexual or transgender people.

Keep in mind though that someone's reaction to a GLBT person in a movie might not be the same if that person is their daughter or their brother or their friend. And it can work both ways: people might seem either more or less prejudiced in a hypothetical or movie-type situation than they would when responding to someone close to them.

For example, because homophobia and transphobia are so common in our society – and still so widely accepted – a friend or a parent might, without thinking, joke about a GLBT character in a movie or might do so because they think you expect that but show far more thoughtfulness and desire to understand when responding to your coming out. On the other hand, parents or friends who seem accepting of GLBT characters in the media might be far less accepting of homosexuality, bisexuality or transgenderism

in someone close to them.

To get a sense of how someone will react to your being GLBT, try to keep your questions specific, personal, and thought-provoking. Say you have a friend who has an older brother off at college, or in the military. You could say something like "I've been reading about gay groups on college campuses" or "I've been reading about gays in the military. Would you be upset if your brother came home and told

you he was gay?" Your friend might surprise you and answer, "My brother is gay."

How do I tell my parent(s) or guardian(s)?

THE SHORT ANSWER: When you're ready, and with care.

Many GLBT teens say that their relationship with their parents was much closer after they came out because it was more honest. They say it was relief to feel like they weren't keeping a secret any more.

PFLAG was founded by parents who wanted to support their GLBT sons and daughters, parents who wanted to work with their children for equal rights, and who wanted to welcome their sons' and daughters' lovers into their families.

But it doesn't always work that way. Some teens who come out to

their parents are forced to leave home. Some parents become abusive. Some family relationships never recover.

Before you come out to your parents, there are some things for you to consider.

Think about your parents' general reaction to gay, lesbian, bisexual and transgender people. Find out as much as you can, by observing your parents or asking indirect questions. Do they have gay friends? Do they read books or go to movies that include same-sex relationships? Is their religion accepting of GLBT people? Have you heard them say that there's nothing wrong with being gay, lesbian, bisexual or transgender?

Think about your relationship with your parents. Have they shown that they love you even when they're upset with you? Have they stuck by you even when you've done something they didn't like?

Be prepared, and make a plan for if they don't respond well. Have someone to call right away if you need support. If you had to leave home, do you have a place to stay? If your parents cut off financial support, do you have someone else to whom you can turn?

If your answer to all of these questions is "no," don't come out to your parents until you have a safe place to go to and way to support yourself. You'll probably be better off waiting until you're on your own.

You might decide never to tell them, because they wouldn't understand.

If your answer to all of these questions is "yes," then it's probably safe to tell them.

You're the only one who can answer those questions, and weigh the balance of "yes" and "no." Trust your gut. It's almost always frightening coming out to your parent(s) or guardian, but if you're terrified about it, you should pay attention to that. Not all parents will be accepting.

If you decide you can and want to tell your parent(s), think about how you can make it easiest on them and yourself. Try to think about how they're going to feel, and the questions they may have, so that you're ready for them. Call a local PFLAG chapter and speak to a parent who can talk with you about how your own parent might react.

It will also be best if you can pick a time when your parents are relaxed and not pressured by work or family worries. Otherwise, they may feel they don't have the time to deal with it, and shut you out.

Be prepared for your parents to need some time to accept your being GLBT – just as you probably needed some time yourself.

Remember that your parent(s) are from an older generation – one that was more homophobic and transphobic than yours. Even if they're accepting of GLBT people in general, your parents may be shocked at learning that you are

(writer), Keith Meinhold (Navy officer), Michelangelo (artist), Edna St. Vincent Millay (poet), O'Keefe (artist), Dave Pallone (former baseball umpire), Phranc (folksinger), Plato (philosopher),

Yukio Mishima (writer), Martina Navratilova (tennis champion), Georgia Deb Price (newspaper columnist), Marcel Proust (writer), Kenneth Reeves

lesbian, gay, bisexual or transgender. They may not want to believe it at first, or they may want to try to bring in a psychiatrist to "cure" you.

Before the psychological and psychiatric associations concluded that homosexuality is perfectly ok, there were a lot of theories about how people became GLBT because of how their parents acted. Your parents may worry about what your being GLBT says about them and about whether they failed you in some way, and that worry can come out as anger and defensiveness.

Your parents could also feel that you've rejected them or their way of life by being GLBT, or that you've somehow ruined their dreams for you. There's often some of this feeling in all relationships between teens and their parents, as the teen becomes more independent and parents have to let go of the image they have of what their son or daughter will be. Parents of GLBT people may feel this sense of loss and rejection even more strongly.

Even if they don't have those reactions, your parents are probably going to feel worried about you, about whether this will put you in danger, about whether your life will be happy, about whether you'll have a family of your own. That can make them want to ignore or deny what you've told them.

They may worry about how they're going to tell their parents and friends. They'll be starting a coming

out process of their own.

The best thing you can do is be ready with answers or suggest people with whom they can talk. The more homework you've done, and the more self-assured you seem, the more you'll convince your parents that you're ready to take responsibility for yourself. Then they won't worry so much about you.

PFLAG can help a lot with this - with suggested books, videos, and information for you and your parents, and by providing contacts with other families who have GLBT children, or counselors who can help your parents work through their feelings.

And remember you don't have to come out to your whole family at once. Many teens have talked first to the parent, family member or guardian they thought would be more accepting or with whom it was easiest to talk. Recognize, though, that confiding in only one parent may cause hurt and tension between your parents hurt because the parent who is not told may feel slighted when he or she finds out, and tension because the parent you do talk to will now have the burden of explaining your silence or of keeping a secret until you are ready to talk to the other parent. Think it through if you plan to tell just one parent.

Most importantly, make sure that you have other people with whom to talk, because, even when coming out to your parents is rela-

tively easy, it's hard. The more support you have, the better.

What if I'm being harassed at school? What can I do about it?

THE SHORT ANSWER: You shouldn't have to deal with harassment at school, and there are many resources available to help you.

School can be a hard place for GLBT people. Most GLBT people hear lots of jokes and insults on a regular basis at school and some of those jokes might come from teachers or principals as well as other students. Some GLBT people are physically assaulted at school or by classmates off school property.

As a transgender person, your school probably does not have dress codes, bathrooms, locker rooms, gym classes or athletic teams that meet your needs. But you have a right to a safe learning environment and there are lots of resources available to help you and your parent(s) or guardian. One of PFLAG's top priorities is to help students, parents, guardians and educators create safe and affirming schools in their communities.

If you are being harassed by your peers or finding barriers to being yourself at school, try talking to a supportive teacher or staff member or to someone else in your

life who can listen and give you support. It is also good to see what kinds of policies against harassment and discrimination that your school has in place. Recent legal rulings hold schools responsible for preventing anti-GLBT abuse in some cases, and some states have anti-discrimination laws that apply to educational institutions.

If you are not getting any support at school, you can contact PFLAG, or one of other organizations listed in the back of this booklet.

Will I lose my straight friends? And where do I find GLBT friends?

THE SHORT ANSWER: To the first question probably not. And to the second everywhere.

Many people say they have more straight friends now that they're "out," and that they're a lot happier and more confident since coming out. It's easier to be close to people when you're not hiding anything and when you're comfortable with yourself.

Some people, however, have had horrible experiences coming out at school. Particularly in small towns or rural areas, and where there are a lot of people belonging to fundamentalist religions, discrimination against GLBT people is still strong. And kids can be very cruel, especially when they're unsure of themselves and

are looking for ways to build themselves up. They can harass you and make your life miserable. GLBT teens have a very high drop-out rate because of the way they're treated.

If you want to come out to friends, be careful to trust only friends who will respect your privacy and confidentiality. Friends who tend to gossip can cause problems, even if they don't mean to hurt you.

Some friends will be supportive right away. One or two friends might have already guessed that you're not straight or that you are transgender. You may find that you already have GLBT friends, and didn't know it.

Some friends may need time to adjust to the idea of your being GLBT. Some may wonder if your coming out to them is a way of coming on to them, and that might make them feel uncomfortable. Some may wonder, since you're a close friend and you're gay, lesbian, bisexual or transgender, whether they're GLBT too. Just as you did with your parents, try to think about how each friend is likely to feel, and how you can let them see that you haven't changed. Just as with your parents offering them some of the books listed in the back of this booklet can help.

Talking to GLBT friends about their coming out experiences can also help. Finding new friends who are GLBT is really important. Friends who know exactly what you're going through because they've "been there," or are in the

process of coming out themselves.

GLBT youth organizations are a good place to start, because there you won't have to try to figure out whether another teen is GLBT or not. Most major cities have GLBT youth organizations where you'll be able to meet people easily. You'll find new friends with whom you can share experiences and support and learn more about yourself.

If you're in a small town or in a rural area, it may be harder to find groups like these. In that case, you can get in touch with peers through the youth listservs and hotlines listed in the back of this booklet. The organizations in the resources directory can also help you find more specific groups, such as organizations of GLBT African Americans, Arabs, Asians, or Latinos, or support groups for GLBT people with disabilities.

And remember even if it seems to you that you must be the only GLBT person at your school, you aren't. With as much as 10% of the population being gay, lesbian, bisexual or transgender, there are other GLBT students at your school whom you might already know but not know that they're GLBT or whom you might not yet have met. People joke sometimes about having "gaydar," a type of "radar" for telling who is and isn't GLBT. Figuring out who is gay, lesbian, bisexual or transgender if they're not completely "out," is like figuring out if someone's interested in you. Sometimes you can tell, sometimes you can't.

Can I have a family of my own?

THE SHORT ANSWER: Yes.

Many same-sex couples hold ceremonies to celebrate their commitment to each other and to share their relationship with family and friends. While same-sex marriage is not legally recognized anywhere in the United States, attitudes are beginning to change. In Vermont, a marriage-like "civil union" is now legal for residents. And, gay marriage is now legal in Norway, the Netherlands and other countries as well. More and more companies, such as IBM and American Express, now treat same-sex partners like any other married couple, and provide health care coverage for their GLBT employees' partners. President Clinton's Administration used the words "you and your significant other" instead of "you and your spouse" in recognition of GLBT partners.

Many same-sex couples are also raising children together. Some lesbians and bisexual women have used artificial insemination in order to conceive a child. Other GLBT people are raising children from previous heterosexual relationships with their new partners. As society's attitudes continue to change, adoption of children by gay couples has also become more common. Some bisexual and transgender people face unique challenges as they navigate heterosexual relationships and construct their families

and identities. Transgender people also have to deal with legal concerns in terms of the recognition of their gender identity and the restrictions that uncertainty brings. Some GLBT people raising children may also face legal hurdles in seeking recognition of non-biological or surrogate parents, or others as part of their families.

And many GLBT people see their friends and the local GLBT community as their family. In most cities, there is a large and close-knit GLBT community that offers the same type of love and support we look for from our families.

Be Yourself

Obviously, this booklet cannot ask or answer every question. But we hope it gives you a place to start. You don't have to be alone when exploring your sexual or gender identity. The resources beginning on the next page will give you a place to continue to find information, to find answers, and to find friends.

You'll learn that the best advice is to be yourself. If you are GLBT, you'll soon find that you have the power to shape and define your identity and the way you choose to express it to make it unique for yourself. While coming out will present you with questions and situations you never faced before, you'll also find great joy in the journey of discovery.

Recommended Resources for Gay, Lesbian, Bisexual and Transgendered Youth

ORGANIZATIONS

Advocates for Youth

1025 Vermont Ave. NW; Suite 200; Washington, DC 20005; phone: (202) 347-5700; fax: (202) 347-2263; www.advocatesforyouth.org

Creates programs and promotes policies to help young people make responsible decisions about sexual and reproductive health. Provides information, training, and advocacy to youth-serving organizations, policy makers, and media.

African American AIDS Support Services Center (AMASSI)

105 South Locust Street; Los Angeles, CA 90301; phone: (310) 419-1969; www.amassi.com

Youth Services: preventive health (i.e. HIV/AIDS/SIDs/cancer); psychological and therapeutic assistance; math and literacy tutoring; and skills building opportunities.

Asian & Pacific Islander Wellness Center

730 Polk Street, San Francisco, CA 94109; phone: (415) 292-3400; www.apowellness.org

Offers many services including AQU25A, a group for A/PI LGBT youth that holds events, retreats, outreach programs, etc.

Asian and Pacific Islander Coalition on HIV/AIDS

150 Lafayette Street, 6th floor; New York, NY 10013; phone: (212) 334-7940; e-mail: apicha@apicha.org; www.apicha.org

Provides HIV/AIDS related services, education, and research to Asian and Pacific Islander Communities in New York City. Offers a number of youth groups and services to LGBT A/PI youth and young adults

Audre Lorde Project, Inc.

85 South Oxford Street; Brooklyn, NY 11217; Phone: 718-596-0342; e-mail: alpinfo@alp.org; www.alp.org

Serves young women of color, programs are based on health and wellness, outreach, immigrant rights and police violence. Each year ALP also coordinates a young women's leadership training program.

Bienestar Human Services

5326 E. Beverly Boulevard, Los Angeles, CA 90022-1701; phone: (213) 727-7896; www.bienestar.org

Providing both English and Spanish social and support services to enhance the health and well being of the community.

Bisexual Resource Center
P.O. Box 400639; Cambridge, MA 02140;
phone: (617) 424-9595; e-mail: brc@biresource.org; www.biresource.org.
Educates the public and organizations about bisexuality and provides an information and support network.

Children of Lesbians and Gays Everywhere (COLAGE)
2300 Market Street; Box 165; San Francisco, CA 94114; phone: (415) 861-5437; fax: (415) 255-8345; www.colage.org.
Aids children of GLBT people by providing education, support and community; advocates for rights

Colours Organization
1201 Chestnut Street, 5th floor; Philadelphia, PA 19107; phone: (215) 496-0330; www.coloursinc.org.
Provides social, health & wellness, mentoring, support and other programs for youth of color.

Disability Social History Project
www.disabilityhistory.org
GLBT friendly site offers resources for GLBT people with disabilities, as well as disability history, links, projects, and reading lists

The GALAEI Project (Gay and Lesbian Latino AIDS Education Initiative)
1233 Locust St., Philadelphia, PA 19107; phone: (215) 985-3382; www.ait-path.org/galaei
GALAEI is a program designed to meet the HIV/AIDS education and prevention needs of Latino/a sexual minorities.

The Gay, Lesbian, Straight Education Network (GLSEN)
121 W. 27th Street, Suite 804; New York, NY 10001;
phone: (212) 727-0135; fax: (212) 727-0254;
e-mail: glsen@glsen.org, www.glsen.org.
Works to end anti-gay bigotry by teaching respect for all in public, private, parochial K-12 schools.

Gay-Straight Alliance Network
160 14th Street; San Francisco, CA 94103; phone: (415) 552-4229;
www.gsanetwork.org
A youth-led organization that connects GSAs to each other and to community resources. Empowers youth to fight homophobia in schools.

Hetrick Martin Institute for Lesbian and Gay Youth & The Harvey Milk School
2 Astor Place, 3rd Floor; New York, NY 10003; phone: (212) 674-2400;
Alternative schools serving GLBT students

Intersex Society of North America (ISNA)
PO Box 301; Petaluma CA 94953; phone: (707) 636-0420; e-mail: info@isna.org; www.isna.org
A public awareness, education, and advocacy organization which works

to create a world free of shame, secrecy, and unwanted surgery for intersex people

Lavender Youth Recreation & Information Center (LYRIC)
127 Collingwood Street; San Francisco, CA 94114; phone: (415) 703-6150;
e-mail: lyric@lyric.org. www.lyric.org.

Works to counter effects of homophobia on GLBT youth; to empower them through peer-based recreational, educational, and leadership development opportunities.

Lambda Legal Defense and Education Fund
120 Wall Street, Suite 1500; New York, NY 10005-3904; phone: (212) 809-8585; www.lambdalegal.org

A legal resource center, their website features a number of excellent school-related guides, including "Stopping the Anti-Gay Abuse of Students in Public High Schools: A Legal Perspective."

LLEGO (The National Latino/a Lesbian, Gay, Bisexual and Transgender Organization)
1420 K St. NW, Suite 200; Washington, DC 20005; phone: (202) 408-5380;
www.llego.org
Serves Latina/o GLBT communities on a local, regional, national and international level.

National Center for Lesbian Rights
870 Market Street, Suite 570; San Francisco, CA 94102; phone: (415) 392-6257; info@nclrights.org ; www.nclrights.org

A legal resource center, NCLR has a toll-free number you can call for legal advice at: 1-800-528-NCLR, where someone can help you figure out what steps to take if you are being harassed at school.

National Youth Advocacy Coalition (NYAC)
1638 R Street NW, Suite 300, Washington DC, 20009; phone: (202) 319-7596 Fax 202-319-7365; e-mail: nyac@nyacyouth.org; www.nyacyouth.org.
Offers resources, information and technical assistance on a wide variety of issues affecting GLBT youth. Can make referrals to GLBT youth groups working in your area or on a range of youth populations.

Parents, Families & Friends of Lesbians & Gays (PFLAG)
1726 M St. NW, Suite 400; Washington, DC 20036; phone: (202) 467-8180;
www.pflag.org

Promotes the health and well-being of GLBT people through support, education and advocacy with over 480 chapters across the country.

Rainbow Alliance of the Deaf (RAD)
www.rad.org

Promotes education, welfare, fellowship and rights of Deaf GLBT citizens. Offers online resources and support.

The Safe Schools Coalition of Washington
c/o NCHD; P.O. Box 21428; Seattle, WA 98111-3428; phone: (206) 632-0662, ext. 49; www.safeschools-wa.org/safe.html

Excellent on-line clearing house for resources and materials.
Sexual Minority Youth Assistance League (SMYAL)
410 7th Street, SE; Washington, D.C. 20003-2707; phone: (202) 546-5940;
phone TTY: (202) 546-7796; e-mail: SMYAL@aol.com, www.smyal.org.

A youth service agency supporting sexual minority youth and educating the public.

T-NET (The PFLAG Transgender Network)
www.youth-guard.org/pflag-t-net/

Offers support, education & advocacy for transgender people, their families and friends.

HELPLINES & WEBSITES

Boston Alliance of Gay and Lesbian Youth (BAGLY) Helpline: 1-800-42-BAGLY; Office: (617) 227-4313; 24 hours

Center for Disease Control National HIV/AIDS Hotline: 1-800-342-AIDS

Crisis Intervention Center: 1-800-999-999

LYRIC Youth Talkline for Lesbian, Gay, Bisexual, Transgendered, Queer and Questioning Youth (San Francisco, CA) Helpline: 1-800-246-PRIDE in the Northern California area, (415) 863-3636 everywhere else; TDD: (415) 431-8812; Monday - Saturday 6:30 - 9 pm PST. Infoline (recorded information regarding youth resources and events, available 24 hours): (415) 703-6163; e-mail: lyricinfo@tlg.net

National Gay/Lesbian/Bisexual Youth Hotline - Indianapolis Youth Group: 1-800-347-TEEN; Friday - Saturday 7-10 pm EST

National Runaway Switchboard: 1-800-621-4000

The Out Youth Austin Helpline: 1-800-96-YOUTH; every day, 5:30 - 9:30 pm CST; www.outyouth.org; e-mail: out@outyouth.org

Substance Abuse Information and Referral Line: 1-800-622-HELP

The Trevor Helpline: (Los Angeles, CA) 1-800-850-8078 - 24 hour crisis intervention by trained adults. This crisis hotline is not staffed by youth, unlike some of the helplines listed above. The Trevor Helpline is a valuable resource for youth in crisis available 24-hours-a-day.

Youth Resource: www.youthresource.com

Excellent website with articles, resources, links and other information on

general GLBT youth issues, youth of color, youth with HIV/AIDS, disabled youth and other groups. They also have a section where you can write directly to young people like yourself who have been through all of this can offer you some insight and share their experiences, at: www.youthresource.com/ourlives/insideout/peereds.cfm

NOTE: There are also hundreds of local organizations that provide services across the country for gay, lesbian, bisexual and transgendered youth. The above organizations, or your local PFLAG chapter can provide you with referrals for groups in your area.

RECOMMENDED READING

Am I Blue? Coming Out from the Silence. Marion Dane Bauer, ed. Harper Collins, 1994.

Becoming Visible: A Reader in Gay and Lesbian History for High School and College Students. Kevin Jennings, ed. Alyson Publications, 1994.

Being Different: Lambda Youths Speak Out. Larry D. Grolier Brimmer. Franklin Watts, 1995.

Free Your Mind: The Book for Gay, Lesbian and Bisexual Youth and Their Allies. Ellen Bass and Kate Kaufman. Harper Perennial, 1996.

In Your Face: Stories from the Lives of Queer Youth. Mary L. Gray. The Haworth Press, 1999.

Joining the Tribe: Growing Up Gay & Lesbian in the '90s. Linnea Due. Anchor Books, 1995.

The Journey Out: A Book for & About Gay, Lesbian & Bisexual Teens. Rachel Pollack and Cheryl Schwartz. Puffin Books, 1995.

Lesbian and Gay Voices: An Annotated Bibliography and Guide to Literature for Children and Young Adults. Frances Ann Day. Greenwood Press, Westport, Connecticut, 2000.

Mom, I Need to Be a Girl. Evelyn Linderuth. Trook Publishing, 1998.
True-to-Life Series from Hamilton High. Marilyn Reynolds. Morning Glory Press. A series of books that address the issues facing GLBT youth in high school.

Passages of Pride: Gay and Lesbian Youth Come of Age. Kurt Chandler. Random House, 1995.

Rainbow Boys. Alex Sanchez. Simon & Schuster, 2001.

Revolutionary Voices: A Multicultural Queer Youth Anthology. Amy Sammie, ed. Alyson Books, 2000.

Two Teenagers in Twenty: Writings of Gay and Lesbian Youth. Ann Heron, ed. Alyson Publications, 1995.

Understanding Sexual Identity: A Book for Gay and Lesbian Teens.
Janice Rench. Lerner, 1990.

VIDEOS

All God's Children. Woman Vision, 1996. Order by phone from Transit
Media (800) 343-5540.

Coming Out, Coming Home. API-PFLAG Family Project, P.O. Box 640223,
San Francisco, CA 94164.

De Colores. EyeBite Productions, 3566 17th Street, Suite #1, San
Francisco, CA 94110. 415-431-6411. PtoRicanSF@aol.com

Scout's Honor. Tom Shepard, Hybrid Productions, 2001. (415) 255-1044.

TransFamily. PFLAG Transgender Network, c/o Mary Boenke, 180 Bailey
Blvd, Hardy, VA, 24101. 2001.

Youth Outloud! Addressing Lesbian, Gay, Bisexual and Transgender
Youth Issues in Our Schools. Sun & Moon Vision Productions, 1999.
www.sunandmoonvision.com

To Join PFLAG

To join as an at-large member and receive PFLAG's quarterly newsletter, fill out the application below, enclose your \$40 annual dues, and mail the application to:

PFLAG
1726 M Street, N.W., Suite 400
Washington, D.C. 20036

Name _____

Address _____

City, State, Zip _____

Telephone _____

Amount enclosed \$40 Dues + \$_____ Contribution = \$_____ Total

Payment type: Check Money Order Credit Card

Credit Card Type _____

Credit Card Number _____ Expiration Date _____

Signature _____

(Charges will appear as PFLAG on your credit card statement.)

Please send me information about joining a local PFLAG affiliate.

For more information on PFLAG contact us at (202) 467-8180,
FAX: (202) 467-8194, Web: www.pflag.org

PFLAG is a tax-exempt, nonprofit organization that is not affiliated with any political or religious institution.

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