

UFO

Homosexual: People whose sexual and romantic feelings are primarily for the same sex. People who feel this way often identify as gay/lesbian.



**YOU'RE
NOT
ALONE,**



Some young people through the process of exploring their 'sexual selves' will discover they might be gay, lesbian or bisexual. Some people are often sexually attracted to both men and women at different times in their lives. Being attracted to someone of the same sex, can be challenging in a world that seems to ignore people who are gay, lesbian, bisexual or transgender.

IT'S OK to be sexually attracted to someone of the same sex. You are not an alien or alone!

Thousands of young people have been through this, and many more wonder about their sexuality. Some estimates say about one in ten people will identify as gay or lesbian.

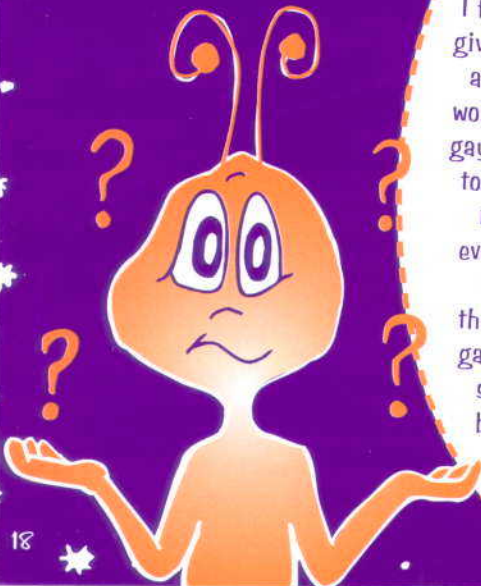
IT TAKES TIME to know who you are. It is OK to question your sexuality. It's OK to be unsure. Many young people have similar feelings to you, it is all part of finding out about yourself.⁷

Don't be afraid of who you are!

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Heterosexual: People whose sexual and romantic feelings are primarily for the opposite sex.⁷

"When my mate Mike 'came out', I felt weird. He was given a 's@?t' time at school. It didn't worry me that he was gay, but I didn't want to be seen with him much, I thought everyone would give me 's#?t' too, thinking I might be gay too. I wanted to still be his mate but you know..."
(Jason, 17 yrs)



WHAT CAN I DO TO HELP MY FRIEND?

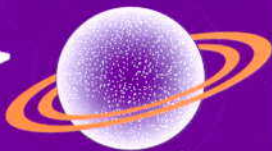
- It might be hard to support a friend, especially if they're having a hard time at school. Listen to them, talk to them or write to them about it.

"I still want to be your friend, being gay doesn't change our friendship, but it's hard at school/work. What can we do about it?"

- Respect your friends right to choose who and when they tell. Don't tell anyone else.

- Think about how it is for them to be teased or harassed at school/work or in the community. Imagine how much courage it took for your friend to be true to themselves, even when they knew they might lose friends, be asked to leave home etc.

- Do something that makes a difference; visit one of the websites, read a book about being gay/lesbian/bisexual, stand up against homophobic statements, ask your local library to get some books about gay, lesbian, bisexual issues.



The decision to tell other people about your sexual orientation is yours and yours alone to make

Coming Out

If you are thinking about who you are attracted to, you might find it helpful to consider these questions, or even discuss them with someone you trust.



- How sure and comfortable am I about my sexual attractions and identity, and about discussing it with others?
- How much support do I have?
- What seems to be the attitude of the people I want to tell toward same sex attraction?
- How important is it to me that the person(s) be told now? If necessary can I wait?
- Are the person(s) likely to be rejecting? What will I do if they react badly?
- Am I financially or emotionally dependent on the person(s) I want to tell?
- Are the people I want to tell going to respect my privacy?

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Coming Out: A phrase that can mean something different to everyone. It has to do with developing an awareness that you are gay, lesbian or bisexual. This often leads to being more open with others about sexual identity.⁷

If you have a friend who is curious about their sexuality, it might help you, to help them, by getting information too.

If you are same sex attracted this can mean that there are a lot of specific issues to deal with such as; being sure, coming out, meeting people, dealing with parents & friends etc. There are fact sheets on coming out & other issues, booklets and information available from the services below.

Dealing with these issues can be stressful or even depressing.

There are people to talk to:

- Talk to someone you trust,
- Talk to someone who understands or who has been through this.

WHO CAN I TALK TO?

- **2010 Gay and Lesbian Youth Services**
1800 652 010 or 02 95526130 (Mon - Fri 10am - 6pm)
www.rainbow.net.au/~twenty10
- **Gay and Lesbian Counselling Service**
1800 805 379 or 02 9207 2800 (7 days 4pm - 12midnight)
- **Parents and Friends of Gays and Lesbians (PFLAG)**
02 9294 1002 (24 hour info line) www.pflag.org
- **The Gender Centre** 02 9569 2366 (Mon-Fri, 10am - 5.30pm)
(a place to go for confidential and free services for people with gender issues.)
www.gendercentre.org.au

TRY THESE WEBSITES

- www.gettingreal.com.au
- www.reachout.com.au
- www.makeanoise.ysp.org.au

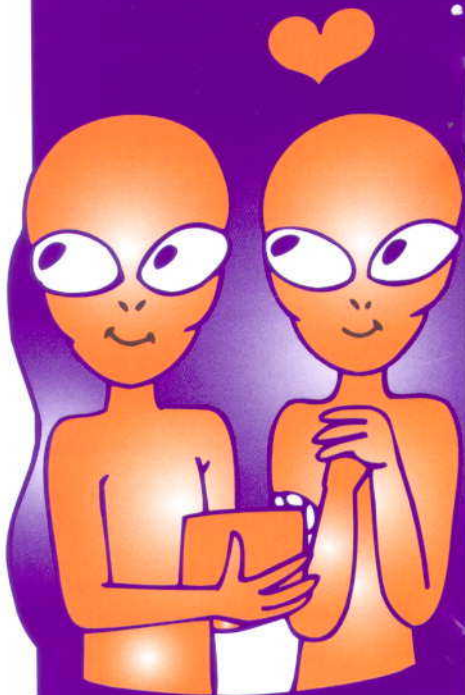


Use the courage it's taken you to know yourself this far to reachout and get the support you deserve.

ORBITING THE SEX landing pad

Being sexual is a personal choice. You don't have to be sexual to be 'on' a relationSHIP,

LOVE
doesn't
equal sex



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Sexual orientation and sexuality: the direction of sexual and romantic attractions. For some this is mainly towards people of the opposite sex, for some, it is mainly towards people of the same sex, for some it is towards both sexes.⁷

You're on the relationSHIP with the shining star of your galaxy and you are discovering uncharted territories.

If you do decide to have sex remember:

1. Sex must be consensual, that means both of you want to engage in sex
2. Do it safely

Many people feel pressured about being sexual. Talk to your partner about this.

There's lots of information about SAFE SEX and avoiding sexually transmissible infections (STI's).

If you want more information about safe sex, contact :

The Kids HelpLine on 1800 551 800

(24 hours) www.kidshelp.com.au

to find the following closest service to you:

- **Your local sexual health centre**, provide free, confidential service
- **Family Planning Health**, offer information and clinics for young people
- **Youth Health Service**, often have booklets and information about safe sex and other youth health issues
- **Gay & Lesbian Counselling Service** for gay/lesbian friendly services 1800 805 379 or 02 9207 2800 (7 days 4pm - 12midnight)
- **Aids Council of NSW** 1800 063 060 or 02 9206 2000 (10 - 6pm Monday - Friday) www.acon.org.au
They have excellent booklets and fact sheets available about safe sex for same sex relationships
- **National Children's and Youth Law Centre** www.lawstuff.org.au
Visit for good information on consent.

