

Meanings

Gay: attracted to same-sex, usually male.

Lesbian: attracted to same sex (female).

Bisexual: attracted to both sexes.

Transgender: feel born into wrong sex.

Questioning: questioning if you are GLB or T.

Coming out: accepting who you are & telling people.

Activities

GALYIC is for GLBTQ youth aged 13-25 years who live, study or work in Calderdale. Weekly youth group & drop-in; joint events with other GLBTQ youth groups; residential; outdoor pursuits; go-carting, open-boating, mountain-bike riding; recently set up our own Youth Council.

Feelings

Pre-coming out and making gay friends:

confused, upset, depressed, scared, anxious, lonely, isolated, afraid of being labeled and stereotyped.

Post-coming out and having gay friends:

relief, privileged, more open, more confident, more self-aware, happier, self-acceptance, freedom.

Coming Out: be prepared

Make sure you're comfortable with who you are.

Talk it through with someone you trust, maybe a teacher, youth worker, social worker or friend?

Make sure you have a support network – ask yourself if it is safe to come out?

Decide who to tell first, try and identify someone supportive but remember that once you have told someone it might get out.

Do's and don'ts

Don't hurry - come out when you're ready.

Don't come out when you're angry or drunk.

Do be ready to answer questions but be yourself.

Do set the scene & decide how to do it: letter, face-to-face, text, email, someone else tell?

Do listen to positive songs: "I'm coming out," Diana Ross, "I am what I am," Gloria Gaynor.

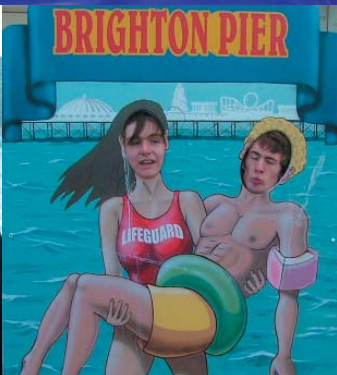
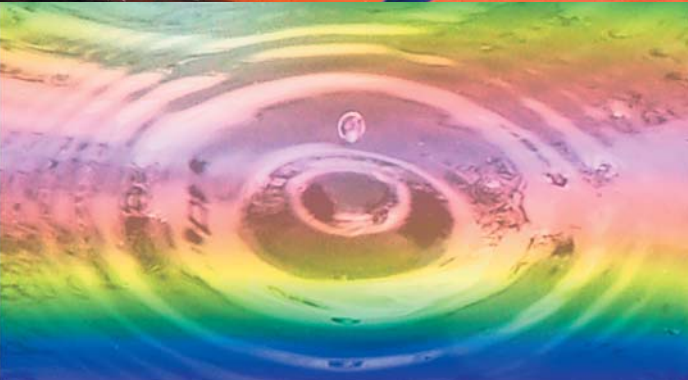
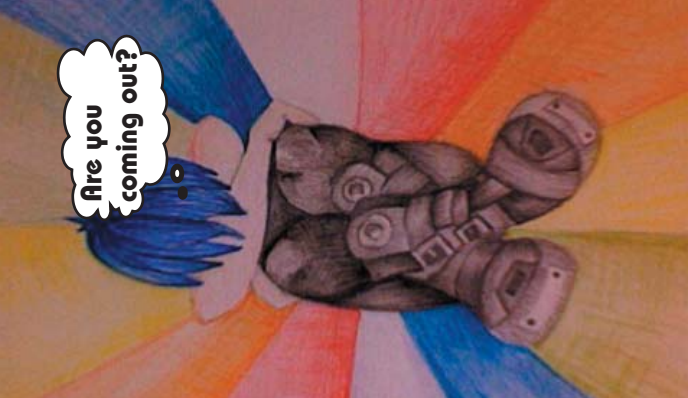
Family

Remember, your family will have to go through a similar process – time to get used to it, coming out to other family members and friends.

GALYIC is here to support both young people and their parents.

Find out more information – look at

www.galyic.org.uk



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