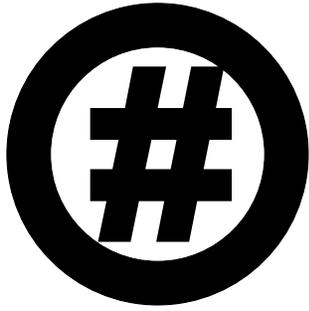


What Should I Look Forward To?



You can look forward to meeting your Gay, Lesbian, and Bisexual peers. You are able to pursue your education, choose a career, and be successful like anyone else. You're not limited to a life of being single. In fact, there are many people out there who lead healthy and successful lives, along with a "life partner". Have faith in yourself and live life to its fullest. Facts and Figures about Gay, Lesbian, and Bisexual Youth

It is estimated that approximately 10% of the population is Gay, Lesbian, or Bisexual.

Men experience their first homosexual experience at an average age of 15.

Women most often have their first same-sex experience at the age of 20.

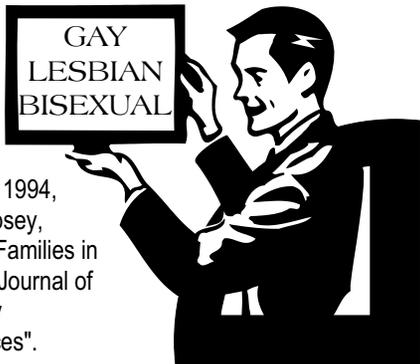
Men most often identify themselves as Gay or Bisexual at the age of 14.

Women are most likely to identify themselves as a Lesbian or Bisexual between the ages of 20 and 23.

While suicide is the third leading cause of death among teenagers, 30% of those are Gay and Lesbian related.

40% of teens suffer some sort of violence as a result of their sexual orientation.

Taken from
"Health and
Social Issues
of Gay,
Lesbian,
and Bisexual
Adolescents", 1994,
Cleta L. Dempsey,
published in "Families in
Society: The Journal of
Contemporary
Human Services".



Pink Triangle Community Services is a Community Health and Services Organization created to serve the needs of Regina's Gay, Lesbian, and Bisexual Community.

Pink Triangle Community Services

(PTCS)

2070 Broad Street

Regina, SK

S4P 1Y3

web site: www.angelfire.com/empire/ptcs

email: ptcsregina@canada.com

Information Line:
(306) 525-6046

I Think I Might Be **GAY**
I Think I Might Be A
LESBIAN
I Think I Might Be
BISEXUAL
■■■

**WHAT DO
I DO?**

Pink Triangle Community Services



What Does It Mean?

Right now is probably a difficult time in your life. You start to become sexually aware of yourself, and it may be confusing. Don't worry, things will slowly come into focus. This brochure is designed to help you clarify some of the issues surrounding being gay, lesbian, or bisexual.

What does it mean to be Gay, Lesbian, or Bisexual?

Being gay means that you are male and are attracted to other males, and not to women. To be a lesbian means that you are a female that is attracted to women, and not to men. Bisexuals are those people who are attracted to both sexes. Although some people believe that homosexuality and bisexuality is a choice, there has been scientific evidence suggesting that homosexuality and bisexuality may indeed be genetic. Psychological studies have shown that therapy intended to "convert" a homosexual person to heterosexuality normally fails or causes psychological damage.

How do I know if I'm attracted to the same gender?

You may feel that:

You are having sexual fantasies about people of your own gender.

You develop crushes on people that are the same sex as you.

You wish to have a romantic relationship with a friend of the same sex.

These are possible indicators that you may be attracted to the same sex. However, you and only you can determine if you are Gay, Lesbian, or Bisexual.



How Do I Know?

What about sex?

Sex is a natural process, and you will most likely be seeking an outlet for all of your feelings. Don't worry, sex is a healthy desire, as long as it is "safe". Safe means using proper protection: condoms (even for oral sex) and water based lubricant for men, and latex gloves and dental dams for women. Sex shouldn't be something to rush into. Understand what safe sex is, and make sure that you feel that you are ready for it. Until then, fantasizing and masturbation are health outlets for your sexual feelings.

Should I tell someone about this?

The most important part to remember before telling someone ("coming out") is to make sure you yourself are ready to do it. The first steps are learning it's okay to be gay, and accepting it. From there, you may want to tell someone who you think is sympathetic and understanding of homosexual and bisexual people. Telling your parents or just anyone may be a bad idea at first since some people are uncomfortable with homosexuals and bisexuals. They may not react well to the news. Be cautious, but always be honest with yourself. Coming out may be a painful process, but so is self-denial. Be strong: you're not alone. There are many other people out there who can provide support if you want it.

Can I talk to someone about this?

Being a gay man, a lesbian, or a bisexual in today's society is not easy. Unfortunately, there are a lot of negative stereotypes and attitudes out there. We've all heard the jokes, taunts, and stories about people being beaten up. It can be intimidating. Some gay youth turn to alcohol, drugs, or consider suicide. There are better options than that, and there are many people out there who are willing to listen to your problems and try to help. There are many resources in Regina to help you if you feel you need to talk or meet with other gay, lesbian, or bisexual people. Call if you want information, if you're having problems, or if you just want to talk with someone who understands.

Should I Tell Someone About This?

Local Phone Numbers



Pink Triangle Community Services

(306) 525-6046

PTCS includes Inside-Out (a Gay, Lesbian, and Bisexual youth support group) and G-BLUR (a university group for Gay, Lesbian, and Bisexual students).

Kid's Help Phone 1-800-668-6868

AIDS Regina (306) 924-8420

For information on AIDS & safe sex.

Crisis/Suicide Intervention Line

(306) 525-5333

Rape Crisis/Sexual Assault Line

(306) 352-0434

Call Us!

