

BE
YOURSELF



**Questions and Answers for
Gay, Lesbian, Two-spirited
And Bisexual Alberta Youth**

Planned Parenthood Alberta (PPA) is a registered charitable organization of committed individuals working for Albertans to ensure: mandatory, comprehensive sexuality education; accessible reproductive and sexual health information and services; reproductive rights; and accessible contraception.

PPA's Mission Statement

PPA supports reproductive choice and promotes sexual health for all Albertans. **PPA** works to support the equality of all individuals in matters of sexual health cognizant of human dignity and diversity.

Parents, Families and Friends of Lesbians and Gays (PFLAG), Inc. is a support, education and advocacy organization. Founded in the US in 1981 by 25 parents, **PFLAG** now represents thousands of families throughout the world, including Canada and Alberta. **PFLAG** is a tax-exempt, non-profit organization that is not affiliated with any political or religious institution.

PFLAG'S Mission Statement

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

The Gay, Lesbian, Bisexual, Two-spirited (GLBT) Youth Outreach Project is a joint project between **PFLAG**, **PPA** and individual members of the gay, lesbian and bisexual community. The project goals are: to develop and disseminate informational resources for rural **GLBT** youth; to educate professionals (e.g., school counsellors, teachers, etc.) regarding **GLBT** issues; to develop a list of resources for **GLBT** support; and to help establish support for **GLBT** youth, their parents, families and friends in communities throughout the province.

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Definitions used in this book

Gay or **homosexual** refers to people whose sexual and romantic feelings are primarily for the same gender. Arousal and heartfulness are normal emotions all human beings have.

Lesbian refers to women who are homosexual.

Bisexual or **bi** is an older term referring to people whose sexual and romantic feelings are for both genders. Since gay and straight are about predominance, not both are exclusive attraction.

Heterosexism refers to the pervasive belief that heterosexuality is superior to homosexuality. The power given to heterosexuals based on this belief gives them legal, social and economic advantages which are denied to others.

Heterosexual or **straight** refers to people whose sexual and romantic feelings are primarily but not necessarily exclusively for the opposite gender. The terms 'gay' and 'straight' are based on predominant (but not exclusive) sexual feelings towards certain individuals of the same or opposite gender respectively.

Homophobia refers to misunderstandings, ignorance or inexplicable fear of gay, lesbian or bisexual people.

Transgendered refers to the community of people who are either transsexual, transvestite or do not fit into a pre-conceived category of gender.

Transsexual refers to people who have the physical characteristics of one gender and the emotional and psychological characteristics of the other. Sexual reassignment surgery (i.e., sex change operation) is frequently chosen to better align the 'inner' self with the physical self.

Transvestite by definition refer to heterosexual males who dress in the clothing of the opposite sex for the purpose of sexual arousal. These comprise the vast majority of cross dressers.

Two-spirited refers to First nations people whose sexual and romantic feelings are primarily for the same gender and who historically were revered as embodying both male and female spirits.



Introduction

The world can be a tough place for a teenager. You're in one of the most confusing times of your life.

For one thing, your body is changing more than it will at any other time. Your hormones, hard at work, can be playing around with your moods. You may feel great one day and miserable the next, for no clear reason.

The rules are changing. You're expected to act more and more like an adult. You may have new adult responsibilities like volunteer work or a part-time job but you might not be given adult rights, like coming home at whatever time you want.

Your relationship with your parents is changing. You're becoming more independent and they're having to accept that you are growing up. That's not easy for either of you.

All of a sudden, something you didn't think about a few years ago - all the emotions of sex - might feel like the most important thing in the world.

If you're a gay, lesbian or bisexual teenager - or think you might be or have wondered if you are - it can be even more confusing. This is a time when teens sort out the best fit of their heartfeltness and erotic attraction so as to be able to have healthy relationships in the future. Most of the images, all the messages we get from media and school and our family and friends focus on being heterosexual. Being heterosexual is assumed to be the only way to be. If you don't see your feelings and behaviors reflected anywhere, it can seem a bit confusing. It is probably not you who is confused. If the only images you ever see are of white families and you are Native or Asian, does that mean you are confused about who you are? Of course not - but you might be confused about where you "fit". This is quite normal.

When you were younger, your parents and relatives may have kidded you about liking girls if you're a guy - or guys if you're a girl. Maybe they talked about "when you grow up and start dating" or "when you fall in love and get married and have kids of your own" - 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. Most families assume everyone in the family is straight and our society actively encourages boys to "like" girls and girls to "like" boys, good-natured kidding about liking someone of the opposite sex is a way of encouraging that connection.

TV, movies and magazines mostly show men and women being with each other. The music you hear is usually about falling in love or getting it on with the

opposite sex. If you're a guy, your friends are probably talking about girls. If you're a girl, they're talking about guys.

All of that makes things difficult if you're gay or lesbian because you aren't seeing or hearing much that relates to you or YOUR feelings.

This booklet was written to try to help you 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:

- #1: Being gay, lesbian or bisexual is a normal and healthy way to be. It's one more part of who you are - like being tall or short, black or white, Asian or Native, left-handed or right-handed.
- #2: It takes time to know who you are and it's okay to be confused, it's okay to be unsure whether you're gay or straight and it's okay to take your time figuring it out. There's no need to rush. The predominance of your attraction and heartfelness is more towards the same or opposite gender.
- #3: You're not alone. Right now, there are tens of thousands of other teenagers thinking or wondering if they're gay, that 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.

There are people with whom you can talk openly, compare notes, ask advice and who will take some time to listen and help you sort things out a bit.



I THINK I MIGHT BE GAY – 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 gay people say that from the time they were very young - even just five or six - they "felt different". They didn't share the opposite gender grade-school crushes which their friends talked about, they had crushes on friends of their own sex - 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 or bisexual - but when they started thinking in those words, it made sense - it fit with the feelings they'd had growing up.

Many other people, though, don't begin to figure out their sexual orientation until they are teenagers or even adults, because in the past there has been very little out there which positively reflected being gay, lesbian or bisexual.

At some point, almost everyone gets a "crush" on someone, like a great teacher or a friend's older sister or brother. You want to be around them all the time and be just like them. You admire how they carry themselves and interact with other people or the way they look. Almost everybody's "best friend" is of the same sex. This doesn't mean you are gay, lesbian or bisexual as other feelings are involved than just these.

Sexual orientation is about the emotions inside, not about the actions done. 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 gay people have some sexual experiences with the opposite gender. There is a lot of social pressure to date and even to be sexual with the opposite sex. It is often viewed as a "natural part of growing up". Many straight people have had some sexual experience with their own gender, often out of curiosity.

It's important to know too, even if they have never been sexually active, people can still know if they are gay or straight. Your feelings and your emotional physical attractions will help tell you who you are.

Our sexuality develops over time. Don't worry if you aren't sure. The teen 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 to women - or to both - and you'll know then. *You don't have to figure it out today.*

If you think you're gay, lesbian or bisexual, 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 identity - from figuring *yourself* out. However, you might want to keep this to yourself until you're sure and comfortable with who you are. This is not suggest being gay, lesbian or bisexual is something to be ashamed of and to hide (it isn't) but our society doesn't really understand homosexuality and, right now, you probably don't need the hassle of dealing with any negative stuff that telling might bring.



I DON'T SEE ANYTHING THAT SAYS OTHER PEOPLE ARE GAY. AM I THE ONLY ONE?

THE SHORT ANSWER: No

Dr. Alfred C. Kinsey, the world's best-known sex researcher, concluded from his research that almost nobody is purely straight or purely gay. He found that *most* people have some attraction to both genders 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. In between are people who are attracted to both sexes to some degree.

Wherever you are on that continuum, you've got plenty of company. Some estimates say that one in every ten people is gay.

There are gay people all around you - you just can't always tell who they are. They're white, black, Asian, Native and Hispanic. They're Jewish, Catholic, Protestant, Mormon and Buddhist. They're old and young, rich and poor, live in cities, towns and on farms. They're doctors and nurses, construction workers, teachers and students, ministers and rabbis, store clerks, mechanics, business people, farmers and ranchers, police officers, politicians and athletes.

When they were teenagers, most of them probably felt the same way you do. If you start to feel that you're all by yourself, just remember, singer k.d. lang probably felt that way too - and Elton John, Olympic diver, Greg Louganis, singer, Melissa Etheridge, Members of Parliament, Svend Robinson and Real Menard, Edmonton City Councillor, Mike Phair - and thousands and thousands more.



IS IT NORMAL TO BE GAY?

THE SHORT ANSWER: Yes. Being gay is as natural, normal and healthy as being straight.

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

Not only is it as natural, it's as healthy to be gay as to be straight - no matter *what* some people might tell you. The Canadian Psychiatric Association has declared that homosexuality is not a mental disorder or disease and the Canadian Psychological Association says that it would be unethical to try to change a gay person's sexual orientation.

Many other people besides scientists, psychologist and psychiatrists now understand that too. Ann Landers, the advice columnist, wrote: "It never ceases to amaze me that in this day and age, so many people fail to understand that homosexuality is not a lifestyle that is chosen. That 'choice' was made at birth."



I THOUGHT GAY OR LESBIAN PEOPLE ACT CERTAIN WAYS. IF I DON'T FIT A STEREOTYPE, AM I STILL GAY OR LESBIAN?

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

Gay and lesbian 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 are "effeminate". Well, for just a few examples that show how ridiculous and untrue that statement is - what about Mark Tewkesbury or Greg Louganis, the Olympic gold medallist diver. These men are gay - along with many other famous athletes.

You'll probably hear about transvestites and transsexuals. Transvestites by definition are heterosexual males who like to dress like members of the opposite sex for purposes of sexual arousal. Transsexuals are people who have the lifelong experience of being the opposite gender to their genetic gender. This is corrected through surgery. Being gay doesn't make you a transvestite or a transsexual and being a transvestite or transsexual doesn't make you gay.

The gay, lesbian and bisexual "community" is a diverse group made up of people from all walks of life with all types of beliefs and attitudes and ways of being. Some people fit the stereotype of the effeminate male or "butchy" woman, most don't. Some gay men accentuate their masculine characteristics because it is the "maleness" of other men they find attractive and it is masculine men they wish to attract.

Some lesbians accentuate their femininity through wearing makeup and feminine clothes because this is what they are most comfortable with. Others consciously reject what they see as socially accepted ideas of what it is to be "a woman" and dress in what is comfortable and easy to manage. Some gay men and lesbians will wear clothes that clearly identify them as gay or lesbian (at least to other gay men and lesbians), others blend in with everyone else. Remember - you don't need to prove anything to anybody. *Just be yourself.* It takes time to know what works for you.



DO I NEED TO WORRY ABOUT HIV, AIDS, HEPATITIS, ETC.?

THE SHORT ANSWER: Everybody has to be informed about HIV (AIDS) and other sexually transmitted infections (STI).

It's not who you are - gay or straight, male or female, a person of colour or white, city dweller, rural based or living in a small town - but unsafe sexual practices or blood exchange with an infected person that puts you at risk for HIV infection.

AIDS (*Acquired Immune Deficiency Syndrome*) is a disease caused by a virus. That virus, named HIV (*Human Immuno-Virus*), destroys the body's immune system, making a person susceptible to fatal illnesses or infections. There is no known cure and there is no vaccine yet that prevents HIV/AIDS (only understanding what is risky and what isn't and practicing safer sex if you are being sexual can do that). Several new drugs have recently been developed that allow some people with HIV/AIDS to live longer and with better health.

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.

Any blood-to-blood contact can be risky - if someone wants a piercing, they should go to a commercial piercing salon or, at the very least, ensure sterile conditions are met (one fresh, clean needle per person only).

Just because someone looks healthy and attractive does not guarantee they are not HIV+. In fact, "looking sick" often does not occur until after full-blown AIDS has manifested itself.

You can protect yourself. Do not share needles or syringes. Before you become sexually active with a new partner, talk to him or her. Assume they are HIV+ and act accordingly. The one sure way to avoid HIV infection through sex is not to have sex. Gay or straight, if you are sexually active, learn about "safer sex" to protect yourself. Some safer sex practices include latex condoms, female condoms or dental dams to prevent the transmission of HIV and other sexually transmitted diseases.

For more information, contact one of the AIDS hotlines



WILL I BE ACCEPTED?

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

<p>"I was afraid until I found the phone number for a gay help line. I was happy to find other people in town who were gay."</p>	<p>Prejudice and discrimination are everywhere in North America and around the world. There are different kinds of prejudice against people of colour, women, men, older people, youth, against any group you can name. Women weren't legally considered to be persons and therefore could not vote, hold or inherit property in Canada until 1929 when five Alberta women (The Famous Five) fought for legal recognition as persons. It takes time to overcome prejudice and change attitudes.</p>
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If you're gay, lesbian or bisexual, you're going to run into prejudice. Our society has a "heterosexual assumption". In the past we have been 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. That false "assumption" has now begun to change to a great degree.

The prejudice you run into could be fairly mild, like people assuming you're straight when you're not and offending or silencing you with their mistake. It could be much worse. Both gay and straight people are at risk for being beaten up or bashed. Gays and lesbians may be kicked out of their homes or fired from their jobs because of their family's or employer's oppressive old beliefs. In Alberta, uninformed persons in the provincial government refused to include 'sexual orientation' in its human rights legislation for many years, refusing to update

themselves on their old stereotypes which kept them in fear of something which has always been part of healthy families, communities, churches, etc. They even went to court at taxpayer's expense to fight against including it. In April 1998, the Supreme Court of Canada ruled that Alberta must include protection against 'sexual orientation discrimination' in the Human Rights Act. Premier Ralph Klein stated that his government will abide by the Court's decision.

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 gay and lesbian persons, it's called "homophobia".

Homophobia is being challenged, however, as more and more people are learning that being gay is normal and healthy. Attitudes are starting to change partly because gay people - like women, Jews and people of colour did before them - are beginning to stand up and say, "I'm gay and I'm proud". Attitudes are changing also because other people are standing up with gay men, lesbians and bisexuals to say, "These people are my friends, my children, my brothers or my sisters - and I'm proud of them and I love them, and as decent people they do not deserve to be treated with disrespect."



I FEEL SO ALONE. WHO CAN I TALK TO?

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

Unless their parents have been constructively open with them about sex, most teenagers can feel guilty and ashamed of *any* sexual feelings and experiences, straight or gay. Some adults have a hard time with their own sexual feelings and with discussing sexuality in an open way - so it's not surprising that teenagers do too.

On top of that, it's sometimes not easy to admit that you are gay or lesbian. 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.

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

Maybe that's someone you already know - a friend, parent, brother or sister - or a friend's parent, older brother or sister. Maybe it's an adult to whom you confided in the past, whom you know you can trust again.

Right now, until you're comfortable and happy with yourself, be cautious talking with anyone who you think might judge you or anyone who might be anti-gay or lesbian. You could possibly check out people's reactions by bringing up the subject of homosexuality 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 they think is gay. Don't you think that's wrong?" or "I heard about a kid who is gay and whose parents threw her [or him] out of the house. Why would they do that?"

When you ask questions like this, however, you have to realize that people's reactions aren't personal comments about you. They don't know the real intent of your questions and people can often be much more supportive when it is about a friend or family member, than when they are just giving an opinion in general. They might have negative comments about gay people in this situation but respond very differently about you being gay or lesbian.

If you don't know anyone with whom you're comfortable talking, who will be supportive and understanding, start by calling one of the hotline numbers or organizations. You can talk to a teenager or adult. You don't have to give your name and they won't try to talk you into or out of anything. They are there to listen, offer suggestions and supply information - and it's all confidential.

If you don't feel ready to talk with someone on the phone, you can get a gay or lesbian pen pal, participate in one of the computer bulletin boards or check out some of the hundreds of websites dedicated to gay/lesbian/bisexual/queer/transgendered and youth issues on the Internet. These sites also offer discussion groups and chat rooms. *Be cautious* - not all of them are sexual but some are, and being gay, lesbian or straight is about much more than sex.

If you don't want to talk to someone face-to-face, computer bulletin boards can help you find a local group or person to call. Remember to use good judgment when making any contacts.

Whatever you choose, talking really helps - and you'll learn you're really not alone.



SHOULD I COME OUT?

THE SHORT ANSWER: Only if *you* want to and only when you're ready. Don't come out just because someone else thinks you should.

Hiding the fact that you're gay or lesbian is called "being in the closet". 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 may be risks in coming out. There may be people who won't accept you if you're gay or lesbian, or people who might do and say terrible things. They could be your parents, your friends, 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 gay or lesbian. Hiding your sexual orientation keeps the important people in your life from knowing a big part of you. Hiding who you are keeps your relationships very superficial. At some point, many gays and lesbians find that the loneliness and isolation of keeping a secret is worse than the 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. You know what your life is like better than anyone else. Trust your instincts, but also recognize that fear can be an old record which stops you from making positive changes for a bright and healthy future.

Keep in mind that knowing you're gay 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 gay and lesbian teens have learned to say to themselves, "I'm gay and that's OK".

Before you come out, you might want to be educated about being gay 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 lies about gay people. Read one or more of the books for teenagers and talk to other gay and lesbian people on the phone or in person. By learning about their experiences and talking about yourself, you'll know more about who you are and what to expect when you come out. Tell your new gay friends that you're getting ready to come out so they can support you.

That kind of support 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 gay-positive groups. These groups also help families adjust to the open understanding that their son or daughter is gay.



WHO SHOULD I TELL?

THE SHORT ANSWER: To start, only those people who you want to know.

Coming out isn't something that you do once and then it's over. You might want to come out now to your family and later to friends or the other way around. You could come out only to one parent, to a brother or sister and later to the rest of the family.

The people you tell first 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, to respect your privacy and not tell anyone you don't want told.

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

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?

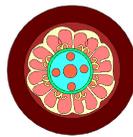
Think also about what you could lose by *not* telling a particular person. Is your relationship with your parents or your friends strained because you're keeping a secret from them? Would you be closer with them and be able to get more support from them if they understand why you were acting withdrawn?

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 he or she will react, try to feel them out first. Get them talking about a book, a movie or a television show about gays. Use the questions under the section, "I Feel So Alone".

Keep in mind that someone's reaction to a gay or lesbian person in a movie might not be the same if that gay or lesbian person is *their* daughter, *their* brother or *their* friend. 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 is so common in our society - and still so widely accepted - a friend or parent might, without thinking, joke about a gay 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 and friends who seem accepting of gay characters in the media might be far less accepting of homosexuality in someone close to them.

To get a sense of how someone will react to *your* being gay, 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 PARENTS?

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

It is important to remember you are not alone with this situation. Although gay people themselves are a minority: families consist of both gay and straight people. It is stated that between $\frac{1}{3}$ to $\frac{1}{2}$ of the population has a direct family member who is gay or lesbian themselves. As usual, homophobic politicians are the last to catch on because of their own old stereotypes and their negligence in updating these to be effective leaders.

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

PFLAG (Parents, Families & Friends of Lesbians & Gays) was founded by parents who wanted to support their gay sons and lesbian daughters - parents, family members, friends, neighbors and co-workers who wanted to work with their children for equal rights and who wanted to welcome their sons' and daughters' partners into their families.

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 because of parents' problems with dealing with their fears.

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

“My grandmother is my biggest supporter and at one time I thought I’d never tell my family.”

Think about your parent's general reaction to gays. 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 gay relationships? Is their religion accepting of gays? Does their spirituality surpass the man-made rules of religion? Have you heard them say that there's nothing wrong with being gay?

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. If you had to leave home, do you have a place to stay? If your parents cut off financial support, do you have a reliable person to whom you can turn and who will respect you? The streets are not the answer. However bad it might seem at home (assuming you are not being beaten or abused), the streets are no better. No guaranteed safe place to sleep, no guarantee on where and when you are going to eat, no place to clean up, a huge chance of being attacked, ripped off, harassed, beaten up or dead. They don't call them "the mean streets" for nothing.

If your answer to any or all of these questions is "no", *don't* come out to your parents until you have a safe place to go and a 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" or "no". Trust your gut. It's almost always frightening coming out to your parents 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 parents, think about how you can make it easiest on them - and on 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 be easiest to talk with your parents when you're feeling good about yourself. Coming out to your parents will require a lot of strength. If you're feeling

confused or haven't sorted out all your feelings about being gay or lesbian yet, that could increase your parents' confusion and make them more resistive to what you are saying to them. People respond to calm, well-reasoned and confident discussion far better than to someone who is upset, scattered and who appears to be unsure of what they are talking about.

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 gay - just as you probably needed some time yourself. Reinforce you love them and are telling them because you love them and want them to know the whole you, not some false image of you. Sometimes parents believe telling them you are gay or lesbian is because you are trying to pay them back for something or trying to hurt them. Sometimes parents think teenagers "think they're gay/lesbian" because it's supposedly trendy and rebellious. These are common reactions and come out of not understanding. That's what the process is about, reaching a place of understanding. That's what the process is about, reaching a place of understanding and acceptance but it will be a long, hard road for all of you. Telling them out of love is important - even if they don't understand that at first.

Remember that your parents are from an older generation - one that was more homophobic than yours. Even if they're accepting of gays in general, your parents may be shocked at learning that you are gay. They may not believe it at first or they may want to try to take you to see a psychiatrist to help you. A good psychiatrist of course will help your parents deal with their fears, as to try to change sexual orientation is now considered malpractice for physicians.

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

"I told my sister first that I was a lesbian. I didn't feel so lonely after that - and then I was ready to tell my parents."

Your parents could also feel that you've rejected them or their way of life by being gay 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 gay and lesbian teens may feel this sense of loss and rejection even more strongly.

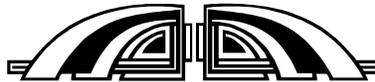
Even if they don't have those reactions, your parents are probably going to feel worried about you - about whether this will put you in danger, about whether your life will be happy, about whether you'll have a family of your own. That can make them want to ignore or deny what you've told them.

They may worry also about how they're going to tell their parents and friends. They'll be starting a coming-out process of their own. It might be useful to remember how difficult this process was for you. Why would your parents have any less difficulty with it than you did? Remember, you have had a considerable amount of time to work through all this. Your parents are being made to deal with it suddenly with little or no preparation. For them, who they thought you were five minutes before has suddenly changed forever. That's a tough thing to wrap one's brain around at first.

The best thing you can do is be ready with good information for them, 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 that - with suggested books, videos and information for you and your parents and by providing contacts with other families who have gay and lesbian children or counselors who can help your parents work through their feelings.

Remember - you don't have to come out to both parents at once. Many teens have talked first to the parent 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.



WILL I LOSE MY STRAIGHT FRIENDS? – AND WHERE DO I FIND GAY FRIENDS?

THE SHORT ANSWER: To the first question - maybe, but probably not. To the second - everywhere.

Many teens 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 teens, however, have had horrible experiences coming out at school. 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. Gay, lesbian, bisexual and two-spirited youth have a very high dropout rate because of the way they are treated.

In 1997, the Calgary Board of Education passed a policy guaranteeing protection and support for gay, lesbian and bisexual students and staff.

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 way. One or two friends might have already guessed that you're gay, lesbian or bisexual. You may find that you already have gay, lesbian and bisexual friends - and you didn't know it.

Some friends may need time to adjust to the idea of your being gay, lesbian and bisexual. 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 are a close friend and you are gay, whether they are gay or lesbian 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 have not changed. Just as with your parents, offer them some of the books listed at the back of this booklet.

Talking to gay, lesbian and bisexual friends about their coming-out experiences can also help. Finding new friends who are gay, lesbian or bisexual is really important - friends who know exactly what you are going through because they've "been there" or are in the process of coming out themselves.

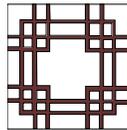
Gay youth organizations are a good place to start because there you won't have to try to figure out whether another teen is gay or not. Most major cities have gay youth organizations where you will be able to meet people easily. You will find new friends with whom you can share experiences and support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

You ALWAYS have the choice to be sexual or not - and to choose with whom you will be sexual with. Don't let ANYONE pressure you into sex or make you do anything you are not comfortable with or don't want to do during sex. Just because you are having sex with someone does not mean you have to continue. If the situation is uncomfortable or scary for you, end it. You can do this at any time; it is never too late to stop the interaction. If you are being sexual, always practice safe sex; you don't know anything about the other person's sexual history and people don't always tell partners everything. The more a person

thinks they are not at risk of catching HIV or hepatitis, the higher the risk is. It will happen to you if you do not look after yourself properly.

Because you are with another human being, with insecurities of his or her own, unless the person is being truly abusive or a total jerk, you need to respect them just as you would like to be respected. People can feel hurt or insulted if you suddenly "reject" them but you can still say no or end the sex without making them feel really bad about themselves.

If you are in a small town or in the country, it may be harder to find gay, lesbian and bisexual youth groups. In that case, you can meet people through the pen pal programs and Internet computer bulletin boards (BBS). The organizations in the resources directory can also help you find more specific groups, such as organizations of gay, lesbian and bisexual people of colour (Arabs, Southeast Asians, South Asians or Native), gay men and lesbians (sometimes known as *Two-Spirited* in deference to traditional culture).



CAN I HAVE A FAMILY OF MY OWN?

THE SHORT ANSWER: Yes

Many gay, lesbian and bisexual people hold commitment ceremonies to celebrate their commitment to each other and to share their relationship with family and friends. A growing number of Christian denominations, and communities within other faiths have ceremonies for people who love each other, whether of the same or opposite gender. Gay and lesbian relationships are considered equal to heterosexual relationships in Canada, both in regards to rights and responsibilities, so educate yourself about this before deciding to live common-law.

The Supreme Court of Canada has stated Section 15 of the Charter of Rights and Freedoms was to include gay men, lesbians and bisexuals in its definitions and the House of Commons recently included 'sexual orientation' as a protected characteristic in the Canadian Human Rights Act.

More and more companies, such as Apple Computer, IBM, Levi Strauss jeans, AT&T, Co-op stores, the Government of Canada, The Calgary Herald, Edmonton Journal, Calgary and Edmonton Sun, even the City of Calgary and the City of Edmonton, are among companies that recognize and provide spousal and health benefits to their employees' partners.

Many gay and lesbian couples are also raising children together. Some lesbians have used artificial insemination in order to conceive a child. Other gay men and lesbians, who came out after they had been involved in heterosexual relationships, are raising the children from those relationships with their gay partners. As society's attitudes continue to change, adoption of children by gay and lesbian couples will also become more common. Most provinces support that parenting is a function of the person, not of the sexual orientation. They are appropriately acknowledging healthy parents and families, both gay and straight, qualify for adoption while unhealthy families, whether straight or gay, do not.

Many gay men and lesbians see their friends and the local gay community as their family. In most cities, there is a large and close-knit gay community that offers the same type of love and support we look for from our families. Many lesbians and gay men gradually create a close circle of friends who become a "chosen family". Being gay, lesbian or bisexual means you can have as full, rich, loving and healthy a life as anyone else. It really is up to you.



BE YOURSELF

Obviously, this booklet cannot ask or answer every question but we hope it give you a place to start. You don't have to be alone when exploring your sexual identity. The available resources will give you a place to continue - to find information, to find answers and to find friends.

You will learn that the best advice is to *be yourself*. If you are gay, lesbian or bisexual, you will soon find that you have the power to shape and define your coming out - to make it unique for yourself. While coming out will present you with questions and situations you never faced before, you will also find great joy in this journey of discovery.

Use the support of family around you. The tremendous value of this support is reflected in "Everything Possible". Keep these words in your heart for comfort and inspiration and good luck!

Everything Possible by Fred Small

We have cleared off the table, the leftovers saved
Washed the dishes and put them away
I have told you a story and tucked you in tight
At the end of your knockabout day

As the moon sets its sails to carry you to sleep
over the midnight sea
I will sing you a song no one sang to me
May it keep you good company

You can be anybody you want to be
You can love whomever you will
You can travel any country where your heart leads
And know I will love you still

You can live by yourself, you can gather friends around
You can choose one special one
And the only measure of your words and your deeds
Will be the love you leave behind when you're done

There are girls who grow up strong and bold
There are boys quiet and kind
Some race on ahead, some follow behind
Some go in their own way and time

Some women love women, some men love men
Some raise children, some never do
You can dream all the day never reaching the end
Of everything possible for you

Don't be rattled by names, by taunts, by games
But seek out spirits true
If you give your friends the best part of yourself
They will give the same back to you

You can be anybody you want to be
You can love whomever you will
You can travel any country where your heart leads
And know I will love you still

You can live by yourself, you can gather friends around
You can choose one special one
And the only measure of your words and your deeds
Will be the love you leave behind when you're done.

Words and music by Fred Small. ©1983 Pine Barrens Music (BMI). From the album, Everything Possible:
Fred Small in Concert (Flying Fish #625).
Available from Small Potatoes at (800) 788-6043

List of Famous Gay Men, Lesbians and Bisexuals

If you are gay, lesbian or bisexual, you are in good company.

Alexander Hamilton	U.S. Statesman
Alexander the Great	Military Conqueror
Allan Ginsberg	Poet
Anne Hecht	Actor
Ashley Mclsaac	Canadian Musician
Babe Didrikson Zaharias	Pro Golfer
Bessie Smith	Blues Singer
Bob Jackson-Paris	Former Mr. Universe
Brad Hunter	Canadian Playright
Brian Epstein	Manager of the Beatles
Brian Pockar	Canadian Figure Skater
Carl Lewis	Olympic Athlete
Chastity Bono	Daughter of Cher and Sonny Bono
Chief Crazy Horse	Native American Leader
Danny Pintauro	Actor
David Bowie	Musician
David Geffen	Music Producer
Ellen DeGeneres	Comedian
Elton John	Musician
Emily Dickinson	Poet
Florence Nightingale	Founder of Modern Nursing
George Cukor	Film Director
Gertrude Stein	Writer
Greg Louganis	Olympic Athlete
Hans Christian Andersen	Novelist
Harvey Fierstein	Playwright and Actor
James Baldwin	Writer
James Dean	Actor
Joan Baez	Musician and Singer
Joe Average	Canadian Musician
John Boswell	History Professor, Author
Julius Caesar	Roman Salesman

kd lang	Canadian Singer
Keith Boykin	President Clinton Aide
Leonard Bernstein	Composer and Conductor
Leonardo da Vinci	Inventor and Artist
Lily Tomlin	Comedian
Lord Byron	Poet
Margarethe Cammermeyer	Former National Guard Colonel
Marlene Dietrich	Actor
Martina Navratilova	Tennis Champion
Melissa Etheridge	Singer
Michael Mayer	Calgary Artist
Michael Phair	Edmonton City Councillor
Michelangelo	Artist
Montgomery Clift	Actor
Noel Coward	Playwright and Actor
Oscar Wilde	Poet, Novelist and Dramatist
Pansy Division	Singing Group
Plato	Philosopher
Réal Menard	Parti Quebecois Politician
Rob McCall	Canadian Figure Skater
Rock Hudson	Actor
Rudolf Valentino	Actor
Rudy Galindo	Olympic Athlete
RuPaul	Super Model
Rupert Everett	Actor
Sal Mineo	Actor
Sandra Bernhardt	Comedian
Sir Lawrence Olivier	Actor
Socrates	Philosopher
Svend Robinson	Canadian Politician
T.E. Lawrence	Lawrence of Arabia
The Indigo Girls	Singing Group
Virginia Woolf	Novelist and Critic
Walt Whitman	Poet

Videos and Recommended Books for Parents of Gay, Lesbian and Bisexual Youth, as well as for the young people themselves.

<u>Title</u>	<u>Author/Video</u>	<u>Pub.</u>
A Boy Named Phyllis	Frank DeCaro	1996
All-American Boy	Scott Peck	1995
Being Different	Larry Dane Brimner	1995
Beyond Acceptance	Carolyn Welch Griffin	1986
Children of Horizons	Gilbert H. Herdt	1993
Coming Out as Parents	David K. Switzer	1996
Coming Out to Parents	Mary V. Borhek	1983
Free Your Mind	Ellen Bass	1996
Gay Youth	Video	1992
Growing Up Gay	Rita Reed	1997
Joining the Tribe	Linnea A. Due	1995
Like Coming Home	Video	1988
Now That You Know	Betty Fairchild	1979
Out	Video	1993
Outing Yourself	Michelangelo Signorile	1995
Parents Matter	Ann Muller	1987
Passages of Pride	Kurt Chandler	1995
Prayers for Bobby	Leroy Aarons	1995
School's Out	Video	1996
Straight Parents, Gay Children	Robert Bernstein	1995
The Family Heart	Robb Forman Dew	1994
The Journey Out	Rachel Pollack	1995
The Shared Heart	Adam Mastoon	1997
Two Teenagers in Twenty	Video	1994
Understanding Sexual Identity	Janice E. Rench	1990

The above are all available from Calgary Public Library.

Fiction for Gay, Lesbian and Bisexual Youth

<u>Title</u>	<u>Author</u>	<u>Pub.</u>
Not The Only One	Anthology	1995
Am I Blue?	Marion Dane Bauer	1994
Baby Be-Bop	Francesca Lia Block	1995
Letters from the Closet	Tony Ferrante	1994
Annie on my Mind	Nancy Garden	1982
Good Moon Rising	Nancy Garden	1996
Deliver us from Evil	M.E. Kerr	1994
"Hello", I Lied:	M.E. Kerr	1997
Peter	Kate Walker	1991
Twelve Days in August	Liza Ketchum Murrow	1993

The above are all available from Calgary Public Library.



RESOURCES

CALGARY - Social Support

AIDS Calgary

Suite 200, 1509 Center St. S. Calgary, AB T2G 2EG
Call for current programs & support, (403) 508-2500

Bearback Calgary

Box 82064, 1400 - 12 Ave. S.W. Calgary, AB T3C 0N0
Calgary's club for bear's & their admirers

CBCA (Calgary Birth Control Association)

304, 301 - 14 St. N.W. Calgary, AB T2N 2A1 (403) 283-5580
Offers individual & group support, information & education

Diversity

Mount Royal College, Calgary, AB
Contact the Student's Association (403) 240-6401
MRC gay, lesbian, bisexual student group

Eden Counselling Services

Jane Oxenbury (403) 240-6401

-**Healing Ourselves:** Support group for survivors of sexual abuse (Sliding scale fee)

Also call Donna Gould (403) 228-1518

G.L.A.S.S. (Gay, Lesbian & Bisexual Academic Students & Staff)

312 Old MacEwan Hall, 2500 University Dr. N.W., Calgary, AB T2N 1N4
(403) 220-2872

University of Calgary's support group for gay/lesbian/bisexual academics & students

GLCSA (Gay & Lesbian Community Services Association)

206, 223 - 12 Ave. S.W., Calgary, AB T2R 0G3 (403) 234-8973

Offers services for people questioning their sexual orientation, call for other current programs & support.

- ~ **Apollo: Friends in sports** - bowling, badminton, curling, volleyball
- ~ **Bisexual Network:** a support group which meets once a month.
- ~ **Inside Out:** youth group that meets weekly
- ~ **SHE-Q:** for women questioning their sexuality, meets weekly.
- ~ **Women's Sunday Evening Drop-In:** discussion of relevant topics.
- ~ **ARGRA (Alberta Rockies Gay Rodeo Association)** (403) 541-8140

Gay Fathers (403) 948-6601

Girlfriends

Call Lynn Sloane (403) 262-5340

A journaling therapy group for lesbian & bisexual women with relationship issues.

Integrity

Rev. Jim Picken 1121 - 14 Ave. S.W., Calgary, AB (403) 270-9661

St. Stephen's Anglican Church

Support for gay/lesbian/bisexual Anglicans & friends

Lesbian Mothers Support Society Calgary

(403) 265-6433 Email: high@cadvision.com

MCC Church (Metropolitan Community Church of Calgary)

Box 82054, Scarboro Outlet, Calgary, AB T2C 3M5

The Men's Project

Calgary (403) 819-3775

Peer support & outreach program for men who have sex with men.

PFLAG (Parents, Families and Friends of Lesbians and Gays) Calgary

Cate: (403) 286-0806 Email: csnelson@telusplanet.net

Dave and Gail: (403) 277-5227 Email: davidall@telusplanet.net

Susan: (403) 251-1935 Email: morrissm@telusplanet.net

PFLAG 2000

Rick and Deb: (403) 286-4094 Email: pflag@canuck.com

Provides peer support, education & other resources.

The Sharp Foundation

Suite 530, #2 3012 17 Avenue S.W. Calgary, AB T2A 0P9 (403) 272-2912

Provides affordable housing and care to persons living with HIV/AIDS.

CALGARY - Educational Services

Calgary Women's Health Collective

Counselling & Referrals (403) 263-4619

Outlooks Magazine

Website: <http://www.outlooks.ab.ca>

Box 439, 100, 1039 - 17 Ave S.W. Calgary, AB T2T 0B2

Ph: (403) 228-1157 Fax: (403) 228-7735 Toll Free: 1-888-228-1157

Email: outlook@cadvision.com

Planned Parenthood Alberta

Website: <http://www.plannedparenthoodalberta.com>

304, 301 - 14 St. N.W. Calgary, AB T2N 2A1

Ph: (403) 283-8591 Fax: (403) 270-3209 Email: ppa@cadvision.com

PPA supports reproductive choice and promotes sexual health for all Albertans. PPA works to support the equality of all individuals in matters of sexual health cognizant of human dignity and diversity.

Pride Calgary

(403) 777-9499 Toll Free in Alberta 1-877-2011

Rainbow Pride Resource Centre

L100, 822 - 11 Ave S.W. Calgary, AB T2R 0E5

Ph: (403) 266-5685 Fax: (403) 266-5604

Retail and information.

Southern Alberta Clinic

213, 906 - 8 Ave S.W. Calgary, AB T2N 2A1 (403) 234-2399

Free & confidential services.

EDMONTON - Social Support/Education

Affirm (United Church Lesbian and Gays)

c/o NW Conference Office - United Church 9911 - 48 Ave Edmonton, AB
(780) 435-3992

Alberta PFLAG Faith Society

Ellen: (780) 465-3057 or Lawrence: (780) 435-7142
Email: romona@telusplanet.net

Bisexual Support Group

Website: <http://www.angelfire.com/ab/thepurplehaze>
(780) 913-3076 Email: purplehaze@briefcase.com

Equal Alberta

(780) 488-3234 or 1-877-822-2011 ext. 2019
Email: equalalberta@hotmail.com

Greater Edmonton Pride Pages

12018 - 96 St. Edmonton, AB T6G 0V8
(780) 474-6385 or 1-877-882-2011 ext. 2035

HIV Network of Edmonton

600, 10242 - 105 St. Edmonton, AB T5J 3L5 (780) 488-5742
Email: mail@hivedmonton.com

Gay Men's Outreach Crew, Living Positive, & Queen Sighting Network

(780) 482-5742 (HIV Edmonton)

(780) 488-3234 (Gay and Lesbian Community Centre of Edmonton)

PFLAG-T (Parents & Friends of Lesbians, Gays & Transgendered People)

Lynne (780) 462-5958 or 1-877-822-2011 ext. 2043
Email: plflag@freenet.edmonton.ab.ca

Metropolitan Community Church

10086 MacDonald Drive, Edmonton, AB (780) 429-2321

Planned Parenthood Edmonton

(780) 423-3737 Email: ppae@freenet.ab.ca

A community based organization providing support & education for individuals & groups concerning sexuality. School & community based anti-homophobia project.

The Police Liaison Committee

Website: <http://www.freenet.edmonton.ab.ca/glcce/police.htm>
(780) 421-2277 Email: glcce@compusmart.ab.ca

Outreach

Website: <http://www.ualberta.ca/outreach/>
1-877-882-2011 ext. 2029 Email: outreach@ualberta.ca
Box 75, Students Union Building U of A Edmonton, T6G 2J7

Youth Understanding Youth

Website: <http://www.freenet.edmonton.ab.ca/glcce/youty.htm>
CLCCE at (780) 488-3234 or 1-877-882-2011 ext. 2023
Email: yuyedm@hotmail.com

Womonspace

Website: <http://www.gaycanada.com/womonspace>
(780) 482-1794 or 1-877-882-2011 ext. 2041
Email: angelaw@compusmart.ab.ca

ALBERTA - Social Support/Education**Fort McMurray, Freedom (GLBT)**

(780) 715-4237 Email: padremarc@hotmail.com

Grande Prairie, Alberta Community

Box 1492 Grande Prairie, AB T8V 4Z3 Email: pellerin@gpre.ab.ca
South Peace AIDS Council, Grande Prairie (780) 538-3388

High Level, Northern Alberta Support Group

Website: <http://www.geocities.com/westhollywood/park/7702>
(780) 926-3989 Email: naltagaygroup@hotmail.com

Lacombe, Just People Equal Rights Society

Box 1604, Lacombe, AB (780) 341-5490

Lethbridge, HIV Connection

1206 - 6 Ave. S. Lethbridge, AB Ph: (403) 328-8186 Fax: (403) 328-8564
~ **PFLAG Lethbridge** (403) 320-1446

Medicine Hat, Planned Parenthood Alberta

210, 535 - 3 St. SE Medicine Hat, AB T1A 0H2 (403) 526-6111

Medicine Hat, SOS (Sexual Orientation Support to LESBIGAY Youth)

phone: (403) 527-7099 fax: (403) 529-3927

LEGIT 1-877-882-2011 ext. 2017

EGALE (Equality for Gays and Lesbians Everywhere)

306, 177 Nepean St. Ottawa Ontario, K2P 0B4
(613) 230-1043 Fax: (613) 237-6651

Planned Parenthood Alberta (PPA), in partnership with PFLAG (Parents, Families and Friends of Lesbians and Gays) Calgary and members of the gay, lesbian and bisexual community worked together to revise and produce this booklet for Alberta's GLBT youth, their parents, families and friends.

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WORKING COMMITTEE MEMBERS:

Melanie Anderson
Bill Rutherford
Stephen Lock
Susan Morris

To order more copies of this booklet or for information about other booklets and pamphlets for GLBT youth, parents, families and friends please contact:

PLANNED PARENTHOOD ALBERTA (PPA)

#304, 301 – 14th Street N.W.
Calgary, Alberta T2N 2A1
Phone: (403) 283-8591 Fax: (403) 270-3209
E-Mail: ppa@cadvision.com
Website: <http://www.glbtalberta.com>
Contact: Melanie Anderson

or

PFLAG Calgary

3312 Centre B Street N.W.
Calgary, Alberta T2K 0V6
Gail and Dave: (403) 277-5227
E-mail: davidall@telusplanet.net
Cate: (403) 286-0806
E-mail: csnelson@telusplanet.net
Susan: (403) 251-1935
Bill: (403) 246-3686
Tom: (403) 282-6592
Theresa: (403) 283-6428