

YES
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Q_U_E _ ION AND AN _ ER FOR
L_E BIAN, GA _ , BI _ E _ AL,
_ RAN GENDER, Q _ E _ ER, AND
Q _ E _ IONING / O _ H

Helplines

the Trevor Project:

(66) 237-3206

National Suicide Prevention Lifeline:

(00)211 - 2

Ali Forney Day Center:

(2 2)206-0300

Center for Disease Control and Prevention (CDC) Info:

(00) 2-325-2200

(800) 344-7432

DD
(00)211

[10:00am till 10:00pm EST, Monday through Friday]

(888) 843-4564

(800) 246-7743 (youth serving youth through age 25)

(800) RUNAWAY (786-2929)

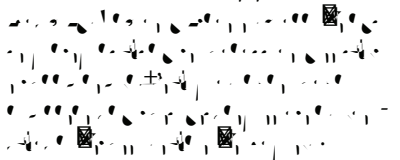
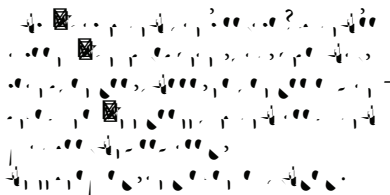
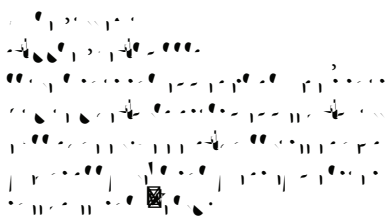
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C F AG

Abonamiento público:
*Be Yourself: Questions & Answers for Lesbian, Gay, Bisexual, Transgender,
Queer, and Questioning Youth*
(20) 6 - 0.

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INTRODUCTION



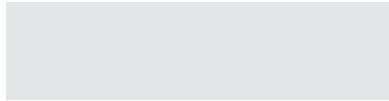
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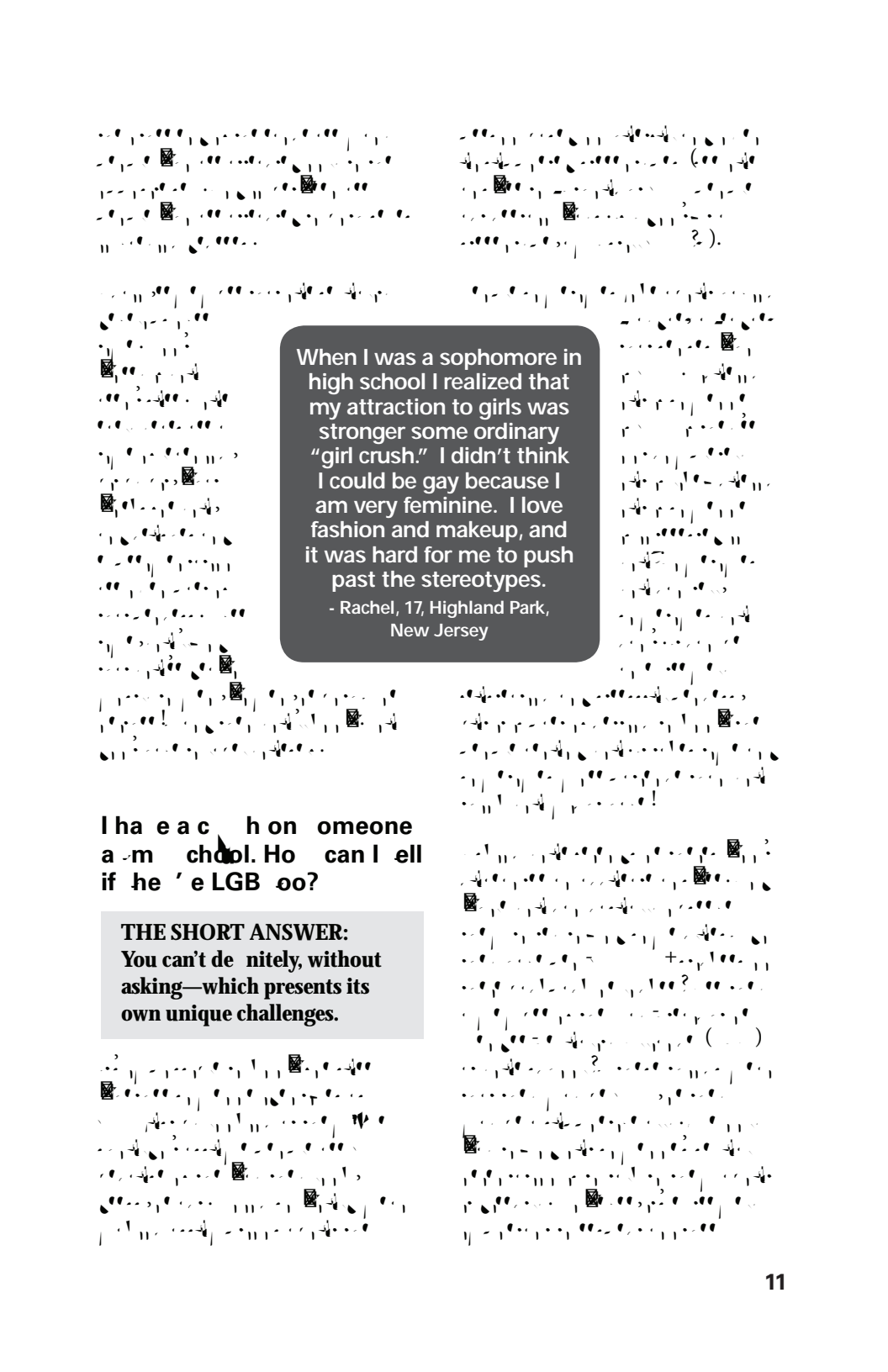
T o:

Th ee:

I thought LGBT people accept...
... If I don't...
... am I still LGBT?

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



The background of the page is filled with musical notation, including notes, stems, and clefs, arranged in a pattern that suggests a musical score. The notation is black on a white background.

When I was a sophomore in high school I realized that my attraction to girls was stronger some ordinary “girl crush.” I didn’t think I could be gay because I am very feminine. I love fashion and makeup, and it was hard for me to push past the stereotypes.

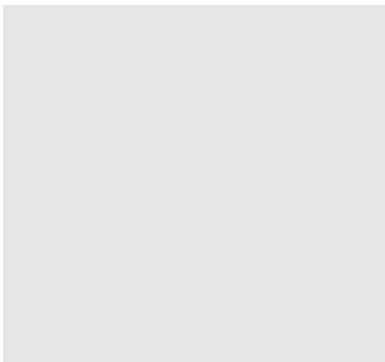
- Rachel, 17, Highland Park, New Jersey

I have a crush on someone
at my school. How can I tell
if he's LGBT too?

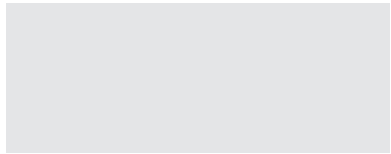
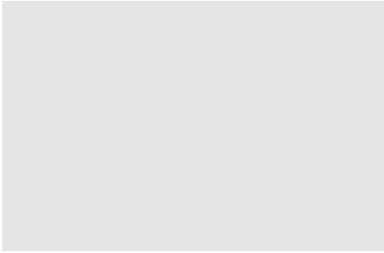
THE SHORT ANSWER:
You can't definitely, without
asking—which presents its
own unique challenges.



GENDER IDENTITY/



What's the difference



What is the typical transition process for transgender people?

THE SHORT ANSWER: There is no “typical” transition process, because there are many different ways to transition.

What does it mean to be gender expansive or nonbinary, and how is that different from identifying as transgender?

THE SHORT ANSWER: Identifying as transgender versus identifying as gender expansive, genderqueer, or other terms (see the glossary at the back of this book) are different things. The first relates to gender identity; the latter more usually relates to gender expression.

Are there only two genders?

THE SHORT ANSWER: No. While we used to think of gender as binary—masculine/man/male and feminine/woman/female—we have come to learn that gender exists more

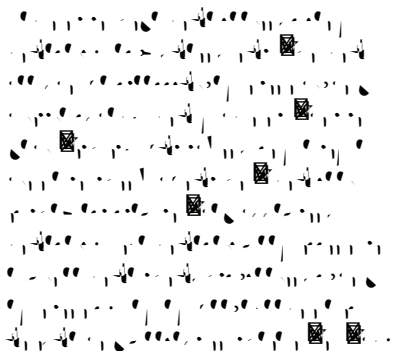
on a spectrum. is a new concept in the United States, but many cultures recognize more than two genders and have for a long time.

I think I might be
an gender o gender
e pan i e. How do I know
for e?

THE SHORT ANSWER:
You'll know when you know.
It could take a while, and it
is okay to remain unsure.
There's no need to rush.

I came out to everyone
at my school's first-ever
GSA meeting...instead of
giving my feminine birth
name, I introduced myself
as Elijah and admitted that
I was trans. I remember
trembling with fear but
everyone was brilliantly
accepting.

- Anonymous, 16,
Olmsted Falls, Ohio



MENTAL HEALTH

I being le bian, ga , o
bi e al a men al di o de ?

THE SHORT ANSWER:
Absolutely not.



I being an gende a
men al di o de ?

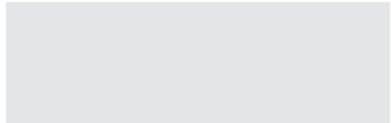
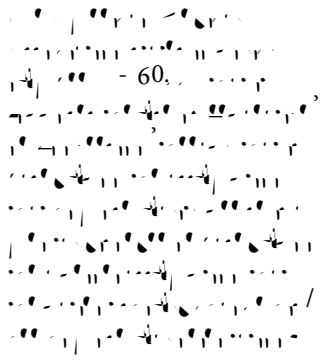
THE SHORT ANSWER:
Absolutely not.


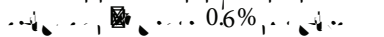
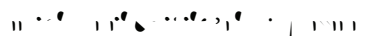
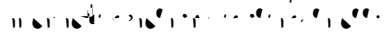
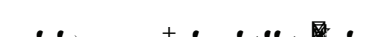
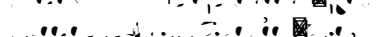
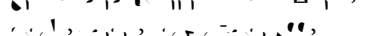
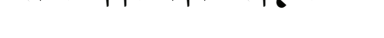


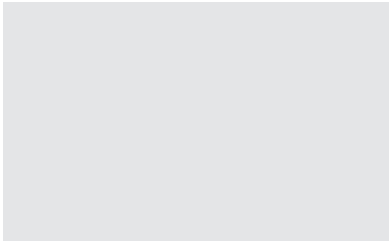


What about the -ga
mini -ie and o-called
con e ion he ap can
he help me?

THE SHORT ANSWER: No.
Not only do these measures—
like “pray the gay away”—
not work, but also thea



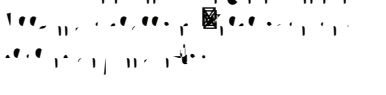
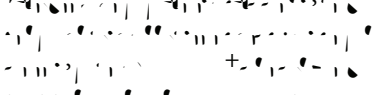
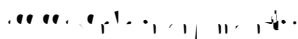
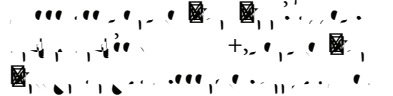
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COMING OUT

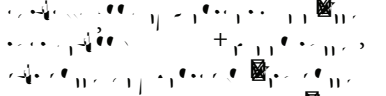
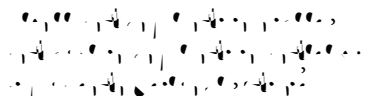
Should I come out?

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



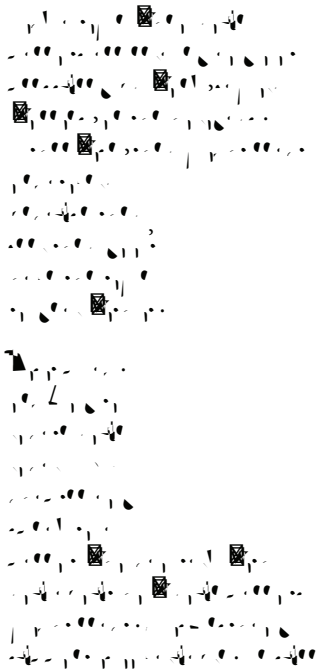
How should I come out?

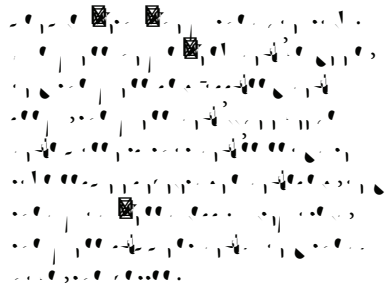
THE SHORT ANSWER: Start by coming out to yourself. Then, choose those who are closest to you to tell first.



Should I come on
 pa en () o g a lian ()
 and ho ho id I do i ?

THE SHORT ANSWER: If you're ready—and with care.



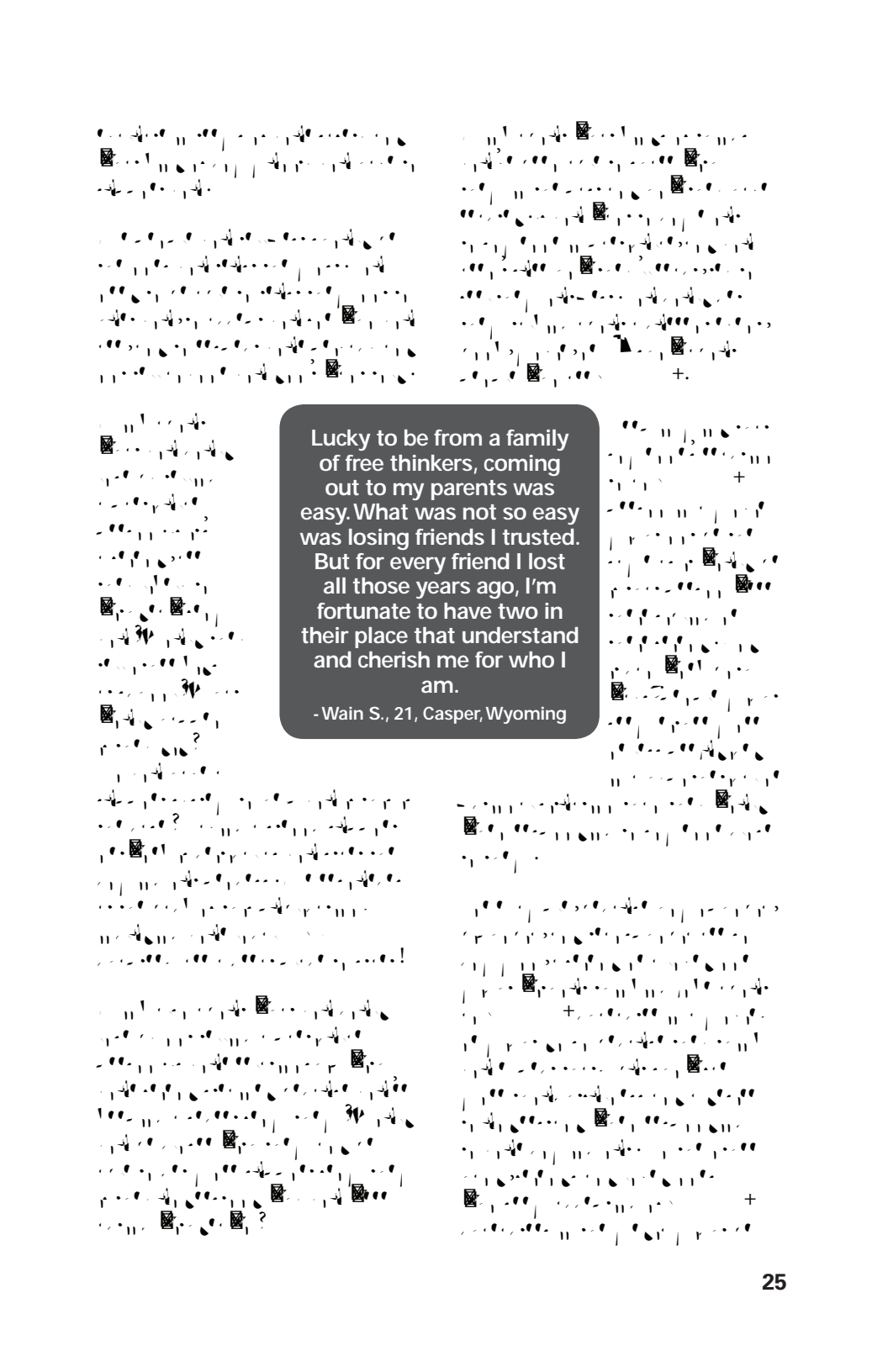


I can't come out to my
pa en () o g u a r d i a n ().
Whom should I tell?

THE SHORT ANSWER:
If not your parent(s) or
guardian(s), tell only those
people whom you want to
know and whom you have
reason to trust.

**Coming out isn't something that
you do once, and then it's over.**





Lucky to be from a family
of free thinkers, coming
out to my parents was
easy. What was not so easy
was losing friends I trusted.
But for every friend I lost
all those years ago, I'm
fortunate to have two in
their place that understand
and cherish me for who I
am.

-Wain S., 21, Casper, Wyoming

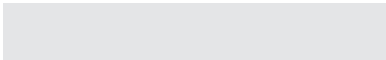
I came out as a lesbian to my sister, and it was easy. I came out as a lesbian to my mother, and it was okay. I came out as a lesbian to my father, and it was difficult. I came out as a lesbian to my friends, and it was near impossible.

- Anonymous, 16
Hayle, Cornwall, United Kingdom

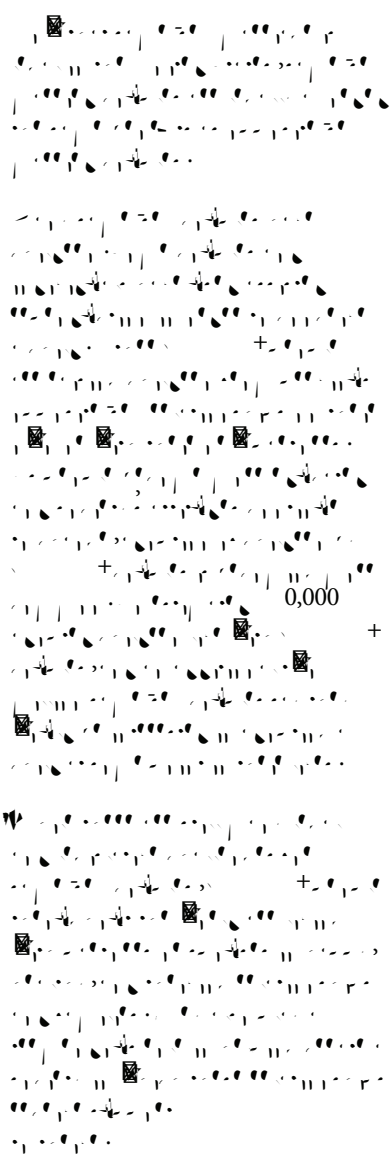
Will I lose my non-LGBTQ+ friend? Where will I find LGBTQ+ friends?

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

Musical score for the first system, featuring a treble clef, a key signature of one flat, and a 4/4 time signature. The score consists of two staves with various musical notations including notes, rests, and a fermata. A square box with a cross is placed over a measure in the second staff.



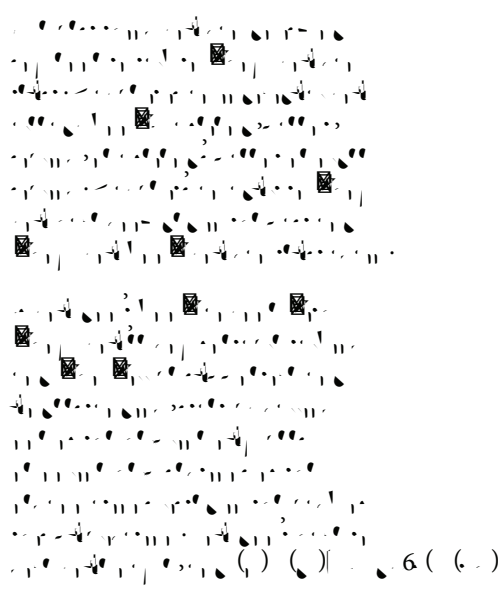
Musical score for the second system, continuing from the first system. It features two staves with musical notation, including notes, rests, and a fermata. Three square boxes with crosses are placed over specific measures in the second staff.

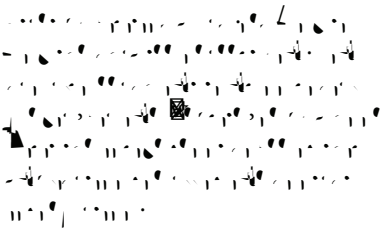
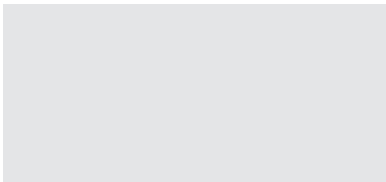
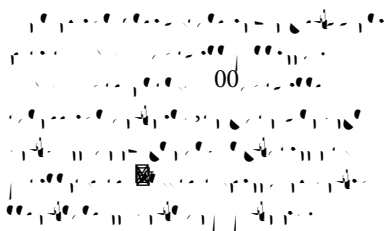


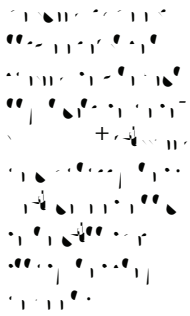
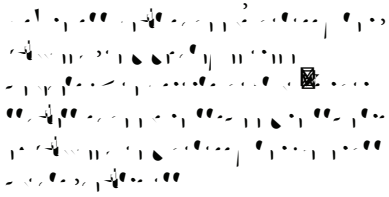
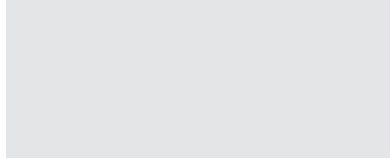
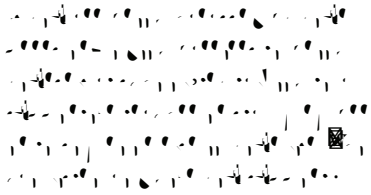
I feel o alone, a e he e
people I can alk o?

THE SHORT ANSWER: You aren't alone. ere are people out there who are ready to help.

First and foremost, if you have any thoughts of self-harm, turn immediately to the front inside cover of this book for a list of helpline numbers that you can call.







1. Do you know what HIV and AIDS are?

2. How do you think you can protect yourself from HIV and AIDS?

3. How do you think you can help others protect themselves from HIV and AIDS?

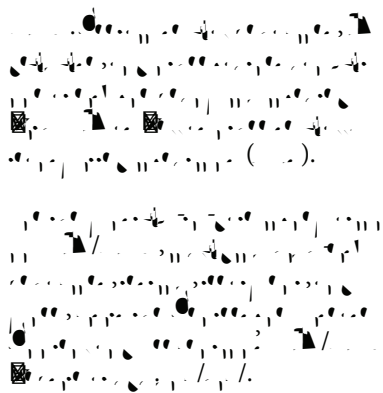
4. *Resources.*

5. Do you know where you can get more information about HIV and AIDS?

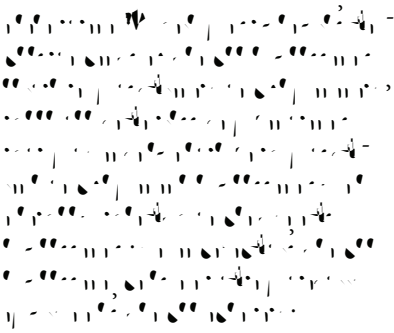
Do I need to know about HIV and AIDS?

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

6. Do you know how to get more information about HIV and AIDS?



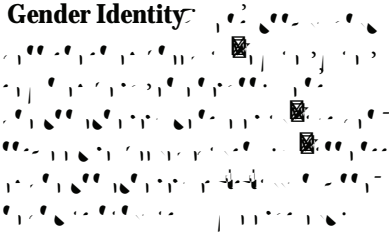
FTX/F2X 



Gender uid:



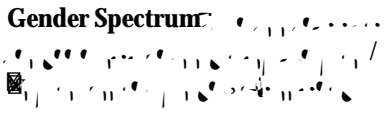
Gender Identity:



Gender Neutral:



Gender Spectrum



**LGBTQ+ Support
Organization:**

[https://
pagnation.al/stateyouthresources.](https://pagnation.al/stateyouthresources)

A **F**
(202) 222-2000

A **F** **C**
(202) 222-2000

B **A** **C**
(602) 222-2000

C **AGE**
A **F** **E**
(602) 602-2000

F **E**
(602) 602-2000

G **E**
(202) 222-2000

G **A** **A**
N **A** **N**
(202) 222-2000

G **A** **A**
(202) 222-2000

H **C** **(H C)**
(202) 602-2000

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**An i-LGBTQ+
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