

# PFLAG South



Phone 025 6869 304

Website <http://au.geocities.com/pflagsouth>

Email [gouldint@es.co.nz](mailto:gouldint@es.co.nz)

Mail PO Box 5266 Dunedin

## RESOURCES AVAILABLE

### PAMPHLETS AND BOOKLETS

- [For Parents with Gay Children- Can We Understand?](#)
- [My Child is Gay! Now what do I do?](#)
- [Read This- Before Coming Out to Your Parents](#)
- [Be Yourself-Questions and Answers for Gay Lesbian and Bisexual Youth](#)
- [Answers to Questions about Sexual Orientation and Homosexuals](#) (Information from the American Psychological Association)
- [Homosexuality as a Religious Issue](#)
- [Understanding your Rights to an Inclusive Workplace-](#) A guide to the rights of lesbian gay and bisexual employees in New Zealand.

- [About Our Transgendered Children](#)
- [What Does It Mean To Be Bisexual](#)
- [Coming Out to Your Parents](#)
- [Reparative Therapy](#) (refers to psychotherapy aimed at eliminating homosexual desires)
- [Transforming Ministries](#) (the use of religion to eliminate homosexual desires)
- [Tips for Professionals Who Work with Gay Youth](#)
- [Out at Work?](#)

### INFORMATION ON OUR WEBSITE

<http://au.geocities.com/pflagsouth>

1. What we do and how to contact us
2. Stories of PFLAG members
3. News, and useful sites in Dunedin
4. Useful sites in NZ
5. Other PFLAG Groups

### EDUCATIONAL RESOURCES ON OUR WEBSITE

[A guide for Families and friends of Lesbian and Gay People-](#) Answers to questions often asked by parents and families of lesbian gay and bisexual people.

#### [How do I tell My Parents?](#)

A guide for people contemplating coming out to their parents and family. (Both of the above, reproduced by kind permission of PFLAG and the Manchester Parents Group)

#### [Homophobic Behaviour and Its Effects on Children](#) –by Liz Armstrong

#### [My Child is Gay Now What Do I Do?](#)

Scott Bidstrup's resources for parents of lesbian gay and bisexual youth

#### [Questions you Need To Consider Before Coming Out To Your Parents](#)

-from Gayline Wellington

#### [Answers to your Questions About Sexual Orientation and Homosexuality](#)

American Psychological Association Public Communication

#### [Homosexuality as a Religious Issue](#)

#### [Reading List](#)

(What is available in the Dunedin Public Library)

[Sexual Orientation: Science, Education and Policy Site](#) – Produced by Dr Gregory Herek at the University of California, Davis  
(See especially the section [Facts About Sexual Orientation](#) which covers issues such as sexual orientation and mental health and the so-called “conversion therapies”)

(We are working to make more available)

## TIPS FOR PROFESSIONALS WHO WORK WITH GAY YOUTH

**Don't be surprised when a young person 'comes out' to you.** They have already tested you with a series of trial 'balloons' over a period of time. Based on your previous responses they've decided you can be trusted and will be helpful

**Respect Confidentiality** If a gay lesbian or bisexual or transgendered youth shares with you, information about his or her sexual orientation, you must respect that trust. A breach of confidence has sometimes led to a suicide.

**Be informed and examine your own prejudices.** Most of us are the products of a homophobic society, and influenced by misinformation and fear. None of us can be free of it just by making a decision. Find information from reliable sources and people.

### **Know where and when to seek help.**

Know the referral agencies and counsellors in your area. Gay help lines can put you in touch professional persons and organisations that are qualified to help. Tell them who you are and what kind of assistance you need, They'll be helpful and fair.

### **Maintain a balanced perspective.**

Sexual thoughts are only a small (though important) part of someone's personality.

### **Understand the meaning of sexual orientation**

Each person's sexual orientation is what is natural to that person. It is not a matter of 'sexual preference'. People don't choose to be gay or lesbian, they simply are.

### **Deal with feelings first**

Most gay and lesbian youth feel alone, afraid and guilty, You can assist by listening, thus allowing them to release feelings and thoughts that are often in conflict.

**Be supportive.** Explain that many people have struggled with this issue in the past. Admit that dealing with one's sexuality is difficult. It defies easy or fast answers, whether heterosexual, bisexual, gay lesbian or transgender. Keep the door open for more conversations and assistance.

**Anticipate some confusion** Many young people are sure of their sexual orientation by the time they finish the third form. But others will be unsure and confused. They have to work through their own feelings and insights. You can't talk them into, or out of, being gay or lesbian, bisexual or transgender.

**Help but do not force.** If you are heterosexual you probably do not understand what it means to be different in this way. Clues for how you help will come from the young person. Don't force him or her into your frame or reference to make it easier for you to understand.

**Don't try to guess who's gay or lesbian.** It is not helpful for you, or the youth you serve. We live in a world of stereotypes that do people an injustice: do not be tempted to perpetuate old myths.

### **Challenge homophobic remarks and jokes.**

Would you be silent if someone made a disparaging remark about someone's race? If not, then speak up. Don't perpetuate injustice through silence.

# RESOURCE LIST



**PFLAG South**

**PARENTS FAMILIES AND FRIENDS OF LESBIANS AND GAYS**