

Sexual Identity is Most Often Not a Choice

Kindness and respect are choices.

Decide to affirm others and yourself.



Accepting the Reality of Differences

- * Allows all people to develop their personal gifts
- * Clears away confusion about what is really important and what is not
- * Provides opportunities for honesty in relationships

Concerned About Someone?

Give them this brochure with your highlights.

Offer your help and support.



For Help and Information

HopeWorks
(860) 561-1175
E-mail: hopeworks@snet.net.

Parents, Families, and Friends of
Lesbians and Gays (PFLAG)
www.pflag.org

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Contributions to HopeWorks

We rely on the generosity of people like you in order to continue offering our services. **All contributions** are very gratefully accepted.

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Inventory # PI:MH-GNDR Workbook #3.9 10/4/05

Sexual Identity

*Two roads diverged in a wood, and I -
I took the one less traveled by,
And that has made all the difference.*

Robert Frost
American Poet



90 North Main Street
West Hartford, CT 06107
(860) 561-1175

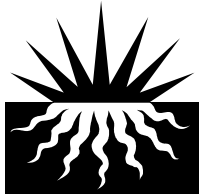
Email: hopeworks@snet.net
www.hopeworkscentral.org



*Providing hope and help to
young people and their families
through counseling and
education*

Young people sometimes struggle to discover who they are and where they belong. As a result, people who are confused about their sexual identity may not know where they belong.

Despite more acceptance of gay, lesbian, bisexual and transgendered orientations many young people feel ashamed about having sexual feelings for people of the same sex. They may believe their secret feelings make them unlovable to family and friends. This is destructive.



*Shame can cause
poor decision making
and
self-destructive actions.*

Sexual Identity Issues Can Impact Your:

- * Body image
- * Self-esteem
- * Peer relationships
- * Academic performance
- * Ability to concentrate
- * Relationships with family and friends



Young people dealing with sexual identity issues are three times more likely to commit suicide.* They are also at much greater risk for developing clinical depression.**

* See HopeWorks' brochure "Understanding Suicidal Thoughts."

** See HopeWorks' brochure "Listening to Depression."



To support young people with sexual identity issues:

- * Examine your feelings ... and become more accepting, if necessary.
- * Speak out against the degrading of gay, lesbian, bisexuals or transgender people.
- * Support groups that promote equal rights for all and fight discrimination.
- * Carefully select your friends. Friends shape our values and habits.

**Struggling
with questions about your
sexual identity or sexual
identity issues?
Don't go it alone!**