

# What's Out There?!

## Supporting Same Sex Attracted and Transgender Young People

*What's Out There!* is a tool to assist service providers access information, purchase resources or provide internet links to young people who identify as lesbian, gay, bisexual and transgender (LGBT) or are questioning their sexuality and/or gender identity. Links to simple strategies and training resources on sexuality, gender identity and homophobia are also provided for people working with young people and in school communities.

**Providing visible resources can assist your service in creating an inclusive, accepting and safe space for young people seeking to address issues of sexuality and gender identity.**

*What's Out There!* is available on the QLD Association for Healthy Communities (QAHC) website [www.qahc.org.au/factsheets](http://www.qahc.org.au/factsheets)

## Resources on Sexuality and Gender Identity for Young People

### Only Way Out Is In

An information booklet for young people who are starting to explore their sexuality and/or gender. Developed and Produced by LGBT young people and Open Doors Youth Service Inc in 2004 .

Link to the resource: [www.opendoors.net.au/zone\\_files/PDFs/only\\_way\\_out\\_is\\_in\\_\(low\\_qua\).pdf](http://www.opendoors.net.au/zone_files/PDFs/only_way_out_is_in_(low_qua).pdf)

Link to Open Doors: [www.opendoors.net.au](http://www.opendoors.net.au)

### Gender Questioning

A booklet for young people questioning their gender. It aims to improve the understanding of gender and transgender issues. Produced by Gay and Lesbian Health Victoria and Trans Melbourne Gender Project, 2006.

Link to resource: [www.glhv.org.au/files/GQ.pdf](http://www.glhv.org.au/files/GQ.pdf)

Website: [www.glhv.org.au](http://www.glhv.org.au)

### ALSORTS: A Sexuality Awareness Resource

A Victorian based booklet with information on coming out, sexuality, gender identity, and issues affecting LGBT health, living in rural areas and religion. Produced by the ALSO Foundation Victoria, 2006.

Link to resource: <http://147.202.41.181/discover/projectsandservices/documents/AlSorts.pdf>

Website: [www.also.org.au](http://www.also.org.au)

### My Friend Is Gay

A booklet educating and informing young people about sexual identity and diversity, for both LGBT young people and their friends. Pride and Diversity Project/Monash Youth and Family Services, 2005.

Link to resource: [www.glhv.org.au/files/MyGayFriend.pdf](http://www.glhv.org.au/files/MyGayFriend.pdf)

### An Intergalactic Guide to Relationships

A booklet with information about having relationships for young people who like girls or boys or both. It provides information on getting to know yourself, getting to know other people like you and getting into and out of relationships with others.

Link to Resource: [www.health.nsw.gov.au/policy/cmh/publications/Intergalactic\\_Guide\\_to\\_Relationships.pdf](http://www.health.nsw.gov.au/policy/cmh/publications/Intergalactic_Guide_to_Relationships.pdf)

## Websites on Sexuality and Gender Identity for young people

### Reach Out

Information for young people on being lesbian, gay and bisexual, questioning their sexuality and coming out. [www.reachout.asn.au/index.asp?mci=3&mwi=2&tii=22](http://www.reachout.asn.au/index.asp?mci=3&mwi=2&tii=22) or [www.reachout.asn.au](http://www.reachout.asn.au) (Go to 'select an issue' and click on sexuality and coming out)

### Sexuality, Coming out and Parents

Information on sexuality, coming out and how parents often react to discovering their child is gay or lesbian. [www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=243&np=292&id=2362](http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=243&np=292&id=2362)

### Links for Transgender Youth

Links to various websites and resources for transgender young people. [www.genderadvocates.org/Tyra/TYRALinks.html](http://www.genderadvocates.org/Tyra/TYRALinks.html)

### Men's T's Resources in Australia

Information for Female to Male (FtM) transgender medical issues, personal stories and links to support groups in Australia. [www.ftmaustralia.org](http://www.ftmaustralia.org)

### Open Doors

Open Doors Youth Service Inc provides support for LGBT young people between 12 – 18 years in South East QLD. The website provides resources, information and links for young people questioning their sexuality or gender identity. [www.opendoors.net.au](http://www.opendoors.net.au)

### QYouth Cairns QLD

This is a Far North QLD website that provides information on services, events, sexuality and coming out to parents for LGBT young people. [www.qyouth.net.au](http://www.qyouth.net.au)

### Queer Youth Web Community

Provides an online community for young people with sexually diverse backgrounds to participate in discussions, post articles and talk to each other. [www.dogwomble.com/cgi-bin/webapp/index.cgi?action](http://www.dogwomble.com/cgi-bin/webapp/index.cgi?action)

## Resources on LGBT Sexual Health

### Last Night I picked up someone and something! A guide to sexually transmissible infections for gay men

A booklet providing information on sexually transmitted infections, HIV and sexual health check ups for men who have sex with men. Produced by AIDS Council of NSW, 2003.

Link to Resource: [www.afao.org.au/stis/STI\\_Booklet\\_National.pdf](http://www.afao.org.au/stis/STI_Booklet_National.pdf)

Website: [www.afao.org.au/stis](http://www.afao.org.au/stis)

### Lesbian Sexual Health and Pap Smears

An information leaflet on safe sex, sexually transmitted infections and pap smears for lesbian women. Produced by Family Planning QLD, 2005.

Link to resource: [www.fpq.com.au/factsheets\\_brochures/Br\\_Lesbians\\_Sexual\\_Health.stm](http://www.fpq.com.au/factsheets_brochures/Br_Lesbians_Sexual_Health.stm)

Website: [www.fpq.com.au](http://www.fpq.com.au)

### Opening the window

A resource to guide lesbians through the health care maze, looking for the right health care providers and information on health issues to promote greater self-care around general health and wellbeing. Produced by AIDS Council of NSW, 2002.

Link to Resource: [www.acon.org.au/assets/file\\_library/other/Opening%20the%20Window.pdf](http://www.acon.org.au/assets/file_library/other/Opening%20the%20Window.pdf)

Website: [www.acon.org.au](http://www.acon.org.au)

## Sexual Health Websites for LGBT Young People

### QLD Association for Healthy Communities (QAHC)

Information on sexuality, gender identity, sexual health and health issues for LGBT people including a QLD Referral Directory with information on general health services, as well as services that have experience in addressing sexuality and gender identity issues, LGBT organisations and support groups in QLD. (Look under sexual health or LGBT Health or service directory on the QAHC home page.) [www.qahc.org.au](http://www.qahc.org.au)

### Men.org

Information for men having sex with men, including how to have sex, safe sex and sexual health. [www.men.org.au](http://www.men.org.au)

### What is Down Under

Information on common sexually transmitted infections, HIV and sexual health check ups for men who have sex with men. <http://thedramadownunder.info>

### Girl2girl

Information on having sex, emotional safety, safe sex and sexually transmitted infections for women having sex with women. [www.girl2girl.info](http://www.girl2girl.info)

### DIALOG Lesbian Health

Information on health and health care issues for lesbian, bisexual and same sex attracted women including sexuality and parenting and talking to health care providers. [www.dialog.unimelb.edu.au/index.html](http://www.dialog.unimelb.edu.au/index.html)

## Resources for Families on Sexuality and Gender Identity

### Sexuality is Not a Choice

A booklet to support parents, families and friends understand the fears, concerns and issues young gay, lesbian and transgender people may have when they are "coming out". Produced by Parents and Friends of Lesbian and Gay QLD (PFLAG), 2004.

Link to resource: [www.pflagbrisbane.org.au/documents/sexualityisnotachoice.pdf](http://www.pflagbrisbane.org.au/documents/sexualityisnotachoice.pdf)

Website: [www.pflagbrisbane.org.au/worldwide.php](http://www.pflagbrisbane.org.au/worldwide.php)

### Exploring Fantasies: In the Face of Reality

A booklet for families who are seeking to understand and support their LGBT child/ren. Produced by Open Doors Inc, 2006.

Website: [www.opendoors.net.au](http://www.opendoors.net.au)

### PFlag Website

This is a QLD website for families and friends of LGBT people, providing information and support to increase understanding of sexuality, coming out and their children. [www.pflagbrisbane.org.au/worldwide.php](http://www.pflagbrisbane.org.au/worldwide.php)

## Resources for People Working with Young People

### GLHV Resource Posters:

Service environment/waiting room posters encouraging inclusive and supportive service provision to LGBT clients, including a general, a youth and an aged care LGBT poster.

Link to Resources: [www.glhv.org.au/?q=resources](http://www.glhv.org.au/?q=resources)

Website: [www.glhv.org.au](http://www.glhv.org.au)

### Schools Strategies for responding to homophobia:

A guideline to support teachers manage and handle homophobic bullying in schools. Produced by Department of Education and Training Victoria, 2002.

Link to resource: [www.sofweb.vic.edu.au/wellbeing/safeschools/bullying/homophobic.htm](http://www.sofweb.vic.edu.au/wellbeing/safeschools/bullying/homophobic.htm)

## **Supporting Transgender Young People:**

Five information sheets to assist teachers and people working in school environments support transgender young people in schools. Produced by Gay and Lesbian Health Victoria, 2005.

Link to resource: [www.glhv.org.au/?q=node/272](http://www.glhv.org.au/?q=node/272)

## **Same-Sex Friendly Environments in Schools (Ssafe):**

A website providing resources, strategies and activities to designed support school communities challenging homophobia and establishing safe learning environments for LGBT students. Produced by Family Planning Victoria.

Website: [www.ssafeschools.org.au](http://www.ssafeschools.org.au)

## **Getting Over it: Homophobia, Sport and University Education:**

A booklet providing a summary of issues and strategies to make teaching and learning, especially in sport and exercise related fields, more inclusive to LGBT students and staff, addressing sexism and homophobia. Produced by Gay and Lesbian Health Victoria and the School of Human Movement, Recreation and Performance, Victoria University, 2006.

Link to resource: [www.glhv.org.au/files/gettingoverit.pdf](http://www.glhv.org.au/files/gettingoverit.pdf)

## **Long Reach For Outreach:**

A website providing information and resources to assist people working with or who come into regular contact with same sex attracted young people and the families with loved ones who are questioning or have disclosed their diverse sexual orientation.

Website: [www.longreachforoutreach.org](http://www.longreachforoutreach.org)

## **QLD Association for Healthy Communities Training Resources:**

This website provides training resources for service providers including a series of fact sheets on LGBT issues related to service provision, social pressures, identities and QLD LGBT organizations.

Website: [www.qahc.org.au/training](http://www.qahc.org.au/training) and [www.qahc.org.au/factsheets](http://www.qahc.org.au/factsheets)

## **Not Round Here: Affirming Diversity and Challenging Homophobia:**

An anti-homophobia training manual designed for service providers in rural areas. It provides exercises for small and large groups, with clear and detailed instructions for facilitators. Produced by the Human Rights and Equal Opportunity Commission, 2000.

Link to resource: [www.hreoc.gov.au/pdf/human\\_rights/Not\\_round\\_here.pdf](http://www.hreoc.gov.au/pdf/human_rights/Not_round_here.pdf)

Website: [www.hreoc.gov.au/human\\_rights/gay\\_lesbian/index.html](http://www.hreoc.gov.au/human_rights/gay_lesbian/index.html)

## **Pride and Prejudice Training Manual:**

A training package addressing homophobia in classrooms and school environments for educators and youth sector workers. It provides information on raising awareness of sexual diversity and homophobia in schools environments, with students and how to facilitate the training program within schools. The training package costs \$55 - \$65 to purchase.

For more information & to Order: [www.prideandprejudice.com.au](http://www.prideandprejudice.com.au)

## **Out with Homophobia Training Package:**

A six hour training workshop designed to assist school communities address homophobia, containing lesson plans, strategies, activities and resources, plus readings and workshop facilitator notes. Produced by Family Planning QLD. Cost: \$40 (GST Incl.)

Order: [www.fpq.com.au/teaching\\_aids/outwith\\_homophobia.stm](http://www.fpq.com.au/teaching_aids/outwith_homophobia.stm) Website: [www.fpq.com.au](http://www.fpq.com.au)