

AN AWFUL SECRET

Would you tell people that your daughter or son was homosexual or lesbian, bisexual or transgendered? Often a mother feels that she can't share this news, even with her husband or with her other children. It's not a family story that many fathers will share with their work mates, or even with their priest or doctor. Suddenly they find themselves "In the closet"

UNIQUE EXPERIENCE

Having someone in the family "coming out" is different for each person, and for each family because of their varied beliefs. However most people do experience a time of grief, as they adjust their vision of the things they had hoped, for their child, and cope with community attitudes towards homosexuality.

PFLAG extends a welcome to parents and friends and family members of lesbian, gay, bisexual and transgendered people. We provide a safe and confidential place where people can find support and friendship. We also provide a library and other resources.

PARENT SUPPORT GROUP

In a caring atmosphere, parents, families and friends can share their difficulties, and support each other as they begin to understand and accept the family member they love. We also welcome parents who may not need support but may be able to offer wisdom and friendship. The love and support of their families is vital for young gay people to develop a sense of their own worth. All discussions are confidential and many people come to listen, not to talk.

TO CONTACT PFLAG SOUTH

Helpline 027,6869.304
Email enquiries@pflag.org.nz
Mail to PO Box 5266 Dunedin 9058
Website www.pflag.org.nz

YOUTH SUPPORT

Same Difference Youth Group

A Dunedin based support and social activities group for people aged 20 and under who identify themselves as gay lesbian, bisexual, trans, takataapui, intersex, or who are questioning their sexual orientation, gender identity or sex

Txt 027 496 8847 (027 4 YOUTHS)
Email enquiries@pflag.org.nz

PARENTS MOST FREQUENTLY ASKED QUESTIONS

- *Why did he or she choose to be like this?*
- *Why did he or she have to tell us?*
- *Is this just a phase?*
- *Is my child evil?*
- *What did we do wrong?*
- *Should we send our child to a psychiatrist to be cured?*
- *Will he or she have trouble keeping a job, or even be bullied?*
- *Will my child be lonely and never have a family?*
- *What will the neighbours say?*
- *Should we tell the family?*
- *Of course I accept gay people, but why must they flaunt it?*

Find out about these and more, on our website

WHAT CAN I DO?

1 *Recognise that you are on a grief journey, which will take time.*

2. *Feelings of isolation, fear and confusion are normal, especially for those who are closest. Some people experience denial for a time, until they are ready to deal with the situation.*

3 *While you are making the journey, be gentle with your self, give yourself time, and the occasional treat. You are engaged in a worthwhile process.*

4 *Talking to someone you trust can help.*

5. *Sometimes people may say things that hurt. Try to remember that they may not mean to hurt you, but may simply be ignorant, and may learn from you*

6 *You did not cause your child to be gay.*

7. *Be aware of the traumatic journey your family member has made before you knew that he or she was gay. Telling those you love, is an enormous risk.*

8. *Remember that the person you loved has not changed, rather, that you know another aspect of who they are.*

9. *Listen well, and communicate with honesty and respect, even though it may be hard.*

10. *Respect the gay person's right to tell others in their own time. you like, or we can meet and talk with you individually.*

SEND FOR THESE LEAFLETS

Gay A Guide for Families of Lesbian and People.

Frequently Asked Questions about Homosexuality

When you Think You Might Be Bisexual or Lesbian or Gay.

Coming Out To Your Parents

If I Know Someone Gay or Lesbian, What Can I do?

Homosexuality as a Religious Issue

Tips for Professionals Who Work With Gay Youth

**“Be Yourself”
(Questions and Answers for Gay and Lesbian Youth)**

Tick the ones you want. Send a stamped, self - addressed envelope to PO Box 5266 Dunedin

**WHEN
SOMEONE
YOU CARE
ABOUT
IS GAY...**



**PFLAG South
PARENTS, FAMILIES AND
FRIENDS OF LESBIANS
AND GAYS**