

Frequently Asked Questions

If you have concerns that being a LGBTQ individual may keep you from living a happy, healthy life, talk about them with your clinician.

What does it mean to be gay or straight?

- Being gay means being homosexual, while being straight means being heterosexual.
- If someone is bisexual, that means they're sexually attracted to individuals of their own gender, as well as another gender.
- Sexuality is fluid, meaning that many people are neither completely gay nor completely straight.

What is the difference between gender and sex?

- In general, "sex" refers to biological differences between males and females. Often, one's sex determines how they present their gender (cisgender).
- Terms like "male" and "female" often refer to one's sex, while words like "men" and "women" refer to gender.

What does it mean to be trans?

- If someone is transgender, it means that their gender identity is different from the one that was assumed for them when they were born.

How do I come out to friends and family?

- Many people grow up in households where it's assumed that they will be heterosexual and/or cisgender. If this isn't the case, consult this brochure for resources that are available to you when coming out to friends and family.

Religious Organizations: (National)

- Affirmation (Mormon): affirmation.org
- Affirmation (United Methodist): umaffirm.org
- Association of Welcoming and Affirming Baptists: 240.242.9220 | awab.org
- Dignity/USA (Catholic): 800.877.8797 dignityusa.org
- Integrity (Episcopalian): integrityusa.org
- Lutherans Concerned: reconcilingworks.org
- Rainbow Baptists: rainbowbaptists.org
- United Church of Christ/ Congregational Open and Affirming Coalition: www.ucc.org/LGBT_ONA
- Unitarian Universalist Welcoming Congregations: www.uua.org/lgbtq
- Keshet (LGBT Equality in Jewish Life): keshetonline.org

For Parents and Friends

Your family and friends can be your biggest supporters. If they would like to know more, tell them about these organizations.

Maine Transgender Network

Support groups for parents, families, and allies. Youth specific programs available.

Mainetransnet.org | 207.370.0359

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

207.873.4444 (Waterville) | 207.831.3015 (Portland)

Trans Youth Equality Foundation
transyouthequality.org | 207.478.4087

I think I may be LGBTQ*

Youth resources for questions
about sexual orientation and
gender identity

6th edition



*LGBTQ stands for:
Lesbian, Gay, Bisexual, Transgender, Questioning

HealthReach
Community Health Centers

HealthReachCHC.org

I think I may be LGBTQ...

[Lesbian, Gay, Bisexual, Transgender, Questioning]

What should I do now?

This brochure has resources that are available to you if you have questions about your sexual orientation or gender identity.

Talk to a trusted friend.

Share your feelings and concerns with your school nurse, guidance counselor or other trusted adult. They can help you answer any questions you may have in a safe setting.

Talk to your clinician.

What you talk about is confidential. Your clinician cannot tell anyone else what you ask or say without your permission.

They can link you to resources in your community and give you information about safe sex practices.

Call someone who can help.



This brochure is available for free distribution. To download the latest version, visit HealthReachCHC.org/Resources.aspx

Maine Groups for LGBTQ youth [Lesbian, Gay, Bisexual, Transgender, Questioning]

Equality Maine

Offers opportunities for young people to be involved in statewide issues. This group organizes a LGBTQ Youth Leadership Academy.

Equalitymaine.org | 207.761.3732

GLSEN - Gay Lesbian Straight Education Network

This group helps organize and support gay/straight alliances in Maine schools. To find out if your school has an alliance, or to learn how to organize one, contact:

Downeast Maine

GLSEN.org/downeastme | 207.217.9873

Southern Maine

GLSEN.org/southernme | 207.619.1417

Hardy Girls Healthy Women: Waterville

Offers programs that support girls (grades 2-12) to be who they are, instead of what media tells them they should be.

HGHW.org | 207.387.0553

Health Equity Alliance

Offers LGBTQ+ youth programs in Bangor, Ellsworth, Machias and Belfast, in-school trainings for faculty and queer-inclusive sex education in health classrooms.

mainehealthequity.org

IT Gets Better Project

Reminds LGBTQ teens that they are not alone, and it gets better.

Itgetsbetter.org

LGBT Teen Group - Lithgow Library: Augusta

Located in the Teen Room, meetings are on the first and third Wednesday of each month at 4:00 p.m.

Lithgow.lib.me.us | 207.626.2415

Out and Allied Youth Theatre

Based in Waterville and part of Waterville Out and Allied Youth, they are passionate about creating a welcoming and safe space.

Facebook/OAYouthTheatre/

OUT Maine

Based in Rockland, this group offers weekly drop-ins, Wednesday and Friday evenings, plus special events.

Outmaine.org | 800.530.6997

OutrightLA: Lewiston/Auburn

Based in Lewiston, this group is for youth under age 22. Weekly drop-in.

OutrightLA.org

Portland Outright!

Provides a safe and positive space for LGBTQ+ and allied young people every Wednesday at 175 Lancaster Street, Portland.

207.558.2429

Seacoast Outright

Serving LGBTQ youth in Southern Maine and New Hampshire. Friday evening group meets in Providence, NH.

SeacoastOutright.org

Trans Youth Equality Foundation

Supports transgender youth and their families. Based in Portland, the group offers summer and fall outdoor camps.

Transyouthequality.org

Maine Transgender Network

Support group for people of all ages with 10 locations throughout Maine.

Mainetransnet.org | 207.370.0359

National Hotlines

Gay and Lesbian National Help Center

Youth talkline: 800.246.7743

GLBT.nationalhelpcenter.org

Adult/Youth hotline: 888.843.4564

Youthtalkline.org

Trevor Project

A national group focused on preventing suicide of gay youth

866.488.7386

Trevorproject.org