



# COMING OUT

FOR LESBIAN, GAY &  
BISEXUAL YOUTH



In collaboration with



# COMING OUT




## FOR LESBIAN, GAY & BISEXUAL YOUTH\*

**Coming out of the closet is a process that can take many years and that must be repeated over and over again on a number of different levels. One does not come out once and for all and, contrary to what many models suggest, coming out of the closet does not follow a linear path. It begins with self-discovery (the most important and most difficult part of coming out), whether a person is lesbian, gay or bisexual (LGB). However, partly because lesbians and bisexual youth are less visible than gay males, they often come out later. After this first step, many LGB people begin to share this information, to varying degrees, with other people.**

**Coming out** to oneself is one of the hardest parts of building a positive identity for LGB youth. It involves self-questioning and introspection as well as a healthy knowledge and acceptance of oneself. **Coming out** to others involves other risks and difficulties, depending on who the young person is **coming out** to, how much power this individual has over the young person and how he or she accepts the information.

Young people beginning to identify as LGB may experience stress, shame and internalized homophobia. Getting help from an adult is not a simple task. When young people have problems, they usually turn to their parents, an adult at school or a religious leader. But these are the very adults that LGB youth fear rejection from the most, which only serves to increase any feelings of isolation they have.

\*This resource was created for the LGBT Families Coalition and for GRIS-Québec by Rachel Benoit, Mona Greenbaum and Jeanne Lagabrielle.



In families from cultural minorities (Black, Jewish, Muslim, etc.), there is a good deal of positive reinforcement of minority identity. Culture and identity are handed down from parents to children, and young people know that their parents would support them if they were victims of bullying or discrimination because of their cultural identity. However, the vast majority of LGB youth have heterosexual parents. The LGB experience is not handed down and, without these positive messages, young people are not sure they can count on their parents or that they would get the help and support they need in times of trouble. Worse, young people might hear their parents making derogatory remarks about LGB people, thus receiving the message that who they are is not acceptable to their family.

Similarly, at school, many young people feel that there is no adult they can turn to for help. The resulting isolation can have several consequences: on a cognitive level there is a lack information about the realities of being LGB, and on an emotional level there is a lack of support. It becomes difficult for young people to develop a social network that allows them to be themselves. Finding someone to trust is crucial. Thus the adults in the school community (or any community that welcomes youth) become responsible for identifying themselves as allies so that young people know there are adults they can turn to for support. Sometimes putting up a simple sticker or poster, or expressing an opinion on LGB issues, can be enough to identify these adults as open-minded. Receiving social support and adequate information about sexual orientation can help young people get through a period that may be difficult for them, although some do have an easier time of it.

**Coming out** is an important part of developing a healthy, positive identity as an LGB individual. **Coming out** allows a person to live a more honest, authentic life, and puts an end to the stress and energy spent hiding, keeping a secret and living a double life. In fact, as long as this step has not been taken, the energy spent hiding (from oneself and from others) can curb one's development of other aspects of forming a personal identity (such as making academic or professional plans, paying attention to one's physical health or building a positive social network). **Coming out** relieves isolation and alienation, and actually supports other LGB and heterosexual people. It allows LGB individuals to live more fully. Young LGB people who come out of the closet are more creative, have higher self-esteem and can see a future for themselves.

The table below describes the process of **coming out** in six theoretical stages. These stages are not mutually exclusive, they are not necessarily linear, and they do not necessarily apply to all LGB people. Nevertheless, in spite of the model's weaknesses, this table can serve as a tool to identify the needs of LGB youth, which can vary at different stages of the process. The most important thing to keep in mind is that young people need to find and follow their own life path. Adults can listen, support and provide resources, but in the end, each young person is responsible for his or her own experience of **coming out**.

STAGES	EXAMPLES OF QUESTIONS/ COMMENTS	POSSIBLE BEHAVIOURS EXPERIENCED BY A YOUNG PERSON WHO IS COMING OUT	ANTICIPATED NEEDS - Possible approaches
<p><b>Wondering about one's sexual orientation</b></p>	<p><i>Could I be gay?!</i>  <i>Am I different?</i>  <i>I can't be gay.</i>  <i>I don't want to be gay.</i></p>	<ul style="list-style-type: none"> <li>▶ Struggles internally with the possibility of being LGBT</li> <li>▶ Experiences confusion and shame</li> <li>▶ Denies private feelings</li> <li>▶ Internalizes homophobia</li> <li>▶ Experiences feelings of marginalization "Every negative message I've heard about gay people could apply to me!"</li> <li>▶ Tests people's attitudes (analysis of everyone I know to see who has a positive attitude toward my emerging identity)</li> <li>▶ Feels inhibited</li> <li>▶ Withdraws from friends, family, school</li> <li>▶ Hides to self-protect (but hiding requires a lot of energy and is very stressful).</li> </ul>	<ul style="list-style-type: none"> <li>▶ Encourage the young person to explore his/her own perception (positive and negative) of homosexuality and bisexuality</li> <li>▶ Mention that sexual orientation can be described as a spectrum (It's ok: ambiguity and confusion are acceptable and to be expected.)</li> <li>▶ Encourage the young person to explore his/her sexual orientation as a normal experience — as one would for career exploration or other aspects of life</li> <li>▶ Help him/her to find information (see resources)</li> <li>▶ Pay attention to behaviour meant to prove one's heterosexuality (e.g. teenage pregnancy, for lesbians).</li> </ul> <p><b>Remember:</b> <i>The young person remains the expert on his/her situation. It is up to him/her to put words to his/her feelings. Suggesting that the person is homosexual or bisexual could betray his/her trust. Coming out to oneself can take time, and it is important to respect the individual's pace.</i></p> <p><b>In institutions that work with young people:</b></p> <ul style="list-style-type: none"> <li>▶ Include information about sexual diversity in the school curriculum and activities beginning at the elementary level (discussing LGBT families, same-sex relationships, etc.)</li> <li>▶ Provide positive information about homosexuality and bisexuality</li> <li>▶ Deconstruct gender stereotypes</li> </ul>



STAGES	EXAMPLES OF QUESTIONS/ COMMENTS	POSSIBLE BEHAVIOURS EXPERIENCED BY A YOUNG PERSON WHO IS COMING OUT	ANTICIPATED NEEDS - Possible approaches
<p><b>Recognizing attraction</b></p>	<p><i>Maybe this could be me...</i></p>	<ul style="list-style-type: none"> <li>▶ Considers the possibility of being LGB</li> <li>▶ Struggles to establish what is true about his/her own identity</li> <li>▶ Attempts to imagine or plan for the future</li> <li>▶ May experience suicidal ideas at this stage, if he/she cannot imagine or plan for the future</li> <li>▶ Mourns what he/she will "lose" by embracing his/her sexual orientation</li> <li>▶ Thinks: "This is just temporary. I'm only in love with this specific guy or girl."</li> <li>▶ Feels alienated from the rest of society</li> <li>▶ Compares self to others and becomes aware that he/she is different</li> <li>▶ Feels conflicted between his/her private and public self (e.g. people ask a girl if she has a boyfriend)</li> <li>▶ Is confronted with heterosexism and homophobia</li> <li>▶ Experiments sexually</li> <li>▶ May experience delayed adolescence and sexual experimentation in order to keep the secret</li> </ul>	<ul style="list-style-type: none"> <li>▶ When he/she is ready, the young person may require information or LGBT resources</li> <li>▶ Encourage the young person to talk about how he/she experiences the "loss" of expected heterosexual existence</li> <li>▶ Allow the person to hold onto part of his/her heterosexual identity (this is not always a clear concept)</li> <li>▶ Do not assume that an attraction to people of the same sex definitely means the person is homosexual: he/she could be bisexual.</li> </ul> <p><b>In institutions that work with young people:</b></p> <ul style="list-style-type: none"> <li>▶ Stock libraries with books which have LGBT themes</li> <li>▶ Promote positive models of LGBT people within institutions (ex. schools, community centres, etc.)</li> <li>▶ Make resources readily accessible and available in places where they can be consulted discreetly, without readers being labelled LGB by their peers.</li> </ul>



STAGES	EXAMPLES OF QUESTIONS/ COMMENTS	POSSIBLE BEHAVIOURS EXPERIENCED BY A YOUNG PERSON WHO IS COMING OUT	ANTICIPATED NEEDS - Possible approaches
<p><b>Exploring the possibilities</b></p>	<p><i>I'm not the only one.</i> <i>This is probably me.</i> <i>I'm not like everyone else.</i></p>	<ul style="list-style-type: none"> <li>▶ Recognizes that he/she is probably LGBT and seeks out others in order to break his/her isolation</li> <li>▶ Starts to use the vocabulary to think and speak about his/her sexual orientation</li> <li>▶ For some young people, the words gay, lesbian, bi or queer can be too charged</li> <li>▶ Recognizes that being gay or lesbian does not exclude other possibilities (e.g. parenthood, happiness, etc.)</li> <li>▶ Begins to research the LGBT community</li> <li>▶ Begins to tolerate, but not always accept, the LGBT identity</li> <li>▶ Does not recognize himself/herself in porn stereotypes ("that's not me," "if that's what others think, what will they think of me?")</li> <li>▶ Experiments with sexual and social situations (One study shows that at first, 40% identify as bisexual, and half continue to identify as bisexual 2 years later. The rest identify as bisexual during a transition period.)</li> <li>▶ Feels different from heterosexual young people</li> <li>▶ Examines the possibility of <b>coming out</b> (to whom? when? how?)</li> </ul>	<ul style="list-style-type: none"> <li>▶ Accompany the young person in his/her exploration of feelings of shame stemming from heterosexist, homophobic and bi-phobic social attitudes</li> <li>▶ This is the riskiest stage, when the young person is on the brink of <b>coming out</b></li> <li>▶ It is essential that the person's first experience of <b>coming out</b> be positive</li> <li>▶ Help the young person to find the right person to tell (not necessarily his/her parents) and the right time</li> <li>▶ Support the person in finding positive LGBT community connections</li> <li>▶ Watch out for feelings of isolation, suicidal tendencies, self-destructive behaviour, vocabulary</li> <li>▶ Accompany the person without making a diagnosis, provide information, help the person clarify his/her feelings</li> </ul> <p><b>In institutions that work with young people:</b></p> <ul style="list-style-type: none"> <li>▶ Make community resources accessible</li> </ul>

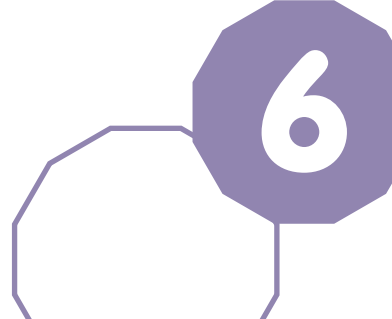


STAGES	EXAMPLES OF QUESTIONS/ COMMENTS	POSSIBLE BEHAVIOURS EXPERIENCED BY A YOUNG PERSON WHO IS COMING OUT	ANTICIPATED NEEDS - Possible approaches
<p><b>Accepting one's homosexuality or bisexuality</b></p>	<p><i>I'll be ok.</i></p> <p><i>I have the right to be who I am!</i></p>	<ul style="list-style-type: none"> <li>▶ Accepts gay/lesbian/bisexual identity</li> <li>▶ May sometimes hide, sometimes reveal self-identity and develops strategies to live with both realities</li> <li>▶ Recognizes that his/her sexual orientation is legitimate</li> <li>▶ May choose to maintain less and less contact with the heterosexual community</li> <li>▶ Attempts to fit in with the LGB community</li> <li>▶ Bisexual young people may experience further stress, feeling they don't belong to either the homosexual or the heterosexual community</li> <li>▶ Begins some selective disclosures of sexual identity</li> <li>▶ Feels more comfortable being seen with groups of men or women who identify as LGB.</li> <li>▶ Feels accepted and normal as an LGB person</li> <li>▶ Accepts himself/herself as an LGB person</li> <li>▶ Is more interested in experiencing sexual and social situations</li> </ul>	<ul style="list-style-type: none"> <li>▶ The young person may continue to explore grief and loss his/her expectations of life as a heterosexual, as well as to explore feelings of shame rooted in heterosexist society</li> <li>▶ He/she may need help with making decisions about <b>coming out</b>: where, when, to whom</li> <li>▶ Help him/her deal with reactions from others (may lose friends or get difficult reactions from family or loved ones)</li> <li>▶ Watch out for signs of socialization, rejection by family, beginning to integrate vocabulary</li> </ul> <p><b>In institutions that work with young people:</b></p> <ul style="list-style-type: none"> <li>▶ Teach sex education, specifically safe sex practices (including for men and women in same-sex situations) and contentment (vulnerability factors)</li> <li>▶ Girls need to have their sexuality presented other than as a means to satisfy male desire</li> <li>▶ Provide positive models of same-sex couples (men and women) and bisexual individuals</li> <li>▶ Provide information on balanced, respectful romantic relationships</li> </ul>

STAGES	EXAMPLES OF QUESTIONS/ COMMENTS	POSSIBLE BEHAVIOURS EXPERIENCED BY A YOUNG PERSON WHO IS COMING OUT	ANTICIPATED NEEDS - Possible approaches
<p><b>Feeling pride in one's homosexuality or bisexuality</b></p>	<p><i>I've got to let people know who I am.</i></p> <p><i>I'm proud of who I am.</i></p>	<ul style="list-style-type: none"> <li>▶ Feels proud of surviving this difficult process (may have experienced bullying, social rejections, etc.)</li> <li>▶ Stops hiding all the time</li> <li>▶ Adopts LGB identity and takes pride in it</li> <li>▶ May divide the world into two groups: gay people (good) and straight people (bad)</li> <li>▶ May experience disclosure crises with heterosexuals</li> <li>▶ Identifies gay culture as sole source of support (all gay friends, work connections, social connections)</li> <li>▶ This can be the most difficult stage for bisexual individuals: they are part of a spectrum and the world is not divided into two; gay culture does not necessarily reflect their reality</li> <li>▶ No longer hides sexual orientation</li> <li>▶ Tells everyone to make up for keeping the secret so long</li> <li>▶ Feels proud of this new identity</li> <li>▶ Feels angry about homophobic attitudes</li> <li>▶ Uses the energy of anger and pride to fuel LGB activism</li> <li>▶ Seeks out social activities with other LGB people</li> </ul>	<ul style="list-style-type: none"> <li>▶ Provide support for exploring anger issues</li> <li>▶ Provide support for exploring issues with heterosexism</li> <li>▶ Help the young person develop skills to cope with different reactions and questions about his/her <b>coming out</b></li> </ul>



STAGES	EXAMPLES OF QUESTIONS/ COMMENTS	POSSIBLE BEHAVIOURS EXPERIENCED BY A YOUNG PERSON WHO IS COMING OUT	ANTICIPATED NEEDS - Possible approaches
<p><b>Integrating one's homosexuality or bisexuality</b></p>	<p><i>I feel comfortable with myself.</i></p> <p><i>I feel comfortable with others.</i></p> <p><i>My sexual orientation is only one part of my personality.</i></p>	<ul style="list-style-type: none"> <li>▶ Reinforces LGB identity</li> <li>▶ Integrates sexual orientation with all other aspects of self</li> <li>▶ May continue to be angry about heterosexism, but with less intensity</li> <li>▶ Feels more comfortable moving beyond the LGBT community. He/she participates in society and makes social contacts based on more than sexual orientation</li> <li>▶ Feels at peace with his/her LGB identity</li> <li>▶ Integrates private and public identities which are the same</li> <li>▶ Recognizes heterosexual allies</li> <li>▶ Makes varied social connections</li> <li>▶ Participates in social activities with heterosexual as well as LGB people</li> <li>▶ Considers sexual orientation as only one aspect of self-identity</li> </ul>	<ul style="list-style-type: none"> <li>▶ Watch for signs of assertion of identity</li> <li>▶ Watch for signs of systemic discrimination (in the environment)</li> <li>▶ Continue to provide information about safe sex and balanced, respectful romantic relationships</li> <li>▶ Remember that psychosocial problems or needs are not always directly or even indirectly connected to sexual orientation</li> </ul> <p><b>In institutions that work with young people:</b></p> <ul style="list-style-type: none"> <li>▶ Ensure an inclusive environment (policies, forms, prom invitations, Valentine's Day, etc.)</li> </ul>



# Questions for a young person who is considering **coming out**

A young person should never be forced to come out of the closet. The decision must come from him or her. If a young LGB person confides in you that he or she would like to come out at home, it might be a good idea to determine together whether this is a good time to do so. Below are some questions you can discuss:

- ▶ Why do you want to talk about this now? Has something happened that makes you want to talk to your parents?
- ▶ How do you feel about all this? Are you comfortable with your sexuality and your orientation?
- ▶ What kind of reaction do you expect to receive at home?
- ▶ What is the worst reaction you can imagine from your parents?
- ▶ What would be the best reaction?
- ▶ Is there anyone you can trust who will be there for you after you've spoken to your parents?
- ▶ Are you ready to be patient? Your parents might need some time to get used to this information.

Other elements to consider: factors that make **coming out** easier or more difficult

- ▶ Relationship with the parents
- ▶ What the parents say about homosexuality and bisexuality
- ▶ The presence or lack of siblings and the person's relationships with them
- ▶ People who might have a positive influence on the young person's parents if a negative reaction is anticipated
- ▶ The young person's personality (self-confidence, leadership, etc.)
- ▶ The family's cultural beliefs
- ▶ The family's religious beliefs

# Resources

## IN THE PROVINCE OF QUÉBEC

### Alterheros

Website providing information and dispelling myths for LGBT youth.

[alterheros.com](http://alterheros.com)

### Chaire de recherche sur l'homophobie

The research chair brings together government, community and university partners who contribute to recognizing the realities of sexual minorities through research and mobilization of the learning acquired during the development, implementation and evaluation of programs and measures to fight homophobia.

[chairehomophobie.uqam.ca](http://chairehomophobie.uqam.ca)

### LGBT Family Coalition (CF-LGBT)

The coalition's training sessions are designed for those who work with young people and families. The workshops cover a variety of themes, such as the basic concepts of sexual diversity and gender; young people with LGBT parents; approaches to supporting LGBT youth; prevention of and intervention during episodes of bullying and harassment based on sexual diversity; mobilization of the school team: how to work through resistance. The Coalition offers a whole range of tools (activity sheets, posters, examples of best practices, lists of resources, etc.).

[famillesLGBT.org](http://famillesLGBT.org)

[famillesLGBT.org/tools](http://famillesLGBT.org/tools)

### Centrale des syndicats du Québec (CSQ)

The committee for sexual diversity and gender identity provides online resources, as well as a directory of community resources.

[diversitesexuelle.lacsq.org](http://diversitesexuelle.lacsq.org)

### Gai écoute

Helpline and information centre. Talking can help!

[gaiecoute.org](http://gaiecoute.org)

1 888 505-1010

### Institut national de santé publique du Québec (INSPQ)

For a *New Understanding of Homosexuality – Resource Kit on Sexual Orientation for Educators and Youth Workers* is a training package that enables participants to work on the vulnerability of homosexual and bisexual persons and to improve access to and the quality of the services available.

[inspq.qc.ca/formation/institut/itss/](http://inspq.qc.ca/formation/institut/itss/)

[nouvelle-vision-homosexualite-respect-des-orientations-sexuelles](http://inspq.qc.ca/formation/institut/itss/nouvelle-vision-homosexualite-respect-des-orientations-sexuelles)

### Institute for Sexual Minority Health

The institute offers individuals and organizations the necessary tools to address homophobia, heterosexism and transphobia and the barriers they represent to the health and well-being of LGBT populations.

[ismh-isms.com](http://ismh-isms.com)

## IN THE PROVINCE OF QUÉBEC (continued)

### **Sexualityandu.ca**

Canadian website committed to providing accurate, credible and up-to-date information and education on sexual health.

[sexualityandu.ca](http://sexualityandu.ca)

### **Ministère de l'Éducation, de l'Enseignement supérieur et de la Recherche**

The tools for Anti-Bullying and Violence Awareness Week are based on the themes of homophobia and sexual stereotyping. Homophobia is already recognized as a form of violence and bullying; awareness of sexual stereotyping is accepted as a way of helping to prevent this form of violence.

[education.gouv.qc.ca](http://education.gouv.qc.ca) (search with key word: bullying)

### **PFLAG**

Every day, PFLAG Canada volunteers are contacted by frightened adolescents and by angry, fearful or ashamed parents. PFLAG Canada supports, educates and provides resources to anyone with questions or concerns.

[pflagcanada.ca](http://pflagcanada.ca)  
1 888 530-6777

## ABITIBI-TÉMISCAMINGUE

### **Coalition d'aide aux lesbiennes, gais et bisexuel-les de l'Abitibi-Témiscamingue**

The coalition provides information, dispelling myths about LGBT people, specifically for young people aged 14 to 35 and their parents. The website is also a source of information and regional resources.

[coalitionat.qc.ca](http://coalitionat.qc.ca)

## CENTRE-DU-QUÉBEC

### **GRIS Mauricie/Centre-du-Québec**

The GRIS network carries out workshops in schools to demystify homosexuality and bisexuality. GRIS Mauricie/Centre-du-Québec also provides reception, listening and orientation services for LGB youth aged 14 to 30 and their parents.

[grismcdq.org](http://grismcdq.org)

## CHAUDIÈRE-APPALACHES

### **GRIS Chaudière-Appalaches**

The GRIS network teaches workshops in schools to demystify homosexuality and bisexuality. GRIS Chaudière-Appalaches also offers support to young people who are having a difficult time with their sexual orientation.

[grischap.org](http://grischap.org)

## EASTERN TOWNSHIPS

### **GRIS Estrie**

The GRIS network teaches workshops in schools to demystify homosexuality and bisexuality.

[grisestrie.org](http://grisestrie.org)

## GASPÉSIE-ÎLES-DE-LA-MADELEINE

### **Association LGBT Baie-des-Chaleurs**

The association offers supportive activities for LGBT people. The association also offers activities to demystify LGBT realities.

[lgbt-bdc.net](http://lgbt-bdc.net)



## LANAUDIÈRE

### LE NÉO

Association for LGBTQ+ youth in Lanaudière (Terrebonne). The Néo is an organization that provides prevention services and promotes health and well-being. It also provides a space for queer youth aged 12 to 17 and social activities those 18 and over. It also provides services to schools and communities in the fight against homophobia (workshops, kiosks, professional support, etc.).

[le-neo.com](http://le-neo.com)

## MAURICIE

### GRIS Mauricie/Centre-du-Québec

The GRIS network teaches workshops in schools to demystify homosexuality and bisexuality. GRIS Mauricie/Centre-du-Québec also provides support, listening and orientation services for LGB youth aged 14 to 30 and their parents.

[grismcdq.org](http://grismcdq.org)

## MONTÉREGIE

### LE JAG (Jeunes Adultes Gai.e.s)

This action and mutual aid organization in Sainte-Hyacinthe for LGB youth aged 18 to 35 offers individual and group support. It also gives workshops for youth workers to demystify homosexuality and bisexuality.

[lejag.org](http://lejag.org)

## MONTRÉAL

### Arc-En-Ciel d'Afrique

This organization provides accompaniment, reception and assistance services on site for LGBT and queer Afro-Caribbeans. It also provides social and cultural activities LGBT people with origins in Africa and the Caribbean.

[arcencielfafrique.org](http://arcencielfafrique.org)

### Astérisk\*

L'Astérisk\* is a meeting and information space for LGBTQ\* youth aged 25 and under.

[coalitionjeunesse.org/whatislasterisk](http://coalitionjeunesse.org/whatislasterisk)

### Beyond the Rainbow

This organization provides orientation and information services for LGBT immigrants and refugees

[lgbt-ada.org](http://lgbt-ada.org)

### GRIS Montréal

The GRIS network carries out workshops in schools to demystify homosexuality and bisexuality. GRIS-Montréal also works with society in general to demystify homosexuality; conduct research on demystification activities; and, as needed, refer individuals to other resources in the LGBT community (gay, lesbian, bisexual and trans-identified people).

[gris.ca/english](http://gris.ca/english)



## MONTRÉAL (continued)

### Jeunesse Lambda

Jeunesse Lambda is a French-speaking discussion and activity group run by and for LGBTQ+ or questioning youth aged 14 to 25. This non-profit organization was created by LGBTQ+ or questioning youth who saw peer support and socialization as the answer to questions about coming-out and finding acceptance.

[jeunesselambda.org](http://jeunesselambda.org)

### LGBTQ Youth Centre

This organization provides assistance and referral services for LGBT and their loved ones in the West Island of Montréal, as well as discussion groups for LGBT youth.

[lgbtqyouthcentre.ca](http://lgbtqyouthcentre.ca)

### Project 10

This bilingual organization for LGBTQ youth offers a hotline, individual support and discussion groups for ages 14 to 25.

[p10.qc.ca](http://p10.qc.ca)

### RÉZO

Health and well-being for gay and bisexual men.

[rezosante.org](http://rezosante.org)

## OUTAOUAIS

### Canadian Centre for Sexual and Gender Diversity (Jer's Vision)

This Canadian youth initiative for diversity gives workshops about sexual and gender diversity, safe sex practices and healthy, consenting romantic relationships.

[ccgsd-ccdgs.org](http://ccgsd-ccdgs.org)



## OUTAOUAIS (continued)

### CHEO

Information and list of regional resources.

[cheo.on.ca/en/LGBT\\_youth\\_en](http://cheo.on.ca/en/LGBT_youth_en)

### Jeunesse IDEM – Discussion and activity group (Gatineau)

The Jeunesse Idem program offers workshops to demystify homosexuality and individual and group support services for LGBT youth aged 14 to 25 and their parents.

[jeunesseidem.com](http://jeunesseidem.com)

## REGION OF QUÉBEC

### GRIS-Québec

The GRIS network carries out workshops in schools to demystify homosexuality and bisexuality. The Accès service by GRIS-Québec also provides a space for LGB youth aged 14 to 25 and a listening and support service. The organization offers a pairing service for LGB youth aged 14 to 25, as well as listening and support services for their parents.

[grisquebec.org](http://grisquebec.org)

## SAGUENAY-LAC-ST-JEAN

### Association LGBT Boréale

This association provides activities for LGBT persons. The association also offers services to demystify homosexuality.

[facebook.com/lgbtboreale](https://facebook.com/lgbtboreale)