

Will we still be  
welcome at

## CHURCH?

With a bit of research you should be able to find a place of worship where your family feels welcome.

All religions have gay believers and all religions have groups for gay people.

*Won't being gay make their life HARDER for them?*

**What makes life hard for gay people is people rejecting them.** That's even harder when it's their parents. However, attitudes towards gay people are changing. There are more gay role models in the arts, politics and sports than ever before.

As with all young people, it's important your son or daughter knows about practicing safer sex and making healthy and responsible choices. Gay young people can grow up, live happy lives and fall in love with people just like anyone else. You still may be a grandparent, if your child chooses to become a parent, as being gay isn't a barrier to parenthood.

*We are here to support  
you & your family*

**Northern Healthy Connections Society**  
33 Pleasant St. Truro, NS  
B2N 3R5  
(902) 895-0931

### Programs and Services

- LGBTQ Support
- Youth PhotoVoice
- Sexually Transmitted Infection Information
- Blood Borne Infection Information
- Support and Treatment Information
- Condom Co-op
- Resource Centre
- Information on STBBI Testing and Referrals
- Prevention Education
- Healthy Decision Making Fairs
- Hep C (Hepatitis C) AWARE Project
- Needle Exchange



SO...

*You think your child is*

# GAY



## ANSWERS

*to some of the*

## QUESTIONS

*You may have.*

*I have inklings that my child is gay, but...*

## HOW CAN I BE SURE?

Avoid making assumptions and steer clear of prying. Allow your child to come to you in their own time.

**What you can do is create an environment where your child feels able to tell you they're gay, knowing you'll be supportive.**

For example, say positive things about gay people when they're on TV and don't allow people to say negative things about gay people under your roof. If your child is – or thinks they might be – gay, they'll probably be very alert to attitudes about gay people in your home.

## How can they be sure it isn't just a PHASE?

Growing up is a confusing time, particularly when feelings are concerned. Some young people may take longer coming to terms with their sexuality; others will be clear about it very quickly. Sometimes individuals will date someone of the same sex without being sure they're gay. Some young people may be bisexual. This means they're attracted to both sexes. This is not a phase on the way to becoming 'fully gay'. Let them define themselves.

If your son or daughter does tell you they are gay, they'll have plucked up a lot of courage to do so. Take their word for it.

Dismissing it as a phase will make it seem like you're not taking them seriously and will undermine their confidence, which will make them less likely to open up to you in the future.

*Did I do something wrong?*

## ABSOLUTELY NOT.

**There is no link between parenting or a young person's experiences and the likelihood of being gay.**

## BUT

*I don't agree with it.*  
**(Or at least some family members don't)**

**The truth is, if you've got a problem with the idea of your child being gay, you're going to have to live with it and accept it.**

Put your feelings about 'being gay' aside and remember that, regardless of your child's sexuality you love them and want them to be happy. One's sexuality is not a choice. There is no way to 'turn them straight'. Rejecting it only damages your relationship with your child. Rejecting it also denies you the opportunity to share in an important part of their life. Some family members, particularly older relatives, might need some time getting their heads around the idea (although older people are often a lot more accepting than we give them credit for). If they don't react well initially, put some rules in place and establish what can and can't be said in front of your children.