

RESOURCES AND INFORMATION

Here are websites LGBTQ youth can visit to find health care or get more information.

- **Questions about your sexual health?**

Visit Advocates for Youth:

www.advocatesforyouth.org

- **Want support for your friends or family?**

Visit the TransYouth Family Allies at

www.imatyfa.org or Parents and Friends of Lesbians and Gays (PFLAG) for lists of organizations and local support groups

www.pflag.org

- **Want to help make changes at school?**

Find resources at GSA Network

www.gsanetwork.org or Gay, Lesbian, and Straight Education Network

www.glsen.org

- **Want to find organizations committed to LGBTQ health care?**

Review the Human Rights Campaign Health Equality Index:

www.hrc.org/hei



QUESTIONS YOU MAY HAVE

I don't want anyone besides my provider to know about my sexual orientation or gender identity. Will this information be shared?

Your health care provider is legally required to keep conversations you have with them confidential. They are bound by laws and policies to keep your information private. If you are under 18, these laws will vary by state, and policies may vary by medical practice, so you should ask your provider. You can also ask your provider not to enter this information into your medical record.

What if my provider uses the wrong terms or pronouns when referring to me?

Providers may not always know what terms you use. Let them know how you describe yourself. For example, say "I identify as non-binary and don't use those pronouns. You can use 'they' or my name. Thank you."

What if I still don't feel comfortable coming out to my provider?

There are several ways to find a provider you connect with. To start, you can talk to friends or use the resources in this brochure. Finding a provider you are comfortable with is important for your health.

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Do Ask, Do Tell:

Talking to your health care provider about being LGBTQ



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TALKING WITH YOUR HEALTH CARE PROVIDER

Your health is important. Being open with your health care provider about your life is important for staying healthy. This includes letting your provider know if you are lesbian, gay, bisexual, transgender, queer (LGBTQ¹), or have questions about your sexual orientation or gender identity.

If you talk to your provider about being LGBTQ, your provider can:

- Pay closer attention to health issues that affect LGBTQ youth.
- Learn to use the terms, names, pronouns, and other words you prefer.
- Refer you to other providers and specialists who are welcoming to LGBTQ youth.
- Better involve you in decisions about your health.
- Help connect you with support for you or your family, especially if you are having problems.

Being open about your sexual orientation and gender identity not only helps your provider, it helps you!

¹We use “LGBTQ” in this brochure, but there are a many other terms that people use to talk about their sexual orientation and gender identity (e.g., pansexual, same-gender-loving, genderqueer).

YOUR PHYSICAL AND MENTAL HEALTH

Research studies show that LGBTQ young people are at greater risk for certain health issues, like HIV and STDs, smoking, alcohol use, depression, and suicidal thoughts. Being LGBTQ can be stressful if your family is not accepting, or if you are teased or bullied. Discussing problems at home or school, and being honest about using drugs and alcohol, will help your provider give you the best possible care. Your provider can also help you get extra support if you need it.

YOUR SEXUAL HEALTH

Talking to your provider about sex isn't easy, but it's very important. If you are having sex or thinking about becoming sexually active, some issues to discuss are:

- Getting testing for HIV and STIs (infections that are spread through sex)
- Getting vaccines to prevent HPV and hepatitis A and B (viruses that can be spread through sex)
- Using condoms and other methods to prevent STIs, HIV, and pregnancy
- Getting a Pap smear (a test that can help detect cervical cancer)
- Being sexually, physically, or emotionally abused by a partner, family member, or other person

SUPPORT FOR YOUTH

There are several places for LGBTQ youth to find support. Here are a few.

- Want a safe place to call for information, referrals, and support? Try the Peer Listening Line, **617.267.2535** (toll free **800.399.PEER**) or the GLBT National Help Center's Youth Talkline at **800.246.PRIDE** (7743)
- Have you experienced violence or sexual assault? Contact the Safe Homes Project at **800.621.HOPE** (4673) or Llámamos Sexual Assault Hotline at **800.223.5001**
- Have you run away from home or are you homeless? Call the National Runaway Safeline for help at **800.786.2929**, or visit **www.1800runaway.org**
- Are you feeling sad or thinking about hurting yourself? Call the Trevor Project's Lifeline, **866.488.7386**, or visit **www.thetrevorproject.org**

