

**The Rainbow Resource Centre** is a non-profit, community-based charitable organization that serves as the central agency offering support, information, counselling, referrals, library, and public awareness on issues related to sexual orientation, gender diversity, and anti-homophobia education.

**The Rainbow Resource Centre** envisions and works toward an equal and diverse society, free of homophobia and discrimination, by encouraging visibility and fostering health and self-acceptance through education, support, resources, and outreach.

**Peer Support/Info Line:**

(204) 284.5208 or 1.888.399.0005  
(Toll free in Manitoba and Northwestern Ontario)  
Monday to Friday: 7:30 p.m. to 10:00 p.m.  
(subject to volunteer availability)

**Counselling:** (204) 452-7508 (intake)  
counselling@rainbowresourcecentre.org

**Administration:** (204) 474.0212  
info@rainbowresourcecentre.org  
fax: (204) 478.1160

**Address:** 170 Scott St.  
Winnipeg, Manitoba, R3L 0L3

**The Rainbow Resource Centre is open:**  
Wednesday-Friday: 1:00 p.m. to 4:30 p.m.  
Monday-Friday: 7:30 p.m. to 10:00 p.m.  
(subject to staff and volunteer availability)

Please visit our website:

[www.rainbowresourcecentre.org](http://www.rainbowresourcecentre.org)

Gay?

*For individuals who want to learn  
more about it.*

GAY

**Male-identified  
individuals that have  
emotional, physical and/or  
sexual attractions to other  
male-identified  
individuals.**

- Adapted from the Trans-Academics "LGBRRSQI Terminology."  
<http://www.trans-academics.org/lgbttsqiterminology.pdf> (2006).

Gay also refers to a state of being happy,  
upbeat, or buoyant:  
"I'm having a gay ole time."

Unfortunately, gay has been  
substituted for 'stupid' in the popular insult  
"that's so gay."

"Homosexual" is a clinical term once and  
still is in use to refer to gay individuals.

Gay is often used as an  
umbrella term that encompasses the  
lesbian, gay, bisexual, transgender,  
two-spirit, intersex, queer, and questioning  
communities; for instance  
"The Gay Community."

**There is no right or wrong way of being  
gay** as there is no right or wrong way to eat  
an apple. Stereotypes often portray or dictate  
what society thinks gay individuals should  
look like and how they should act. Being an  
effeminate, lisp dropping, hip slinging, wrist  
flipping, fashionable, super flamboyant hair  
stylist *might be* a stereotype of a gay person.  
This may be true for some people, but not  
all gay folks. There is no "gay code" to abide  
by.

**How do you know?** Subtle or strong  
indications, like sexual feelings or attractions  
to a person of the same-sex may appear out  
of nowhere causing a person to question  
their sexual orientation. Others may not  
have to question this attraction because they  
'just know.'

**Questioning your sexual orientation is  
completely normal and natural**, along with  
the uncertainty and fear that comes with it.  
Questioning individuals usually feel different  
from others - they may feel alienated or  
excluded when conversations surrounding  
opposite sex crushes, partners, or activities  
come up.

**There is no test that will indicate if a  
person is gay or not.** An individual must  
figure it out for themselves.

## WHERE ARE THEY?

Gay individuals are everywhere – in every community, job industry, culture, age group, religion, and socioeconomic position. They participate in life the way they choose; being gay is only a small part of their identity.

Conforming to stereotypes may bog you down, so be yourself. **A person's sexual orientation is invisible, only you and those you choose to tell will know you are gay.**

**There is no rush to categorize, identify, or label oneself.** Each individual discovers their own sexual orientation at their own pace. A person may choose to embrace or deny their same-sex attractions.

Unfortunately, homophobia often makes it difficult to acknowledge this part of ourselves. However difficult it may be, it is important to note that denying ones sexual orientation may lead to increased mental and physical health risks including self-loathing, decreased self-esteem, isolation, depression, self-destructive behavior, such as substance abuse, and unsafe or risky sexual behaviour. In extreme cases, denial and shame may result in attempted or completed suicide.

**Whatever the risks, disclosure of ones sexual orientation is up to the individual** and should only be done when they are comfortable and feel safe to do so.

## COMING OUT:

Coming out is an expression people use when they **voluntarily disclose** their sexual orientation and/or gender identity to others. It is a process that generally occurs on three levels: personal (with ones self), private (family and friends), and public (at work or in the community at large). Every coming out experience is different. For some, it may be very positive and for others, it may be very negative; or it could be a combination of both.

While some folks may come out, others choose to remain “in the closet” because of fear of discrimination, lack of support, and/or fear of rejection. The best time to come out is **when you are ready**. If you choose to disclose your sexual orientation with anyone, be sure it is someone you trust, someone who is a good listener, who will respect confidentiality, and will be encouraging.

Remember, **you are not alone in this**. Coming out is a life-long journey. There are resources available in your community as well as people who are willing to support you.



## HOMOPHOBIA:

The irrational fear, dislike, hatred, aversion, intolerance, and ignorance of homosexuality and of Lesbian, Gay, Bisexual, Transgender, and Two-Spirit (LGBT) individuals.

Although homophobia has always existed, it is only recently that we were able to give it a name, and, especially, that we came to realize that it constitutes an unacceptable attitude in a civilized society, which can be equated to sexism or racism. - Adapted from the National Day Against Homophobia [www.homophobia.org](http://www.homophobia.org), (2006).

## COMMUNITY RESOURCES:

### Local Links:

**gAy&E:** gay social group that participates in Winnipeg's arts, culture, and entertainment scene. For more info. email: [trazom@mts.net](mailto:trazom@mts.net)

**Gay Fathers of Winnipeg:**  
[www.gayfathersofwinnipeg.com](http://www.gayfathersofwinnipeg.com)

**Klinik Community Health Centre  
24 Hour Crisis Line:**  
(204)786.8686 or 1.888.322.3019 (Toll free)  
TTY 784.4097  
[www.klinik.mb.ca](http://www.klinik.mb.ca)

**Men's Resource Centre:**  
Intake phone line: (204) 956.9528 or  
1.866.672.3422 (Toll free)  
[www.elizabethhill.ca/mrc.html](http://www.elizabethhill.ca/mrc.html)

**RAY (Resource Assistance for Youth):**  
24 hour help line: 1.800.668.4663 [www.rayinc.ca](http://www.rayinc.ca)

**Nine Circles Community Health Centre:**  
(204) 940.6000 or 1.888.305.8627  
(Toll free in Manitoba)  
STI Info: (204) 945.2437 or Toll free  
1.800.782.2437  
[www.ninecircles.ca](http://www.ninecircles.ca)

**SERC (Sexuality Education Resource Centre):**  
(204) 982.7800 (Winnipeg)  
(204) 727.0417 (Brandon)  
The Facts of Life Line: (204) 947.9222 or  
Toll free 1.800.432.1957  
[www.serc.mb.ca](http://www.serc.mb.ca)

**Outwords Inc. (local LGBT\* magazine):**  
[www.outwords.ca](http://www.outwords.ca)

### National and International Links:

**Canadian Rainbow Health Coalition:**  
[www.rainbowhealth.ca](http://www.rainbowhealth.ca)

**COLAGE (Children of Lesbians  
and Gays Everywhere):**  
[www.colage.org](http://www.colage.org)

**Egale Canada:**  
[www.egale.ca](http://www.egale.ca)

**Men having Sex with Men:**  
[www.gaymenplaysafe.com](http://www.gaymenplaysafe.com)

**PFLAG Canada:**  
[www.pflagcanada.ca](http://www.pflagcanada.ca)

**GLSEN:**  
(Gay, Lesbian and Straight Education Network)  
[www.glsen.org](http://www.glsen.org)