

PFLAG was founded in 1972 when a mother publicly supported her gay son. It has grown to more than 400 chapters and 200,000 members and supporters.

Our Vision: PFLAG envisions a world where diversity is celebrated and all people are respected and valued no matter their sexual orientation, gender identity, and gender expression.

Our Mission:

- Support for families, allies and people who are LGBTQ
- Education for ourselves and others about the unique issues and challenges facing people who are LGBTQ
- Advocacy in our communities to change attitudes and create policies and laws that achieve full equality for people who are LGBTQ.

## PFLAG HOUSTON

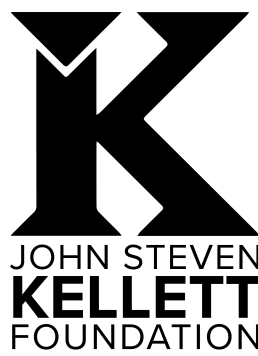
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[www.PFLAGhouston.org](http://www.PFLAGhouston.org)

PFLAG Houston Helpline  
713-46-PFLAG  
(713-467-3524)

[helplinePFLAGhouston@gmail.com](mailto:helplinePFLAGhouston@gmail.com)

We have a monthly general meeting as well as several facilitated small support groups available throughout the month. Check our website for times and locations.



# Be Yourself



Question & Answers  
for Lesbian, Gay,  
Bisexual and Transgender  
Youth

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

TV, movies, books and magazines still mostly show men and women together. Most music you hear is about falling in love with the opposite sex. If you're a guy, your friends are probably talking about girls, and if you're a girl, they're talking about guys. While most people your age seem to fit neatly into expected gender roles, you may feel you don't, or you don't want to.

It's important to know that no matter how you feel, you are important and valuable. It may take some time to figure out who you are, who you like, and who likes you back.

If you have a friend, sibling, parents you trust, you can talk to them about how you feel. PFLAG is here to help you and your family sort out your feelings and place in the world.

Be yourself.

If you are an LGBT teenager - or you think you might be or wonder if you are - it's even more confusing, because probably no one ever prepared you for that. Growing up, your friends and family may have teased you about liking girls if you're a boy or boys if you're a girl. Maybe they talked about dating, falling in love and getting married. But they never talked about when you grow up and fall in love with another guy, or about marrying a woman just like you, or what it would be like to feel that your physical sex doesn't match up with how you feel inside.

In fact, in your family or at school you probably have heard the words "gay," "fag," or "dyke" used as an insult or seen or experienced bullying or harassment based on gender expression or sexual orientation.

Sexual orientation and gender equality are complex issues and figuring it out can be difficult and confusing for anyone. Coming out as lesbian, gay, bisexual or transgender (LGBT) can be especially complicated and fraught with questions.

As a questioning or LGBT youth, you are at a time in your life when you are becoming an adult, yet you might not have adult rights. Your relationship with your parents, guardians or family is changing. You are becoming more independent and are having to accept that you're not their little girl or boy any more. And all of a sudden, something you didn't think about a few years ago - sex- might feel like the most important thing in the world.