

Mead

FREE



**THE
INLAND EMPIRE
GUIDE TO
GAY**



150 SHEETS
COLLEGE RULED
9 1/2 x 6 in / 24.1 x 15.2 cm
3 SUBJECT NOTEBOOK

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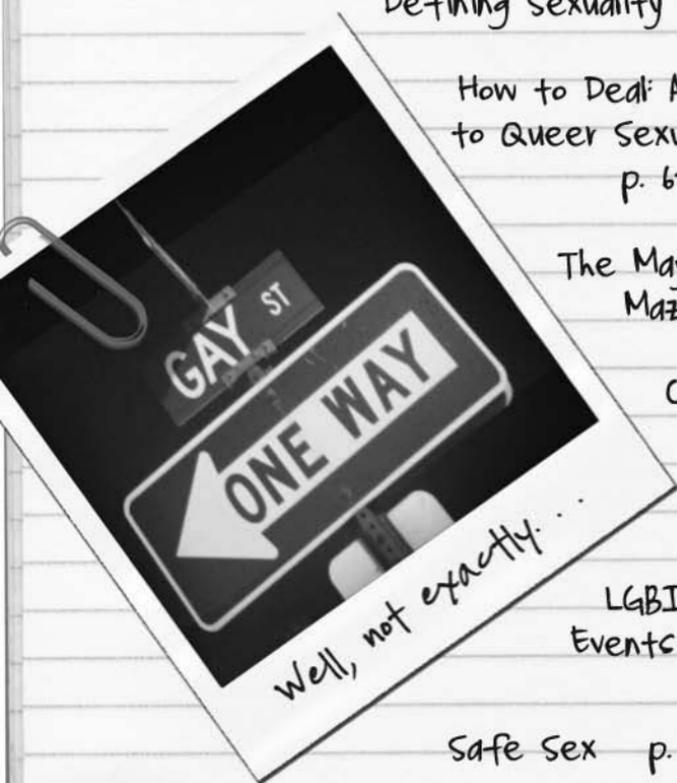
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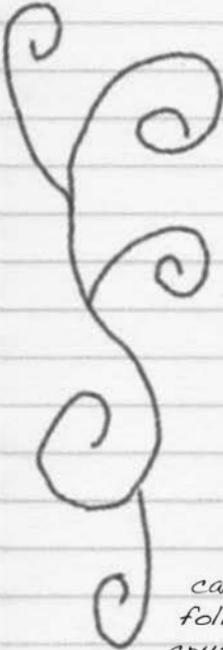
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Questioning By B.F.

Everyone Questions Their Sexual Identity

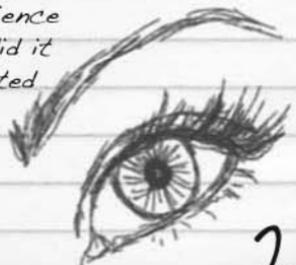
It is a natural process: everyone reaches a point in their life where they question their sexual orientation. It's perfectly normal, and figuring out if you're gay or straight is a process. Sexual orientation is an important part of human sexuality. We're all attracted to others. However, there is a lack of resources that can make the process a little difficult, as well misleading information and fear concerning homosexuals. The result is devastating social, personal and institutional discrimination, and even violence.



One of the most commonly asked questions about homosexuality is, "How do you know if you're gay?" The truth is that these experiences are a normal expression of curiosity and a source of learning about the body and sexuality. Many people have had these kinds of experiences and enjoyed them, but that does not necessarily mean you're gay. People who are actually gay often have some indication of this from an early age. They may feel quite different from other people. This can be very confusing and stressful, and is often understood only after a great deal of personal struggle.

Sometimes the process of questioning can be aided when you ask yourself some of the following questions: Who do I usually have crushes on? Is it mainly someone of the same gender? Do I imagine relationships with someone of the same gender? If I dated or had a sexual experience with someone of the same gender, how did it make me feel? Do I feel strongly attracted to people of both genders? Do I think I could have a sexual or romantic relationship with either males or females?

You are NOT Alone!



Sexuality True or False

By B.F.

Think you can distinguish the facts about sexual identities from the myths? Take our quiz and see how your knowledge matches up.

1. People can decide to be straight, gay or bisexual.
True or False

2. Homosexuality can be cured.
True or False

3. Lesbians don't have to worry about birth control.
True or False

4. Bisexuals are in a transition phase; they'll eventually realize they are either gay or straight.
True or False

5. Lesbians hate men.
True or False



6. Gays and lesbians were sexually abused as children.
True or False

7. Homosexuals come from families where the mother is more dominant than the father.
True or False

8. Lesbians look and act masculine; gays look and act feminine.
True or False

9. Bisexuals can't be trusted in relationships—they will likely have sex with anyone at any opportunity.
True or False

10. There are many ways to express sexual identity.
True or False

SCORES

10 correct: Congrats! You are so well-informed, you should make your own zine.

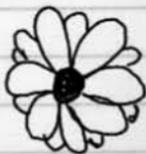
4-6 correct: You have a lot of misconceptions. But that is okay—just keep reading!

7-9 correct: You know a lot, but there are always new things to learn about sexuality.

0-3 correct: Yikes. You need to pay a lot of attention to the next few pages, and maybe do some independent Googling, too. Take a look at Wikipedia while you are there.

ANSWERS

1. False 2. False 3. False—but like all people, they need to practice safe sex to avoid STDs. 4. False 5. False 6. False 7. False—some might, but not all! 9. False 10. True!



Defining Sexuality

By S.W.



Though labels can sometimes be constricting, defining your sexual orientation can be a useful way of understanding both your own identity and the identities of others. The next two pages are dedicated to describing the definitions of several possible sexual orientations, as well as common terms that are often heard within those communities.

You may immediately relate to one of these definitions, or feel like you might be several of them all at once. Maybe none of them seem quite right. And what you may define yourself as today might not be what you define yourself as tomorrow--sexuality is fluid and often unpredictable. Even if the answers aren't immediately clear to you, you can still empower yourself by understanding the language of queer community.



LGBTIQ

Stands for Lesbian, Gay, Bisexual, Intersex, Transgender, and Queer; aka, the gay or queer community.

Sex vs. Gender

Sex is generally understood to refer to a person's biological sex, which we determine by looking at chromosomes or genitals. Gender is used to refer to the meanings we attach to people based on their biological sex; for example, we often expect that women will act emotional, or that men will be better at math and science. These expectations have been proven false, but they persist in our culture because many people still believe that a person's biology will determine their personality or behavior.

The term "gender binary" refers to the fact that Western culture only recognizes two possible genders: male and female. Though these are certainly the most common, they are not the only possible genders.

Gay

A man who is sexually and romantically attracted to other men exclusively. Though the word "gay" can be used synonymously with "homosexual," most people prefer "gay" as it is less clinical-sounding. Sometimes all LGBTIQ people are referred to as the "gay community". Women can also use the word "gay" to describe their same-sex desire.

Lesbian



A woman who is sexually and romantically attracted to other women exclusively.



LOVE

Bisexual

A person who is sexually and romantically attracted to both men and women. Some bisexuals may always prefer one sex over the other, while the sex preferences of other bisexuals fluctuate over time.

A popular misconception is that bisexuals are incapable of monogamy, or need to have relationships with both men and women at the same time; this is not true. Bisexuals are just as capable of monogamy as any other person. The bisexual community commonly expresses sentiments of not feeling fully accepted by either straight or gay culture.

Straight

A straight person is sexually and romantically attracted to people of the opposite sex. Heterosexuality is assumed to be "normal" in Western culture, and those who do not live heterosexual lifestyles (such as members of the LGBTIQ community) are often rejecting this "heteronormativity."

Transgender

A person who does not feel that they conform to the gender roles attached to their biological sex. This a very subjective word that can be used to encompass people who may also be labeled as androgynous, genderqueer, or transsexual.

Transsexual

A person who does not wish to live as the biological sex they were born as. Though some may choose to pursue a sex reassignment surgery or take hormone replacements (both of which change physical sex characteristics), many are content simply to "pass" as the sex they wish to be. Transsexuality does not indicate any particular sexual orientation; a transsexual person may any one of the other sexual identities we've discussed.

Intersex

A person whose sex characteristics are not definitively male or female, either in sex chromosomes, genitalia, or secondary sex characteristics (breasts, muscle mass, etc.). Historically, many intersexuals were referred to as "hermaphrodites," though the term is considered to be somewhat derogatory outside of medical terminology. Because their biological sex cannot be easily determined, many intersexuals consider themselves to be transgender as well.

Queer

This term can refer to several different things. It is often used as an umbrella term to summarize the LGBTIQ acronym as the "queer community"; in this usage, it sometimes also includes straight people who participate in non-mainstream sexual activities (like BDSM). As a sexual orientation, it describes a person's attraction to people of all sex and gender identities, including intersexuals and the genderqueer (sometimes also called pansexuality). It has political connotations due to the fact that it renounces the limiting nature of existing gender and sexual identities.

Other Terms

Androgynous: A person who has performative and personality traits of both sexes.

Asexual: A person who experiences no sexual attraction; however, some may feel romantic attractions towards others.

Genderqueer: A person who may think of themselves as being both male and female, neither male or female, or reject the concept of gender altogether. Some may choose to physically alter their bodies like transsexuals do.

Polyamory: The practice of having multiple relationships at once, with the consent and awareness of all partners.

Transman/EtM: A person who was born as a woman, but now lives as a man.

Transwomen/MtF: A person who was born as a man, but now lives as a woman.



5

LUST

How to Deal: Approaches to Queer Sexuality

By V.V.S.

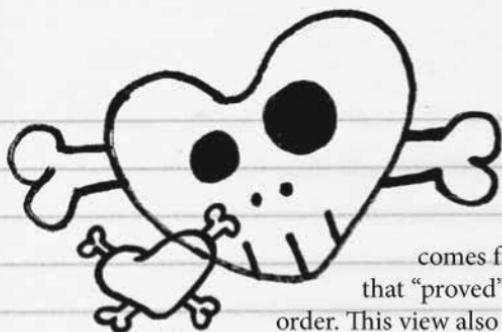
Before you "come out" to your friends and family you need to know what it means to be homosexual. Not what it means to you, but what it means to the world when you call yourself gay, lesbian, bisexual, or queer. One of the main problems with queer people coming out is that many of them feel guilt for the way they feel. When you are a child society tells you that queer people are sick, that there is something wrong with them, or that they are abnormal. In order to live a happy life as a queer person you need to first understand that there is nothing wrong with you. Many people will try to tell you why queer people are queer, one example of this is when people say that the reason a woman is a lesbian is because she didn't have a strong father figure in her life, or that a man is gay because his mother spent too much time coddling him as a child, and no one ever "toughened" him up. There is also the argument that to be queer is to have some sort of "gay gene" that decides for you, before you are even born that you will be gay. Both of these theories have been tested for years, it's a debate in the medical and psychological world, is it nature or nurture?

You may ask why is it important for people to figure out what makes you queer?

The Biological Approach

Many people feel like it would make the fight for gay rights easier if we could prove that people are born gay. Many people believe that if we can put sexual orientation into the same category as race, then it would become a civil rights issue, not a lifestyle choice issue. This would make it easier to advocate for equal rights using the argument "You can't blame us for the way we were born", but this isn't the best way to approach the issue for most people. There have been countless studies trying to find the gay gene. This began back in World War II when the Nazi regime began to do studies on gay people to figure out what makes them gay. Even today there are studies on rams said to be gay, with the intent of finding out what makes them gay. There was an article in The Seattle Times that claimed "The Corvallis herd includes a group of rams that scientists delicately refer to 'male-oriented'" (The Seattle Times June 2005) They claim that the ram's sexual orientation is hard wired into their brains at birth. The problem here is the thought that if you can isolate what makes someone gay, then you can remove it and "cure" them. The idea that there is something inherently wrong with gay people is one that fuels the idea of biology determining whether someone is gay or straight.

The largest group of people left out by this are bisexuals. If someone is bisexual then they are not born queer, or born straight, rather they choose who they are going to have relationships on other criteria. This immediately breaks down the association between genes and homosexuality.



The Nurture Approach

The dominant belief is what makes someone gay is how they were raised as a child. This comes from many psychological studies that "proved" homosexuality was a mental disorder. This view also comes from the idea that to be queer is to have something wrong with you, and instead of it being a biological problem, it is rather a mental disorder. Freud was a loud voice on this subject documenting many reasons for homosexuality, including "overprotective mothers and distant fathers helped make boys gay" (The Boston Globe August 2005). Only in 1973 did the American Psychiatric Association remove homosexuality from its list of mental disorders (The Boston Globe, August 2005).

The main idea here is whether you feel like you were born gay, or you were raised that way, or whether you chose that as a type of lifestyle it is all the same. Sexual orientation is given too much credit in our society. People have been queer since the world began, it only became a "problem" in recent years. There is nothing wrong with you! Being gay doesn't mean you are unhealthy, or a bad person, it means that you have made this decision for yourself that allows you to live the type of life you want to live, and nothing more.



The May-be-Gay Maze

Can you find your way out of the gender binary and discover your ideal partner?

By S.W.



Coming Out By V.S.

Here are some pointers that you might find helpful when telling people about your sexual orientation, or "coming out."



Nobody likes the closet.

1. Make sure YOU are ready! You don't have to settle on an orientation to come out to people, because revealing your orientation is a process that you will experience your entire life whether or not you are a heterosexual or L.G.B.I.T.Q. identified.

So if you are not 100% ready, don't do it. Make sure it's on your terms. Also if you feel you don't want to make a big deal of coming out, then live your life day to day; you do not need to hide yourself nor do you need to publicly tell everyone, they can figure it out or ask if they need to.

2. You don't need to have a speech prepared and it does not have to be declarative. It can be as simple as "I like people of the same gender," but it does not have to block you in for life. Sexuality can be fluid, so you are not stuck. It's just an identity and people change identities every day.

3. Be Prepared! Whether you get a good response, a bad response or an "I already know" response, just make sure that you mentally prepare yourself to be ready for any response. Some may judge you, but as long as YOU know that you are not doing anything wrong, then those who you come out to will see it too, even if not at first--after all you are the same person. Take into consideration the community to which you are coming out to. Do they have homophobic tendencies? If so, try to think of the safest way of coming out.

4. Try to tell someone who you know will be positive first, that way they can help you through the process. Think of the best way to come out, whether it be a face to face conversation or what have you. In addition, it's best to start small with people who you really know, that way you can build confidence as you go along your path.

5. In readiness for a bad response here are a few more tips: if you are in a moving vehicle make sure that you are driving, also have some resources ready for you and the person you are telling (i.e. hotlines, counselors, PFLAG, etc.)

6. BE PROUD! Even if you are having a hard time coming out, or those who you came out to are having a hard time dealing with it or understanding it, what you are doing takes a lot of strength and courage.

I'm coming out... I want the world to know, got to let it show.

LGBTQ in the Media

By V.S.

Note: This is a list of cultural representations in the media, portrayals may not be accurate.

Lesbian

- Lesbian News (Magazine)
- Curve (Magazine)
- Lesbianism Made Easy by Helen Eisenbach (How-To)
- Lesbianism: A Socialist Feminist Perspective by Susan Williams (Non Fiction)
- The L Word (TV Show)
- DEBS (Comedy/Drama DVD)
- I Can't Think Straight (Romantic Comedy DVD)
- The World Unseen (Drama DVD)
- Imagine Me & You (Romantic Comedy DVD)
- Celluloid Closet (Documentary)

Gay

- The Advocate (Magazine)
- A Secret Edge by Robin Reardon (Fiction)
- Gay Marriage: Why It Is Good for Gays, Good for Straights, and Good for America By Jonathon Rauch (Non Fiction)
- Gay New York: Gender, Urban Culture, and the Making of the Gay Male World, 1890-1940 By George Chauncey (Non Fiction)
- All Over the Guy (Drama DVD)
- Brokeback Mountain (Drama DVD)
- And then Came Summer (Drama DVD)
- Rock Haven (Drama DVD)
- Gay USA (Documentary)
- Word Is Out (Documentary)

Queer

- Respectably Queer: Diversity Culture in LGBT Activist Organizations by Jane Ward (Non Fiction)
- Outing Yourself: How to Come Out as Lesbian or Gay to Your Family, Friends, and Coworkers by Michelangelo Signorile (Instructional)
- Out (Magazine)
- Pride and Equality (Magazine)
- Behind the Screen: How Gays and Lesbians Shaped Hollywood, 1910-1969 by William Mann (Non Fiction)
- Queer as Folk (TV Show)
- South of Nowhere (TV Show)
- But I'm a Cheerleader (Comedy DVD)

Transgender

- Transgender Tapestry (Magazine)
- Boys Don't Cry (Drama DVD)
- Transgender Voices: Beyond Women and Men by Lori B. Girshick, Jamison Green
- Transparent: Love, Family, and Living the T with Transgender Teenagers by Cris Beam
- Another Woman (Drama DVD)
- Transgeneration (Documentary)

Bisexual

- Dual Attraction: Understanding Bisexuality by Martin S. Weinberg, Colin J. Williams, Douglas W. Pryor (Non Fiction)
- Bisexuality in the Lives of Men: Facts and Fictions By Brett Genny Beemyn and Erich W Steinman (Non Fiction)
- Bisexuality: A Critical Reader by Merl Storr (Non Fiction)
- A History of Bisexuality By Steven Angellides (Non Fiction)
- Women and Bisexuality by Sue George (Non Fiction)
- Bisexual (Documentary)

Intersex

- Intersex (For Lack of a Better Word) By Thea Hillman (Fiction)
- Intersex by Catherine Harper (Non Fiction)
- Fixing Sex: Intersex, Medical Authority, and Lived Experience by Katrina Karkazis (Non Fiction)
- Middlesex by Jeffrey Eugenides (Autobiographical Novel)
- I'm 80% Girl, 20% Boy (Documentary)



LGBTQ Cultural Events and Businesses

By V.S.
and B.F.

Events

Pride Festivals

Held all over the country
from May to September.
[http://www.allthingspride.com/
prides.htm](http://www.allthingspride.com/prides.htm)

Lesbian News

Lesbian magazine; posts a monthly
calendar with local happenings
[http://www.theinmag.com/calendar.
html](http://www.theinmag.com/calendar.html)

Pride Prom

Queer themed Prom for High
School Students held every
May at UC Riverside.
<http://out.ucr.edu/>

Tuesday Rap Groups

Generally Held at 5pm, check the
website for the weeks information
<http://out.ucr.edu/>

Drag Ball

Yearly Drag Show held at UC
Riverside during the Spring.
<http://out.ucr.edu/>

Drag Idol

Every Sunday at Oasis night
club, check the website to
confirm dates and prices
<http://www.oasis-nightclub.com/>

LGBTQIA Conference

Yearly Queer Conference Takes
Place on A UC or Cal
State Campus
<http://www.uclgbtia.org/>

Gay-Friendly Businesses

1) Menagerie

3581 University Ave
Riverside, California
(951) 788-8000

A unique lounge where all
labels and stereotypes are out
the door.

2) VIP Night Club

3673 Merrill Ave
Riverside, California
(951) 784-2370

Everyone is welcome.

3) Back to the Grind

3575 University Ave
Riverside, California
(951) 784-0800

Coffeeshop with gay employ-
ees and owners; embod-
ies unity so all can come
together.



4) Mario's Place

3646 Mission Inn Ave
Riverside, California
(951) 684-7755

Restaurant with fantastic atmosphere, great food, wonderful and discreetly attentive service!
Gay ownership.

5) Dragonmarsh

3643 University Ave
Riverside, California
(951) 276-1116

Novelty store with many gay clients; great selection of books, soaps, candles, herbs, and other magical items.



6) Lake Alice

3630 University Ave
Riverside, California
(951) 686-7343

Family-oriented and music-friendly old saloon restaurant.

7) The Hook-Up

1047 E 2nd Street
Pomona, California
(951) 620-2844

Fun, friendly neighborhood gay bar.

8) Borders Bookstore

3615 Riverside Plaza Drive
Riverside, California
(951) 222-0313

Borders is one of the Human Rights Campaign's Top-Rated LGBTIQ Employers.

9) Oasis Nightclub

1386 E Foothill Blvd #H
Upland, California
(909) 920-9590

Gay nightclub open Thursday-Sunday. 18+ on Thursday and Sunday. Drag nights on Sunday.

10) Pigeon Pass Animal Hospital

12220 Pigeon Pass Rd Suite L
Moreno Valley, California
(951) 924-5884

Gay-friendly veterinary clinic.

11) Integrity Planners, Inc.

1040 North Benson Ave
Upland, California
(909) 982-0607

Tax services.

12) It's a Purse Thing

305 North 2nd Ave #182
Upland, California
(626) 823-5293

Gay-owned retail store.

13) T. Michaels Designs, Inc.

41550 Cherry St. Suite C
Murrieta, California
(951) 304-3005

Gay-friendly interior design.

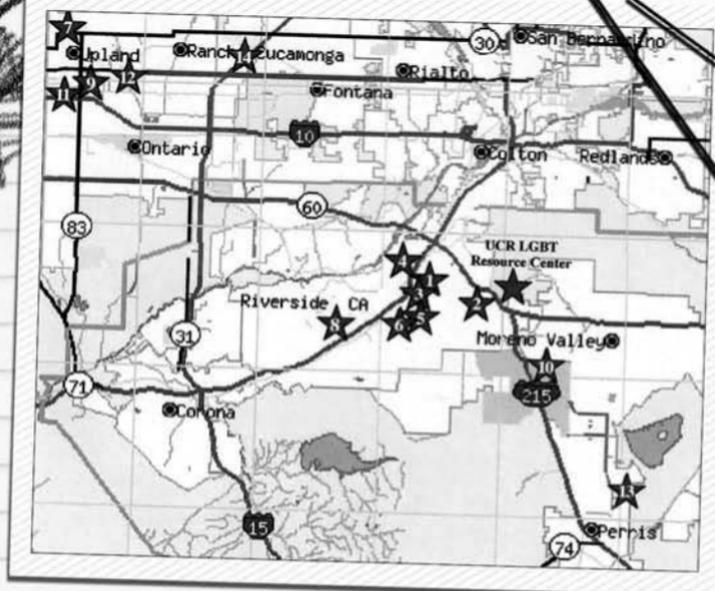
14) Out for Coffee

9309 N Foothill Blvd.
Rancho Cucamonga, California
(909) 758-9055

Gay-friendly coffeehouse.



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And now for something completely different...



Same-Sex Safe Sex

By S.W.

Choosing to have same-sex sex may eliminate the possibility of pregnancy, but it doesn't eliminate risk altogether. No matter who you are having sex with, it is important to take precautions to prevent the spread of sexually transmitted diseases. Here are some tips that will help you stay healthy while having fun.

- Sex between men should always include the use of condoms, whether you are participating in oral or anal sex. Condoms prevent the spread of HIV/AIDS, as well as many STDs.
- Familiarize yourself with the proper way to use condoms. While you're by yourself, practice putting on condoms quickly until it becomes second nature to do so. You can even try tearing one while you're wearing it--this way, you'll recognize the feeling and know if something goes wrong.
- When participating in anal sex, use lots and lots of water-based lube (such as KY Jelly). This reduces the risk of tearing, bleeding, and condom breakage. Never use ultra-thin condoms designed for vaginal sex, as anal sex is rougher and requires stronger, thicker condoms.

- Various strains of the HPV virus, commonly called herpes, can be spread between the mouth, vagina, penis, and anus, whether or not any visible sores are present at the time. Condoms and dental dams (a latex sheet spread over areas of contact) can prevent the spread of herpes and other STDs.
- Over 17 million women have HIV/AIDS worldwide--and this statistic includes lesbians. Vaginal-to-vaginal contact, finger-to-vaginal contact, or finger-to-anal contact should always be used with barriers such as dental dams, condoms, or latex gloves.
- Sex toys can also be used to inadvertently spread bacteria and infections, particularly if they are porous. When buying sex toys, choose those that are made of materials like silicone and glass, while avoiding jelly toys. Clean your personal toys regularly. Put condoms on sex toys that you share with partners, and be sure to change the condom between partners.



RESOURCES

By A.U.

Organizations

Depression and Bipolar Support Alliance (DBSA) Riverside
Peer (Patient) Lead Organization
Meetings Every Saturday in Riverside
<http://californiaadbsa.org/dbsariv.html>
dbsaofriv1@aol.com

Gays In Search of Hope Online Yahoo Group
LGBT Community suffering from Depression,
Bipolar Disorder and other mood disorders
Contact Kevin: 951.359.0739
Gays4hope@yahoo.com
<http://www.geocities.com/gayhope1/>

Jeffery Owens Community Center
951.683.2032
3845 10th St.
Riverside, Ca. 92501
staff@jocc.org
<http://www.jocc.org>

Rainbow Pride Youth Alliance
909.725.0417
Weekly meetings at the Mulvane Center
860 Gilbert St., San Bernardino, CA 92404
moreinfo@rpya.org
<http://www.rpya.org/>

Stonewall Democrats
909.556.6818
PO Box 9642
Redlands, CA 92375

Western Inland Empire Coalition Against Hate
(WIECAH)
Helpline: 1-866-662-4283
wiecah@wiecah.org
PO Box 2560
Riverside, CA 92516
<http://www.wiecah.org>

Spiritual Communities

San Bernardino United Church of Christ
Rev. Petra Malleis
909.886.4911
3041 N. Sierra Way
San Bernardino, CA 92405
<http://www.sbuucc.org/>

St. George's Episcopal Church
The Reverend Canon Victoria T. Hatch
951.686.9936
st.george@sbeglobal.net
950 Spruce Street
Riverside, CA 92507

Temple Beth El
951.684.4511
2675 Central Ave.
Riverside, CA 92506
<http://www.uahc.org/congs/ca/ca023/>

Unitarian Universalist Church of Riverside
951.686.6515
3657 Lemon St.
Riverside, CA 92501
<http://www.uuchurchofriverside.org>

Diocese of San Bernardino Ministry to Families
with Gay and Lesbian Catholics
Fr. David Fitzgerald, commission chairperson,
909.882.2931 ext. 12

First Congregational Church of Riverside
Rev. Jane Quandt
951.684.2494
3504 Mission Inn
Riverside, CA 92502
<http://www.fccriverside.org/>

Redlands United Church of Christ
Rev. Dr. Sharon R. Graff
909.793.3520
168 Bellevue Ave.
Redlands, CA 92373
<http://www.uccredlands.org/>

Safe Haven - The New American Christian Church
Rev. Renee J. Painter
626.824.7837
RevRJPainter@aol.com
Sunday Worship in Upper Chapel at 12 noon
@ First Congregational Church of Riverside
3504 Mission Inn Ave.
Riverside, CA (use Lemon St. entry)

PFLAG

PFLAG Riverside
P.O. Box 1648
Riverside, CA 92502
pflag_riversideca@yahoo.com
Phone: (951) 500-6904

PFLAG Palm Springs/ Desert Communities
611 S Palm Cyn Dr #7-262
Palm Springs, CA 92264
info@pspflag.org
Phone: (760) 202-4430

Source websites:

- PFLAG: <http://community.pflag.org>
- Riverside Area Rape Crisis Center: <http://www.rarcc.org/>
- TG Soul International: <http://www.transgendered-soul.com/Resources.html>



Queer-Friendly Counselors

Deanne Edwards
 LMFT - Licensed Marriage & Family Therapist
 California License 38136
 6887 Magnolia, Riverside, CA 92506
 951.697.3837

Linda Gort LCSW
 Magnolia Center Counseling & Consultation Services
 5858 Magnolia Avenue Suite C, Riverside, CA 92506
 909.788.1624
 lgortlcsw@yahoo.com

David C. Herzog, Psy.D.
 Clinical Psychologist, Psy 19120
 427 N. Yale Ave.
 Claremont, CA 91711
 909.975.0040

Manya M. Giannino
 LMFT - Licensed Marriage & Family Therapist
 California License 18937
 Moreno Valley, CA
 909.247.8846

Lynn L. Nickens
 MSW, LCSW LCS 18158
 1264 S. Watermen Ave, Suite 54
 San Bernardino, CA 92408
 909.890.9520
 reallifedreams@aol.com

Melinda G. Ogg, Ph.D.
 Licensed Clinical Psychologist
 7177 Brockton Avenue, Suite 330
 Riverside, CA 92506
 909.684.2627
 MGOgg1@aol.com

Bruce Thompson, MA/LMFT
 Bruce is a gay man and father who works with men/boys and kids dealing with family violence.
 5225 Canyon Crest Drive, #71-114
 Riverside, CA 92507
 (951) 750-1120
 hihs@excites.com

HIV Testing

HIV/AIDS Program-Riverside County Health Department
 4065 County Circle-Riverside, Ca
 (800) 243-7275

Riverside Neighborhood Health Center
 7140 Indiana Avenue-Riverside, Ca
 (800) 243-7275--Hotline, call first
 (951) 358-6037 Clinic-Early Intervention Program
 Testing times: Tuesday & Thursday 8-11 AM & 1-4:30PM
 Wednesday 3-7PM

Planned Parenthood
 3772 Tibbetts Street
 (951) 682-8540

UCR Free & Anonymous HIV Testing
 UCR campus health center (951) 827-3031
 Testing time: every two weeks

Desert AIDS Project
 (760) 323-2118

Cal AIDS Hotline
 (800) 922-AIDS/2437

Inland AIDS Project (IAP)
 3756 Elizabeth St., Riverside, Ca
 (951) 346-1910
 (800) 499-2437

Trans Support

Born Free
 PO Box 52829
 Riverside, CA 92517
 (909) 278-0500
 Dinner meetings with speakers and programs
 for members of the gender community.

American Transsexual Education Center
 1626 N. Wilcox Ave. #584
 Hollywood, CA 90048
 (213) 467-8317
 Professional services, telephone crisis counseling
 for the transgender and transsexual community.

Gender Awareness League
 PO Box 46062
 Los Angeles, CA 90046
 An open membership group for all individuals
 and friends dealing with gender issues.

Ladies Knight Out
 PO Box 19608-179
 Irvine, CA 92713
 (714) 262-9105
 Heterosexual crossdressing couples'
 support group.

Los Angeles Gender Center
 1923 1/2 Westwood Blvd. Ste. 2
 Los Angeles, CA 90025
 (310) 475-8880
<http://www.lagendercenter.com/>
 Professional gender treatment services.

PSGV Transgendered Support
 401 S. Main St., Ste. 104
 Pomona, CA 91765
 (909) 620-8987
 Support group for all MtF, FtM transgenderists.

Misc.

Help For Hate Crimes
 If you are in the San Bernardino/Riverside Counties and you are victimized,
 please contact: Western Inland Empire Coalition Against Hate. They will help
 you get the resources you need. Call (951) 892-4834, or get more info on
 their site: www.wiecah.org

Trevor Suicide Prevention Line
 1-800-850-8078

Wingspan Anti-Violence Hotline
 1-800-533-9387



GAY? STRAIGHT? BI?

NOT SURE?

It's okay. We didn't always know either.

Lots of people find themselves questioning their sexual identity at some point, especially as teenagers. But even if you're 100 per cent sure about your orientation, this booklet will have something to teach you about sexuality and LGBTQ culture (don't worry, we'll start with what LGBTQ means). So sit back, open up your mind, and get ready to learn something new.

