

A photograph of a person's leg and foot in a black sneaker with a white swoosh, standing on a colorful, cracked pavement. The pavement is divided into sections of green, yellow, and red. The word "Sexuality" is overlaid in large, bold, black letters across the center of the image.

Sexuality

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Competencies in Sexuality

Assoc. American Medical Colleges 2014

Sensitively and effectively elicit relevant information

How to obtain a complete history using OPEN ended language FREE of assumptions

How to respond when inadvertently makes an assumption and/or causes offense

How to make the practice environment more welcoming and safe

Perform a complete and accurate physical examination

Explain reasons for considering examination, the mechanics, and perform tailored examination with appropriate etiquette and technique



- Ground rules
- Perspective includes To serve others with love/agape/compassion
- I'm still learning
- Please share your expertise with the group

- Next 90mins: Reflect on Sexuality,
Cases for discussion with reference to competencies

Skin exposure and human touch

Breastfeeding in public – sexually provocative or feeding a baby?

NYN.Y. Civil Rights Law 79-e permits a mother to breastfeed her child in any public or private location, “irrespective of whether or not the nipple of the mother’s breast is covered during or incidental to the breast feeding.”

Why was a law to protect the rights of infants and nursing mothers necessary???

Short shorts – clothing or sexually provocative? 14yo female: *“so what? I’ve got thighs, get over it!”*

Massage: Foot/Back/Full body massage – nurturing or sexual?

Rongoa Maori, Fofu Samoa, Swedish, Shiatsu, Thai, Swedish, Sports

Dichotomous words aren't inclusive

- Boyfriend/girlfriend
- Single/married
- Wife/husband

- Sexually active?
- “What does that even mean? ON/OFF?”

Sexual attraction - coupling

Attraction/admiration/idolisation occurs during childhood
heart skip /butterflies /sweaty palms /loss of words

Ways people first meet: Visual > auditory > olfactorial

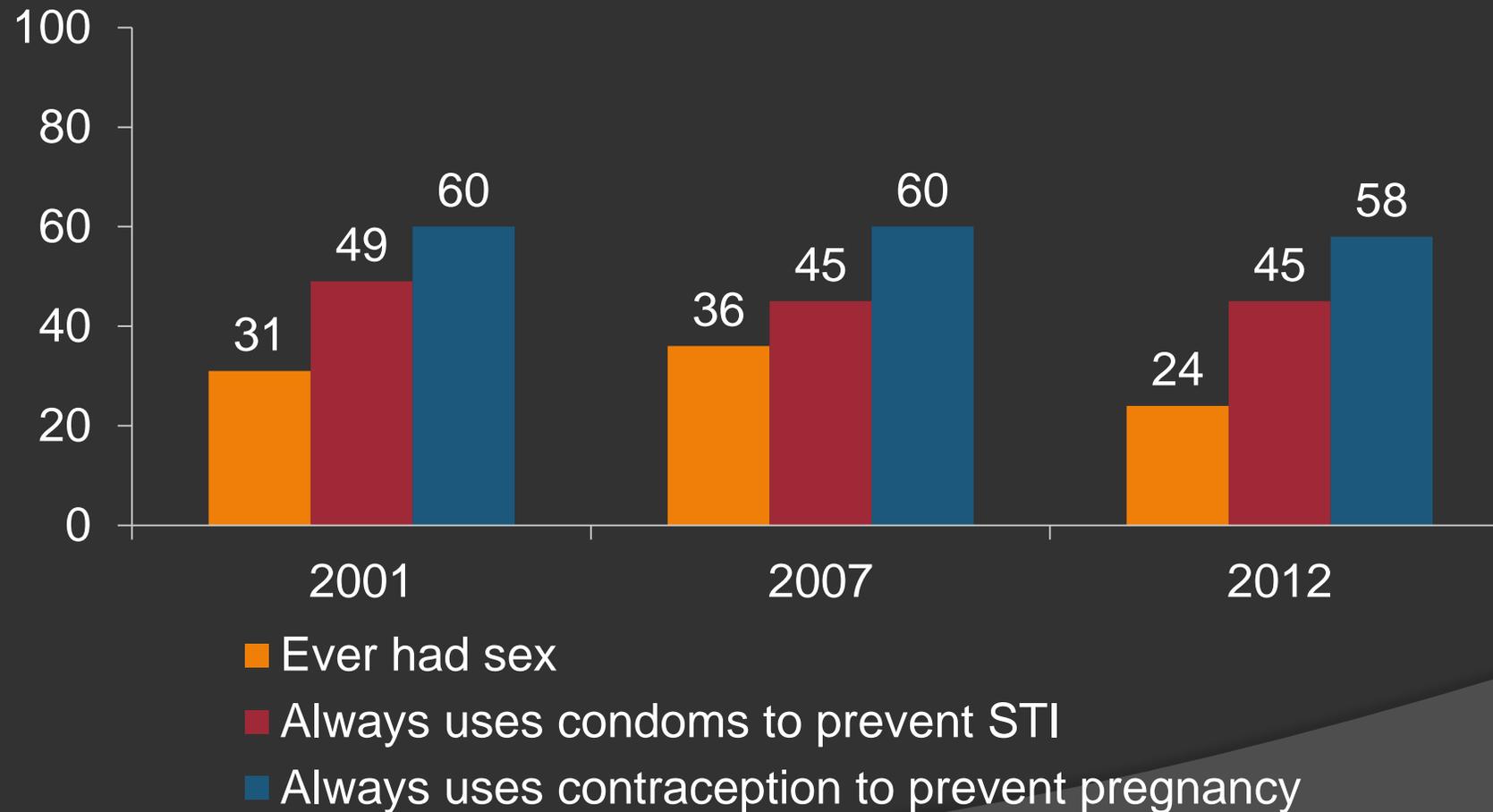


Meeting/dating apps/sites: Tinder, Bumble, Happn, Elite Singles, We love dates

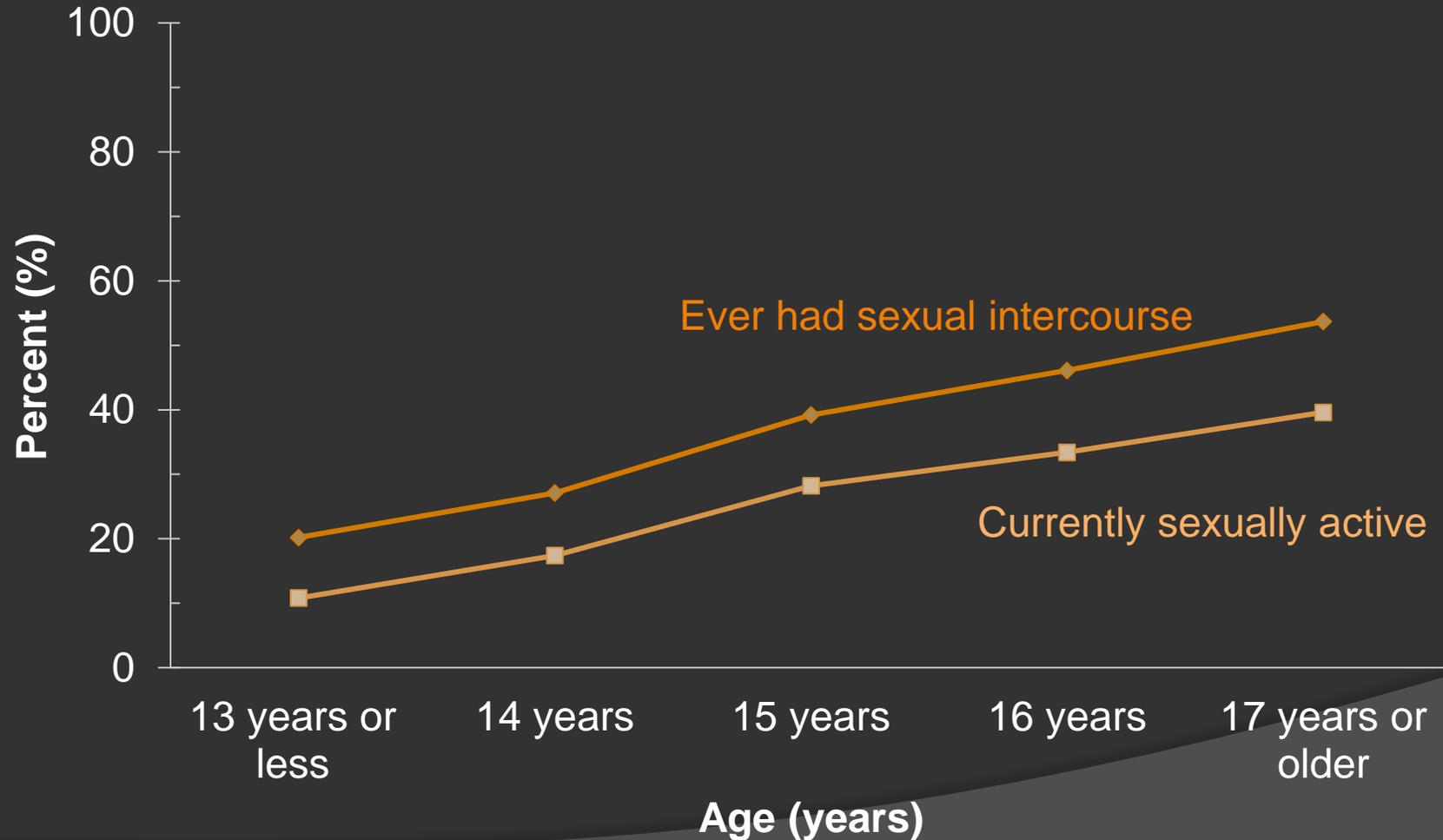
Flirtation, notes/cards/texting/sexting, phone calls, gifts,

Emotional/cognitive: coupling time with friends present, then without

Sexual and reproductive health



Percentages of students who have had sex



Sexuality is diverse and diversity is normal

4.2% NZ secondary students are attracted to the same or more than one sex
Youth'01+ surveys

No difference across gender, socioeconomic environment, or geographical location
Pacific, Maori and Asian people appear to be more confident to identify as non-heterosexual

Any fluidity of sexuality identity during early-adolescence tends to reduce into late-adolescence

PAUL RUDD CRAIG ROBERTS SELENA GOMEZ

THE Fundamentals of Caring

CARING IS A
FUNNY THING.



Sexual encounters and relationships

- Checking for enthusiastic consent with each other at every step “Is this OK?” “Do you want to..?”
- Abstinence
- Exploration of own sexuality
- Experimentation
- Abstinence
- Sexual frustration

Sexual Urge emerges after onset puberty

Tactile:

- Fully clothed, partially clothed, naked
- Handholding, hugging, cuddling, caressing
- Kissing (peck – passionate)
- Masturbation solo, mutual
- Genitalia contact/penetration
- Hookup apps: Grindr, Tinder, Pure, Beindr, OKCupid, Tingle

Onset of sexualised encounters

EARLIER CONSENSUAL SI

- Earlier urge follows
earlier onset puberty
- Sexualised socialisation
- Substance induced disinhibition
- Sexualised acting out
- Past abuse?
trying to reclaim sexual control

LATER CONSENSUAL SI

- Later onset of puberty and urge
- More time in structured activities,
less time 'hanging out'
unsupervised
- Authoritative parenting style
- A belief that right time for sex is
"when I'm older and ready"



Some cultures are inclusive of all sexuality

- Aotearoa: Takatapuī = traditionally means “intimate companion of the same sex, embraces all Maori who identify with diverse genders and sexualities including whakawahine, tangata ira tane, lesbian, gay, bisexual, trans, intersex and queer
- fa’aSamoa: Fafafine = group of people that in Western society = effeminate men, transgender males to females, and male homosexuals

Case: 15y female

End of first consult
(allergic urticaria)

“Are you seeing anyone?”

Do you need condoms?”

“At least that’s one thing
Mum’s thrilled about”

Smiling ear to ear

“What do you mean?”

“Mum’s stoked coz I’ve got
a girlfriend and I won’t get
pregnant!!”



NZ's western culture, based on colonial interpretation of Christian values, is less inclusive



Lesbian, Gay, and Bisexual people left their religion of upbringing at 2.4x the rate of heterosexual people

WHY? to manage dissonance between personal identity and religious custom

LGB reported still hurting from the rejection by the religion/congregation of upbringing, particularly those raised Christian

Henrickson M. A Queer kind of faith: Religion and spirituality in Lesbian, Gay and Bisexual New Zealanders. *Aotearoa Ethnic Network Journal*. 2007;2(2)

Eg. traditional fa'aSamoa is inclusive of fafafine, Christian Samoan society struggles with homosexuality

Pet Shop Boys: It's a Sin

When I look back upon my life
It's always with a sense of shame
I've always been the one to blame
For everything I long to do
No matter when or where or who
Has one thing in common, too

CHORUS

It's a, it's a, it's a, it's a sin
It's a sin,
Everything I've ever done
Everything I ever do
Every place I've ever been
Everywhere I'm going to
It's a sin

At school they taught me how to be
So pure in thought and word and deed
They didn't quite succeed
For everything I long to do
No matter when or where or who
Has one thing in common, too

CHORUS

Father, forgive me, I tried not to do it
Turned over a new leaf, then tore right
through it
Whatever you taught me, I didn't believe it
Father, you fought me, 'cause I didn't care
And I still don't understand

So I look back upon my life
Forever with a sense of shame
I've always been the one to blame
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CHORUS

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It's a, it's a, it's a, it's a sin

...

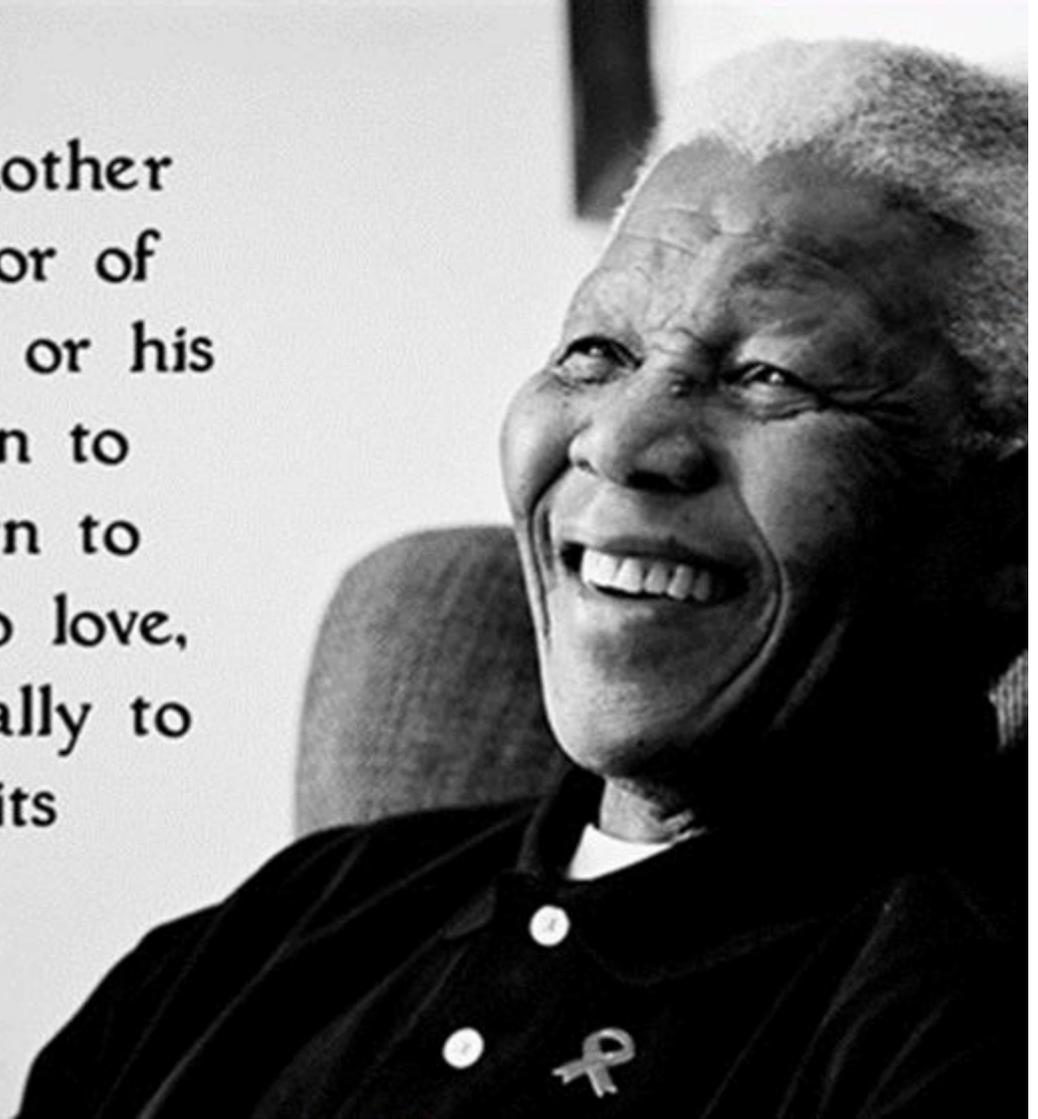
Songwriters: Christopher Lowe / Neil Tennant

Pet Shop Boys:

- Synth-pop duo, London, 1981- present
- Not a couple
- Neil Tennant, neither denied nor confirmed gay rumours through the 1980s, "came out" in a 1994
- Chris Lowe said there is only "[human] sexuality"
- Pet Shop Boys' lyrics are not specifically gay, rather gender-neutral language, so that they could refer to anybody/everybody



“No one is born hating another person because of the color of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite.”



Netherlands legalised marriage of people same gender 2001,
Sth Africa 2006, Portugal 2010, Aotearoa 2013

Some cultures are becoming more inclusive





Western language of diversity

- Pansexual = attracted to the person regardless of that person's sex, gender, or gender identity
- Straight/Heterosexual = attracted to people of another sex that is more numerous
Eg. woman attracted to a man
- Bisexual = attracted to women and men
- Homosexual = attracted to people of own sex
Eg. man attracted to a man
- Asexual

David Bowie: Changes

Ch-ch-ch-ch-changes

Turn and face the strange

Ch-ch-changes

Don't want to be a richer man

Ch-ch-ch-ch-changes

Turn and face the strange

Ch-ch-changes

There's gonna have to be a different man

Time may change me

But I can't trace time Mmm, yeah

I watch the ripples change their size

But never leave the stream

Of warm impermanence

And so the days float through my eyes

But still the days seem the same

And these children that you spit on

As they try to change their worlds

Are immune to your consultations

They're quite aware of what they're goin' through

Ch-ch-ch-ch-changes

Turn and face the strange

Ch-ch-changes

Don't tell them to grow up and out of it

Ch-ch-ch-ch-changes

Turn and face the strange

Ch-ch-changes

Where's your shame?

You've left us up to our necks in it

Time may change me

But you can't trace time

Being non-heterosexual in a heterosexually dominated world

Denial of one's true identity and behaviours (survival tactic)
is common prior to full disclosure,

Eg. I'm not a smoker/drinker (alcohol) / I'm still a virgin

NZ LGB described defecting in place from their religion
rather than disclose to parents

For many non-heterosexual people, non-disclosure
**and living a double life or at an emotional and/geographical
distance from family was/is lifelong**

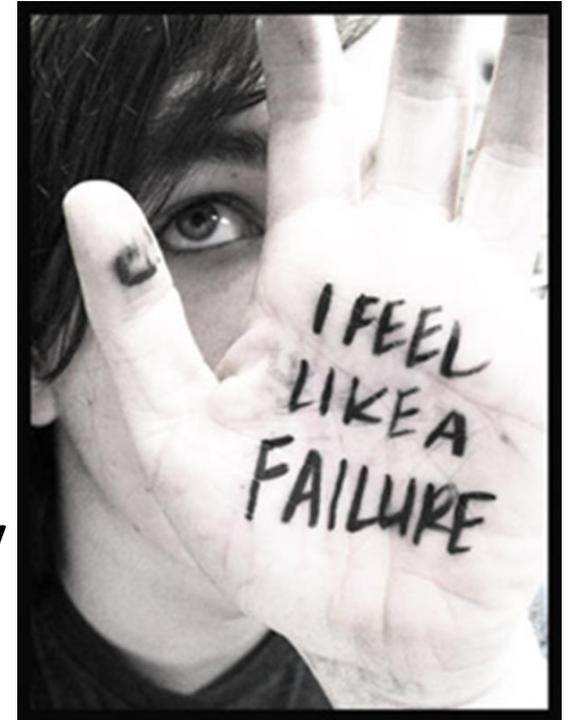
Henrickson M. A Queer kind of faith: Religion and spirituality in Lesbian, Gay and Bisexual New Zealanders. Aotearoa Ethnic Network Journal. 2007;2(2)

What do parents wish for their children?

- Healthy
 - Happy
 - Good at something
 - Good citizen
 - Economic independence/contribution to family
 - Find love
 - +/- have children
-
- What factors contribute to severe emotional distress?
 - What times of the year are potentially most distressing?

24yo single female teacher, only child, family keep asking if has a boyfriend

- ✓ Healthy
- Happy – alcohol binger, depressed, suicidal
- ✓ Good at something
- ✓ Good citizen
- ✓ Economic independence/contribution to family
- Find love – tiring of wine bars and dating apps
- May not have children



Pet Shop Boys: In denial

Father: In denial, no
my life's a trial
I'm not denying that every little bit hurts
It's a problem that I'm not solving
Don't mind admitting I feel like quitting this job
for a while, getting away
before it gets any worse today

***Daughter:* You're in denial and that is final
You're not admitting
you should be quitting all these
queens and fairies and muscle Marys
the rough trade boyfriend
who in his pathetic own way
denies he's gay
Why can't you see?
This is a fantasy world**

***Father:* Think I'm going mad
How d'you know if you're going mad?
Daughter: Look at me I'm lonely
Father: Look at me I'm sad
I'm not denying I could be trying
a little harder to deal with some of this stuff**

Daughter: Know what I'm thinking?
Less drugs and drinking
No cigarettes and you'd feel a little less rough

Father: Is that enough?
**My life is absurd, I'm living it upside down
like a vampire, working at night,
sleeping all day
A dad with a girl who knows he's gay**

***Daughter:* Can you love me anyway?**

Intimate Partner Violence

Can affect any kind of relationship

In same sex relationships,
power/control can also be exerted by threatening
to OUT a person to their family/friends/work colleagues
before they are ready

R.E.M Losing my religion

<https://www.youtube.com/watch?v=xwtdhWltSlg>

R.E.M's Michael Stipe is a big fan of author Gabriel Garcia Marquez;

Love in the Time of Cholera a story of obsession and unrequited love

A Very Old Man with Enormous Wings

a story about an angel who falls from heaven

and people exploiting his vulnerability profiting by displaying him as a "freak show"

Losing My Religion R.E.M.

Life is bigger

It's bigger

And you, you are not me

The lengths that I will go to

The distance in your eyes

Oh no, I've said too much

I set it up

That's me in the corner

That's me in the spotlight

Losing my religion

Trying to keep up with you

And I don't know if I can do it

Oh no I've said too much

I haven't said enough

I thought that I heard you laughing

I thought that I heard you sing

I think I thought I saw you try

Every whisper

Of every waking hour

I'm choosing my confessions

Trying to keep an eye on you

Like a hurt lost and blinded fool

Oh no, I've said too much

I set it up

Consider this

The hint of the century

Consider this

The slip that brought me

To my knees failed

What if all these fantasies

Come flailing around

Now I've said too much

I thought that I heard you laughing

I thought that I heard you sing

I think I thought I saw you try

MSM and FSF compared with MSF and FSM
have more

Hypertension/diabetes

Psychological distress - depression – anxiety - suicidality

Substance abuse – alcohol most frequently

MSM STIs incl. gonorrhoea, syphilis, HIV and HPV related cancers

Bisexual

FSF fewer STIs/related problems but possible

Risk factors for Suicide

Depressive episode

Hopelessness, anhedonia, irritability/anger,

Oversleeping +++ >2/52

- FamHx depression/suicide
- Abuse/neglect
- **Victimisation/perpetration violence**
- Loss of parent
- **Love rejection**
- **Smoker/alcohol problem**
- **Failing role/occupational expectations**

1/20 population had suicidal ideation

1. Physical abuse 42% ($p < 0.01$)
 2. Childhood sexual abuse 37% ($p < 0.01$)
 3. Poor living conditions 20% ($p < 0.01$)
 4. Maori 17% ($p < 0.01$)
- + other Victimisation/Exclusion:
- Gender Diverse
 - Non-heterosexual
 - Disability
 - School/work exclusion/redundancy
 - Racism
 - Lost cultural identity Maori + NZborn migrants

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Beware calm before the storm

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“Very few people can truly divorce themselves from what they feel emotionally and sexually”

“There’s this illusion that homosexuals have sex and heterosexuals fall in love. That’s completely untrue. Everybody wants to be loved”

Boy George, parents knew but he came out to them at 16y

Somebody To Love – Queen

Can anybody find me somebody to love

Ooh, each morning I get up I die a little

Can barely stand on my feet

(Take a look at yourself)

Take a look in the mirror and cry (and cry)

Lord what you're doing to me (yeah yeah)

I have spent all my years in believing you

But I just can't get no relief, Lord!

Somebody (somebody) ooh somebody (somebody)

Can anybody find me somebody to love?

Songwriter Freddie Mercury





Xiyadie, artist and gay farmer married to a woman

- "At that time in villages, if you came out of the closet, your family would scold you and you wouldn't be able to live there anymore,"
- "Even though I really wanted to be with the man I loved, I was afraid to. I thought I had a sickness... I felt very very painful, but also happy. So I did my life in paper cuttings."
- One of Xiyadie's paper cuttings depicts him so tormented by his desire for his male lover that he sews up his penis with a needle and thread.



A young woman with long dark hair and a young man with short brown hair and glasses are shown in profile, kissing. They are both wearing shimmering, sequined dresses. The background is a soft-focus outdoor setting with green foliage. The text is overlaid on the right side of the image.

**Homophobic
parents+secret lesbian
daughter=me never
coming out**

Alcohol and substance use/problems

Alcohol

Cannabis or synthetic THC

GHB or GBH

Ecstasy

Viagra/Cialis/(amyl nitrate) Poppers

Meth / P / oxycodone/ cocaine

Special K = ketamine

- Mixing drugs increases risk of collapse



Queen: Don't stop me now

Tonight I'm gonna have myself a real good time
I feel alive and the world I'll turn it inside out - yeah
And floating around in ecstasy
So don't stop me now don't stop me
'Cause I'm having a good time having a good time
I'm a shooting star leaping through the sky
Like a tiger defying the laws of gravity
I'm a racing car passing by like Lady Godiva
I'm gonna go go go There's no stopping me

CHORUS

I'm burnin' through the sky yeah Two hundred degrees
That's why they call me Mister Fahrenheit
I'm trav'ling at the speed of light
I wanna make a supersonic man out of you
Don't stop me now I'm having such a good time

I'm having a ball Don't stop me now
If you wanna have a good time just give me a call
Don't stop me now ('Cause I'm having a good time)
Don't stop me now (Yes I'm havin' a good time)

I don't want to stop at all

Yeah, I'm a rocket ship on my way to Mars

On a collision course

I am a satellite I'm out of control

I am a sex machine ready to reload

**Like an atom bomb about to Oh oh oh oh
oh explode**

CHORUS

I wanna make a supersonic woman of you

..... Songwriter Freddie Mercury

MSM factors associated with unprotected sex

American Asian Pacific Islander (AAPI) bisexual and MSM

- 1. Dissonance between family identity and sexual identity** 114
- 2. a need to express Unconditional love intimately** without condom 114
- 3. Shame, Lacking self-acceptance** 115, 116
- 4. Self-blame when discriminated against** 45, 117

Similar to themes voiced by musical and visual artists who are part of the dominant ethnoculture, and who have sex with men

A sunset scene over a body of water. The sky transitions from a pale blue on the left to a deep red on the right. A bright sun is positioned in the upper right quadrant, casting a shimmering reflection on the water's surface. On the left side, the dark silhouette of a bare tree stands in the water. Overlaid on the center of the image is the text "Unconditional love is like the sun" in a white, sans-serif font.

**Unconditional
love is
like the sun**

MSM factors associated with unprotected sex

45 Yoshikawa H et al. Do family and friendship networks protect against the influence of discrimination on mental health and HIV risk among Asian and Pacific Islander Gay Men? AIDS Educ. And Prevention 2004;16(1):84-100

114 Kanauaha VK The impact of sexuality and race/ethnicity on HIV/AIDS risk among Asian and Pacific Island American gay and bisexual men in Hawai'i. AIDS Educ. And Prevention 2000;12(6):505-18

115 Chng CL, et al. A model for understanding sexual health among Asian American/Pacific Islander men who have sex with men (MSM) in the United States. AIDS Educ. and Prevention. 2003;15(Suppl1):21-38

116 Choi K et al. Unprotected sex and associated risk factors among young Asian and Pacific Islander men who have sex with men. AIDS Educ. and Prevention. 2002;14(6):472-81

117 Wilson P Yoshikawa H. Experiences of and responses to Social discrimination among /Asian and Pacific Islander gay men: Their relationship to HIV risk. AIDS Educ. and Prevention. 2004;16(1):68-83

Unconditional love of a child

Feeling of unconditional love when parents first hold their baby is intense

Cis-gendered parents often need help to support their gender diverse child

Heterosexual parents often need help to support their non-heterosexual youth

Parental dreams eg. an All Black son, a white wedding, grandparenthood, are parental dreams.

Sometimes we need to remind parents of their hope, and unconditional love, so their (any age) child will thrive

A sunset scene over a body of water. The sky transitions from a pale blue on the left to a vibrant red and orange on the right, where a bright sun is setting. The sun's light creates a shimmering reflection on the water's surface. On the left side, the dark silhouette of a bare, leafless tree stands in the water. Overlaid on the scene is the text "Unconditional love is like the sun" in a white, sans-serif font.

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MSM factors associated with condom use

MSM who responded to homophobia and anti-immigrant discrimination with

- Confrontation / **self-assertion**
- avoidance
- **seeking affirmation through social networks** 45, 117

Familial acceptance of disclosed non-heterosexual identity
also significantly assoc. with HIV negative status 118

45 Yoshikawa H et al. Do family and friendship networks protect against the influence of discrimination on mental health and HIV risk among Asian and Pacific Islander Gay Men? AIDS Educ. And Prevention 2004;16(1):84-100

117 Wilson P Yoshikawa H. Experiences of and responses to Social discrimination among /Asian and Pacific Islander gay men: Their relationship to HIV risk. AIDS Educ. and Prevention. 2004;16(1):68-83

118 Garofalo R et al. Parents know and parents matter: is it time to develop family-based HIV prevention programs for young men who have sex with men? J Adol.Health 2008;43(2):201-4



Acceptance, Validation, Participation

Does your team welcome and include all people and their partners?

Understand the patient's daily context may not be all inclusive

Mocking/Rejection/Violence

at home

at school/study/work place

at cultural community space eg. sports club/church/temple/mosque

How to obtain a complete history using OPEN ended language FREE of assumptions

Start right and the rest will flow better

“Kia ora, my name is.. How do I pronounce your name properly? ..I’d like to learn”

“Kia ora, my name is.. I’m X’s doctor/nurse, and you are?”

If not relationship not volunteered: “And how are you related?”

“Kia ora, my name is... I don’t want to make any assumptions so please can you tell me your name and relationship to XX (the patient)”

Universal words offer validation + acceptance

Contact/s

Partner/s

Love/intimate partner/companion

Life partner/companion



Ask *young* people
questions with
genuine interest and
an open heart



How to respond when inadvertently makes an assumption and/or causes offense

I'm sorry. That came out wrong. What I meant to say is...

Other ways?

GP awareness of sexual orientation among a community and internet sample of gay and bisexual men in New Zealand

Ludlam AH et al. JPrimHealth Care 2015;7(3):204-212

- 32% believed their usual GP was unaware

GP's less aware if GBM were;

- **younger, Asian, or an "Other" ethnicity, or later in life**
- **bisexual**
- **had never had anal intercourse, or only recently, or fewer partners**
- STI test 91.7% if GP aware vs GP unaware 68.9% (p 0.001)
- HIV test 91.5% if GP aware vs GP unaware 57.9% (p 0.001)

Case: 18yo male, first consult abdo pain, pr bl.

Effeminate mannerisms, Fav. veg potato, fruit apple, drink fizzy, ex. dancing

Anatomy atlas of digestive system and haemorrhoids

“possible causes: constipation not enough water, fibre etc

or not enough lube with bum sex and then STI check would be a good idea”

“oh I’m not like that” “ok, so more water, apples, dancing etc... metamucil...

Would you like some condoms?”

“Yes”

Place teaching phallus into patient’s hand – “that’s about average” durex boxes

“these ones are a wider fit, these are a closer fit, all for oral sex and vaginal,

these Durex Extra Safe are for bum sex”

Patient opened hands for supply

“you’ll need to get more lube” future access points explained

“Would you like this Gay to Z Info?”

“Yes”

recall set for check-up

Case: A straight man who has sex with men and women

45yo NZ European man Craig, married to Tania for 17years, two sons.

Lawyer own firm now, previously served in Army

Recently separated after Tania found sexually suggestive texts on his phone.
Now dating a work colleague Lindsay.

“Are the texts from the same lady your dating now?”

Pauses, “actually from a guy I play rugby with”

“Oh, I see... I didn't know you are bisexual”

Looks offended, “Doc, so you know, I consider myself straight”

“Sorry,... I get it now.. When was the last time you were tested for HIV?”

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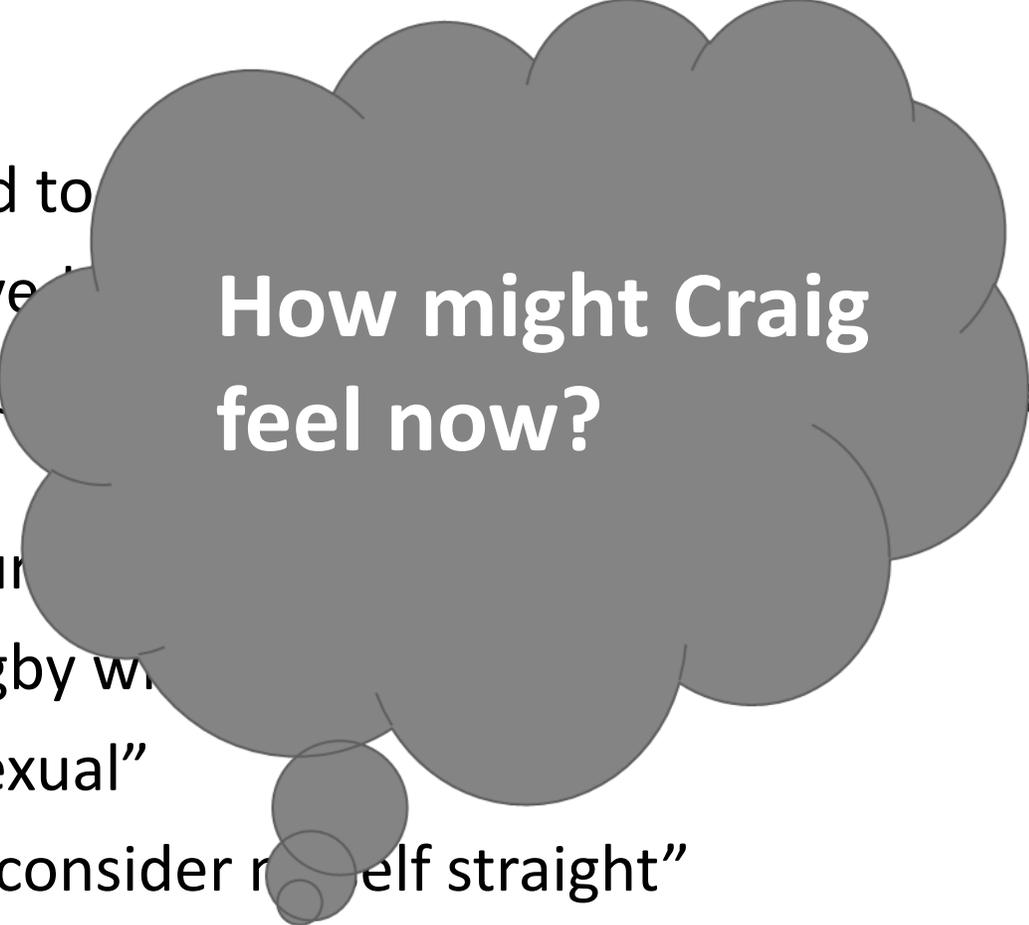
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How might Craig feel now?

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Looks offended, “Doc, so you know, I consider myself straight”

“I’m Sorry,... I get it now.

I didn’t mean to be disrespectful. Can you tell me more?”

Craig is still offended

Case: A straight man who has sex with men and women TAKE3

45yo NZ European man Craig, married to Tania for 17years, two sons.

Lawyer own firm now, previously served in Army

Recently separated after Tania found sexually suggestive texts on his phone. Now dating a work colleague Lindsay.

“Are the texts from the same lady your dating now?”

Pauses, “actually from a guy I play rugby with”

“Oh, I see... Thank you for sharing this with me.

I can tell this isn't something you share with just anybody.

Please tell me more about this guy”

Case: A straight man who has sex with men and women TAKE4

45yo NZ European man Craig, married to Tania for 17years, two sons.

Lawyer own firm now, previously served in Army

Recently separated after Tania found sexually suggestive texts on his phone. Now dating a work colleague Lindsay.

What information are you trying to elicit?

What are other ways of facilitating this?

Case: 33yo single female

“you know I’m under so much stress and been feeling so lonely for so long that I tried killing myself and I’ve been in counselling for months thinking nothing would change. Then I met a girl at a bar, and I’ve never done this before, but I took her home and it was like I escaped my real life.

You must think I’m crazy doc,
but that was the best 2 hours I’d had for a long time! It felt great!”

GP: “the love and touch of another human being
is what we need sometimes”

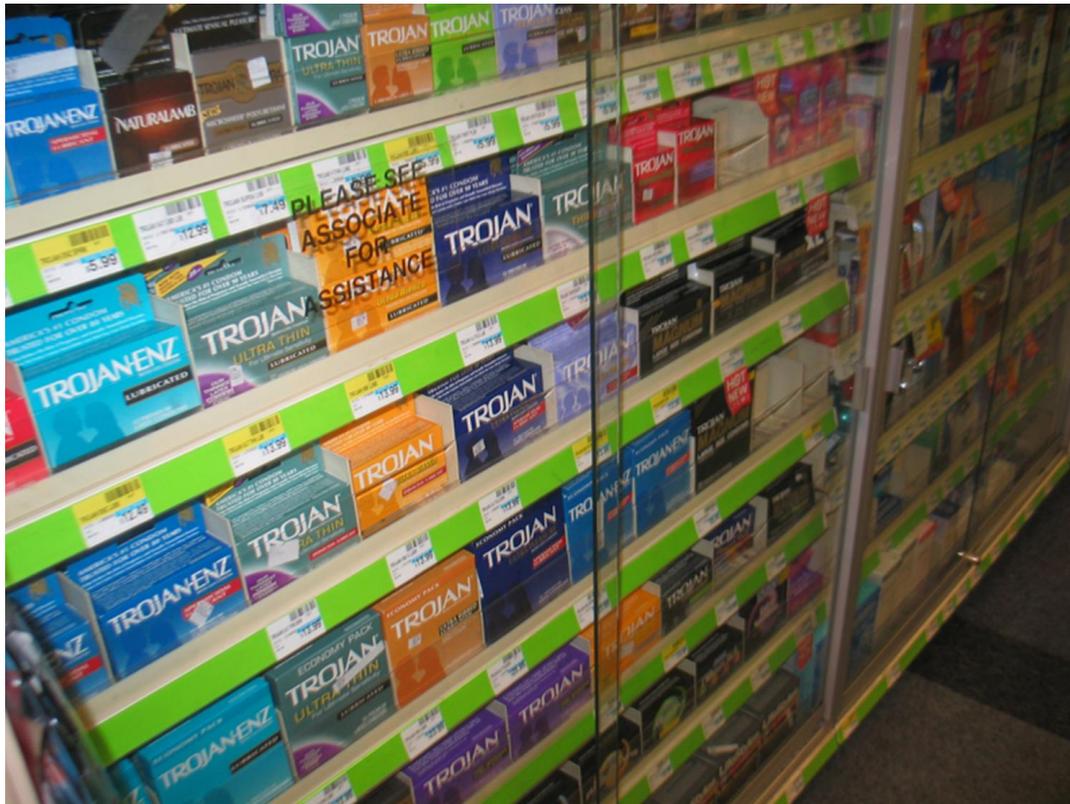


Explain reasons for considering examination, the mechanics, offer chaperone, perform tailored examination with appropriate etiquette and technique



Available but difficult to access

Need keyholding staff assistance



60mm nominal width not available in 12s, supermarket, or vending machines, no 60mm extra safe



Available but difficult to access

Not available on PSO, supermarket, or vending machines



Increasing accessibility

Conversation starter on desk

Accessible by most embarrassed if free samples in bathroom

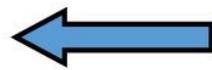


Accessible 24/7 if you have coins/paywave



Convert Condom novices to Consistent users with PSO and script

Closer fit



Fits most guys



Wider fit

Anal SI + lube Oral or vaginal SI



We are all made different sizes.

Females have to try on different bra sizes to find the right support with comfort.

Condoms are similar.

When you haven't used them before, you just need to try on in private before you get more.

Roll on early for better fit.

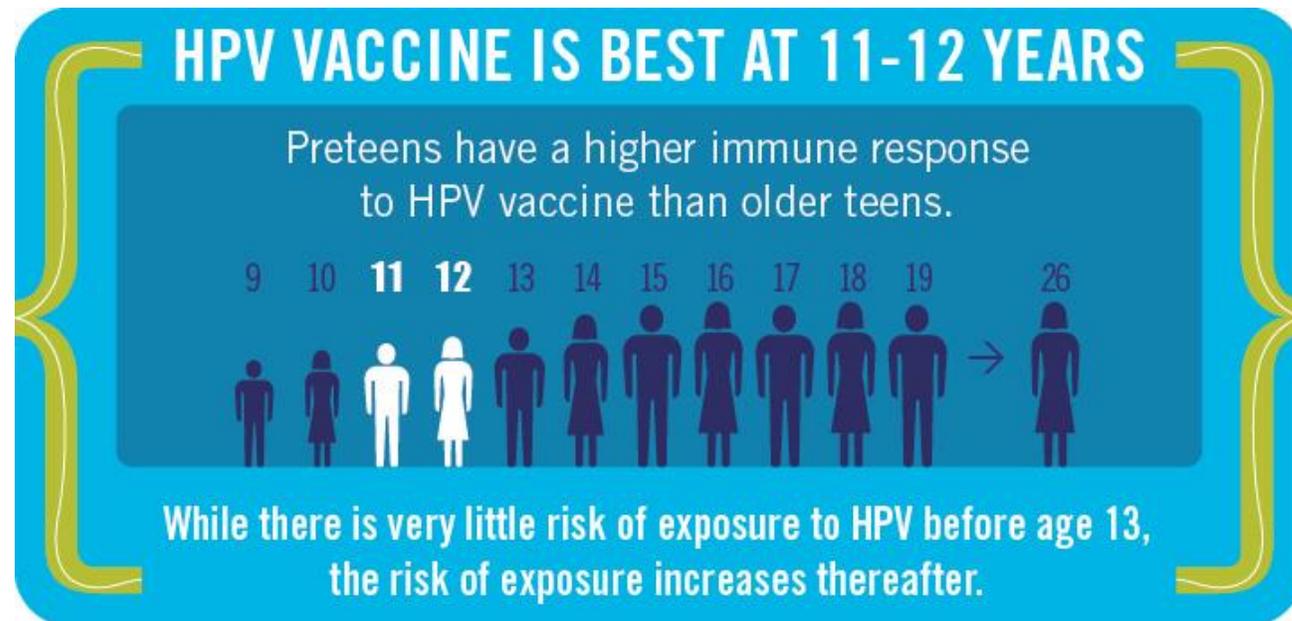
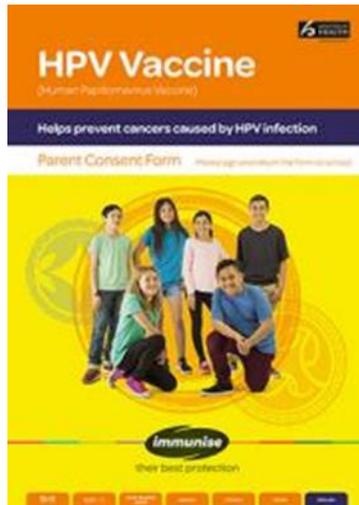
If it slips off, he needs a closer fit. If it's too tight he needs a wider fit. If it bursts, either lube or a wider fit.

<https://aucklandregion.healthpathways.org.nz/>

- Youth Health
- Gender Diversity and Transgender Health
- Mental Health and Addiction
- NZSHS guided managements of STIs
- including syphilis, gonorrhoea, chlamydia management
- HIV management being localised

Invite young people <27y in for HPV protection

Jan2017, HPV immunisation funded
for everyone aged 9–26 (inclusive) including boys and young men.



<https://lms.ashm.org.au/>

Easy to create log in to access free 24/7 online courses:

- * Becoming more Gay Friendly in your Practice
- * Breaking down barriers to HIV testing
- * PrEP in practice: Practical guidance for general practitioners in NZ

HIV **Pre-exposure** prophylaxis = PrEP and encourage condoms

Efficacy requires ~\$2000-12000pa, organisation, and timely adherence

***** learn AND consult SH or ID physician before prescribing**

GET IT
ON!



FACT

belief

I need to be
loved
unconditionally

Who really cares?

- Acknowledge and permit feelings
- Encourage reflection and reframing, constructive and fun activities
- **Support *young* person to talk with trusted family adult**

**Facilitate the
REPAIR of RELATIONSHIPS
to build RESILIENCY**



Letter to Mama from Armistead Maupin's book 'More Tales of the City'

Dear Mama,

...

I'm sorry, Mama. Not for what I am, but for how you must feel at this moment.

I know what that feeling is, for I felt it for most of my life. Revulsion, shame, disbelief - rejection through fear of something I knew, even as a child, was as basic to my nature as the color of my eyes.

...

I know I can't tell you what it is to be gay. But I can tell you what it's not.

It's not hiding behind words, Mama. Like family and decency and Christianity. It's not fearing your body, or the pleasures that God made for it. It's not judging your neighbor, ... Being gay has taught me tolerance, compassion and humility. It has shown me the limitless possibilities of living. It has given me people whose passion and kindness and sensitivity have provided a constant source of strength.









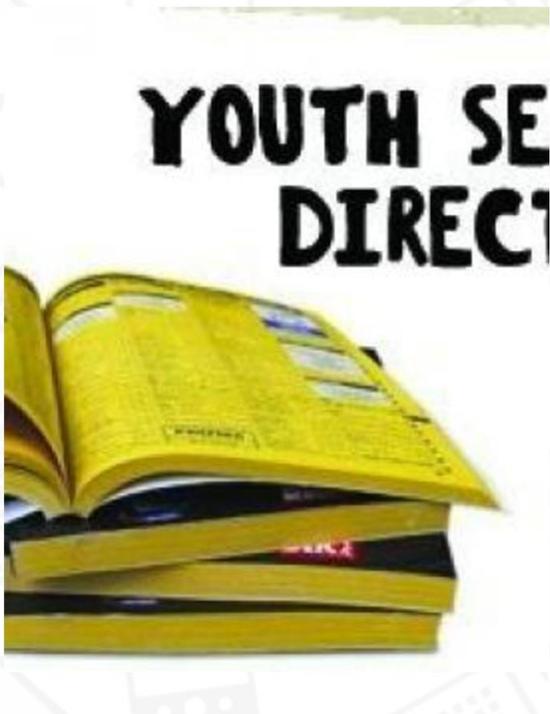
Login >



- Home
- About and Contact
- Services
- Donate and Help
- Info Zone
- Contact us

Services » Services directory

Rate this page Rate



Services directory

Find out about services around the country

In this section you will find a list of youth [services](#) located around the country.

Please select your area

and your category

Go »



Need to talk?

Contact us, we are here to help!



Free call
0800 376 633



Free txt
234



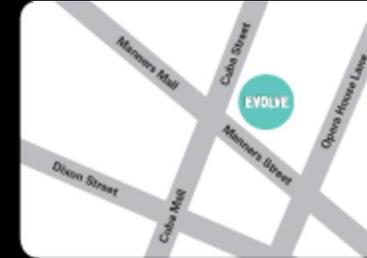
Email
talk@youthline.co.nz



GoChat
Online chat



Come in & see us at
LEVEL 2, JAMES SMITH BUILDING
CORNER CUBA & MANNERS STREETS, WELLINGTON



WHO WE ARE

- Sexual Health
- Mental Health
- General Health

WHAT WE DO

Evolve provides support for young people in the Wellington region of diverse genders, sexes and sexualities, including those who identify as queer and transgender.

When we say queer, we use it as an umbrella term to represent sexuality and gender diversity. This can include gay, lesbian, bisexual, transgender, pansexual, intersex, takataapui, fa'afafine, asexual identities and much more, as well as those who aren't quite sure.

OTHER STUFF

CONTACT US

RainbowYOUTH

Know who you are, be who you are.
Whaia to ake ngakaunui, i te pono, i te marama.

- ABOUT RY
- CONTACT US
- INFORMATION
- SUPPORT / SERVICES
- EDUCATION / PD
- DONATE



About Us

RainbowYOUTH (est.1989) is a charitable organisation dedicated to helping young queer and gender diverse (LGBTIQ) people up to the ages of 27, as well as their wider communities.

OUR SERVICES

- **Information** // resources, a queer & gender diverse library, research.
- **Advocacy** // we advocate on behalf of queer & gender diverse young people wherever they face discrimination.
- **Schools & Professional Development** // we work with schools, and run professional development for teachers & other professionals that work with queer and gender diverse youth.
- **Drop-in centre** // a safe space, free wifi, drug, alcohol and smoke free.
- **Peer-support groups** // 7 locations around the north island, drug, alcohol and smoke free, free & friendly peer support for LGBTIQ youth.
- **Support** // non-judgmental & free advice and referral pathways.
- **Consultation** // we consult on policy, procedures and services that affect queer and gender diverse youth.
- **Training & youth development** // providing CV references and training for our volunteers in courses such as first aid, crisis, and facilitation.

At RainbowYOUTH, we're about fostering a safe, inclusive, accepting and diverse family environment. We are drug, smoke, and alcohol free.

InsideOUT

KŌARO – TATŪ KI ROTO, TATŪ KI WAHO

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[OUR WORK](#)

[STRATEGIC PLAN](#)

[RESOURCES](#)

[FALE TALANOA](#)

[CONTACT US](#)



Rainbow Fale



Our **Rainbow Fale** represents all the work we do that contributes to building a supportive environment for Pasifika Rainbow **community**. These are our current offerings:

Mentoring:

Our mentoring programme is based on the effective youth mentoring model (ref - NZ youth mentoring network) also underpinned by Pacific principals outlined in the Fonofale model (ref - Fuimaono Karl Pulotu-Endemann)



Confidential and self-affirming LGBTIQ+ telephone support and face-to-face counselling.

Call us on 0800 OUTLINE (688 5463)

This confidential service has been provided to NZ by the LGBTI+ community since 1972.

Donate what you can to help

Your tax-free donation helps us do stuff



[Home](#) / [Welcome](#)

Welcome

Welcome to Gay Line

This is our new information site for New Zealand's gay organisations and gay-friendly services. We also include articles of particular interest to people newly exploring their sexuality.

Our origins are in Wellington but with the help of OUTLineNZ in Auckland, and other organisations, we aim to provide information of interest to the nation-wide GLBTI community.

The content on this site is organized as about 470 Articles and Listings and growing. Each item has a page of its own and to help you find what you want we rely heavily on lists, search and tags. For a quick start use the top tags on the right of each page. Alternatively use the search box. We have a separate page of tips on [How to get the best from this site](#).

This site is a [work in progress](#) with many new things in the pipeline to help you find what you need and to help other organisations to share what is here.

Search this site

Search

DONATE

[Support Gay Line](#)

[... visit our Givealittle page](#)

Donations are tax-deductable

Top tags

- [Accommodation](#)
- [Addiction](#)
- [Books](#)

Case: 32yo married man, marketing manager

I had a girlfriend when I was 19y, we had sex but I realised I'm more attracted to guys. Been together with my husband, pilot, for 10years now and we'd love to adopt so we can offer them a stable loving secure upbringing.

The many ways people become parents:

Whanaunga

Adoption

Foster parenting

Biological conception (FSM)

Donor insemination at home/fertility clinic

IVF and Surrogacy

Ways couples who can't conceive together can start a family	benefits	Risks/disadvantage
Whanaunga	Genealogical lineage and antenatal exposures known Strong whanau support Strong identity	Dependent on having relatives who are willing to bear and share a child
Adoption	Independent of family providing child	Family history and antenatal exposures unknown Identity questioning
Foster parenting	Independent of family providing child Baby stage may already be over	Fam.history+antenatal exposures unknown, High risk antenatal and first 1000 days has been exposed to alcohol/drugs/bloodborne viruses/trauma Identity questioning

Ways couples who can't conceive together can start a family	benefits	Risks/disadvantage
Biological conception Or donorinsemination of couple's uterus at home without agreement	Genealogical lineage and antenatal exposures known	HIV/syphilis risk if not access healthcare and honest Future reclaim Identity questioning
Donor insemination of couple's uterus at home with agreement	Genealogical lineage and antenatal exposures known Four parents!!	HIV/syphilis risk if not access healthcare and honest
Donor insemination of couple's uterus in fertility clinic	Family history and antenatal exposures known	Identity questioning
Donor gamete, In vitro fertilisation, Surrogate uterus	Family history known	Antenatal exposures not fully known Identity questioning

Case: 6yo child, shared custody of lesbian mothers and gay fathers

- New to practice, lives with mothers Beth and Rachel, alternate weekends with dads Luke and John
- Home insemination, preconceptual co-parenting arrangement with mothers responsibility for major health and welfare decisions and financial support
- Upset by past experience of being asked by a doctor
“Which one of you is the mother?”
- Does your practice welcome LGBT families?
- Will your practice accept consent from child’s non-biological mother Rachel?

“Which one of you is the mother?”

- Why asking?
- Why upsetting?
- Better ways to elicit relevant information?

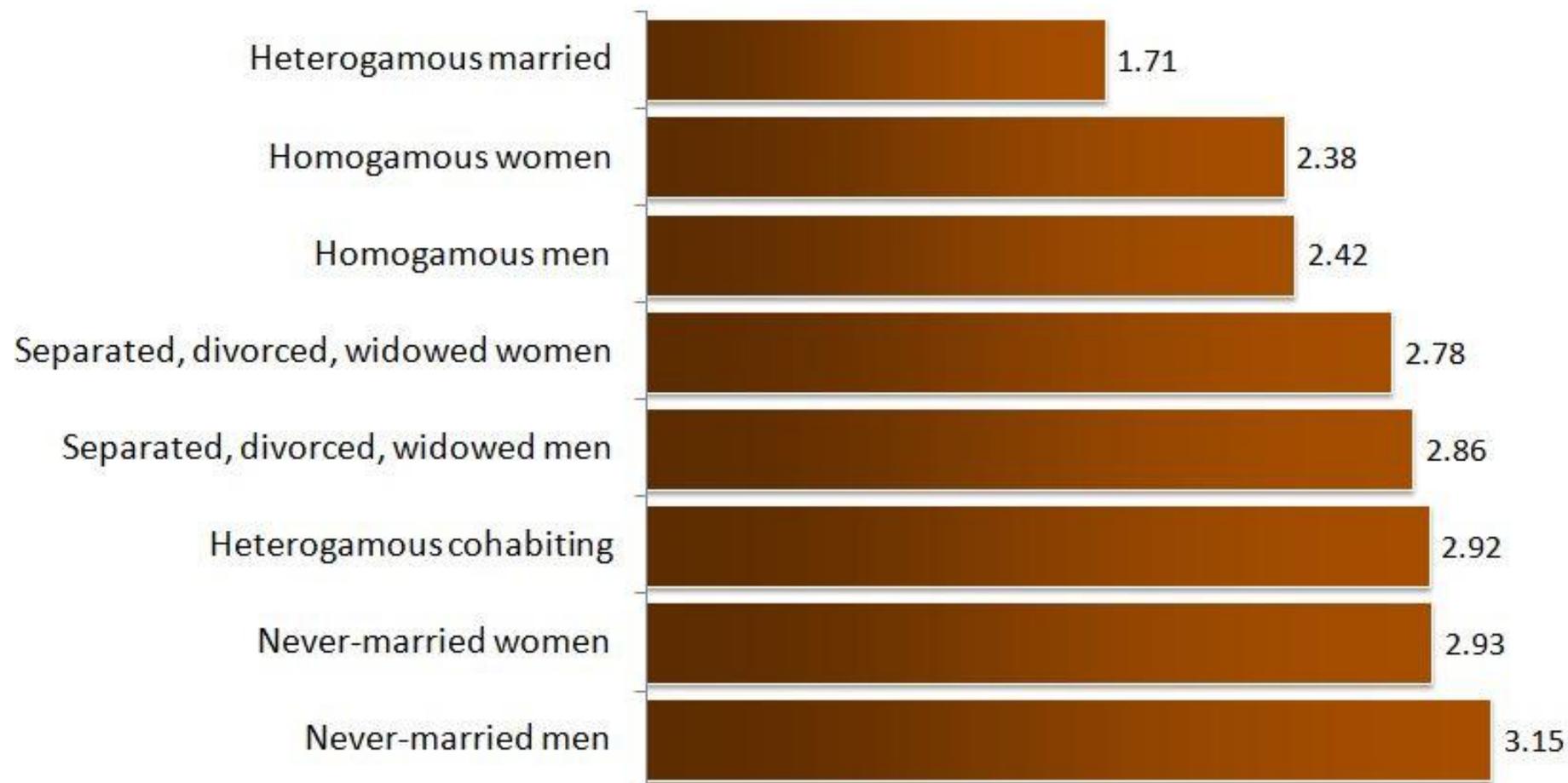
NO SAME SEX COUPLE WILL EVER TELL THEIR CHILD THEY WERE AN ACCIDENT OR THEY DIDN'T MEAN TO HAVE THEM.



TO BE A SAME SEX PARENT TAKES LAWYERS, PLANNING AND FIGHTING FOR A LIFE BEFORE YOU ARE EVEN CALLED PARENTS. THINK ABOUT IT.



Percent of Children Behind-Grade in 4th or 8th Grade *by Parents' Marital Status*



From the 2000 Census. Children are counted as behind-grade if they were age 11 in grades 1-4, or age 15+ in grades 5-8. Includes only children and parents living at least 5 years at the same address.

Does your
practice welcome
LGBT families?

Practice enrolment form

How can we be more inclusive?



NES Enrolment form 2017 is inclusive

Legal Name	(Title)	Given Name	Other Given Name(s)	Family Name
Other Name(s) (eg. maiden name) Please tick the name you prefer to be known as				
Birth Details		Day / Month / Year of Birth	Place of Birth	Country of birth
Gender	Male	Female	Gender Diverse (please state)	Occupation

My agreement to the enrolment process

NB. Parent or Caregiver to sign if you are under 16 years

Authority Details <i>(where signatory is not the enrolling person)</i>	Full Name	Relationship	Contact Phone
	Basis of authority (e.g. parent of a child under 16 years of age)		

An authority has the legal right to sign for another person if for some reason they are unable to consent on their own behalf.

Will you/your practice accept consent from child's non-biological mother Rachel?

Coming out later in life



I'm coming out – Diana Ross

Written by Nile Rodgers, Bernard Edwards •

I'm coming out

I'm coming

I'm coming out

I'm coming out

I want the world to know

Got to let it show

I'm coming out

I want the world to know

Got to let it show

There's a new me coming out

And I just have to live

And I want to give

I'm completely positive

I think this time around

I am gonna do it

Like you never knew it

Oh, I'll make it through

The time has come for me

To break out of a shell

I have to shout

That I am coming out

I'm coming out

I want the world to know

Got to let it show

I'm coming out

I want the world to know

Got to let it show

I'm coming out

I want the world to know

Got to let it show

I'm coming out

I want the world to know

Got to let it show

I've got to show the world

All that I want to be

And all my abilities

There's so much more to me

Somehow, I have to make them

Just understand

I got it well in hand

And, oh, how I have planned

I'm spreadin' love

There is no need to fear

And I just feel so good

Every time I hear

I'm coming out

I want the world to know

Got to let it show

I'm coming out

I want the world to know

Got to let it show