

# Hawaii Island Pride

---

Our Mission is to Instill Pride, Celebrate Unity and Embrace Diversity

3/16/2009

We strive to improve the lives of our local and regional GLBT community by creating visibility and promoting full human and civil rights through education, networking and celebrations that advocate equality.

## **Introduction of HIP Members**

*Who we are*

*Why we are here today*

## **History of Stone wall & Current Events**

*After Stonewall – Today's LGBT progress with civil rights*

## **Discrimination & Harassment**

*What is discrimination?*

*HIPs Personal experiences with discrimination and harassment*

*Resources if you are the target of discrimination – School and Local*

*How to fight discrimination – Gay Straight Alliance*

## **Relationships**

*Sexual Orientation – LGBT*

*Learning how to relate*

*Safe Sex – HIHAF*

*Coming Out*

## **Resources**

*Local Resources*

*National Resources*

## **T-Shirt Contest**

## **Q&A**

*Feedback Form*

# Relationships

---

Remember, gay people are out there, wherever you are. Trust your instincts. Sooner or later you will meet someone who feels some of the same things you do.

## **WILL I EVER HAVE SEX?**

Naturally, you think about finding an outlet for your sexual feelings. Becoming a healthy sexual person is part of the coming out process. You may be scared at the prospect of having sex. This is normal for everyone. No one should start having sex until they are ready. Until then, you may choose to masturbate or fantasize.

Sex should only happen between mature individuals who care about each other. You will know when the time is right.

We all choose to have sex in different ways, whether we are gay or straight. Gay men choose from a wide range of sexual practices, including masturbation (either alone or with another person), oral sex, anal intercourse, kissing, hugging, massage, wrestling, holding hands, cuddling or anything else that appeals to both partners. You are in complete control over what you do sexually and with whom. There are many ways that lesbians can be sexual with each other. We can give each other pleasure by holding, kissing, hugging, stroking, stimulating each other's genitals with our tongues and hands, inserting our fingers into each other's vaginas, rubbing our bodies together to stimulate each other, and anything else we want to do. We can use our imaginations!

## **WHAT ABOUT AIDS?**

All sexually active people need to be aware of AIDS as well as other sexually transmitted diseases. Being gay does not give you AIDS, but certain sexual practices and certain drug use behaviors can put you at risk for catching the virus that causes AIDS. AIDS is incurable, but is preventable.

Here's how to reduce your risk of getting AIDS:

- Do not shoot up drugs. Sharing needles is the most dangerous behavior in terms of getting AIDS.
- Avoid anal intercourse or other direct anal contact. Anal intercourse transmits the virus very efficiently. If you do engage in anal sex, use a condom every time.
- Use condoms whenever you engage in anal or oral sex (or vaginal sex if you have sex with women). You should choose latex condoms that are fresh and undamaged. Store them away from heat (your wallet is not a good place to keep them). Use a condom only once. Try to choose condoms with "reservoir tips", and be sure to squeeze out the air from the tip as you put it on. Hold on to the condom as you remove your penis; sometimes they slip off after sex.
- Or choose sexual activities that do not involve intercourse: hugging, kissing, talking, massaging, wrestling or masturbating (on unbroken skin).
- Use of a dental dam for oral-vaginal and oral-anal stimulation. A dental dam is a piece of latex about 5 inches square designed for use in dental surgery. They are available at dental or medical supply stores.
- Use of surgical gloves when sticking your fingers into your partner's vagina or ass, especially if you have tiny cuts or rashes on your hands.
- And all the other wonderful things that lesbians do together.

## **LEARNING TO LIKE YOURSELF.**

It's not easy to discover that you are gay. Our society makes it very clear what it thinks of gay people. We all hear the terrible jokes, the hurtful stereotypes and the wrong ideas that circulate about gay people. People tend to hate or fear what they don't understand. Some people hate lesbians and gay men. Many people are uncomfortable being around lesbians and gay men.

It's no wonder that you might choose to hide your gay feelings from others. You might even be tempted to hide them from yourself.

You may wonder if you are normal. Perhaps you worry about people finding out about you. Maybe you avoid other kids who might be gay because of what people will think. Working this hard to conceal your thoughts and feelings is called being in the closet. It is a painful and lonely place to be, even if you stay there in order to survive.

It takes a lot of energy to deny your feelings, and it can be costly. You may have tried using alcohol or other drugs to numb yourself against these thoughts. You may have considered suicide. If so, please consult the phone book for the Samaritans or other hotline. There are alternatives to denying your very valuable feelings. Check out the resources listed on the back of this brochure.

### **WHO SHOULD I TELL?**

More and more gay kids are learning to feel better about themselves. As you start to listen to your deepest feelings and learn more about what it means to be gay you will begin to be comfortable with your sexuality. This is the process called coming out.

The first step in coming out is to tell yourself that you are gay and say, "That's OK." Later you may want to tell someone else-- someone you trust to be understanding and sympathetic. You might choose a friend or an adult. You will probably want to meet other gay kids for friendship or a more intimate relationship. Some gay kids are able to come out to their families. You need to decide whether or not to tell your family, and to choose the right time. Lots of people, including parents, simply don't understand gay people and are difficult to come out to. In the beginning, be cautious about whom you tell.

But it is crucial to be honest with yourself. Just as self-denial costs you, coming out pays off. Most kids who accept their sexuality say they feel calmer, happier and more confident.

# Resources

---

## State/ Local Resources:

Hawaii Teen Line - <http://www.teenlinehawaii.org/featured-articles/gbltq-2/>

TeenLine Hawaii is an information service created in 1993 to give Hawaii's youth access to useful information and resources covering a wide range of youth-related topics.

### **Kahului**

Maui Gay, Lesbian and Bisexual Information Line : 808-244-4566

### **Kailua Kona**

Circles Of Light Resource Network: 808-328-9939

Hawaii Island Pride – <http://www.hawaiiislandpride.com>

PFLAG Kailua-Kona

74-853 Laimana Rd.

Kailua Kona 1, HI 96740-9676

Phone: (808) 329-2211

### **Honolulu**

Gay And Lesbian Community Services Center : 808-951-7000

## National Resources:

Youth Resource - <http://www.youthresource.com/>

Resources on sexual health, coming out, everyday life and advocacy of youth. Several clubs and links to other webpages.

GLB Youth Resource - <http://www.geocities.com/WestHollywood/Parade/9548/GLBmain.html>

Lists of books, articles, brochures, and links.

PFlag - <http://www.pflag.org>

Parents, Families & Friends of Lesbians & Gays (PFLAG) is a national non-profit organization with over 200,000 members and supporters and over 500 affiliates in the United States

GLNH - <http://glnh.org>

LGBT National Help Center

Pink Books- <http://www.pinkbooks.com>

Pinkbooks is a bibliography of Young Adult books for gay and lesbian readers. These books can be hard for gay teens to find- by providing links and information, Pinkbooks aims to make it easier for queer youth and teenagers to see their lives reflected in the literature they read.

ACLU- <http://www.aclu.org/lgbt>

The LGBT Project fights discrimination and moves public opinion on LGBT rights through the courts, legislatures and public education.

# Discrimination and Harassment

---

Intolerance of homosexuality can have serious psychiatric affects for adolescents, both heterosexual and homosexual.

Gay and lesbian teenagers have increased rates of assault, suicide, substance abuse, and homelessness. These can reflect homophobic attitudes expressed by others as well as internalized feelings of self-hatred.

Gay and lesbian youth experience frequent verbal and sometimes physical assault because of their sexual orientation: In one study, 80% reported verbal insults, 44% were threatened with violence, 31% were chased or followed, and 17% said they were physically assaulted.

The term "homophobia," when used by psychiatrists, refers to irrationally negative attitudes toward homosexual people. Homophobia can be internalized in a gay person as part of an identity struggle caused by the emotional stress of self-acceptance and the social process of coming out.

**Violence and harassment against the LGBT community is real. Learn to recognize potential problems and warning signs in your daily routine. Not every attack can be prevented. There are things you can do reduce your risk. Your primary consideration should be your personal survival.**

## **What to Report:**

- Domestic violence or abuse (including parent-child, partner, relative, and roommate abuse)
- Name calling
- Verbal/phone/mail harassment
- Threats & intimidation
- Physical or sexual assaults
- Anti-gay discrimination (at work & in the community)
- Internet & online anti-LGBT incidents



# Enter to Win!

## Hawaii Island Pride's 2009 T-Shirt Design Contest

---

Details: Be Creative and Have fun!

All designs submitted must include:

1. Hawaii Island Pride Logo (get logo from website)
2. 2009 2nd Annual HIP Gay Pride Festival
3. be in black & white (no color)

Deadline for art: April 30<sup>th</sup> 2009

email a PDF, or jpg of entire to [crystal@hawaiiislandpride.com](mailto:crystal@hawaiiislandpride.com)

Or Mail to PO BOX 2778, Kailua Kona HI 96745

The winner will have a BIO posted on the website, the winning art will be on this years celebration t-shirts and winner will be acknowledged on stage during the event.