

# What do you believe?

*Tick the appropriate box*

	<b>Definitely</b>	<b>Maybe</b>	<b>No way</b>
Is it OK to tease someone because they are different?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is it OK to hate someone for being good at sports?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are you a real man/woman even if you don't have children?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is it OK to assume that everyone is heterosexual?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is it OK to stop someone from going to church if you don't believe in God?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is it OK to spread rumours about someone's sexuality?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone is gay will they be attracted to you?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Should same-sex attracted people be treated differently?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are straight people affected by homophobia?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If someone is attracted to another person of the same-sex does that mean are they gay?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Can being around same-sex attracted people turn you gay?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is teasing a straight person about being gay homophobia?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# Harassment definition

Harassment and bullying are any unwelcome behaviours that hurt, shame, offend or scare another person and may affect their health, safety and wellbeing. This may include physical violence, emotional violence, isolation and ganging up. This behaviour must usually, but not always be repeated.

## **So what is ‘homophobia’?**

‘Homophobia’ is harassment, discrimination and hatred of people who are same-sex attracted, or of people who are perceived to be same-sex attracted.

Homophobia can also include harassment, discrimination and hatred of people who are transgender and intersex.

## **So what is ‘same-sex attraction’?**

‘Same-sex attraction’ (SSA) is a term for people who are attracted to the same sex as their own. This includes a range of sexualities including – Lesbian, Gay, Bisexual etc.

## **So what is ‘sexuality’?**

Sexuality is the expression of gender, and also sexual attraction and the ways in which sexual attraction is expressed.

# How to support a same-sex attracted or a questioning friend

- > Listen to them.
- > Don't judge them. Show them that you aren't scared or bothered when you find out.
- > Ask them about it if you don't understand it.
- > Treat them the same way as you did before.
- > Show them that you are their friend because of who they are, not because of who they are attracted to.
- > Be happy that they feel safe enough to talk to you about it.
- > Respect their privacy – don't assume that they are okay with other people being told.
- > If they have just come out or told you, it may be better to wait for another time to discuss some of the deeper issues – chances are that it was hard enough just to tell you. There will be plenty of time to discuss things at another time.
- > Reflect on your own attitudes, beliefs and use of words.
- > If you feel badly about the way you have acted in the past, or if you feel like you might have made them feel unsafe – it's okay to apologise. They are probably more worried about how you will respond right now than what you said a few years ago.
- > Challenge people if they are being homophobic to your friend(s).
- > Support them in accessing services if they want to – many organisations and groups for SSA people also permit supportive friends and family.
- > Make sure that things are SSA relevant – use words like 'partner' on invitations so that nobody feels left out, don't be afraid to correct people if they assume everyone is heterosexual.
- > Offer them a hug if you are comfortable with it – actions speak louder than words.

# How to challenge homophobia

- > Tell someone if you take offence to the use of homophobic words when they are used.
- > Ask why they think something, such as homework, is gay.
- > Don't be afraid – you don't have to be SSA to say that homophobia is wrong.
- > Ask if they can think of something original to say.
- > Ask them – “Do you mean 'good gay' or 'bad gay'?”

# How to support a friend who is coming out

- > Listen to them.
- > Keep it confidential – this is their news to tell.
- > Check to make sure that they are ready to tell people.
- > Help them talk over what they are going to say.
- > Be there as a support when they come out to others.
- > Don't force them to say things or to avoid saying things.
- > Ask – would it be better saying it face-to-face, in writing etc.? There is no perfect way to come out.
- > Give them honest advice.
- > Be there for them.
- > Make sure you have contact afterwards – a message to tell them you are proud of them, a call to ask how it went etc. If they came out and it wasn't received well, a call from a friend to talk things over can mean the world to them.
- > Remind them that if someone is not okay with them being SSA, that is one person's attitude/opinion and it isn't their fault.
- > Some people need time to come to grips with news, and coming out is no different. It might take a while before the person becomes comfortable with the information.

# Services available

Current as of June 2013

**Kids' Helpline** Ph: 1800 55 1800

**Lifeline** Ph: 13 11 14

**Gay and Lesbian Counselling and Community Services of Australia**

Ph: 1800 18 22 33 or 8334 1623

[www.glccsa.org.au](http://www.glccsa.org.au)

**Bfriend** [www.ucwesleyadelaide.org.au/bfriend](http://www.ucwesleyadelaide.org.au/bfriend)

**BeyondBlue.org.au**

**Reachout.com**

**Somazone.com.au**

**Comingout.com.au**

**Freedom.org.au**

If you need to report a crime to SAPOL that is related to homophobia, you can request to speak with a Gay and Lesbian Liaison Officer.

**Police Assistance** Ph: 131 444