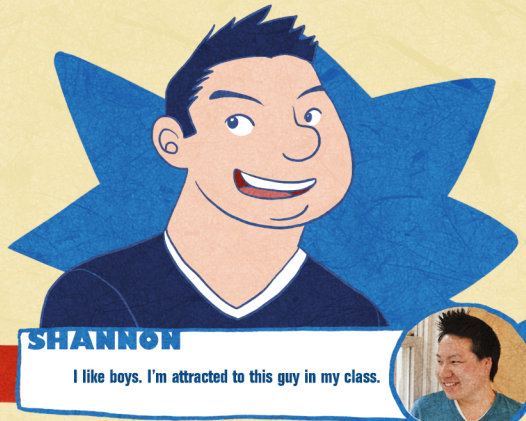
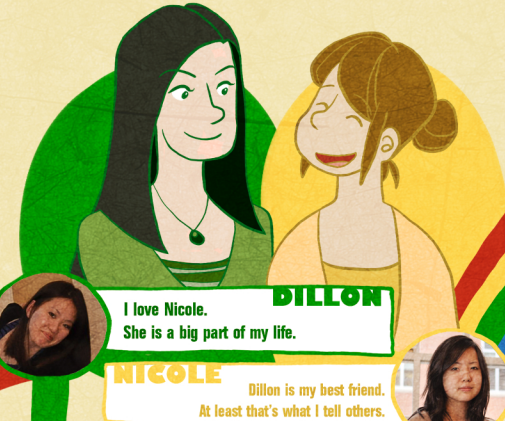




RIELLY
People tell me to act like a boy. But I feel more comfortable this way.



SHANNON
I like boys. I'm attracted to this guy in my class.



DILLON
I love Nicole. She is a big part of my life.

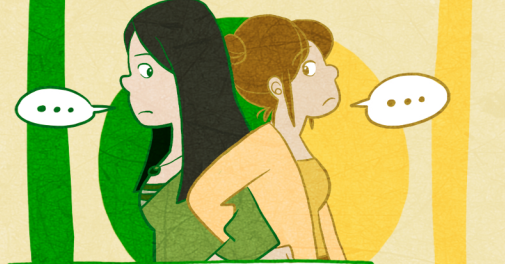
NICOLE
Dillon is my best friend. At least that's what I tell others.



I've been in Toronto for 2 months. I want to make friends, but my English isn't good. I don't even know where to find someone like me.



I'm different, but I don't know how to describe it. Let's just hope I'm not the only one on this earth feeling this way.



When we fight, I can't talk to anybody. I feel stuck sometimes.

I've been with Dillon for 2 years. When my friends and parents ask me about her, I don't know what to tell them.



I found a group called QAY. Sounds cool. Maybe I'll check out their event next week. I'm nervous but excited. I hope I can make some friends.



QAY provides social spaces, workshops, and volunteer opportunities for LGBTQ, curious, undecided, or questioning East and Southeast Asian youth and their friends!

Wanna join us?
Contact Meza
Call 416-963-4300 ext. 229
Email youth@acas.org
www.qay.ca



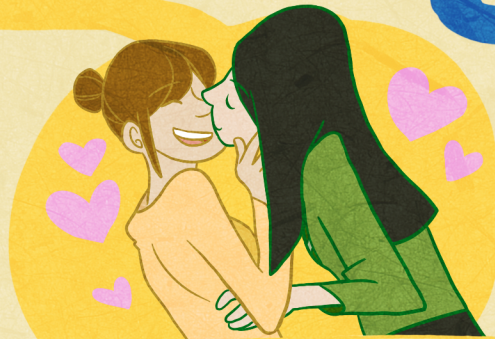
I made some friends today and exchanged numbers. We decided to go for bubble tea next week. So glad I came. Maybe I'll volunteer sometimes too.



Nice to meet you Rielly. It's my first time here.
Hi Nicole, it's my first time too. I'm glad there's a place like this



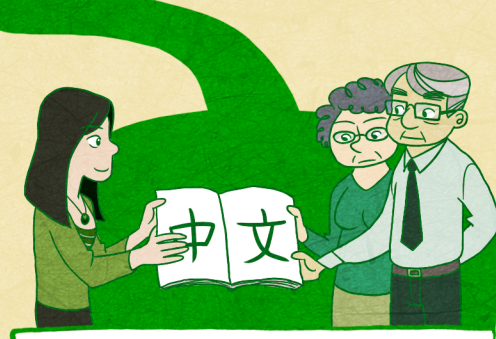
People often get confused because of how I look. Some people think I'm a boy, some people think I'm a girl. I'm neither, I'm fabulous, and I'm just who I am.



I tell people I like women, but I actually like more than one gender. I'm tired of people trying to label me as either gay or straight. Why can't people just accept who I am.



Some say we are born this way. Get drunk and party every single weekend on Church Street. Wear tight and expensive clothes. Find sex 24 hours online. Is this really who I am?



I came out to my parents last week. Since they don't speak English so well, I gave them LGBTQ resources in Chinese that I got from QAY. Let's hope they will understand who I am.



Being different is so tough sometimes. When I feel crappy, I spend time with loved ones, eat my favorite food, and listen to good music. Doing things that make me happy is important to me.



All I see around here are masculine, fit, and good looking white men. People seem to like them, but I don't look like them at all. Do I have to be like them to be loved?



I feel sad and lonely sometimes. There are a lot of things that bring me down. That's why it's so important that I have good support from my friends.



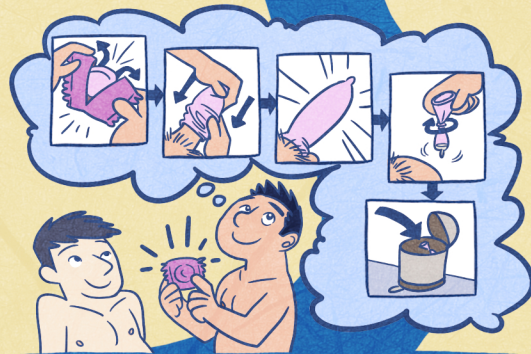
Contact
smokers' helpline
for support and information on smoking and tobacco use
smokershelpline.ca
1 877 513-5333

Some of my friends smoke. Sometimes I feel I need to smoke to be "cool" enough to fit in. But then, like safer sex, I want to value myself and be healthy.



Contact **Hassle Free Clinic** for free anonymous HIV testing and more!
416-922-0566
www.hasslefreeclinic.org

I decided to get an HIV test since I've never been tested before. I felt scared at first, but it went smoothly. Maybe I should come back to get tested for other sexually transmitted infections (STIs) soon.



I was so nervous and insecure about bringing up condom use when I had sex for the first time. At QAY, I learned how to protect myself and a lot about sex.



Contact
TRIP Project
for more information on safer party, substance use, and alcohol!
trip
www.tripproject.ca

I used to be judgemental about people who use drugs, but I learned more about it after seeing my friends actually using it. At least now I can educate my friends about safer partying.



Now it's your turn to follow your own
RAINBOW BRICK ROAD!