

A large, vibrant rainbow flag is draped across the left side of the page, with its colors (red, orange, yellow, green, blue, purple) flowing downwards. 

# outline

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Out with discrimination,  
in with acceptance and support

Do you have questions  
about sexuality or  
gender identity?

Outline are here to help





## Working out and understanding your own sexuality or gender identity is not always easy.

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The first step many people can take is to accept themselves for who they are and how they feel. This takes time and can be stressful.

If you would like to talk through your issues surrounding your sexuality or gender identity, or you wish to understand and support someone close to you. **Call or email Outline where our trained volunteers are on hand to provide confidential information and support.**





## You do not need to label yourself.

You may be familiar with the terms Lesbian, Gay, Bisexual, Transgender (LGBT) which are important identities for many of us, but for others they may seem like labels that may limit or wrongly label some of us.

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### Straight

People who find members of the opposite sex attractive.



### Gay

Refers to a man who has an emotional, romantic and/or sexual orientation towards men. Also a generic term for lesbian and gay sexuality - some women define themselves as gay rather than lesbian.



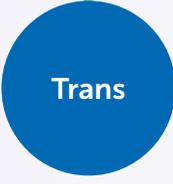
### Lesbian

Refers to a woman who has an emotional, romantic and/or sexual orientation towards women.



### Bisexual or Bi

Refers to a person who has an emotional and/or sexual orientation towards more than one gender.



### Trans

Umbrella term to describe people whose gender is not the same as, or does not sit comfortably with, the sex they were assigned at birth. Trans people may describe themselves using one or more of a wide variety of terms, including (but not limited to) transgender, cross dresser, non-binary, genderqueer (GQ).

# outline

A large, vibrant rainbow flag is draped across the right side of the page, partially overlapping the text. The flag's colors are red, orange, yellow, green, blue, and purple, arranged in horizontal stripes. The flag appears to be made of a soft, flowing fabric, with some folds and shadows visible. The background behind the flag is a plain, light color.

For information or support contact  
Outline by phone:

**01483 727 667**

Telephone support is available on  
Sundays, Tuesdays and Thursdays  
19:30-22:00

Email support is responded to at  
regular points each week.  
Contact our email support service  
through our web form on  
[www.outlinesurrey.org.uk](http://www.outlinesurrey.org.uk)  
or via [info@outlinesurrey.org](mailto:info@outlinesurrey.org)

