

## Where else can I find help?

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### Other Campus Services @ WLU:

- **Counselling Services**
- Ext. 2338 or  
[www.mylaurier.ca/counselling/](http://www.mylaurier.ca/counselling/)
- **Women's Centre**
- Ext. 4444 or  
<http://info.wlu.ca/~wwwwnc>

### Off Campus Resources

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#### **Sexuality and U**

- <http://www.sexualityandu.ca>

#### **LGBT Youthline**

- 1-800-268-YOUTH
- [www.youthline.ca](http://www.youthline.ca)

#### **GLOW at U Waterloo**

- [www.glow.uwaterloo.ca](http://www.glow.uwaterloo.ca)

#### **PFLAG Canada**

- <http://www.pflag.ca>

#### **EGALE Canada**

- <http://www.egale.ca>

#### **Tri-Pride**

- <http://www.tri-pride.ca>

## How to find us:

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The Rainbow Centre can be found in Room 104 on the first floor of Macdonald House Residence. Enter into the front doors of MacDonal House from the Mac House Quad (across from the Dining Hall). Turn left and the Rainbow Centre is the first door on the left just past the recycling bins.



Macdonald House 104  
75 University Ave West  
Waterloo, Ontario  
Canada  
N2L 3C5  
Phone: 884-0710 ext. 3010  
Email: [rainbow@wlu.ca](mailto:rainbow@wlu.ca)  
<http://www.mylaurier.ca/rainbow>

# Curious? Questioning?



Macdonald House Room 104  
P. 519.884.0710 x3010  
[rainbow@wlu.ca](mailto:rainbow@wlu.ca)  
[www.mylaurier.ca/rainbow](http://www.mylaurier.ca/rainbow)

# Common Questions

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## **What does it mean to question your sexual orientation or gender identity?**

For sexual orientation and gender identity, questioning means simply we are experiencing feelings, emotions or impulses that suggest there's more to our sexual orientation or gender identity than we originally acknowledged.

## **How does someone know they are gay, lesbian, bisexual or transgender?**

Some people say that they have "felt different" or knew they were attracted to people of the same sex from the time they were very young. Some transgender people talk about feeling from an early age that their gender identity did not match parental and social expectations. Often it can take a while for people to put a label to their feelings, or people's feelings may change over time.

Understanding our sexuality and gender can be a lifelong process, therefore, there is no time-limit on labeling one's identity. People don't have to be sexually active to know their sexual orientation - feelings and emotions are as much a part of one's identity.

# Common Questions

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## **Why is questioning a struggle for some?**

Questioning is a normal aspect of our development of self-awareness, but it may be difficult as a result of having to challenge aspects of our identity with which we are not completely comfortable. Questioning is an opportunity for personal growth and understanding.

Both sexual orientation and gender identity shape our sense of self and belonging.

## **Is there something wrong with being LGBTQ?**

No. There have been people in all cultures and times throughout human history who have identified themselves as lesbian, gay, bisexual, transgender or queer (LGBTQ\*).

Homosexuality is not an illness or a disorder, One's sexual orientation and gender identity is another aspect of one's identity.

\*For more information on terminology, please see the Rainbow Centre's website at <http://www.mylaurier.ca/rainbow/terminology.htm>

# How do people deal with Questioning?

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Questioning is a very personal experience. One thing that is crucial for everyone, though, is having support.

Some people may choose to seek counseling to understand their feelings. Professional advice and direction can be helpful for individuals with various experiences and emotions.

Support groups for LGBTQ individuals may also be helpful. Attending meetings of this nature may help one feel less isolated and take comfort in sharing experiences.

**Wilfrid Laurier University Counselling Services** offers personal and private counseling sessions to students, faculty and staff.  
[www.mylaurier.ca/counselling/](http://www.mylaurier.ca/counselling/)

**The Rainbow Centre** operates on four foundational policies: Respect, Privacy, Confidentiality and No Assumptions. The Rainbow Centre is open to individuals of all sexual orientations and gender identities.

GLOBAL is the weekly discussion and social group run by the Rainbow Centre. These meetings are intended to provide a supportive, positive, and safe environment to discuss various issues, experiences, and needs related to sexual orientation and gender identity.