

It's for men who have sex with men (or who really want to have sex with men, lol). Their website has lots of safer sex info on it. The only problem is that I don't type on a computer keyboard or use a mouse, so I have to ask someone else to help me use the website. Which can be awkward.



ONE DAY MY STAFF ASKED ME IF I WAS GAY, AND I SAID YES. It was scary telling people I'm gay, but I'm glad I did. It means I can be myself and get more of the things I want in life.

DO YOU EVER HAVE TO GET HELP WITH PRIVATE STUFF, LIKE JAMES DOES?



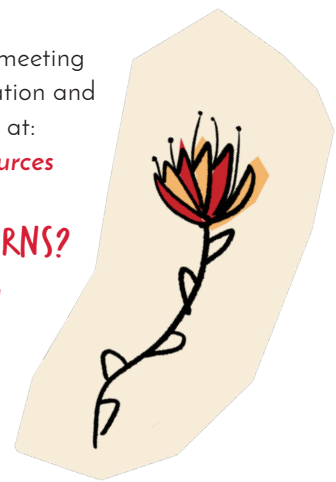
I HAVE (CEREBRAL PALSY SO I LEARN A BIT DIFFERENTLY, AND MY ARMS AND LEGS WORK A BIT DIFFERENTLY. It's cool, but there are times when it can be annoying. Like, if I want to have a sex life, I have to tell my family and staff about stuff that most people get to keep private.

MY FAVOURITE PLACE TO GET SEXUAL HEALTH INFO IS...

Discover more resources for meeting people, sexual health information and LGTBQA+ communities at: <http://real-talk.org/resources>

QUESTIONS OR CONCERNS?

Email john@real-talk.org



JAMES USES:

HiM HEALTH INITIATIVE FOR MEN
<http://checkhimout.ca/>

PleasureABLE Guide
http://www.dhrn.ca/files/sexualhealthmanual_lowres_2010_0208.pdf

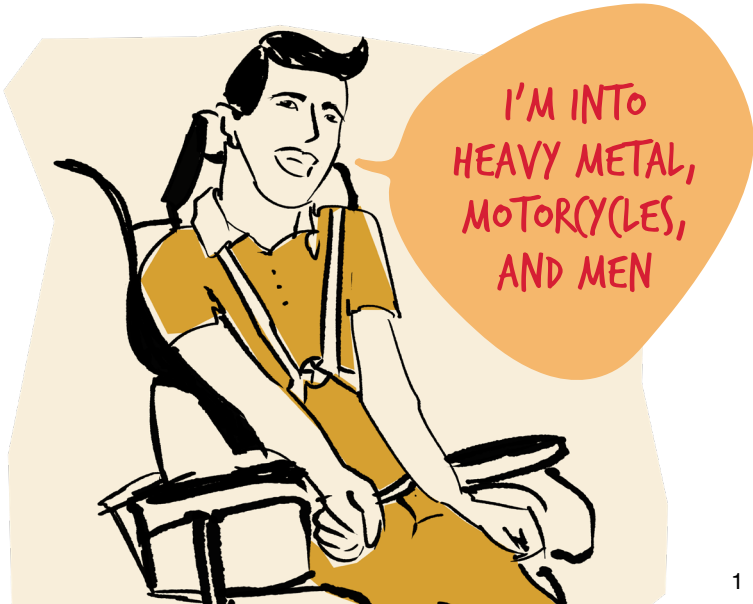
604-734-1313 (G.F. Strong Rehabilitation Clinic)

SEX SENSE
 1-800-SEX-SENSE Hotline
 1-800-739-7367 or 604-731-7803

MANHUB
www.manhub.com/
 (Not Safe For Work)



HI I'M JAMES



I'M INTO HEAVY METAL, MOTORCYCLES, AND MEN

WHEN I HAVE A PRIVATE SEXUAL HEALTH QUESTION...

I phone the Sex Sense hotline and talk to an educator. My staff helps me get them on the phone, and then leaves the room so I can talk privately.

SEX SENSE LINE, CAN I HELP YOU?



1-800-SEX-SENSE Hotline
1-800-739-7367 or 604-731-7803

WHAT ABOUT YOU?
DO YOU EVER HAVE
QUESTIONS ABOUT SEX?

5

I LIKE TO MASTURBATE. I USED TO NOT BE ABLE TO.

My staff heard about the PleasureABLE guide and got me a copy. Now, I use sex toys that are adapted for people like me. An occupational therapist helped me figure out which ones would work best. SUPER awkward, but worth it, lol!

PleasureABLE Guide

http://www.dhrn.ca/files/sexualhealthmanual_lowres_2010_0208.pdf

604-734-1313 (G.F. Strong Rehabilitation Clinic)



RIGHT NOW I DON'T HAVE A BOYFRIEND, BUT IF I START DATING SOMEONE, WE'LL PROBABLY HAVE TO ORDER SOME MORE THINGS.

6

NOT GONNA LIE, I LIKE TO WATCH PORN.

Since I don't type or use a mouse, I need to watch longer videos to masturbate. Usually my house staff puts on a video - either from manhub.com or my DVD collection - and then leaves my room so I can git 'er done.



Manhub
www.manhub.com
(NSFW)

DO YOU GET TO FEEL
SEXUAL PLEASURE IN
YOUR LIFE?

8



HIM ALSO DOES FITNESS AND RECREATION NIGHTS

I go sometimes. It's nice to be around other gay guys, but nobody's asked me on a date or anything.

WHERE DO YOU MEET
PEOPLE?

SOMEDAY I HOPE I'LL GET TO HAVE SEX WITH A GUY.

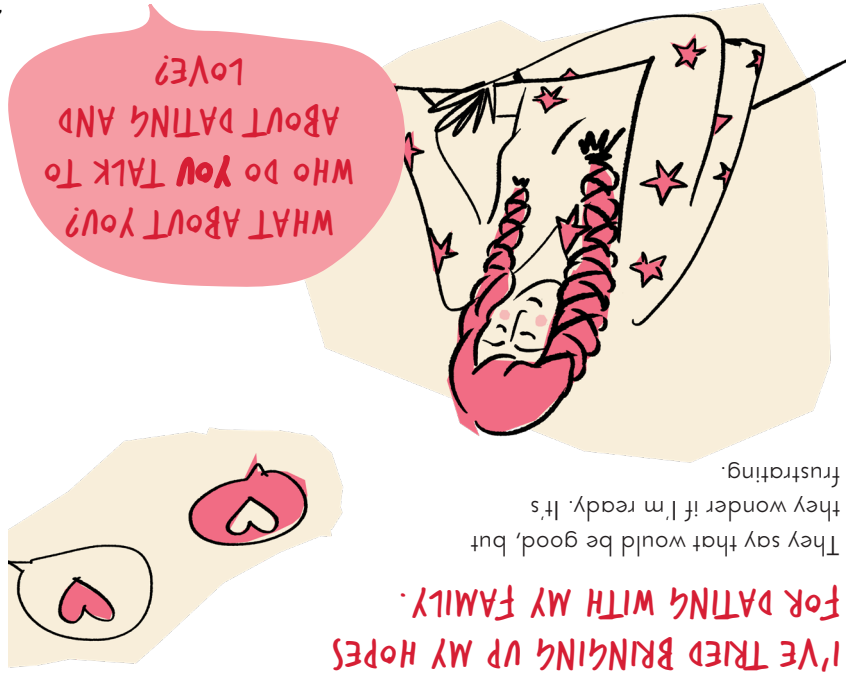
Maybe it will turn into something more. But even if it doesn't, just the sex would be great.



WHAT ARE
YOU HOPING
FOR?

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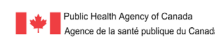
I'VE TRIED BRINGING UP MY HOPES FOR DATING WITH MY FAMILY.

They say that would be good, but they wonder if I'm ready. It's frustrating.

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<http://real-talk.org/resources>

QUESTIONS OR CONCERNS?

Email john@real-talk.org

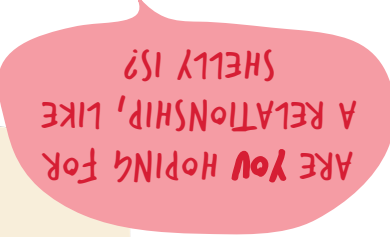


Production of this document has been made possible through a financial contribution from the Public Health Agency of Canada. The views expressed herein do not necessarily represent the views of the Public Health Agency of Canada.



SOMEDAY I WOULD LIKE TO GET MARRIED

Hopefully to a hot man who likes video games, but can also give me space and quiet to read.



SHELLY USES:



www.scarleteen.com



www.literotica.com
(Not Safe For Work)



www.optionsforsexualhealth.org/sex-sense
 1-800-739-7367 or 604-731-7803



www.mojoemporium.com

Let's Get Real

lgr@buildingcaringcommunities.ca

WOMYNS'WARE

896 Commercial Drive
 Vancouver, BC
www.womynsware.com

www.buildingcaringcommunities.ca/lets-get-real/

Printable PDFs and videos of these comics are available at:
<http://real-talk.org/resources>



I HAD A HEAD INJURY AS A BABY SO I PROCESS INFORMATION DIFFERENTLY FROM A LOT OF FOLKS.

I can also be kind of shy.

HI I'M SHELLY!

I'M INTO VIDEO GAMES, HOCKEY, READING, AND NERDY GUYS.



MY FAVOURITE PLACE TO GET SEXUAL HEALTH INFO IS...



www.scarleteen.com



It's a website where you can email your questions and get answers from sex educators. You can also read questions other people have asked and the answers they got.

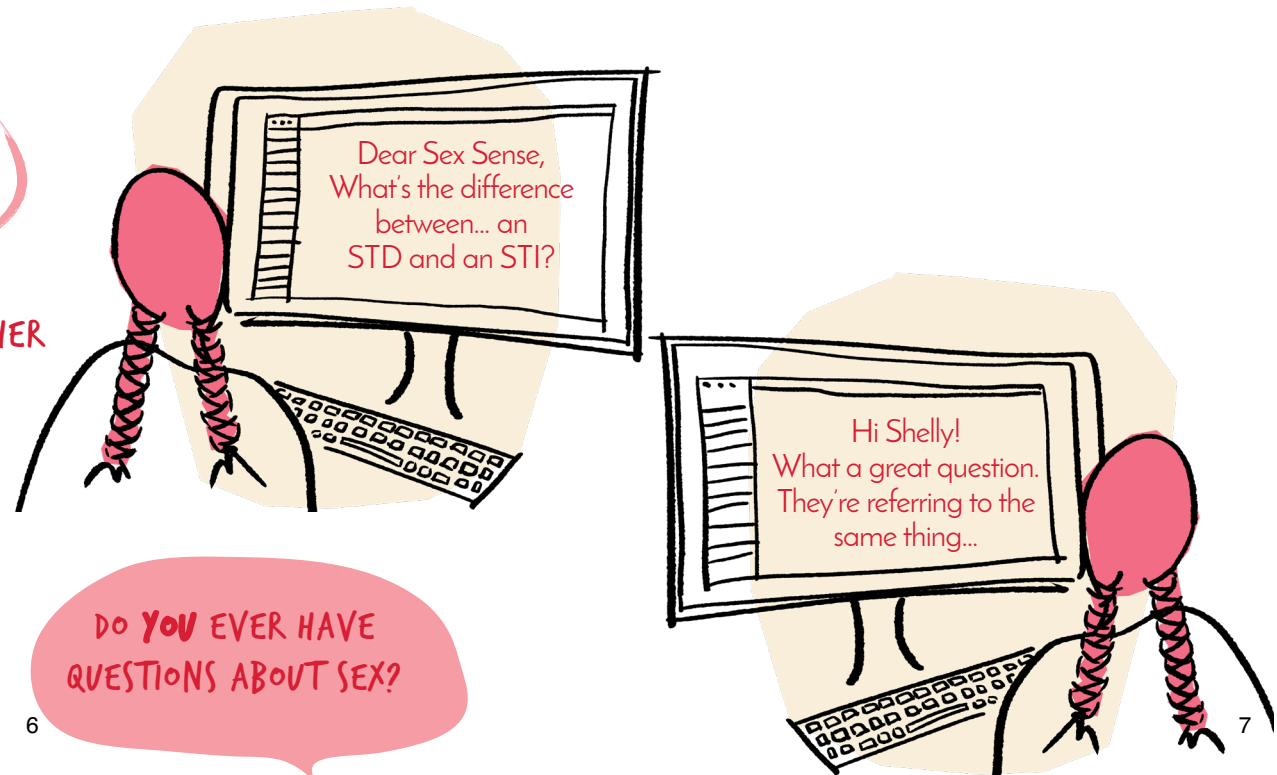


www.optionsforsexualhealth.org/sex-sense

1-800-739-7367 or 604-731-7803

I'M SUPER SHY TALKING TO OTHER PEOPLE ABOUT THIS STUFF...

So reading or emailing is the best way for me to get answers. Options for Sexual Health also has an email question and answer service. They're in BC so they know all the local stuff.



I'D LIKE TO HAVE A RELATIONSHIP ONE DAY.



I enjoy going to the Let's Get Real group. It's a dating community for people with cognitive disabilities. They have social events where people can learn about dating, but mostly we just meet and mingle.

WHERE HAVE YOU TRIED TO MEET PEOPLE?

Let's Get Real

lgr@buildingcaringcommunities.ca

www.buildingcaringcommunities.ca/lets-get-real/

I LIKE TO MASTURBATE, BUT I'M NOT INTO PORN.

Sometimes I'll read erotic stories from Literotica (NSFW). The easiest way for me to have an orgasm is with a sex toy. I read somewhere that lots of people find it easier this way.



www.literotica.com

(NSFW)

I WAS NERVOUS ABOUT BUYING ONE...



but my friend told me about some stores that aren't all sketchy and gross. She came with me when I bought my first toy. The staff were friendly and didn't make me feel rushed when I needed time to ask my questions.

DO YOU GET TO FEEL SEXUAL PLEASURE IN YOUR LIFE?

WOMYNS'WARE

896 Commercial Drive
Vancouver, BC

www.womynsware.com

DOES THIS SOUND FAMILIAR? DO PEOPLE EVER USE WORDS TO DESCRIBE YOU THAT DON'T FEEL RIGHT?



I NEVER REALLY FELT LIKE "WOMAN" OR "GIRL" DESCRIBED ME PROPERLY. When I talked to people about it, they said it was because of my autism. Or they'd say I didn't like to wear a dress because of the fabric - not because it was a dress. Now I'm finding out more about others who also don't fit 'woman' or 'man'.



I HAVE AUTISM SO I DIFFERENTLY FROM A LOT OF FOLKS. Sometimes it's about my sense of touch. There are some fabrics that I just can't stand feeling on my skin. Also I usually really hate getting hugs - especially if I don't know the person well.



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<http://real-talk.org/resources>

QUESTIONS OR CONCERNS?
 Email john@real-talk.org





DEE USES:



Provincial Health Services Authority

www.phsa.ca/transcarebc



www.ohjoysextoy.com
 (Not Safe For Work)



www.qmunity.ca



www.pinklabel.tv
 (Not Safe For Work)

Printable PDFs and videos of these comics are available at:
<http://real-talk.org/resources>



HI I'M DEE

I'M INTO ANIME, SCIENCE FICTION SHOWS, AND COFFEE.



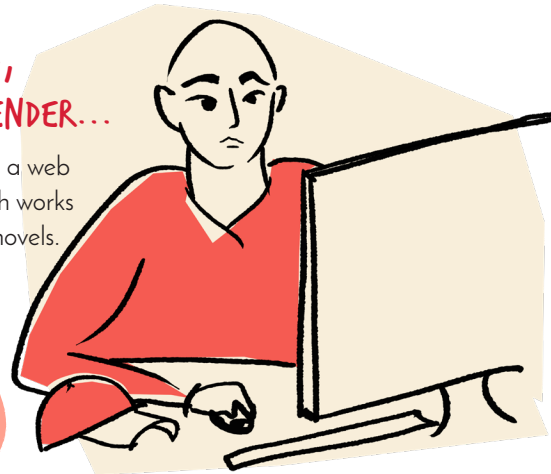
I'VE STARTED MEETING PEOPLE LIKE ME TO TALK ABOUT THIS STUFF.

I like going to Qmunity's community center for trans discussion group but my lifeshare family doesn't like it, so they don't often drive me. I met someone at a Qmunity who lives close enough that I can get a ride with them sometimes. I also get info from the Trans Health Information Program.



WHEN I WANT TO LEARN ABOUT DATING, RELATIONSHIPS AND GENDER...

I often visit Oh Joy Sex Toy. It's a web based sex ed comic strip, which works for me because I like graphic novels.



WHAT ABOUT YOU? DO YOU EVER HAVE QUESTIONS ABOUT SEX?

MY FAVOURITE COMIC SO FAR WAS ON BINDERS.

That's where I learned about different clothing you can wear if you aren't comfortable with how your body looks or feels.



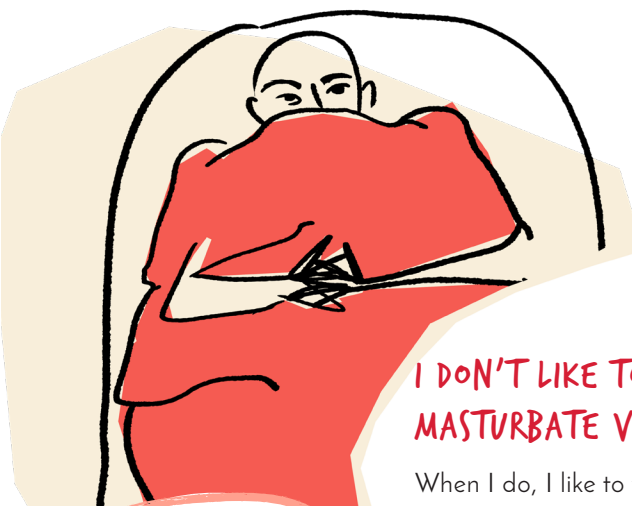
WHAT WOULD YOU LIKE TO LEARN ABOUT?

RIGHT NOW I'M NOT SURE WHAT KIND OF PERSON I'M INTO.

People say you have to decide if you like women or men. I don't know if I want to be with anyone. Sometimes I've gotten excited by both women and men or people like me. I've never told them though because I get too nervous and don't know what to say.



DO YOU EVER FEEL ATTRACTED TO PEOPLE? HOW DO YOU LET THEM KNOW?

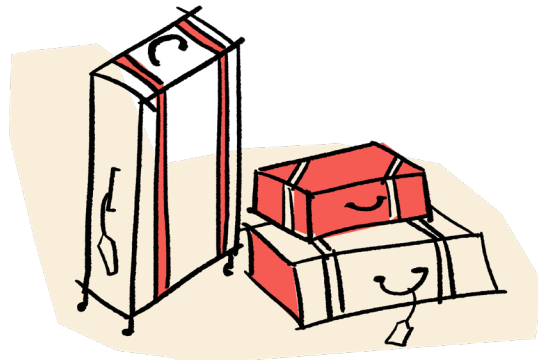
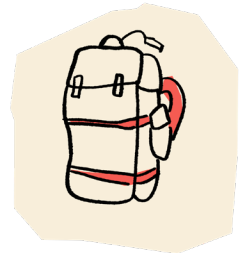


I DON'T LIKE TO MASTURBATE VERY OFTEN.

When I do, I like to watch videos. At first I thought I hated porn but then someone at Qmunity told me about Pink Label. It's all made by queer women. There are all different kinds of people in the videos. They even have videos that are sexy but don't have any nudity.

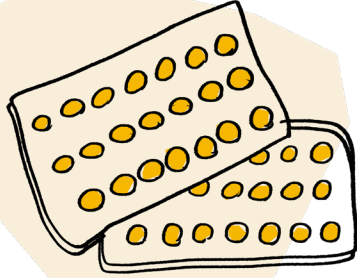
SOMEDAY I'D LIKE TO MOVE INTO VANCOUVER SO I CAN LIVE CLOSER TO QMUNITY AND SOME OF MY NEW FRIENDS.

They say it's complicated because I've already chosen my lifeshare placement and my service provider doesn't have any families close to the West End.

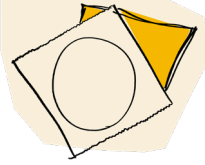


WHAT ARE YOU HOPING FOR?

HAVE YOU EVER HAD
CONFLICTS BECAUSE
OF DATING OR
RELATIONSHIPS, LIKE
LIAM HAS?



BUT THEN HER MUM FOUND THEM...
and we weren't allowed to date any more.
I wish we had just used condoms instead of
condoms and pills both. Condoms are easier to
hide. But we wanted to be as safe as possible.
I told her family that but they were still mad.
They thought we were just friends.



Discover more resources for meeting
people, sexual health information and
LGTBOA+ communities at:
<http://real-talk.org/resources>

QUESTIONS OR CONCERNS?

Email john@real-talk.org



LIAM USES:



www.sensualsolutions.ca/



www.real-talk.org



www.pornhub.com
(Not Safe For Work)



<http://vch.ca/Documents/youth-clinics-LM.pdf>

Let's Get Real

lgr@buildingcaringcommunities.ca

www.buildingcaringcommunities.ca/lets-get-real/

Printable PDFs and videos of these comics are available at:
<http://real-talk.org/resources>

FOR A WHILE I WAS
DATING GITA.

We met in high school. When
we decided we wanted to try
having sex, we went to a Youth
Clinic. They had free condoms,
and Gita even got free birth
control pills because she was
under 21.



<http://vch.ca/Documents/youth-clinics-LM.pdf>

BACK IN HIGH SCHOOL, MY
GUIDANCE COUNSELLOR
TOLD ME THAT I LEARN
DIFFERENTLY FROM A
LOT OF FOLKS.

Nowadays, things are going great
with my job at the garage. With
my love life... not so much.

HI I'M LIAM

I'M INTO PRO
WRESTLING, BEER,
HIP HOP, AND
WOMEN.



MY FAVOURITE PLACE TO GET INFORMATION ABOUT SEX IS THE YOUTH CLINIC.

I hate reading, and I don't like talking on the phone. At the youth clinic I can talk to someone face to face. Either a doctor or nurse about birth control and safer sex, or to a counsellor about how I'm feeling.



fraserhealth Vancouver Coastal Health

<http://www.vch.ca/Documents/youthclinics-LM.pdf>

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MEETING WOMEN INTERESTED IN DATING HAS BEEN REALLY TOUGH.

Sometimes I try to meet women at the mall, but usually they're mean to me. I've tried a dating group for people with cognitive disabilities in Vancouver called Let's Get Real. It was alright but it's too far from me. There's also pro wrestling shows at a nearby community center that I want to check out sometime. Maybe I could meet someone there.

Let's Get Real

lgr@buildingcaringcommunities.ca

<http://buildingcaringcommunities.ca/lets-get-real>

6

HOW ABOUT YOU? DO YOU WANT TO DATE ANYONE? HOW DO YOU MEET PEOPLE?



7

I'VE ALSO STARTED TO TALK WITH OTHERS LIKE ME ABOUT THIS STUFF.

I started going to Real Talk Pizza Parties. They're run by a sexual health educator and I can ask them questions in the group or privately afterwards.



www.real-talk.org



DO YOU EVER HAVE QUESTIONS ABOUT SEX?

8



YEAH I MASTURBATE. AND YEAH, I LOOK AT PORN.

Pornhub.com is free, and as long as you stay on that site, you don't wind up accidentally clicking on anything illegal.

Porn hub

www.pornhub.com (NSFW)

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Sensual SOLUTIONS

www.sensualsolutions.ca/

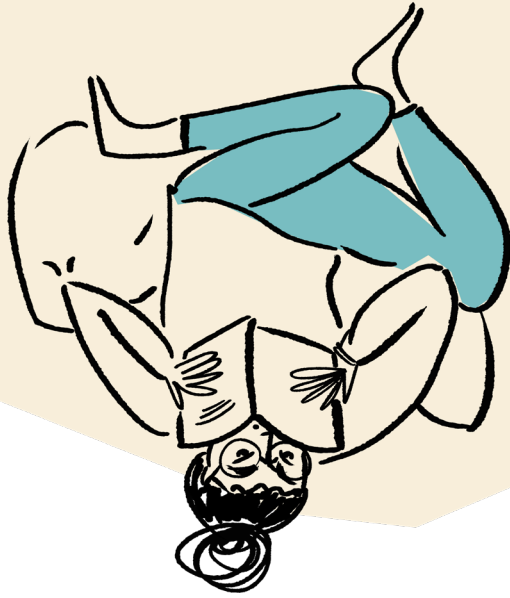
DO YOU GET TO FEEL SEXUAL PLEASURE IN YOUR LIFE?

Someone told me about Sensual Solutions where you get to do sexual things with someone called an intimacy coach. It's pretty expensive though when you're only making minimum wage.

10

to talk to a youth counsellor about stuff. Like when those guys ditched me, or when I found out I had herpes, or or if Lucas pisses me off.

SOMETIMES I GO TO THE CLINIC BY MYSELF



MY FAVOURITE PLACE TO GET INFORMATION ABOUT SEX IS THE YOUTH CLINIC. SOMETIMES I GO TOGETHER WITH LUCAS.

We talk to the nurse about birth control. I told her I didn't want pills or a shot. I think Lucas should take some responsibility, not just the woman all the time. So it's condoms for us. They're not quite as safe as pills or the depo shot but it's my choice. They also help prevent STIs.



HI I'M JESSICA

I'M INTO WOMEN'S SOCCER, BEYONCE, SUSHI, HORROR MOVIES, AND GUYS.



I've had a few boyfriends over the years. And there were some guys who said they wanted to be my boyfriend but they only wanted sex. Right now I'm with Lucas. We argue sometimes but at least he stuck around.

HAVE YOU EVER BEEN MISLED ABOUT A RELATIONSHIP LIKE JESSICA HAS?

JESSICA USES:



<http://vch.ca/Documents/youth-clinics-LM.pdf>



www.real-talk.org

Carlin Ross / Betty Dodson Youtube:

www.youtube.com/channel/UCRO3FMd3Bg-VTHgraBujKHA

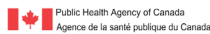
Printable PDFs and videos of these comics are available at: <http://real-talk.org/resources>

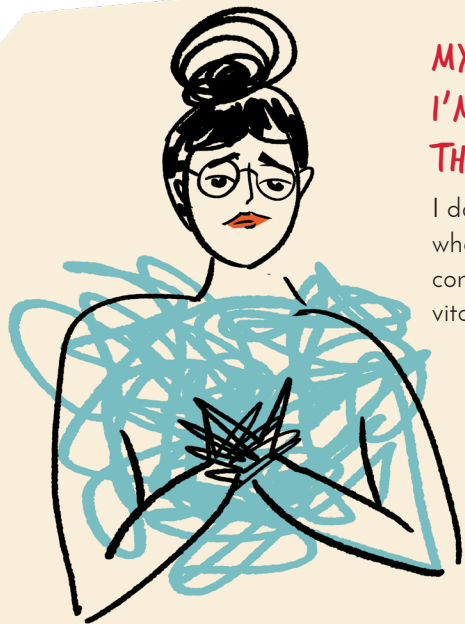
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QUESTIONS OR CONCERNS?

Email john@real-talk.org





MY FAMILY DOESN'T KNOW I'M DATING SO I CAN'T ASK THEM THIS STUFF.

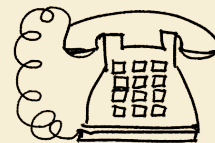
I don't want them butting in. Like when they used to give me birth control pills and told me they were vitamins. That's crap.

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I'VE ALSO STARTED TO TALK WITH OTHERS LIKE ME ABOUT THIS STUFF.

I started going to Real Talk Pizza Parties. They're run by a sexual health educator and I can ask them questions in the group or privately afterwards.



HOW ABOUT YOU? DO YOU EVER HAVE QUESTIONS ABOUT SEX?

6

MY LIFESHARE FAMILY DOESN'T LIKE IT WHEN LUCAS COMES OVER.

They always find some reason to come knock on my door whenever he hangs out at my place. They worry he's taking advantage of me and they won't let him stay overnight. It's not taking advantage if I want to do it too.



HAVE YOU EVER HAD CONFLICT BECAUSE OF DATING OR RELATIONSHIPS?

7

I TOLD THE LIFESHARE MANAGER...

and she said they'd look into it, but all she did was try to sign me up for a relationships course.



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I DIDN'T GET THE FUSS WHEN I FIRST STARTED HAVING SEX.

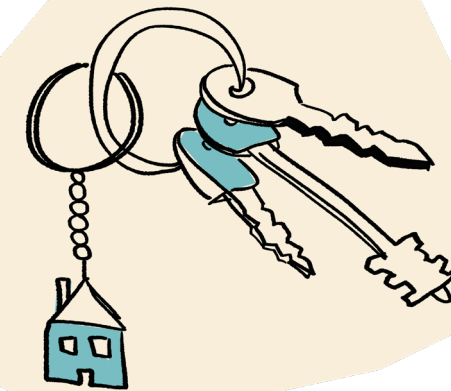
It wasn't bad, it was just boring. I told my outreach worker how I felt about it and she asked me about orgasms - if I'd ever had one. Turns out I hadn't. I found out what it felt like from masturbating after watching some instructional Youtube videos by these women named Carlin Ross and Betty Dodson. Now when I have sex, I make sure I get to have pleasure too.

Carlin Ross / Betty Dodson Youtube:

www.youtube.com/channel/UCRO3FMd3Bg-VTHgraBujKHA

DO YOU GET TO FEEL SEXUAL PLEASURE IN YOUR LIFE?

9



SOMEDAY I HOPE I'LL HAVE MY OWN APARTMENT.

without anyone butting in. If I had my own place Lucas could stay over. Or maybe someone else.

WHAT ARE YOU HOPING FOR?

10

DO YOU EVER HAVE QUESTIONS ABOUT SEX LIKE (LAIRE DOES?? WHERE DO YOU GET ANSWERS?)

OMGYES.com is a website made by professional sexologists, filled with real information about female masturbation! It's not porn, it's like a naked encyclopedia. Nobody's embarrassed. It's just a bunch of cool women talking about it. I learned so much about my own vulva. It costs \$60 but it gets you 60+ videos. I had to save up, but it was worth it.



My disability is really just one part of who I am, though. I'm curious, I love meeting new people, I'm a passionate Ravenclaw, and I have plenty of opinions! Lol.

Discover more resources for meeting people, sexual health information and LGTBQA+ communities at:
<http://real-talk.org/resources>

QUESTIONS OR CONCERNS?
 Email john@real-talk.org



(LAIRE USES:

OMGYES
<http://www.omgyes.com>

Man Up Drag
www.facebook.com/manupvancouver

REAL TALK
<http://www.real-talk.org>

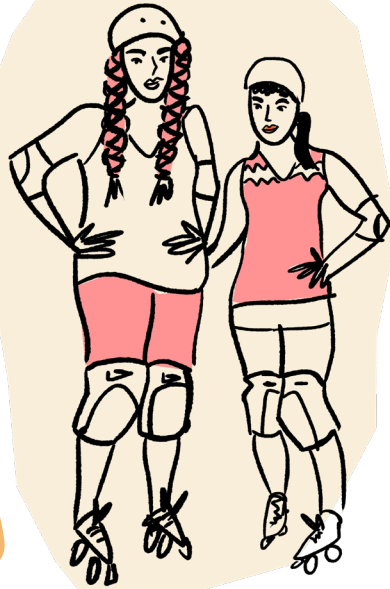
COMMERCIAL DRAG
www.facebook.com/commercialdragyvvr

REAL TALK
HI I'M (LAIRE




MY GIRLFRIEND'S NAME IS DASHA. I MET HER AT ROLLER DERBY

We play on the same team. I love that I can feel strong when I skate, and even though the uniform is shorts and a t-shirt I don't feel self-conscious like I do in everyday life. It's a contact sport, so I'm too busy slamming into people to focus on what I look like!



WHERE DO YOU MEET OTHER PEOPLE?

5

DASHA AND I LOVE GOING TO DRAG SHOWS

One of our favourites is **Man Up**, a drag king show where women and trans folk dress up like men and lipsync to songs on stage. Another one is **Commercial Drag**. That one's good because it's all-ages and you don't need to be 19 to get in. Some people dress in drag just to watch the show, even if they're not in it. We don't dress in drag for these shows but we do love dressing up for them!

ManUp!
www.facebook.com/manupvancouver
Commercial Drag
www.facebook.com/commercialdragvvr



DO PEOPLE EVER MISJUDGE YOU BASED ON WHAT YOU LOOK LIKE?

6

FOR A LONG TIME I DIDN'T KNOW YOU COULD BE INTO BOTH MEN AND WOMEN.

Even now, some people don't believe me when I say I'm bisexual. When I dated a guy, people thought I was straight. Now that I'm with Dasha they think I'm a lesbian. But who I am doesn't change just because of who I'm holding hands with! It's so stupid!

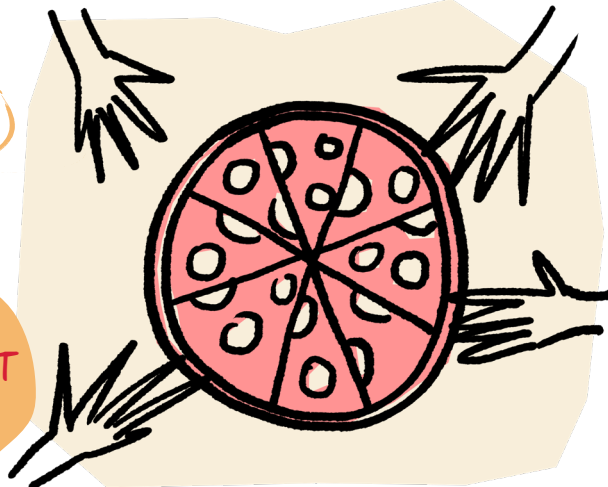


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I'VE STARTED TALKING TO OTHERS LIKE ME ABOUT THIS STUFF...

I started going to *Real Talk Pizza Parties*. They're run by a sexual health educator and I can ask them questions in the group or privately afterwards. I especially like *Tough Cookies* - these are Real Talk events for women. (Sometimes I talk more openly with just women around.) There are also LGBTQ Real Talk events, and I go to them too.

Real Talk
<http://www.real-talk.org>



WHO DO YOU TALK TO ABOUT THIS STUFF?

8

WHEN I FIRST STARTED TALKING ABOUT DATING, I ASKED MY STAFF IF THEY COULD HELP ME FIND A PARTNER...

They all thought it was so 'cute' but they didn't help much. When someone finally paid attention, they didn't even ask me who I was into - they just assumed I was straight. It was so frustrating.

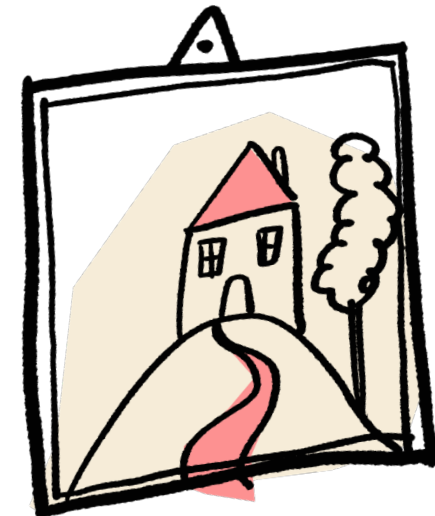


HAVE YOU EVER ASKED YOUR STAFF TO HELP YOU FIND A PARTNER? HOW DID IT GO?

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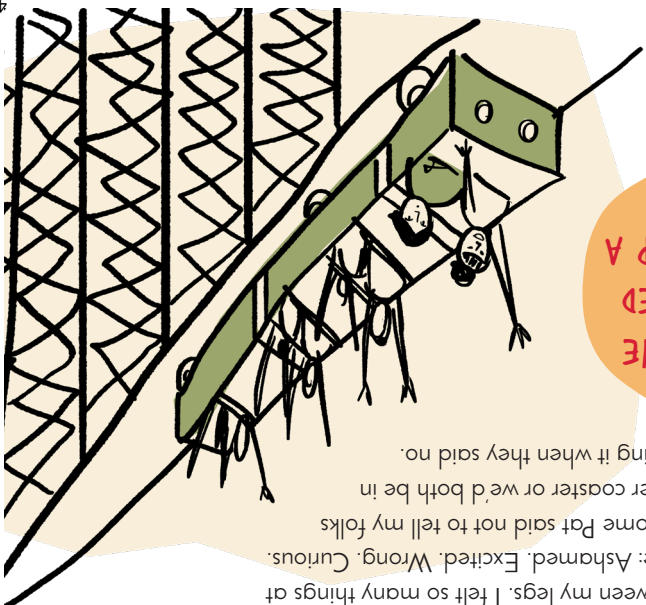
SOMEDAY I HOPE TO GET MARRIED AND LIVE WITH MY PARTNER...

...in a private place of our own. Dasha and I aren't ready yet for that, but maybe someday!



WHAT ARE YOU HOPING FOR?

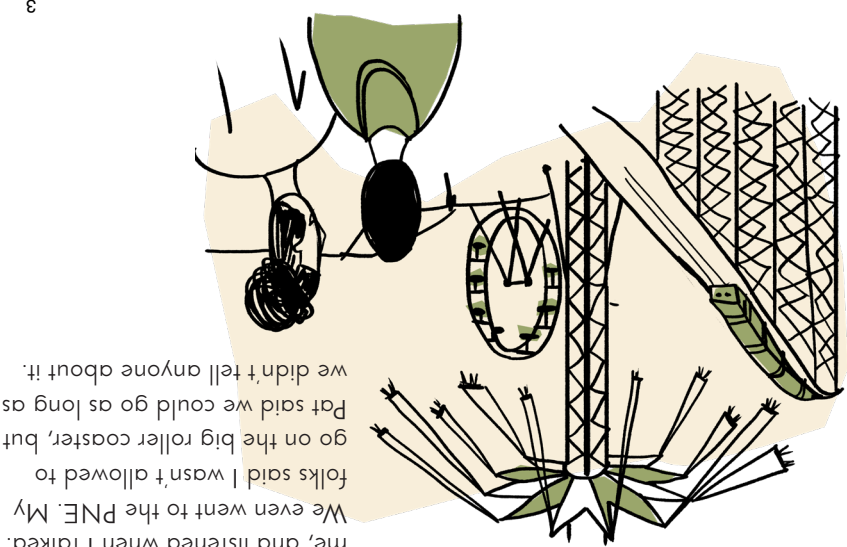
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HAS ANYONE EVER ASKED YOU TO KEEP A SECRET?

...but then Pat's hand was inside my pants touching me down between my legs. I felt so many things at the same time: Ashamed. Excited. Wrong. Curious. On the way home Pat said not to tell my folks about the roller coaster or we'd both be in trouble for riding it when they said no.

AT FIRST THE RIDE WAS GREAT...



Pat was cool and super nice to me, and listened when I talked. We even went to the PNE. My folks said I wasn't allowed to go on the big roller coaster, but Pat said we could go as long as we didn't tell anyone about it.

A FEW YEARS AGO I WORKED WITH PAT. WE WENT EVERYWHERE TOGETHER MONDAYS AND THURSDAYS.



I HAVE DOWN SYNDROME SO I LEARN A BIT DIFFERENTLY, AND SOMETIMES IT'S HARD FOR ME TO PRONOUCE WORDS.

I don't talk a lot. People sometimes think I can't, or that I don't understand them. Most likely I'm just worried they won't understand me when I talk.

DO PEOPLE EVER MISUNDERSTAND YOU, LIKE PEOPLE DO WITH M(KENZIE)?

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<http://real-talk.org/resources>

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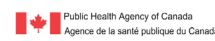


RESOURCES:

HI I'M MCKENZIE



I'M INTO ROLLER COASTERS, ZUMBA, K-POP, AND DATING



Production of this document has been made possible through a financial contribution from the Public Health Agency of Canada. The views expressed herein do not necessarily represent the views of the Public Health Agency of Canada.

Printable PDFs and videos of these comics are available at: <http://real-talk.org/resources>

PAT TOUCHED ME BETWEEN MY LEGS MORE TIMES AFTER THAT.

I even started saying OK. I still felt confused about it, and I was afraid because it all started on the roller coaster when I wasn't allowed. Also, Pat was one of the only people who was ever nice to me, and I didn't want us to stop hanging out.



HAVE YOU EVER FELT CONFUSED ABOUT YOUR FEELINGS?

5

ONE DAY IN THE BATH...

...I figured out that I liked touching **myself** between my legs. But then I felt ashamed like when Pat did it. I told my support group and they said it was called masturbation. It's normal and it's healthy. It can't hurt me, and **I get to decide** how I touch myself.



DO YOU GET TO FEEL SEXUAL PLEASURE IN YOUR LIFE?

8

THE OTHER THING WAS, TO TALK ABOUT IT, I'D HAVE TO USE WORDS I HADN'T PRONOUNCED BEFORE...

...words my big sister Indira got in trouble for using when my parents heard her. For a while I just stopped talking to anyone. One day Indira asked me what was wrong.

HAVE YOU EVER BEEN IN TROUBLE FOR USING CERTAIN WORDS?



6

IT TOOK ME A LONG TIME TO FEEL SAFE TO TRY DATING.

Nowadays I go **Let's Get Real**. It's a dating group in Vancouver for people with cognitive disabilities. We meet and mingle and flirt, but we also do workshops on things like consent. I've dated a few people I've met there. I'm taking things slowly, and if the other person can't accept that, I leave.



Let's Get Real

✉ lgr@buildingcaringcommunities.ca
🌐 www.buildingcaringcommunities.ca/lets-get-real/

WHERE DO YOU MEET PEOPLE?

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BRITISH COLUMBIA SOCIETY FOR
Male Survivors of Sexual Abuse
www.bc-malesurvivors.com

victimlink
www.victimlink.bc.ca
1-800-563-0808

WAVAW
rapa crisis centre
Women Against Violence
Against Women
www.wavaw.ca

I TOLD HER ABOUT PAT.

It was hard, but she didn't interrupt. She told me she believed me and it wasn't my fault - even if I'd said ok.

She helped me find other people who could support me with all of my feelings and questions. We chose a support group and a counsellor. They were nice, and Indira came along to help them understand what I was saying.

7



WHAT ARE YOU HOPING FOR?

INDIRA GOT ME A BOOK CALLED THE SURVIVOR'S GUIDE TO SEX.

I'm glad, because one day I hope I'll find someone special for a longer relationship, and for the kind of touching that I'm a big YES to...

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