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The Journey Out: A Guide for and About Lesbian, Gay, and Bisexual Teens

Rachel Pollack, Cheryl Schwartz

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The Journey Out: A Guide for and About Lesbian, Gay, and Bisexual Teens

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The Journey Out: A Guide for and About Lesbian, Gay, and Bisexual Teens Rachel Pollack, Cheryl Schwartz
This is a self-help book for gay, lesbian, and bisexual teenagers, showing how to cope with the emotions, prejudices, and risks they may face. Individual chapters deal with such topics as internalized homophobia, family pressures, peer prejudice, how to avoid high risk behaviour, AIDS and other health issues, myths and stereotypes, and spirituality. Each chapter will open with original letters, interviews, quotes from other homosexual and bisexual teenagers and there are interviews and quotes from leading psychologists, counsellors, and health professionals. There are lists of further reading and major legal, health and youth service agencies across the country.

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