



confusion stress future coming out hopes friends sex drugs depression loneliness
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OK2BME.ca

It's OK2BME!

Today's kids and teens have a lot going on. They're thinking about the choices they're making and the paths they're going to take. They're figuring out who they are and where they fit. That's a lot for anyone to handle!

For kids and teens who are questioning their sexual orientation or gender identity and those who identify as lesbian, gay, bisexual, or transgender, questions about who you are and where you're going can be even harder to answer.

Lesbian, gay, bisexual, transgender, and questioning (LGBTQ+) people, particularly youth, may find it difficult to find support and acceptance from those around them. Many worry about what will happen if other people learn about their sexual orientation or gender identity. Plus they're concerned about the same things as their friends: school, career, peer pressure, dating, friends, sex...

What is OK2BME?

The OK2BME program offers LGBTQ+ kids and teens from ages 5 to 18 the opportunity to:

- meet with a LGBTQ+ positive counsellor in their community, free of charge
- participate in local social or recreational groups
- participate in educational groups to learn more about issues that concern them

The OK2BME program offers support to the development of Gay-Straight Alliances (GSAs) and positive space campaigns in youth-oriented settings, as well as training opportunities for local organizations and community groups.

www.OK2BME.ca
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