

Sex-Esteem

What they didn't tell you in high school...

Sex-Esteem is a peer education group of the Syracuse University R.A.P.E. Center

April 11, 2007
Volume 1, Issue 5



What do I say when someone comes out to me?

Sometimes you may be expecting a friend or family member to come out as lesbian, gay, bisexual or transgender (LGBT). Other times you may be caught off guard and surprised. Coming out can often be a scary process, and a silent response can be frightening. Being prepared (with affirmative and open language) is a great way to be supportive when someone comes out to you. Here are some suggestions:

I really appreciate you sharing this with me. It means a lot to me that you trust me.

HOW LONG HAVE YOU KNOWN THAT YOU WERE L/G/B/T?

What was it like when you realized you might be L/G/B/T?

How has the coming out process been for you?

Have you told anyone else?

(If not) Are you planning on telling others?

(If yes) How have people responded?

Would you like me to keep this confidential?

Do you know about the LGBT Resource Center? They have resources and programs that you could get involved in.

As you go through this process, what would be helpful for you?

I WILL SUPPORT YOU ANY WAY THAT YOU WOULD LIKE ME TO.

About the R.A.P.E. Center...

The R.A.P.E. Center provides a safe, caring space for students who have experienced sexual violence and promotes recovery from the effects of sexual violence through personalized intervention and support services.

The R.A.P.E. Center provides 24-hour support and assistance, 7 days a week, year-round, to Syracuse University/ESF students.

If a friend of yours has experienced a sexual assault and YOU need someone to talk to, please call the R.A.P.E. Center, 315-443-7273. We're here for you, too.

315-443-7273

Save the Date

Take Back the Night

Wednesday, April 18
Rally 7 p.m. at Hendricks Chapel
March and Speak Out to follow

Sex-Esteem is a R.A.P.E. Center peer education group geared toward creating opportunities for students to engage in meaningful discussions about responsible and respectful sexuality and relationships. We are available for programs Sunday – Thursday nights. Please call 443-7126 or email jasneide@syr.edu to schedule a program.

Special thanks to the LGBT Resource Center!
750 Ostrom Avenue
For more information or resources, visit: <http://lgbt.syr.edu>

useful numbers...

For an emergency while on campus: 711
Counseling Center: 315-443-4715
Goldberg Couple & Family Therapy Center: 315-443-3023
Health Services: 315-443-2666
Hendricks Chapel, Pastoral Counseling: 315-443-5044
Judicial Affairs: 315-443-3728
Public Safety (24 hours a day): 315-443-2224 or 711 for emergencies
University R.A.P.E. Center: 315-443-7273

Syracuse University R.A.P.E. Center
111 Waverly Avenue, lower level of the Health Center, 315-443-7273.
Appointments and walk-ins, M-F daytime. Advocates are available 24 hours a day, year-round, to respond to students seeking R.A.P.E. Center services.
<http://students.syr.edu/rapecenter/>

Office of Prevention Services
Division of Student Affairs

Created by Nichelle Rothong
Senior, Public Relations major
Sex-Esteem member since Fall 2005
Text written by Pamela Matican
Junior CFS/Psychology major
Sex-Esteem member since spring 2007