**YOUNG MEN’S GUIDE TO CONNECTED**

**HELP YOU FEEL MORE CONNECTED TO YOURSELF AND OTHERS**

**THIS GUIDE WILL**
- Give you hope and useful strategies if you’re worried about being lonely
- Help you feel more connected to yourself and others

**HOPE**

**WHAT CAN HELP?**
- Find your local LGBT+ youth group and helpful resources including our coming out guide at
  [THEPROUDTRUST.ORG](http://THEPROUDTRUST.ORG)
- Talk to someone if you’re feeling low
- Take your prescribed medication
- Go to a local community centre or cafe if you’re feeling lonely and would like to talk to someone
- There is hope and support out there

**STUFF THAT CAN BOTHER US**
- Higher risk of suicide and self-harm
- Alcohol abuse to deal with the pressure to be straight (heterosexism)
- Hiding identity because of shame, stigma and fear
- Experiences of LGBTphobia at home, school and work
- Body negativity due to pressure to have an ‘ideal body’
- Isolation and other mental health difficulties

**GOING TO SAFE AND SUPPORTIVE ENVIRONMENTS LIKE LGBT+ YOUTH GROUPS**
- Connecting with other LGBT+ young people where you can explore your gender/sexuality
- Building up self-esteem through self-help activities
- Going to safe and supportive environments like LGBT+ youth groups

**SMART OBJECTIVES HELP YOU TO MAKE GOOD PLANS**

**HERE IS HOW IT WORKS,** they need to be
- **specific, significant, stretching**
- **measurable, meaningful, motivational**
- **agreed upon, attainable, achievable, acceptable, action-oriented**
- **realistic, relevant, reasonable, rewarding, results-oriented**
- **time-based, time-bound, timely, tangible, trackable**

**ACTION PLAN**

SMART Sample Goal to help you

<table>
<thead>
<tr>
<th>SMART</th>
<th>Sample Goal to help you</th>
<th>Your Goal #1</th>
<th>Your Goal #2</th>
<th>Your Goal #3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>S</strong></td>
<td>I want to meet other LGBT+ young people</td>
<td><strong>M</strong></td>
<td><strong>A</strong></td>
<td><strong>R</strong></td>
</tr>
<tr>
<td><strong>M</strong></td>
<td>I will connect with an LGBT+ youth group and chat to other young people/youth leaders</td>
<td><strong>A</strong></td>
<td><strong>M</strong></td>
<td><strong>R</strong></td>
</tr>
<tr>
<td><strong>A</strong></td>
<td>I will use the online directory to connect <a href="http://tinyurl.com/TPTmap">tinyurl.com/TPTmap</a></td>
<td><strong>R</strong></td>
<td><strong>M</strong></td>
<td><strong>T</strong></td>
</tr>
<tr>
<td><strong>R</strong></td>
<td>Easy to find and use the directory</td>
<td><strong>T</strong></td>
<td><strong>S</strong></td>
<td><strong>M</strong></td>
</tr>
<tr>
<td><strong>T</strong></td>
<td>I will do this by Friday</td>
<td></td>
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</tbody>
</table>

To inspire you, Rita Mae Brown said, “to be happy you need something to love, something to do, something to look forward to.”
You might feel...

What can you do to help?