

## GLBT Personal Comfort Assessment Tool

For the following questions, answer “Agree”, “Disagree”, and “Not Sure”.

- I am comfortable using the words “gay”, “lesbian”, “bisexual”, and “transgender”.
- I am comfortable addressing and talking about GLBT issues in general.
- I address homophobic behavior/language exhibited by colleagues.
- I address homophobic behavior/language exhibited by youth/clients.
- I make an effort to use GLBT-inclusive language in conversation.
- I would be comfortable having a GLBT co-worker.
- I would be comfortable if my child, niece, or nephew “came out” to me as GLBT.
- I ask GLBT co-workers or clients about their partners or families just as I ask heterosexual co-workers or clients about their partners or families.
- I do not assume that a gay, lesbian, or bisexual client or co-worker is attracted to me.
- I would be comfortable if a client came out to me as GLBT or questioning.
- I make an effort to use a person’s preferred gender pronoun and name, even if I previously knew him or her by a different pronoun or name.
- I would be comfortable displaying a GLBT Safe Space sticker or other visible sign of support for GLBT people.
- I would be comfortable if someone thought I was GLBT.
- I feel that being GLBT is a healthy expression of human sexuality. I am willing to put aside my personal beliefs to help a client find the best solution for his or her own life

**The GLBT Youth Support Project, a program of Health Care of Southeastern Massachusetts, Inc.**