

**MYTH:**

*“People choose to be gay, bisexual, or transgender.”*

**FACT:**

People don't choose their sexual orientation or gender identity. According to research, sexual orientation and gender identity emerge early in life and do not depend on such factors as home life. People choose how they express themselves, but their underlying sexual orientation and gender identity are not self-selected and are not “lifestyle” choices.

**MYTH:**

*“LGBTQ people who keep their sexual orientation to themselves fit into society better.”*

**FACT:**

Young people who are LGBTQI2-S and whose identity has been openly accepted and affirmed by friends, family members, and their community are more likely to be healthy, happy, and successful.

**MYTH:**

*“Being gay or bisexual is a dysfunction that can be cured.”*

**FACT:**

Identifying as LGBTQI2-S is not a mental health condition or mental illness. Identifying as LGBTQI2-S cannot be cured by psychotherapy or other means. However, mental health distress and challenges can be brought on by victimization, rejection, isolation, and internal struggles with self-acceptance.