# What advice can older gay men pass on to younger generations?



In a display of intergenerational dialogue, a post on the social media platform Threads has sparked a flurry of advice from older gay and bisexual men to their younger counterparts. The viral post, authored by Trevor Kuhn (@lovedaddytrev), asked men over 50 to share their wisdom with those in their 20s and 30s. The response was extraordinary, with hundreds of replies pouring in, each brimming with insight and life lessons.

The most well-liked comment urged younger men to focus less on superficial pursuits and more on personal growth and career development. "Don’t distract yourself too much with sex, hedonism and seeking external validation," one user advised. "Do the inner work to know yourself and be proud of yourself. Start building your career, something you love to do that brings you pride and joy."

Another notable contribution from a 52-year-old user highlighted the value of self-reliance and adaptability. "Learn to live alone. Someone can possibly make you happier, however, only you can make yourself happy," the user noted. They also emphasised the unpredictable nature of life, advising younger men to remain open to moving and evolving.

Many of the comments stressed the importance of health, both mental and physical. One 60-year-old recommended daily yoga and meditation as a way to maintain balance and well-being. Similarly, other users echoed the significance of cultivating healthy habits and friendships that are not solely based on partying or substance use.

“Cultivate real friendships, not just ones fuelled by alcohol,” one respondent suggested. “Take care of your health and what you eat and drink. Learn financial skills. Be interested, not just interesting. Reach out, do some charity work, create relationships with all ages and all walks of life. Keep on growing while you can, you’ll start to recede soon enough.”

Advice on relationships was another major theme. One commenter in their mid-50s advised young men to truly know themselves before entering into relationships. “So many people get into relationships that were doomed from the beginning. The reality is people don’t change much once they reach their 30s and so the idea that you’ll ‘change’ someone is nearly nil,” they explained.

Another pointed out the societal pressures within the LGBTQ+ community regarding looks and social circles. “Don’t be ‘that gay’ who only has hot friends, is obsessed by their looks and trashes others,” they cautioned, adding that unity and inclusivity are vital for the community's strength.

An intriguing aspect of the thread was the acknowledgment of mutual learning between generations. A 75-year-old urged both younger and older men to engage with each other’s experiences. “Learn about our history. Talk to the elders. It’s been a long and sometimes difficult journey, and it’s also been rewarding. To the Elders, don’t dismiss the young. We can learn from them as well,” they stated.

Not all comments were solemn; some took a more playful tone. In a nod to pop culture, one respondent humorously warned against disparaging iconic figures, saying, “Don’t f\*ck with Madonna – we will come for you 😂🤣😂”.

The post by Trevor Kuhn has amassed over 200 replies, each offering valuable advice to younger gay and bi men. From fostering meaningful connections and maintaining health to navigating careers and relationships, the comments reflect a wealth of experience and wisdom.

Source: [Noah Wire Services](https://www.noahwire.com)