



STARTING OUT

- Start with this question: "How will this go over?" if you think it will be positive; call a family meeting, or start the conversation over dinner
- If you think it might be negative; do it over the phone, by text, or write a letter. no matter what, whichever way you choose to do it that protects yourself physically & mentally is the right way.
- You don't have to do it alone. have a friend or sibling be with you while you do it.
- You can either use an icebreaker, or get right to the point. using note cards may help to keep you on track.



SAFETY

- Tell affirming, supportive friends your plan. work with them to create a list of Emergency Contacts and designated meet up locations.
- If there is an affirming, supportive adult in your life (sibling, aunt/uncle, parent of a friend) tell them your plan so that you may arrange a place to stay for a time.
- Pack an bag before with clothes, food, water, etc. making sure not to forget essentials like meds, money, phone charger, etc.
- If at any time you feel physically or emotionally unsafe, utilize this safety plan and leave the situation. you can explain yourself, or not. do what's best for your well-being.



NEGATIVITY

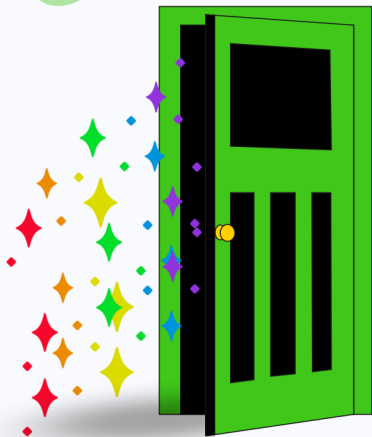
- **Assess your safety.**
- No one has the right to treat you poorly, & call you names. people are afraid of what they do not understand, and that often shows itself in slurs and homophobia.
- Your people are likely going to have to change years of systematic homophobia. it may take time, but people can change.
- Slow down, and explain what you mean, and give people time to process what you have said.
- Make boundaries for the conversation ("that word is a slur & it is hurtful. I cannot be in a conversation where comments like that are being said.")

TIP:

YOU MAY CONSIDER A FOLLOW UP DISCUSSION WHERE THEY CAN ASK THEIR QUESTIONS AND VOICE CONCERNS. YOU CAN ALSO EXPLAIN THINGS MORE IN DEPTH.

COMING

Out



GENDER IDENTITY v SEXUAL ORIENTATION

- Gender identity is an internal understanding & experience with their gender identity. Everyone's experience is unique.
- Sexual orientation is who we are attracted to. There are also many forms of attraction



5 QUESTIONS TO ASK BEFORE YOU COME OUT

1. Is Now The Right Time To Do This?
2. Are You Prepared To Answer Questions?
3. Do You Have A Support System To Turn To?
4. Do You Know Whom You're Going To Tell?
5. Exactly How Are You Going To Come Out?



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DOES THE IDEA OF COMING OUT FEEL OFF TO YOU?

There is absolutely no rule that says you must come out, you owe the people around you exactly nothing when it comes to who you are and living your truth.

You need to do what feels right for you, and what is safe for you. If that means telling people? **Great.** If that means not telling people and going about your business? **Great.**

**"NO ONE BELONGS IN THE
CLOSET, BUT IF YOU'RE
SAFER INSIDE I'LL GUARD
THE DOOR."**

OUT OR NOT, YOU HAVE A WHOLE COMMUNITY THAT WILL LOVE AND SUPPORT YOU.

