

Youth

RESOURCE PACKS

What to expect from coming out

A WELLBEING GUIDE FOR ALL YOUR
QUESTIONS



What should I expect when coming out?

IT'S A PERSONAL JOURNEY

There is no right or wrong way to come out. It's up to you and your relationship with the person you'd like to share with! You could think about sharing your journey in the following ways:

- Telling the individual in person
- Writing the individual a letter
- Sending the individual a text
- Calling the individual

PLANNING AHEAD

To help reduce the anxiety around coming out, you may want to plan what you want to say and how you'll say it. Think about:

- What do I want to say to someone I want to come out to?
- What do I expect them to say?
- Is there a way I can prepare before coming out?

POSSIBLE REACTIONS

It's important to consider how others could respond if and when you come out to them. Asking yourself the following questions can help you be ready:

- What are some of the positive responses I might come across?
- What are some of the negative responses I might get?
- Based on what I know about the person I'm discussing with, what do I expect their response to be?
- How do I want them to respond?

TESTING THE WATERS

You can sometimes predict how individuals might react by learning how they feel about LGBTQ people and topics. Here are some ways to test the waters:

- Ask how they feel about an LGBTQ celebrity
- Ask how they feel about marriage equality
- Listen to their words: Do they put down LGBTQ people? Do they invoke LGBTQ stereotypes?
- Observe how they respond to challenging emotional situations, this might help you to anticipate their reactions.

SAFETY

Sadly, coming out doesn't always go as we were hoping or imagined. Regardless, you are deserving of acceptance, consideration, and love. It can make sense to develop backup plans for housing, food, school, and/or transportation if you sense danger or anticipate that it will come. Your health and safety are the primary concerns.



Things to remember



(AND TO REPEAT TO MYSELF)

I know that...

- I am more than just my identity, and who I am is valid
- The only opinion of me that matters is mine
- I deserve warmth, love, and compassion
- I am a capable and authentic person



Add your own



Response

Journaling Prompts

IF YOU NEED TO GET SOME THOUGHTS DOWN ON PAPER

I'm proud of myself for:



I am worried about:



Someone I can talk to:



A recent win I had:



Further Resources

Websites



- **The Beaumont Society**
 - Helps and supports the transgender community
- **The LGBT Foundation**
- **London Friend**
 - Improves the health and mental well-being of Lesbian, Gay, Bisexual and Transgendered people (LGBT) in and around London.
- **Mermaids**
 - Supports gender-diverse young people aged 19 and under, and their families and carers. Offers a helpline and webchat.
- **Samaritans**
 - Open 24/7 for anyone who needs to talk
- **Stonewall**
 - Empowers individuals in the UK and abroad by providing them with support and advice to help tackle discrimination and hate crimes.
- **Stonewall Housing**
 - A specialist lesbian, gay, bisexual and transgender (LGBT) housing advice and support provider in England.

