

We understand that it can be challenging to come out. The NEPA Rainbow Alliance is always here to support, educate, and advocate for all members of the LGBTQA+ community. Check out these tips and reminders about Coming Out.

#COMINGOUTNEPA

FOR MORE INFORMATION VISIT:

https://neparainbowalliance.org/comingout/

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REFRENCES

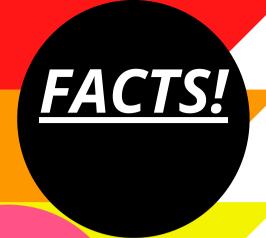
- https://www.bespokesurgical.com/2018/10/11/statisticsexperience-coming-out-lgbtq/
- http://livingout.social/14-reasons-why-you-should-come-out
- https://www.itspronouncedmetrosexual.com/2016/04/when-someone-comes-out-to-you-do-dont/



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10 Tips to Coming Out

- 1) Be patient and take your time.
- 2) Don't feel pressure to tell someone if you're not ready.
- 3) You don't need to tell everyone at once.
- 4) You are valid even if you don't come out.
- 5) Give yourself time to adjust after you come out.
- 6) Talk to other people who have come out for support.
- 7) Be patient to others you come out to. (They may need time to learn).
- 8) You do not have to label yourself.
- 9) Think positively about who you are.
- 10) BE YOU!



60% of LGBTQA+
people will decide
on a place to
work based on
LGBTQA+
freindliness

44% of LGBTQA+
people have a
positive experience
and 20% have a
neutral experience
when coming out.

The most common reasons LGBTQA+ individuals are worried when Coming Out are; family tension, isolation, and estrangement.

If Someone Comes Out To You What To Do

- 1. Understand this is a moment of trust.
- 2. Ask how you can support them.
- 3. Know their gender or sexuality is only one aspect of who they are.
- 4. Listen to what they have to say. (Is there any thing they want to share with you, i.e.; a crush they have, or uncertainties)
- 5. Ask them their boundaries about sharing their identity. (Is it a secret to others?).
- Research LGBTQA+ identities and hold yourself accountable for your own knowledge.
- 7. Be honest if you don't understand and use appropriate language.

What NOT To Do

- 1. Do not say "I always knew". You shouldn't assume a persons gender or sexuality.
- 2.Do not downplay a persons coming out moment.
- 3. Do not go telling others as it's not your business.
- 4. Do not brag about having a LGBTQA+ person in your life.
- 5. Do not assume why they told you.
- 6. Do not forget they are still human.
- 7. Do not expect them to educate you on the LGBTQA+ community.