



COMING OUT IN THE WYOMING VALLEY

**FOR MORE
INFORMATION VISIT:**

<https://neparainbowalliance.org/comingout/>

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REFERENCES

- <https://www.bespokesurgical.com/2018/10/11/statistics-experience-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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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

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!

FACTS!

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?).
6. 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.