

# I did it! what now?

## **CELEBRATE:**

no matter the reaction, try to celebrate your courage to come out!

## **RESPOND:**

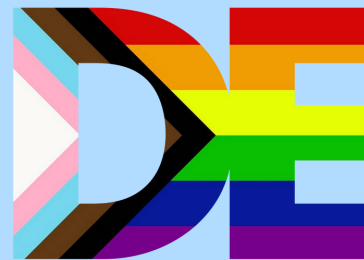
celebrate being accepted, meet confusion with education and empathy, and reassure or set boundaries if they are angry. try not to internalize negative reactions and allow space to process.

## **SOME NEXT STEPS**

1. re-evaluate safety
2. point them to resources
3. lean on support from others
4. continue self-care
5. set boundaries around discussing your identity
6. remind caregivers how they can continuously support you (including preferred name and pronouns)

These tips were sourced from The Trevor Project, Healthline, and Strong Family Alliance. DiversityEd is another resource available to you, and supports 2SLGBTQIA+ individuals and their families.

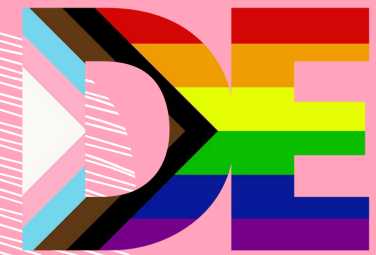
**YOU ARE LOVED, YOU ARE IMPORTANT, YOU MATTER.**



**DIVERSITYED**  
SAFER SPACES CANADA

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*We work toward creating and maintaining a safer, inclusive and equitable environment for 2SLGBTQAI+ children, youth, adults, seniors and their families, friends and allies.*

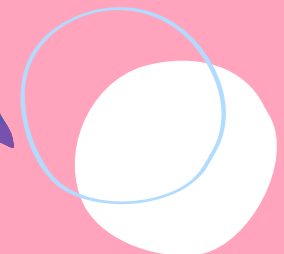


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## **COMING OUT TO PARENTS AND CAREGIVERS**

tips on what to say, how to say it, and staying safe for 2SLGBTQIA+ children and teens



# preparing

- there is no one right way to come out
- for most, coming-out is a lifelong process
- the process of coming out can be draining, take care of yourself

# ask yourself...

- am I emotionally ready to come out to my parents/caregivers?
- how safe am I to come out?
  - if I am anticipating a hostile reaction, do I have a back-up plan for housing, transportation, etc.?
  - do I have a support system?

# some tips

- if there is a person in your life that you know will be supportive, come out to them first
- create a list of self-care activities that you can do

you can predict reactions by bringing up 2SLGBTQIA+ celebrities.

"Did you hear that \_\_\_\_\_ is non-binary?"



# planning

how? text, call, e-mail, letter, in person

where?

- do you want to come out in a public or private space?
- is it safe to come out at home?

when?

- there is no perfect time to come out. when will feel right for you?
- when will they be open to listening?

# reactions: ask yourself

1. what would the ideal reaction be?
2. how do I think they will react?
3. what questions do I think they will ask? what do I feel comfortable answering?
4. how long do I want the conversation to be?



# coming out

- coming out letter templates available online
- verbally give them permission to take time to process versus reacting right away

can I tell you something?

you might be surprised...

please try to hear me out...

I am/ I am attracted to....

this was hard for me to say...

and we can talk more \_\_\_\_\_.

