

COMING OUT: YOUR RESPONSE

So your child comes out, how do you respond?
Here are some common responses and what to say instead!

**"I ALWAYS
KNEW YOU
WERE"**

This response can bring insecurities to the person coming out. It is a common response, but think before you speak in this situation. This can be a really big and scary moment for the person and you want to make sure to comfort and reassure your love for them. While you aren't trying to be hurtful in this situation, it can come across as hurtful.

This response is a tough one, my mom had actually asked me this a little while after coming out. And my response was, "I didn't even know, how could I have told you?" While the parent is trying to understand the comfort level and may be worried why the child didn't feel comfortable enough to tell them. This is a harmless feeling and an understandable feeling if you have done everything to make your child feel open and comfortable with you. However, there may be a few cases, they didn't know, they were still scared to come out, they weren't ready, etc. There are so many possibilities as to why they may have not told you sooner, so don't take it to heart.

**"WHY
DIDN'T
YOU TELL
ME
SOONER?"**

**"I CAN'T
IMAGINE
HOW _____
WILL
REACT!"**

Right now, this is about how you are reacting, not anyone else. You may be worried about what close family members, friends, etc. will say or do, but it is your job to make sure that you stand up for your child if that situation were to happen. It may be a worry, but this can worry the child because it can seem as if YOU don't approve of them coming out. Take the time to have a discussion with your child at a later time about an action plan if you are worried about them coming out to certain people. KEY WORD: them coming out. Make sure that in this moment, it is your comforting response, not worrying about how others will respond to them.

HERE IS WHAT YOU CAN SAY INSTEAD!

- Thank you for feeling comfortable enough to tell me.
- I am honored that you chose to tell me.
- Thank you for telling me, I am here to listen.
- I will always be there for you
- Is there anything I can do to support you?
- That must have been a long journey, I am here to love and support you.

YOU CAN KEEP IT SIMPLE!

- I love you
- Thank you for telling me
- I am so proud of you

These are just a few examples. Always just make sure to show your love and support in your response. It is okay to take a minute before you respond to make sure your answer is supportive. Coming out can be difficult for the whole conversation, but try not to make it about you because this is about them!