COME OUT & SAY IT!

THIS GUIDE WILL »

answer questions you might have about gender, sexuality and identity

let you know what you can do to support friends, family and people around you who want to come out
LGBT…? WHAT DOES THAT MEAN?

→ Lesbian:
A woman who is emotionally, romantically, and/or physically attracted to other women.

→ Gay:
A person who is emotionally, romantically, and/or physically attracted to people of the same gender.

→ Bisexual:
An individual who is emotionally, romantically, and/or physically attracted to people of their own gender and different genders.

→ Trans:
An umbrella term describing a person’s gender identity that does not necessarily match their sex given at birth.

There are lots and lots of identities, check out the Coming Out page on our website for an even bigger list!

Have you ever told a friend a secret, something about yourself that you were worried, confused about or scared of?

Are there others like me?

Will people understand and accept me?

How do I tell people?

For Lesbian, Gay, Bisexual and Trans people telling someone they’re LGBT can feel like sharing their biggest secret, and not knowing if the person they’re going to tell will understand it, keep it private, or if they will still be friends with them once they’ve said it.
When someone comes out to you,
not sure what to say
uncomfortable
central concerned for the person
honoured
like you want to help them

YOU MIGHT FEEL...

WHAT NOT TO SAY...

“You are just confused”
“You are just going through a phase”
“You don’t ‘look’ or ‘act’ lesbian/gay/bisexual/trans”
“I LOVE gay people”
“I always knew you were L/G/B/T”

WHAT CAN YOU DO TO HELP?

BEFORE SOMEONE COMES OUT:

→ Don’t judge people, create spaces where people can be themselves
→ Challenge homo/bi/transphobia when you see and hear it
→ Talk about LGBT people and celebrities in a positive way
→ Get the knowledge e.g. reading resources like this!

WHEN SOMEONE COMES OUT TO YOU:

→ Don’t overreact or make a big deal out of it
→ Thank them for trusting you, let them know you won’t tell anyone without their permission
→ If someone comes out to you as trans, ask which pronouns (she, he, they) they would like you to use for them
→ Don’t ask rude or really personal questions
→ Remind them you’re there if they do need to talk or for support
→ Don’t try to compare them to others and don’t make assumptions!
→ Let them know where their nearest LGBT youth group is

“I am happy to be trans, happy to be me.”

“Before I came out, I said I was in a relationship. My friend said, “oh what’s their name?”, and the fact my friend hadn’t said, ‘his name’ or ‘her name’ made it so much easier for me.”
“When people ask me when I chose to be gay, I ask them when they chose to be straight”.

“Some LGBT people, feel like they can’t be themselves in all of their communities, especially faith and cultural communities.”

“Like sexuality and gender identity, faith and religion are personal. There are many ways to be a Muslim or a Christian for example, being a gay Muslim/Christian.”

“Some people assume that certain cultural communities are homophobic. Some people may experience homophobia but there are lots who don’t. It is important not to see a whole community as having just one view on any topic.”

““I didn’t choose to be gay, I don’t know anyone who would choose to go through the homophobia, biphobia and transphobia LGBT people have every day”.”

Everyone is unique, we shouldn’t pressure people to decide on an identity. For lots of people, identity is something which changes and evolves throughout their lives!
The Proud Trust is a LGBT youth organisation. We provide:

- LGBT youth groups
- Trans youth group and support
- One-to-one support
- Workshops in schools and youth groups
- Training for adults and young people
- Links with LGBT youth groups across the UK
- Black and Asian LGBT youth group

Thanks to the young people at The Proud Trust and peer mentors at Parrs Wood School for helping us design and write this resource!

You can find out more information on our website and can find out about your local LGBT youth group too:

[info@theproudtrust.org](mailto:info@theproudtrust.org)

You can also contact us here...or on info@theproudtrust.org