



COME OUT

&




SAY IT!


THIS GUIDE WILL »



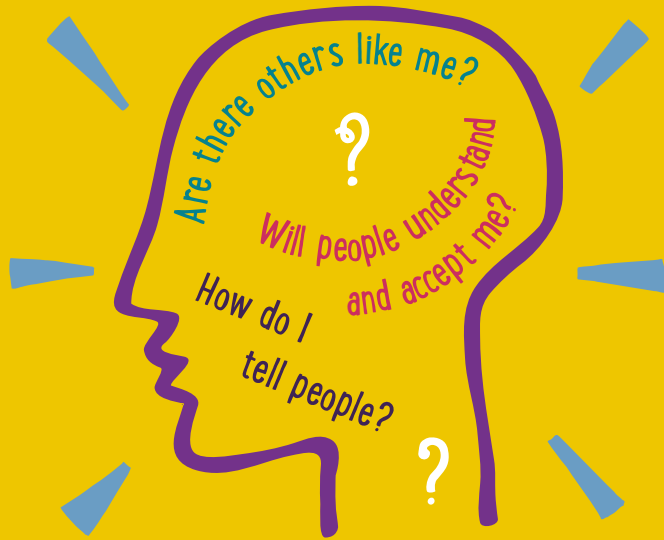
answer questions you might have about
gender, sexuality and identity



let you know what you can do to
support friends, family and people around
you who want to come out



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



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.

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!

When someone comes out to you,

...YOU MIGHT FEEL...

not sure what to say

uncomfortable

concerned for the person

like you want to help them

honoured

WHAT NOT TO SAY...

"You are just going through a phase"

"You don't 'look' or 'act' lesbian/gay/bisexual/trans"

"You are just confused"

"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!

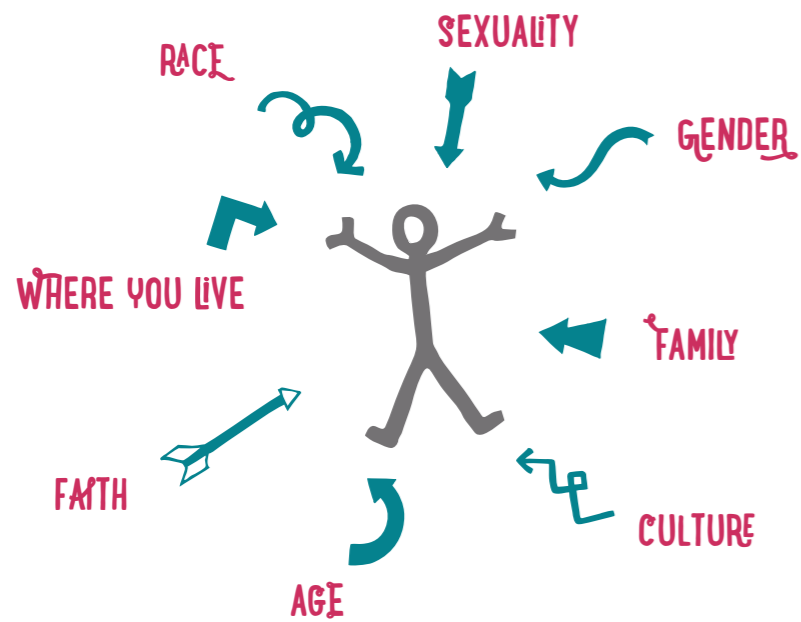
WHEN SOMEONE COMES OUT TO YOU:

- 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".



People have lots of different communities.

It can feel like they all have different ideas and thoughts about things.

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

Young people from The Proud Trust who have faith described their beliefs using words including "respect", "love", "peace" and "hope".

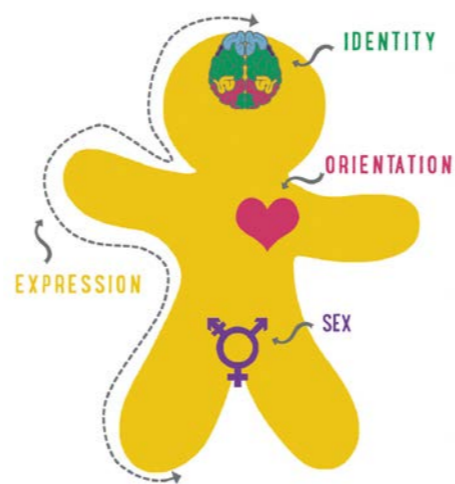
Like sexuality and gender identity, faith and religion are personal. There are many ways to be a Muslim or a Christian for example, being a gay Muslim/Christian.

There are many places of worship and religious people that celebrate and welcome the LGBT+ community!

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".

GENDERBREAD



Have a go at plotting yourself on the genderbread person!

Have you always identified this way?

For lots of people, identity is something which develops and changes through their lives and for some people it stays the same.

GENDER IDENTITY



Your gender identity is how you think about yourself, the gender that you identify with and/or feel that you are. Some people feel as though they do not have a gender at all, and may refer to themselves as agender or non-gendered.

GENDER EXPRESSION



This is how you display your gender and is demonstrated through the ways that you act, dress, behave and interact in the world, in relation to the gender expectations of your society.

BIOLOGICAL SEX



This is usually determined at birth, based on observation of your genitals. However, your chromosomes, hormones, genes and internal sex organs also contribute to the make-up of your biological sex.

SEXUAL ORIENTATION



The types of people, (often based on gender,) that you find yourself attracted to, can help you determine your sexual orientation. Attraction can be emotional, sexual, physical and/or spiritual. Some people experience little or no sexual attraction, and may refer to themselves as asexual.

"The first time I came out, it felt so liberating. I didn't realise though that it was something I would have to do over, and over and over again, for the rest of my life".

COMING OUT

Coming out is different for everyone, some people...

...may not be out to themselves yet

...may only be out to themselves

...will only be out to you and a few friends

...like to be publicly out everywhere, like wearing rainbow badges and going on a Pride Parade

...might like to come out in an email, text or personal letter

"When people ask me when I chose to be gay, I ask them when they chose to be straight".

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:

• THEPROUDTRUST.ORG •

You can also contact us here

...or on info@theproudtrust.org

the PROUD TRUST

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