



SUPPORTING SOMEONE WHO COMES OUT TO YOU

Coming Out refers to an LGBTQ2SIA+ person's disclosure of their sexual orientation or gender identity to themselves or others

Coming out is unique for everyone and is a decision informed by safety, comfort, trust, and/or readiness

DO!



- Affirm them & appreciate their trust
- Check-in on how confidential this is
- Ask how you can best support them

DO NOT!

- Say "I always knew" or downplay the significance
- Ask invasive questions
- Out them to others

Remember that some people may be OUT in some spaces, and "IN" in others - always check!