

COMING OUT

Have you decided it is time to tell your loved ones that you have feelings for the same sex, or you no longer feel comfortable being the sex you were born as?

Congratulations!!!!

- **Be aware what you have to tell them could be shocking or something they were hoping to never hear. It is important to tell them in a way that is respectful of their feelings as much yours; therefore, telling them face-to-face, privately, and individually would work best.**
- **If you have a loved one that may be resistant to your news, perhaps, have a neutral moderator in the room. For instance, if one parent is supportive, but the other may not be, have the supportive parent sit in the room with you.**
- **As much as you wish for them to respect your feelings, it is best you do the same for theirs.**

Has a loved one come out to you, and you do not know how to handle it?

- **Understand your concerned feelings for their safety and well-being are valid and normal.**
- **Find support from a local, LGBTQ community center or Parents and Friends of Lesbians and Gays (PFLAG).**
- **Recognize that this is a process for you and your loved one; this will take time.**

REMEMBER YOU ARE NOT ALONE!!!



For more information:

<https://www.pflag.org/blog/parents-quick-tips-supporting-your-lgbtq-kids-and-yourself-during-coming-out-process> www.pflag.org

CISM Hotline 214-640-4380 SWA/TWU 556

