

Clean & Clear® IT GETS BETTER PROJECT PRESENTS:

Teen Resource Guide

October 11 is National Coming Out Day, and to mark the occasion, **Clean & Clear© is teaming up with It Gets Better Project** on a new resource tool to help LGBTQ+ teens in their coming out journey.

When asked about the biggest problems LGBTQ+ youth face, 26% said their parents/family are not accepting, 21% said troubles at school/bullying and 18% said they are afraid to be out/open. *

The coming out journey is personal to every individual and can be tough when the person feels they do not have a support system to lean on. With Clean & Clean and It Gets Better Project's shared mission to encourage individuality and self-expression, we strive to provide teens with the support and confidence they need to be themselves.

It Gets Better Project's Class of 2022 Youth Voices, a group of young people working to change their communities, are here to offer empowering insights and resources they found most helpful when they came out to lend to their LGBTQ+ peers.

For more information on the It Gets Better Project's Youth Voices, visit www.itgetsbetter.org/YouthVoices

* HRC.org. Growing up LGBT in America