

Andrea B.
she/her/hers

Strong Family Alliance

This resource is super important for kids who may want to come out to an unsporting family. There are real stories listed about people's experiences on their coming out with also their parent's experiences in accepting their kid coming out. This coming out guide is straightforward and easy to understand and provides links and resources to other things including: Ways to become an ally, ways to support your child, and why therapy or counseling could be good for you.



Hailey T.
she/her/hers

Strong Family Alliance

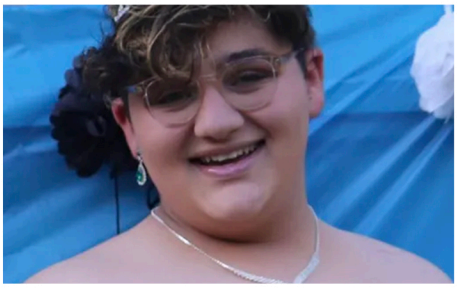
When I came out as transgender in the Rural South, I knew that my school would have a difficult time seeing what I was going through as well as knowing/respecting the laws in play that protect me. These are great resources to have on hand either in a coming out email, meetings with administration and faculty, etc. It also gave me so much more confidence to fully express myself, as knowing my rights, I felt tenfold more protected and safe.



Zach K.
he/him

The Trevor Project

The Trevor Project's website is a great landing page for LGBTQ+ people looking for resources; however, their coming out guide is a one stop place for support in one's journey coming out! I appreciate how comprehensive and inclusive the 21-page guide is. The guide embraces so many different denies within the LGBTQ spectrum and acknowledges how important intersectionality is with different LGBTQ+ identities. Furthermore, the guide contains a comprehensive list of mental health resources that one can use and share with others!



Cal/Ben B.
they/them/theirs

University of Washington Coming Out Counseling Center

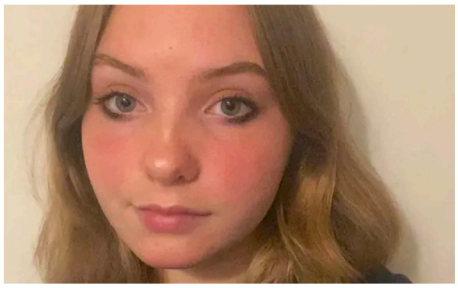
The University of Washington has published a guide for teens who are contemplating their sexual orientation, gender identity, and mulling over coming out to their loved ones. Years ago, when I came out, I didn't have this resource, but looking at it from the perspective of already being out, it's super helpful. It has resources for LGBTQ students – includes theories from the modern day and ideas from LGBTQ folks from years ago – and outlines some of the most important things a teen needs to know when coming out, like starting with people you have complete trust and faith in.



Jace D.
he/him/his

Campus Pride Index (National)

Campus Pride has been a major resource for me during my search for a university that is LGBTQ+ friendly and affirms my identity. Going to college can be a very isolating experience and it is really helpful to know that you are going to a place that will understand who you are and support your needs.



Laynie R.
any pronouns

GLSEN

"It can help to find a support person to come out to one-on-one. This can be a friend, a family member, or an adult at school who you trust. You can never predict or control how people react when you share about your identity, but it may help to tell someone who is LGBTQ or who is actively supportive of LGBTQ rights and affirming of LGBTQ people."
- GLSEN Coming Out Guide

I believe that coming out is something that shouldn't be inherent to someone's identify, and that not coming out doesn't make you any less of an amazing queer person. Coming out is scary, and any reaction other than positive from the person you are coming out to is something no queer person should have to worry about. Making sure you completely trust who you come out to is something I prioritized in my coming out journey, and I hope you will too.