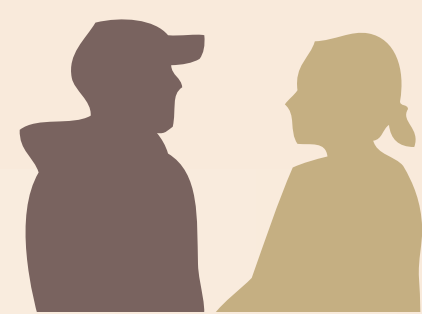


Getting Ready to Come Out:

TIPS from Kids Help Phone



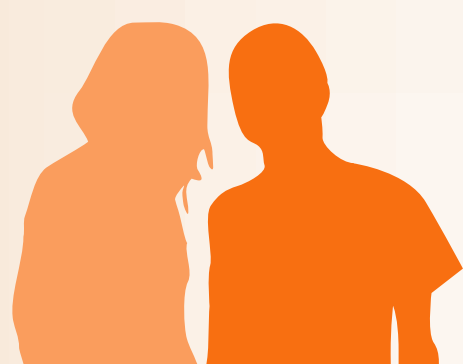
Coming out is when someone who is not straight acknowledges and becomes open about their sexual orientation.

So, for example, coming out to yourself is when you acknowledge that you're lesbian, gay or bi (or some other non-heterosexual orientation). Coming out to others is when you tell this to other people.

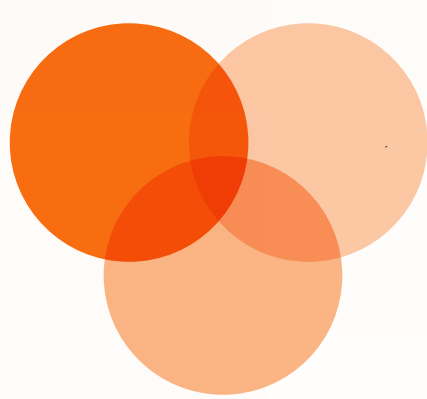


At Kids Help Phone, we get lots of calls from people about coming out. Here are examples of things our counsellors might say to someone who is getting ready to come out.

👍 Don't take it on all BY YOURSELF.



Go through the process with **SOMEONE YOU TRUST**, if you can. If there's someone that you're already out to (like a friend), talk with them about coming out to other people.



Get support from a **COMMUNITY GROUP** like a gay-straight alliance. If your school doesn't have one, visit mygsa.ca to learn how to start one or find another LGBTQ group on Resources Around Me at KidsHelpPhone.ca/ResourcesAroundMe.



Contact Kids Help Phone to **TALK TO A COUNSELLOR**: Call **1 800 668 6868** or send us a message through Ask Us Online or Live Chat at KidsHelpPhone.ca.

👍 Test the waters.

Find out how someone might react by asking questions like...



Hey, did you hear that [X celebrity/actor] **IS GAY**? What do you think about that?



I saw a TV show the other day about a gay couple. What do you think about **THEIR RELATIONSHIP**?



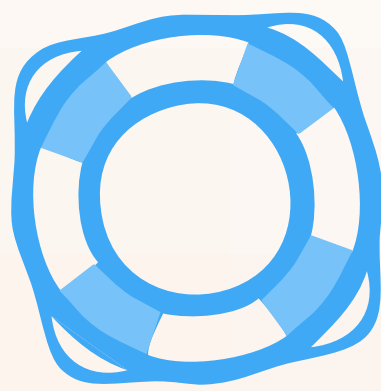
What do you think about laws around **GAY MARRIAGE**?

👍 PLAN AHEAD for different types of reactions.

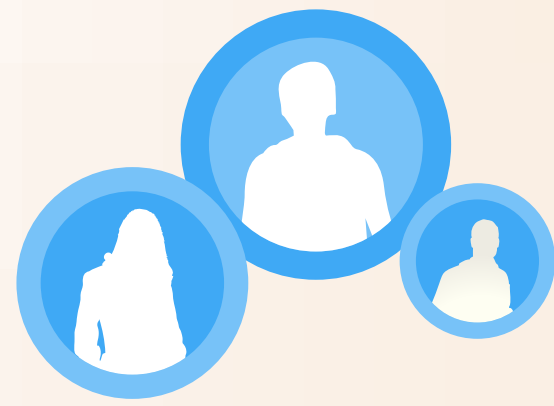
Be prepared for surprises. People who you think will get it might not understand and people that you think won't be supportive could be the ones that are there for you.



Talk to other people who have **COME OUT** to find out what that experience was like for them and how they handled different reactions, both positive and negative.

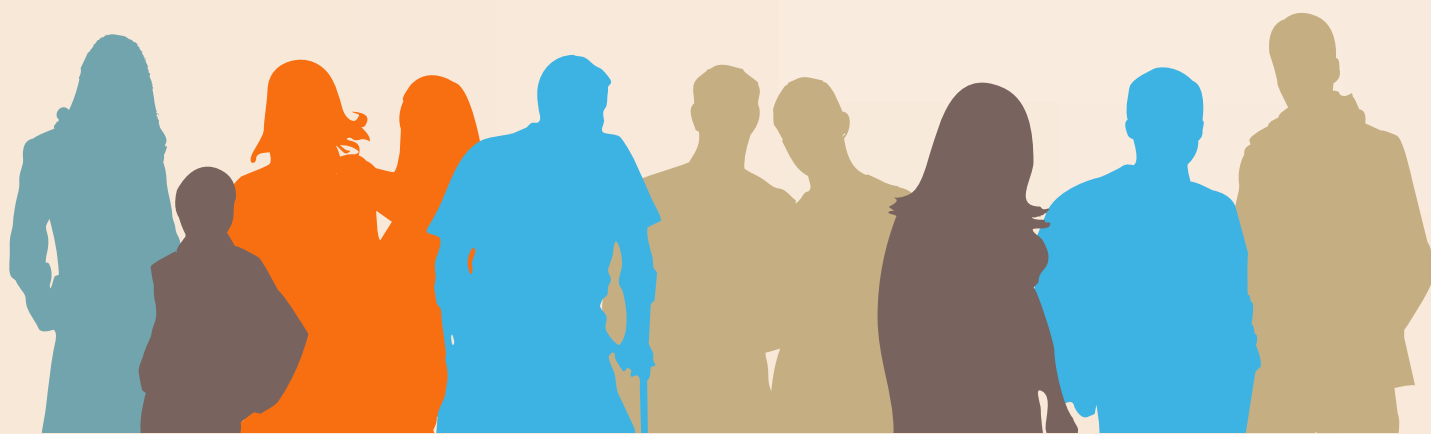


Think about how to **STAY SAFE**. Check out the Kids Help Phone safety planner at KidsHelpPhone.ca/Teens/YourSpace/Safety-Planner.aspx.



Think about getting **SUPPORTIVE RESOURCES** ahead of time for your parents and other people in your life that could help them to understand, like PFLAG at pflagcanada.ca/en.

For more information about coming out, please visit the Kids Help Phone website at KidsHelpPhone.ca.



KidsHelpPhone.ca
1 800 668 6868

Kids Help Phone