



When Someone Comes Out: Demonstrating Support and Acceptance

Session Description:

The term “coming out” has become so mainstream that many people assume that they know what it means. And that it is simple, even though it is anything but. In this session, participants will learn about what it means to come out today. They will also find out about some of the ways that living authentically positively impacts various aspects of the lives of people who are LGBTQ+ and the power of supportive families, schools, workplaces, and communities.

Starter questions:

1. I’m like 99.99% sure that a someone in my life identifies as LGBTQ+ but they’ve never mentioned it to me. Is it ever appropriate for me to just ask them?
2. Do you have any specific recommendations for [Catholics/AAPI families/other identity] who are struggling after someone has come out?
3. What would you do if someone who just came out to you set a boundary (e.g., “don’t tell dad”) that you are not comfortable with?