



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 as well as some of the other terminology they may here people use to describe the experience of sharing information about their sexual orientation, gender identity, and/or gender expression with others. 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.

Content Overview:

Despite the progress made in acceptance for people who identify as LGBTQ+, the process of coming out can still be harrowing, especially at work. To fit in and to feel like the belong, many LGBTQ+ people do not come out in many of the spaces where they spend the most time. Leveraging PFLAG’s more than 50 years of experience this session will:

- Review LGBTQ+ terminology related to sexual orientation, gender identity, and gender expression as well as coming out and alternatives like inviting in, and disclosure;
- Detail some of the positive impacts that living authentically has for people who are LGBTQ+;
- Discuss the power that supportive families, allies, schools, communities, and workplaces can have to create change for people who are LGBTQ+;
- Provide guidance on a few considerations to make if you’re planning on coming out and ways that allies can demonstrate their support for friends, colleagues, and family who identify as LGBTQ+; and
- Provide resources from PFLAG National and partner organizations.

Session Length:	90 minutes (in-person or hybrid), 60 minutes (online only)
Target Audience:	General audience, no prior knowledge of LGBTQ+ issues required
Participant Materials:	<i>Our Children</i> (English and Spanish editions), online resource page
Additional Information:	Customized learning options are available for youth-serving professionals. A cross-network version of this workshop designed to highlight intersections and inspire collaborative efforts is available.

For more information on this session, contact training@pflag.org.

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