NATIONAL COMING OUT DAY...

OCTOBER 11

RESOURCE GUIDE TO COMING OUT

HUMAN RIGHTS CAMPAIGN FOUNDATION
THE HUMAN RIGHTS CAMPAIGN
EXECUTIVE DIRECTOR OF
A MESSAGE FROM ELIZABETH BIRCH

Oct. 11 is National Coming Out Day.

Human Rights Campaign (HRC) Foundation Board

415-391-6263
n 1-800-866-6263
National Coming Out Day
Contact the Human Rights Campaign
For more information,
come out and get involved.

Every year on this day, the Human Rights Campaign
organizes a Gay-Lesbian Awareness Day. On joining the
nationwide effort, you are taking a stand by advocating for
human rights and equality for lesbian, gay, bisexual, and
transgender people.
In the end, they are not the truth. Everyone thinks feelings. But that's who have these who came before you, and people you, and people who will come after you. Candyce Chingchin, activist
Gay People Are Mentally Healthy

The facts about homosexuality are not a choice. It is an orientation, a part of who you are. The choice is in deciding how to live your life. It's as simple as choosing to live your life as a gay, lesbian, bisexual, or transgender person. Homosexuality is not a choice, nor is it more than being gay. It's just a part of who you are. You can't choose to be straight, and you can't choose to be gay.

Homosexuality is not a choice; it's a part of who you are.

The facts are the same. Whatever the number, the facts are the same. But whatever the number, gay or lesbian, we're all human beings. So the fact that many people are afraid of being labeled is absurd. It's not just because these are the numbers. It's not just because these are the number of people who are afraid of being labeled. It's just because these are the number of people who are afraid of being labeled by the fact that they're not. We're all human beings, regardless of our sexual orientation. However, 3 percent and 6 percent of the population is homosexual. It's a fact. The best estimates we currently have indicate that between 3 percent and 6 percent of the population is homosexual. No one knows how many people are gay, lesbian, or bisexual.

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Gay Men and Lesbians

6. Some people talk as if there are two options in life: You can marry someone of the opposite sex or become a family of the same sex. We live in a world where we have to choose between these options. But why do we have to choose at all? The world is full of diverse experiences and identities, and we should be free to explore and embrace them.

Being Gay or Lesbian is Not a Lifestyle. It's a Life

4. We are not defined by our sexual orientation. Our identities are complex and multifaceted, and we should be free to express ourselves in ways that feel authentic and true to who we are.

Be a Family?

The Facts

3. Being homosexual or homonegativity isn't our fault, it's social and political. We were taught to be ashamed of ourselves, but now we are here to tell our story.

LGBT

2. We are not a threat to society. We are a part of it, and we contribute to it in our own way. We are just like everyone else, and we deserve the same rights and opportunities.

Constitutional Families

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Coming Out to Yourself

Andrew Sullivan, Writer: "...to me, it was like being vered to color in a black-and-white movie that suddenly can-

New Church
Human Rights Campaign and Hall-Fulcher of House Speaker
Growing up, I felt there was something wrong with me but I only

It took all these years...I ever did...was the best thing

COMING OUT

Melissa Etheredge, Singer: "People think they'll lose me at all. In fact, everything came back fullfold because you can't hurt me anymore. I've been the most proud, free, out person I've ever been. [coming out] has been the most freeing experience because people have access to me, my feeling, my thoughts. [People] think they'll lose me..."
Test the Waters

Additional resources for more details:

If you have access through your school district, your school district may also provide additional resources.

Human Rights Campaign National Coming Out site.

When you come out, you can take steps to protect yourself and your friends.

Many schools and colleges have student groups that support LGBTQ individuals. They offer resources and support.

Additional resources:

If you don't know who to turn to, consider talking to a friend, a relative, or a counselor.

If you're considering coming out, think about how you want to do it.

If you're in a school, consider a therapist or a counselor who is familiar with coming out.

The more people you tell, the better you feel.

You can find support groups in your area.

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The goal is not to hide, but to share your story.

Some people come out when someone else does it, but they're not alone.

You can get a sense of how accepting your friends and family are by the things they say when they do.

Test the Waters
The world did happen to accept Wilson Cruz. His father

Linda Wilherss

wrote the book. Linda says her family灵活40 of the

"But I did. No, this is who I am and who I happy"

She said, "This isn't who you are. This is a choice. You can

him any more. And her mother demanded she go to therapy.

insisted her father signs because he was proud of the children

for me..."

so happy. For one split second, I thought to be happy.

"My biggest fear was that my parents would abandon me for

details across the country (see additional zeroes for more

because to the end of the year, we find

been told them and then they were excused to tell

complain to each other. I came one first and then we

"I was one of our children's stories. We all

Our great source of help for many families is the group

and she ll need time to adjust to it just like you did

It happens to everyone, whatever your personality type is (a

when some of the misinterpretations about homosexuality

right man. Ver."

I read about your life, she wanted to know if I want the

Candace (Wilson's mother was flown by private, she wanted

"I did work wrong. She wanted to know I didn't love

"I'm your friend," she whispered. "She wanted to know who she and

On the other hand, parents sometimes react in ways that

On one side this is love, some inside is a love, some inside is a


is a big difference when the "my son" or "my daughter or even

more acceptable of you. But keep in mind that it's easier for

friends."

"my best friend."


 来自维基百科的文本
nothing helps as much as patience. When things don't go as planned, don't get discouraged. Be patient. As long as you are giving your best, time will eventually work in your favor.

While Cruz's experience was more dramatic than most, it also serves as a reminder that acceptance is a journey. We all have our own pace, and it's okay to move at our own speed.

Before I came out, I used to feel all the time, better than I could say it. A complete transformation but less definitive. It's hard to describe to everyone who I am. Now, I would rather have someone be thrown out of this house for being gay Cruz's father was called a faggot and an episode in which Cruz's character was stopped by his father for driving. Then one night, My So-N

Linda Williams, executive editor
Minority Groups... If You Already Belong To One

We’re a group that, I guess, you’ve heard, the LGBT people. We’re a group that has a lot of struggles and challenges. We’re a group that is constantly fighting for our rights and our dignity.

I think it is important to recognize that there are different types of minority groups. Each group has its own challenges and struggles, and it is important to support and stand with each other.

If you feel like you belong to a minority group, I encourage you to seek out organizations and support groups that can help you navigate these challenges.

Spirituality and Coming Out

CONSIDERATIONS

For some, coming out can be a difficult and challenging process. It is important to remember that you are not alone, and there are resources available to support you.

It is also important to consider the impact of your coming out on those around you. This can include family, friends, and community members.

Remember that it is okay to take your time and to prioritize your own well-being. You are worthy and deserving of love and acceptance.

I hope this message helps you on your journey.
Almost everyone I

Organizations

ADDITIONAL RESOURCES

National Coming Out Day

They would than they thought coming out a better experience know has had