

lgbt national help center

Coming-Out Call Refresher

Below are important points to cover in coming-out calls/chats. While not every single call will touch on each of these points, most should. Keeping this available during a call/chat is a good tool to be sure you've talked about each of these.

CALLER: How do I know I'm gay (LGBTQ) ?

VOLUNTEER POINTS TO COVER:

- Focus on why caller is asking
- How long have these feelings been there?
- Normalize feelings
- How does caller feel about having these sexual attractions and/or gender identity?
- Strategies for feeling good about themselves.

CALLER: Coming out (as LGBTQ) to family

VOLUNTEER POINTS TO COVER:

- Validate it's a big decision
- How are they feeling about themselves as LGBTQ?**
- Why coming-out now?
- Based on their family, how do they think it will go?
- Safety & how would the caller handle the family's reaction?
- Discuss if this is a safe time to come-out