



NATIONAL COMING OUT DAY





SOME TIPS ON COMING OUT TO SOMEONE...

Self-Acceptance: Before coming out to others, it's important to fully accept and understand your own identity. Take time to reflect on your feelings and experiences so that you can confidently communicate your truth.

LGBTQ+



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Choose the Right Time: There's no rush to come out, and the timing is a personal decision. Pick a time when you feel emotionally prepared and safe. Avoid doing it during stressful or critical moments, like family gatherings or holidays.





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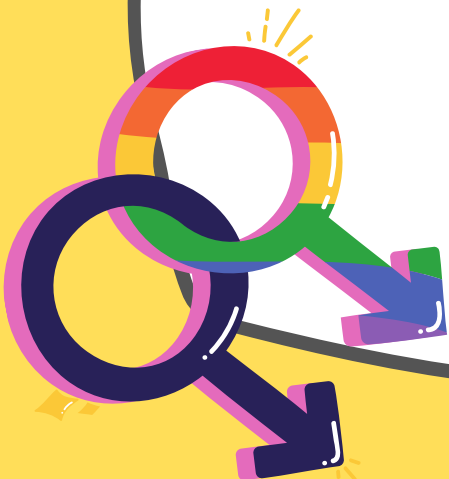
Provide resources: Some people may not be familiar with or understand your identity, so be prepared to provide resources like books, websites, or support groups to help them learn more.

LOVE WHO
YOU ARE



SOME TIPS ON COMING OUT TO SOMEONE...

Set boundaries: Be clear about what you're comfortable discussing and what you'd rather keep private. Establishing boundaries can help maintain a healthy and respectful relationship.





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Expect a range of reactions: People may respond in various ways, including surprise, confusion, support, or even negativity. Be prepared for different reactions and remember that their initial response may not reflect their long-term attitude.





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Seek support: Reach out to friends, support groups, or therapists who can offer emotional support and guidance throughout the coming-out process.

#LOVEWINS



KESHAV SURI FOUNDATION

SOME TIPS ON COMING OUT TO SOMEONE...

Give it time: Coming out is an ongoing process, and it may take time for the person you've confided in to fully understand and accept your identity. Be patient and allow space for them to come to terms with it.





SOME TIPS ON COMING OUT TO SOMEONE...

Be proud of who you are: Your identity is a part of who you are, and embracing it is a significant step towards self-acceptance and happiness. Be proud of your authenticity.

