

How to Come Out

START

Will this be a physical safety risk?

Yes

It may be a good idea to wait until you are financially independent. Check out this NPR [article](#) to understand you are not alone in this fight. .

If you need immediate help call 1-866-488-7386 or visit their website, [The Trevor Project](#).

Pick **someone** who you know is supportive and trustworthy to be the first person you come out to

No

Do you know who you want to tell first?

No

Take your time. Do not rush the process, ensure your safety first!

You're good to go!

FINISH

Yes

Do you know where you want to have this conversation?

No

Take your time. Do not rush the process, ensure your safety first!

Somewhere with a safe & supportive environment. **Prepare** yourself for some negative reactions & don't lose hope.

Yes

Do you know when you want to have this conversation?

Yes

Take your time. Do not rush the process, ensure your safety first!

No