

HOW TO SUPPORT SOMEONE COMING OUT

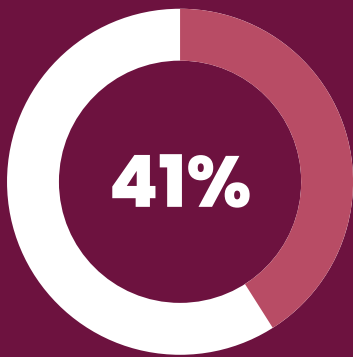


WHAT LGBTQ+ PEOPLE ACTUALLY NEED FROM YOU

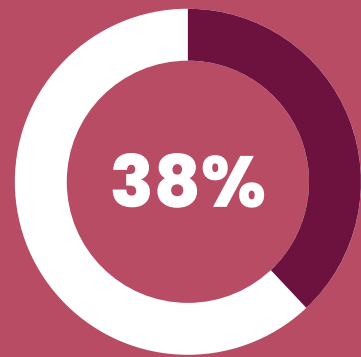


1 IN 3

said their mental health was poor due to anti-LGBTQ policies



of LGBTQ+ youth seriously considered attempting *suicide*



found their home to be LGBTQ-affirming

WHAT NOT TO SAY

- This is just a *phase*
- How do you know?
- I feel like I *failed* as a parent
- Why can't you be *normal*?

WHAT ACTUALLY HELPS

- I'm *glad* you told me
- *I love you* no matter what
- Thank you for *trusting* me
- I'm here to *support* you



SUPPORT ISN'T JUST WORDS...



1. Listen *without* interrupting
2. *Educate* yourself
3. Show small acts of *support*