

PROUDLY PRESENTED BY
MINUS18



OUT NOW

A SUPPORT GUIDE

ABOUT MINUS18

At Minus18, we aim to improve the lives of LGBTQIA+ youth by empowering them, connecting them with others just like them and helping them to understand themselves. We do this by running social events, producing resources and running sexuality and gender workshops.

BONDS IS A PROUD PARTNER OF MINUS18

TIPS FOR COMING OUT

Coming out can be a significant and joyous milestone in affirming your identity. But it can also be difficult, with barriers to overcome. It's important to consider your own

personal circumstances, because your safety and wellbeing should always come first.

Here are some tips we hope will help.

TEST THE WATERS

You can sometimes test a person's potential reaction by bringing up topics like sexuality or gender with them first. Seeing their reaction to LGBTQIA+ news, media or celebrities can give you some insight without outing yourself first.

WRITE IT OUT

Finding the right words isn't always easy. Instead of coming out to someone face-to-face, write them a letter or email that conveys exactly how you feel and what you'd like to express.

HOW YOU DO IT IS UP TO YOU

Some people come out via a social post, others do it face-to-face with friends or over coffee. Some people make a huge celebration of it, others decide to be more subtle. Some people decide not to come out to particular people, which is totally ok too. But it's important to remember there is no right or wrong way to do it.

IT'S NEW FOR THEM TOO

For the person you've just come out to, it can take some time to process all this new information. Allow them some time, and if they need information or guidance, there are loads of helpful resources on our Minus18 website.

IF THINGS DON'T GO SO GREAT

We can't promise you that coming out will go exactly as planned. So it's useful to have a back-up plan, like staying at a friend's house, or having a loved one talk to your parents. There are also peer support services like QLife and Switchboard. But remember above all else – you are loved! And you're an amazing human who deserves to be supported.

FIND SUPPORT IF YOU CAN

Telling that first person can be super daunting. Having a friend, family member or teacher who can be there to support you can make it easier. There are also support services including:

QLIFE 1800 184 527
LIFELINE 13 11 14
KIDS HELPLINE 1800 55 1800

We acknowledge the Indigenous people as the Traditional Custodians of the land in which this resource was written and produced.

IT'S OK NOT TO COME OUT

COMING OUT ISN'T FOR EVERYONE, AND THAT'S OKAY

Sometimes it's not an option because of your culture, faith, safety, or a combination of all three. Here's the important bit:

NOT COMING OUT TO PARTICULAR PEOPLE IN YOUR LIFE DOESN'T MEAN YOU ARE 'CLOSETED'.

It means you've done the work to come out on your terms, in the way that works for you in your life, family, or culture.

Often, multicultural and multi-faith coming out stories are different to the ones we see in film and TV.

Mainstream narratives often position coming out to everyone we know as the ultimate last step: the be-all and end-all. But those stories don't include the nuances of coming out, or the perspective of different cultural backgrounds.

People who choose not to come out to particular people in their life, or at all, are no less brave than those who do. You can learn a lot from others who have combined their sexuality or gender identity with their cultural identity.

Find others from your community that can relate – it's a tremendous help, and an amazing feeling.

GET LEARNING & UNLEARNING

If you're unsure about queer terms or acronyms, get learning! Don't leave it up to the queer folk in your life to do all the heavy lifting in educating you.

Same goes for unlearning potentially homophobic or transphobic habits.

You might also need to unlearn old notions of the 'right' way to be a man or a woman, or what gender itself means.

Being an ally means being open to new and different concepts.

JUST ASK & LISTEN

If you're ever unsure of someone's pronouns (for instance), just ask.

And as an ally, remember to listen with an open mind and heart to the experiences of the queer community – it's important to give others the space to speak.

USE YOUR VOICE

STAND UP TO DISCRIMINATION!

If you see it in action, hear crappy language, or see lousy behaviour, gently shut it down.

EDUCATE PEOPLE AROUND YOU

A good ally makes sure their queer mates don't shoulder the emotional labour of doing all the educating and advocating.

TAKE ACTION!

Sign petitions, start conversations and get involved on days like:

- IDAHOBIT
- Wear it Purple Day
- Trans Awareness week

HOW TO BE A GOOD ALLY

