

## 🔍 coming out day

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- 🔍 are there different ways to come out?

## 🔍 what is coming out?

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coming out is the process of sharing your identity as an LGBTQIA+ person.

coming out is not a one-time event; it is a reoccurring and ongoing process. someone may continuously come out to new people or within new spaces throughout their lifetime. sometimes, people might even need to repeatedly come out to the same people and within the same spaces.

## 🔍 why do people come out?

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coming out is not the singular goal of trans and queer people. we want to live happily, authentically, freely, and safely, no matter what that looks like person-to-person.

simultaneously, there are many diverse reasons why someone might want to come out. for instance, coming out can help you connect differently to yourself, to the people in your life, to your environment, and to the LGBTQIA+ community. coming out can also feel liberating, affirming, or self-expressive.

## 🔍 is it okay *not* to come out?

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yes! coming out is not a prerequisite for being LGBTQIA+. people might not choose to come out for a multitude of reasons, and this does not change the validity of one's identity.

factors that may contribute to someone *not* coming out are what their support system looks like, not feeling safe or the very real chance of being put in danger, and systemic barriers to (or within) institutions such as employment, education, and healthcare.

## 🔍 are there different ways to come out?

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absolutely! as aforementioned, LGBTQIA+ individuals may choose to come out only to certain people, or only within certain spaces, depending on what feels safe and comfortable to them. for other folks, it feels important to come out in all, or most, aspects of their life.

alternatively, people may decide that the only person they want, or need, to come out to is themselves. after all, the first and most important person that you will come out to is *yourself*.

*national coming out day  
tuesday, october 11, 2022*

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# happy national coming out day!

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*from the center for trans  
and queer advocacy*