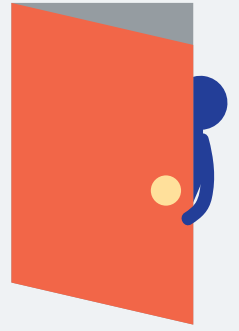


# NATIONAL COMING OUT DAY



October 11 marks National Coming Out Day, an annual celebration of the courage exhibited by those living openly as lesbian, gay, bisexual, transgender (LGBT) and an opportunity to raise awareness about LGBT issues.

In a survey of LGBT Americans, Pew Research Center discovered that respondents were on average **20 years old** when they came out to their parents or close friend.<sup>1</sup>

“When families *accept and support* their LGBT children, this helps build self-esteem and feelings of self-worth.”

— Caitlin Ryan,  
Director of Family Acceptance Project<sup>2</sup>



Additionally, young LGBT adults who felt *rejected by their families* were...



Nearly **6 times** as likely to report high levels of depression.<sup>3</sup>



Only **1 in 3** LGBT young people — who felt rejected by their families — believed they could have a good life as an adult.<sup>4</sup>



More than **8 times** as likely to have attempted suicide.<sup>3</sup>



More than **3 times** as likely to be at high risk for HIV and sexually transmitted diseases.<sup>5</sup>

## Three ways to be a good ally.

### Listen.

Allow the person to explain the support they need. Don't make assumptions, be open to learning what you don't know.

### Speak out.

Be visible. Interrupt anti-LGBT language and actions. Host safe spaces for LGBT people, especially youth.

### Act.

Support LGBT positive initiatives and organizations. Encourage government officials to do the same.

#### SOURCES

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<sup>2</sup> Ford, Z. (2015, June 24). Family Acceptance Is The Biggest Factor For Positive LGBT Youth Outcomes, Study Finds. Retrieved October 1, 2015, from <http://thinkprogress.org/lgbt/2015/06/24/3673445/families-make-difference-for-lgbt-youth>

<sup>3</sup> Ryan, C. (2009) Supportive families, healthy children: Helping families with lesbian, gay, bisexual & transgender children. Family Acceptance Project, Marian Wright Edelman Institute, San Francisco State University. Retrieved on September 30, 2015, from [http://familyproject.sfsu.edu/sites/sites7.sfsu.edu/familyproject/files/FAP\\_English%20Booklet\\_pst.pdf](http://familyproject.sfsu.edu/sites/sites7.sfsu.edu/familyproject/files/FAP_English%20Booklet_pst.pdf)

<sup>4</sup> Substance Abuse and Mental Health Services Administration. (2014). A PrActitioner's resource Guide: Helping Families to Support Their LGBT Children. Retrieved on September 30, 2015, from <http://store.samhsa.gov/shin/content/PEP14-LGBTKIDS/PEP14-LGBTKIDS.pdf>

<sup>5</sup> HIV Among Gay and Bisexual Men. (2015, August 12). Retrieved August 27, 2015, from <http://www.cdc.gov/hiv/group/msm/index.html>