

10. Is it your decision to tell someone or are you being forced?

Coming out should always be your decision. You don't have to come out. You don't have to come out to everyone. Some people might choose to be out with a counsellor but not at home, or at home but not at school. You don't have to be out to be proud!

11. Are the people you want to tell going to respect your privacy? Can you trust this person not to tell others? What if you ever had a falling-out? What will you tell them about other people?

12. Would it be good to get some more information, support or to talk to a counsellor?

Twenty10 is a free and confidential service. Staff deal with all enquiries in an understanding and supportive manner.

Adapted from Northern Sydney Central Coast Area Health Service. (2000). *An Intergalactic Guide to Relationships (for young people)*. NSW: Author.

What's this worksheet for?

Coming out isn't a one-off event. We might come out to different people, at different times and for different reasons. Some people might be accepting of our news and others might not be. Whatever their reaction is, coming out should always be your own choice. It's important to take time to make a safe decision every time you come out. The aim of this worksheet is to help you to work out how to come out safely and to plan for negative reactions.

How do I use it?

First check Twenty10's Coming Out Safely Tip Sheet. Then start with filling in the name of the person that you want to tell and work your way through the worksheet.

Is there someone I can talk to?

Sometimes its good to be able to talk things through with somebody else. It can be good to get things of f your chest, clear your head, and to get another perspective.

There are free counselling services where you can have a safe and confidential space to talk about what's important to you.

Twenty10 is an organisation for young (under 26) gay, lesbian, bisexual, transgender people. Twenty10 offers case management; individual and family support; groups in Newtown & Hornsby; information, resources and referrals.

Contact us:

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contact twenty10



Coming Out Safely Worksheet



1. Who are you thinking of coming out to?

2. How confident do you feel about your sexual attractions and identity? How would you answer if the person asks you "are you sure?" or "how do you know?"

3. What do you know about being gay and how confident are you in answering some questions the person being told might have?

🗨️ It's a good idea to do some reading about what some of the myths and stereotypes are, so that you can feel ready to answer these questions with confidence.

4. How much support do you have? Who can you ask for help from if things don't go well? Write down the name of someone who is supportive. It can be one or a few people, a friend, family member, a group, a worker or other support person.

🗨️ Twenty10 can support you through this and help you to develop a safe backup plan.

5. What seems to be the attitude of the people you want to tell toward gay/lesbian/bisexual people? Can you remember any situations or things that they've said (good or bad) about gay/lesbian/bisexual people?

6. How important is it to you that the person be told now?
If necessary, can you be patient?

🗨️ Can you wait until you're not financially or emotionally dependent on them, until you've got more confidence or more support?

7. How likely do you think it is that the person being told will be rejecting?

8. Are you financially, physically or emotionally dependent on the person you want to tell?

If yes:

What's your back up plan if you can't stay at home, even if just for a few days?

Whose house can you stay at?

If you don't have someone that you can stay with do you have another plan?

What's your backup plan if they withdraw financial support from you?

🗨️ Sometimes the people we tell may need some time to take this news in.

🗨️ Twenty10 can assist you and your family to work this out together.

🗨️ Twenty10 can also assist you with concerns about accommodation and your finances.