Celebrate National Coming Out Day!

Stand up and speak out!
Support Lesbian Gay Bisexual and Transgender students on campus!

There is no one right or wrong way to come out. It’s a lifelong process of being open and true with yourself and others and is done in your own way and in your own time.

We care about your health and wellbeing!
The Benefits of Coming Out:
• Living an open and whole life.
• Developing closer, more genuine relationships.
• Building self-esteem from being known and loved for who we really are.
• Reducing the stress of hiding our identity.
• Connecting with others who are LGBT and being part of a strong community.
• Helping to dispel myths and stereotypes about who LGBT people are.
• Becoming a role model for others.

Along with these benefits, there are also risks. As courageous as the decision is, the reaction of others can be difficult, maybe even impossible, to predict.

The Risks of Coming Out:
• Not everyone will be understanding or accepting.
• Family, friends or co-workers may be shocked, confused or even hostile.
• Some relationships may permanently change.
• You may experience harassment or discrimination.
• Your physical safety may be at risk.
• Some young people, especially those under age 18, may be thrown out of their homes or lose financial support from their parents.

Information from: A Resource Guide to Coming Out by the Human Rights Campaign

Celebrate Diversity and Support your LGBT Friends and Classmates!

If you are someone you knows is interested in counseling, more information and support on questioning your sexuality, gender identity or LGBT issues, Please contact: