Coming Out
Trans* and Transgender Resources

**Benefits to Coming Out**
- The acceptance of family and friends, as well as finding others like you, can be a freeing experience and can build self-esteem. Coming out can open doors to new experiences and opportunities to learn and grow.

**Risks to coming Out**
- Not all friends or family may accept you. Discrimination and safety risks must be considered in each situation in which you are considering coming out.

**Things to Consider**
- Every culture is different, friends and family from one culture may be more or less accepting than those from another, consider what will happen if family withdraws financial support or acceptance.

**Acceptance**
- Coming out to Family or Friends
- Start with someone you trust
- Be your Authentic Self

**Backlash**
- Resources at Northwestern
- Online Resources
- Chicago Resources

**Culture and Background**
- Know what to say
- Start with acceptance
- Be comfortable

**Know what to say**
- Know what you want to say and what you want your family to know. Make sure you are confident in what you are telling them.

**Start with acceptance**
- Be confident the first person you come out to will be supportive and open.

**Be comfortable**
- Coming out isn’t just about telling people, it is living your identity. Be comfortable to dress and act the way you feel most authentic.

**On Campus**
- MSA, CAPS, SES, SJE, CARE, Women’s Center, Religious Life, Residence Life

**Websites**
- Some resources are available at: Trans Active Gender Center
- Advocates for Youth
- Human Rights Campaign
- Chicago Gender Society

**Local**
- Center on Halsted
- Trans Life Center
- Howard Brown Health Center

If students would like to form a Trans* Discussion group please e-mail Jordan Turner at jordan.turner@northwestern.edu