

# Coming out



**The term “coming out” means when we tell someone that we are lesbian, gay or bisexual. It is how we show we are proud of our feelings and desires and is an important step to finding friends and partners. Coming out is good for our self-esteem. Coming out is rarely a one-off process; we often have to come out many times in many situations.**

Coming out should always be a personal choice which we should make at the times that we choose and to the people that we want to tell. We use the term “outed” when someone else has told others about our sexuality.

It may appear from the media that everyone in the UK now loves gay people and coming out is no longer any issue. Unfortunately, this is not always true. Some families, communities and workplaces are less accepting, for example religious or more traditional families where homosexuality can still be stigmatised.

Families may react badly and may even try to tell us that homosexuality is wrong. It may take time for them to accept that loving relationships between consenting adults of the same sex are absolutely fine. Physical or psychological coercion is illegal. Try to have a support network around you in case your family reacts badly. Many of us choose to tell trusted friends first.

Increasing numbers of young people are coming out at college or even at school. There may be groups that you can join. Those of us who disagree with gender identity ideology (the current claim that men can be lesbians or women can be gay men) may find these organisations are pushing views that we disagree with. These groups can still be places to make friends and it is not true that we are “transphobic” if we do not wish to have relationships with the opposite sex.

We spend a huge amount of time at work and it is a place where people talk about their personal lives. This can be a strain if we are not ready to come out. Thanks to LGB campaigners, we have full legal protection from discrimination in the workplace and cannot be denied jobs or promotion because of our sexuality. Being aware of the law and joining a trade union may help if there are negative attitudes in your workplace.

**If someone tries to talk you out of being lesbian, gay or bisexual or tells you that you must have a different gender identity, this is anti-gay. Loving someone of the same sex is entirely good. Coming out is an important act to show that we are proud of our same-sex relationships.**

All information on this page is based on official guidance and current law.

## **More information:**

[https://uploads-ssl.webflow.com/5888a640d61795123f8192db/5ef9d5ba8647a647a723511a\\_Allsorts%20of%20Coming%20Out%20Final-compressed.pdf](https://uploads-ssl.webflow.com/5888a640d61795123f8192db/5ef9d5ba8647a647a723511a_Allsorts%20of%20Coming%20Out%20Final-compressed.pdf)

**Switchboard, The “LGBT” helpline <https://switchboard.lgbt/>**